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# Health & Wellness<sup>®</sup> MAGAZINE

February 2025

Charlotte/South Sarasota Edition - Monthly

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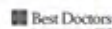
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# contents FEBRUARY 2025

**6** Show Your Heart Some Love this Valentine's Day by Quitting Smoking!

**7** Varicose Veins vs. Spider Veins

**8** The Surprising Connection Between Your Heart and Feet

**9** Revolutionizing Body Sculpting and Pelvic Health

**10** Beyond Weight Loss: Heart Health Benefits of GLP-1 Medications

**11** Unveiling the Heart: A Holistic Approach to Heart Health

**12** Love Your Eyes This Valentine's Day: A Focus on Retinal Health and Prevention

**13** Florida Gulf Coast University: The Leader in Healthcare Education

**14** Knowledge is Power! Educate Yourself Today for the Resources You or Your Loved Ones May Need Tomorrow

**16** Achieving Your Best Self: Managing Loose Skin After Successful Weight Loss

**18** What is Golfer's Elbow and How to Treat?

**19** The \$600 Billion Lifeline: America's Unsung Family Caregivers

**20** Clearly Heart Scan Analysis

**21** Wound Care and Lymphedema: The Transformative Power of Compression Garments

**22** Focused Shockwave Therapy: A Revolutionary Approach to Pain Management and Tissue Healing

**23** Did You Know? A Hearing Loss is Noticed More than a Hearing Aid

**24** All-In-One Dental Visit with CEREC

**25** CBD Awareness Month

**26** Navigating End-of-Life Decisions: The Role of Hospice Palliative Care and Strategic Planning

**27** Spiritual Wellness: What's Your Diet?

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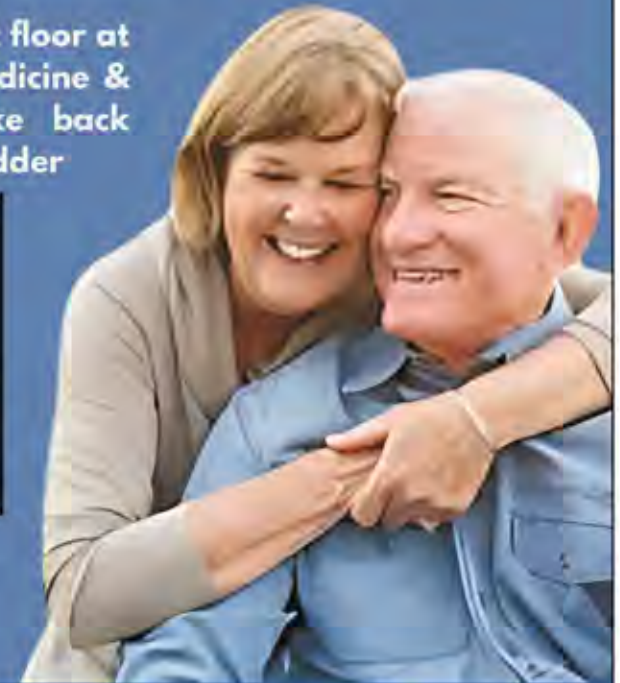
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# Show your heart some love this Valentine's Day by quitting smoking!

**W**e only have one heart, so we need to treat it with all the love, care, and attention we can. Quitting smoking will improve the health of your heart for many years to come.

Tobacco use is the leading cause of preventable death and disease in the U.S. and can harm every organ and cell in the body. With over 7,000 toxic chemicals per cigarette, cigarette smoke damages one of the most vital parts of the body: the heart.<sup>1</sup>

When you breathe air in, the lungs take the oxygen and deliver it to the heart, which then pumps the oxygen-rich blood to the rest of the body. When you breathe in cigarette smoke, the blood that is delivered to the rest of the body is heavily concentrated with carbon monoxide. Carbon monoxide decreases the blood's ability to carry oxygen which requires the heart to work much harder to pump oxygen through the body. The extra stress on the heart can cause damage to the heart and blood vessels and can lead to cardiovascular disease (CVD). CVD is responsible for 800,000 deaths annually and, consequently, is the leading cause of all deaths in the United States.<sup>1</sup>

In addition to causing damage to the heart and blood vessels directly, cigarette smoke can also cause CVD by changing the blood's chemistry, which results in thickened blood and plaque build-up in the walls of arteries. When this happens, it becomes difficult for blood to flow through the arteries and for blood vessels to get to the vital organs, such as your heart or brain, which can result in blood clots and ultimately lead to a heart attack or stroke.<sup>1</sup>

The best way to protect your heart from smoking-related disease and death is to never start using cigarettes, but if you are a smoker, the earlier you quit, the better. Quitting smoking benefits your heart and your cardiovascular system now and in the future:

- Twenty minutes after you quit smoking, your heart rate drops.
- Just 12 hours after quitting smoking, the carbon monoxide level in the blood drops to normal, allowing more oxygen to vital organs like your heart.
- Within four years of quitting, your risk of stroke drops to that of lifetime nonsmokers.<sup>1</sup>

Although quitting smoking is difficult, it is certainly achievable, and cessation aids such as nicotine replacement therapy (NRT) may be able to help you on your quit journey. Many addicted smokers find that NRT helps them get through the hardest parts of quitting by lessening cravings and symptoms of withdrawal.<sup>1</sup> Gulfcoast South Area Education Center (GSAHEC) provides NRT for free to every individual who attends a tobacco cessation class (if medically appropriate and while supplies last).



If you are a smoker and you are concerned about your heart health, contact GSAHEC today! GSAHEC, as part of the Group Quit option of Tobacco Free Florida's Quit Your Way program—offers free group quit sessions to help someone quit all forms of tobacco. These group sessions held virtually and in-person, provide information about the benefits of quitting, managing stress and triggers, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum, or lozenges (if medically appropriate and while supplies last) is provided with the session. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist.

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Reference:

<sup>1</sup> <https://www.fda.gov/tobacco-products/health-information/how-smoking-affects-heart-health>



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# Varicose Veins vs. Spider Veins

By Dr. TC Lackey II

**V**aricose 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, Wednesday & Thursday 8am-5pm, Friday 8am-12pm.

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# THE SURPRISING CONNECTION BETWEEN YOUR HEART AND FEET

By Ravnik Singh, DPM, AACFAS

Every February, Heart Health Awareness Month takes center stage, a time when individuals and healthcare professionals alike focus on promoting cardiovascular health and preventing heart disease. While most people immediately associate heart health with activities like exercise, diet, and managing blood pressure, there is an often-overlooked aspect that plays a crucial role in overall wellness: podiatry.

Podiatry, the branch of medicine focused on diagnosing and treating foot and ankle conditions, is not only concerned with your lower limbs but can offer valuable insights into your heart health. During Heart Health Awareness Month, it's a good time to explore how the health of your feet and your cardiovascular health are interconnected.

## The Heart and Feet Connection

While it may seem unusual to link heart health and feet, the two systems share a vital relationship. Here are several ways podiatry can reflect heart health:

### 1. Peripheral Arterial Disease (PAD)

One of the most significant connections between heart health and podiatry is Peripheral Arterial Disease (PAD). PAD is a condition where the blood vessels in the legs become narrowed or blocked, often due to a buildup of plaque, making it harder for blood to flow to the lower limbs. PAD is strongly linked to atherosclerosis, the same condition that causes heart disease.

Symptoms of PAD can include leg pain, especially during physical activity, and poor wound healing in the feet. If left untreated, PAD can lead to severe complications, including amputation. Since podiatrists specialize in the lower extremities, they are often the first healthcare providers to detect signs of PAD, making regular foot exams crucial for cardiovascular disease prevention.

### 2. Diabetes and Foot Health

Diabetes is another condition that is closely linked to both the heart and feet. Poorly managed diabetes can increase the risk of cardiovascular disease, while also causing nerve damage (neuropathy) and poor circulation in the feet. This combination can lead to infections, ulcers, and other serious foot issues that can be debilitating and, in extreme cases, lead to amputation.



Podiatrists play an essential role in managing diabetic foot care, preventing complications, and advising patients on how to improve circulation and manage blood sugar levels. By addressing foot health, podiatrists help reduce the risk of heart disease progression in diabetic patients.

### 3. Swelling and Edema

Swelling in the feet and ankles can be a symptom of heart failure, a serious condition in which the heart is unable to pump blood effectively. When blood flow is impaired, fluid can accumulate in the lower extremities, leading to edema (swelling). Podiatrists are trained to recognize signs of edema and can advise patients on how to manage swelling through lifestyle changes, compression stockings, and, in some cases, medications.

Foot swelling can be a warning sign of cardiovascular problems, and seeking podiatric care for persistent edema can help catch heart-related issues early.

### 4. Foot Pain and Exercise

Maintaining a healthy heart requires regular physical activity. However, foot pain or injury can prevent individuals from engaging in exercise, potentially affecting cardiovascular health. Podiatrists play a key role in diagnosing and treating foot pain caused by conditions such as plantar fasciitis, bunions, or flat feet.

By helping patients manage and treat foot pain, podiatrists ensure that people can continue to engage in physical activity, which is crucial for heart health. From recommending orthotics to providing advice on proper footwear, podiatrists help remove barriers to exercise and encourage heart-healthy habits.

## Prevention and Early Detection

During Heart Health Awareness Month, it's important to highlight the role of prevention and early detection. Routine visits to a podiatrist, especially for those at risk of heart disease, can serve as a proactive measure to maintain overall health. Podiatrists can assess the condition of your feet, detect early signs of cardiovascular problems, and offer tailored recommendations to improve circulation, manage diabetes, or prevent PAD.

Additionally, podiatrists are often in a prime position to educate patients about heart-healthy habits, such as regular physical activity, proper footwear, and maintaining a healthy weight. Their expertise in lower extremity care allows them to provide advice that supports the entire body's cardiovascular system.

## Conclusion

Heart Health Awareness Month serves as an important reminder for people to take control of their cardiovascular health. But as this article demonstrates, heart health isn't just about what happens in the chest. The feet, too, can provide critical clues to the state of one's heart and overall wellness.

This February, as you focus on heart-healthy habits, don't forget the vital role of podiatric care. Keep your feet in check, and your heart will thank you. Whether it's managing circulation, detecting early signs of disease, or simply ensuring you can stay active, a podiatrist can be an essential ally in the journey to better heart health.

*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

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# Revolutionizing Body Sculpting and Pelvic Health: The Remarkable Benefits of EmSculpt and Emsella

By Stéphane Calvino, MD

In the ever-evolving world of aesthetic and medical treatments, two innovative technologies have emerged as game-changers: EmSculpt and Emsella. These non-invasive procedures are transforming the way we approach body sculpting and pelvic health, offering remarkable benefits without the need for surgery or extensive recovery time. Let's delve into the unique advantages of each treatment and explore how they're revolutionizing their respective fields.

## EmSculpt: Redefining Body Contouring

EmSculpt is a groundbreaking technology that has taken the world of body contouring by storm. Unlike traditional methods that focus solely on fat reduction, EmSculpt targets both muscle building and fat elimination simultaneously. This dual-action approach sets it apart from other non-invasive body sculpting treatments.

## How EmSculpt Works

EmSculpt utilizes High-Intensity Focused Electromagnetic (HIFEM) technology to induce powerful muscle contractions. These contractions are far more intense than what can be achieved through voluntary exercise, leading to rapid muscle building and toning. During a single 30-minute session, the targeted muscles undergo approximately 20,000 supramaximal contractions – equivalent to doing 20,000 perfect sit-ups or squats!

## Key Benefits of EmSculpt

- 1. Muscle Building and Toning:** EmSculpt can increase muscle mass by up to 16% in the treated area, resulting in a more defined and toned appearance.
- 2. Fat Reduction:** The intense muscle contractions trigger a metabolic reaction that breaks down fat cells. Studies have shown an average of 19% fat reduction in the treated areas.
- 3. Non-Invasive:** Unlike surgical procedures, EmSculpt doesn't require incisions, anesthesia, or downtime.
- 4. Time-Efficient:** A typical EmSculpt treatment plan consists of four 30-minute sessions over two weeks, making it ideal for busy individuals.
- 5. Versatility:** EmSculpt can target various body areas, including the abdomen, buttocks, arms, and legs.

**6. Enhanced Athletic Performance:** The intense muscle stimulation can improve strength and endurance, benefiting athletes and fitness enthusiasts.

## Emsella: Revolutionizing Pelvic Health

While EmSculpt focuses on external body contouring, Emsella addresses a crucial aspect of internal health – the pelvic floor. Emsella is a breakthrough treatment for urinary incontinence and pelvic floor weakness, conditions that affect millions of people worldwide, particularly women.

## The Emsella Approach

Emsella uses the same HIFEM technology as EmSculpt but targets the pelvic floor muscles. The patient sits fully clothed on a specially designed chair that delivers electromagnetic energy to stimulate deep pelvic floor muscles. Each session induces thousands of supramaximal pelvic floor muscle contractions, effectively re-educating the muscles responsible for bladder control.

## Remarkable Benefits of Emsella

- 1. Improved Bladder Control:** Emsella can significantly reduce or eliminate symptoms of stress, urge, and mixed urinary incontinence.
- 2. Non-Invasive and Comfortable:** The treatment is painless and doesn't require any preparation or recovery time.
- 3. Fully Clothed Procedure:** Unlike many pelvic floor treatments, Emsella allows patients to remain fully clothed during the procedure, ensuring comfort and dignity.
- 4. Time-Efficient:** A typical treatment plan consists of six 28-minute sessions over three weeks.
- 5. Comprehensive Pelvic Floor Strengthening:** Emsella targets 100% of the pelvic floor muscles, something that's difficult to achieve with voluntary Kegel exercises.
- 6. Improved Quality of Life:** By addressing urinary incontinence, Emsella can dramatically enhance a person's confidence and overall quality of life.

**7. Benefits for Both Men and Women:** While particularly beneficial for women, especially those who have experienced childbirth, Emsella can also help men dealing with prostate issues or urinary incontinence.

## The Synergy of EmSculpt and Emsella

For many individuals, the combination of EmSculpt and Emsella can provide comprehensive body sculpting and pelvic health improvement. This synergistic approach allows for simultaneous enhancement of external appearance and internal function, leading to increased confidence and overall well-being.

## A New Era in Aesthetic and Functional Health

EmSculpt and Emsella represent a significant leap forward in non-invasive body sculpting and pelvic health treatments. By harnessing the power of HIFEM technology, these innovative procedures offer remarkable benefits without the risks and downtime associated with surgical alternatives.

As we continue to prioritize both aesthetic goals and functional health, EmSculpt and Emsella stand out as versatile, efficient, and effective solutions. Whether you're looking to enhance your physique, improve athletic performance, address urinary incontinence, or strengthen your pelvic floor, these cutting-edge technologies offer a promising path forward.

As with any medical or aesthetic treatment, it's essential to consult with a qualified healthcare provider to determine if EmSculpt or Emsella is right for you. With their impressive track record and growing popularity, these treatments are undoubtedly shaping the future of body sculpting and pelvic health, empowering individuals to look and feel their best from the inside out. Call Dr. Calvino today to schedule your appointment.



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# BEYOND WEIGHT LOSS - HEART HEALTH BENEFITS OF GLP-1 MEDICATIONS

In recent years, America's approach to healthy and sustainable weight loss has seen a transformative shift with the introduction of glucagon-like peptide-1 (GLP-1) receptor agonists (semaglutide and tirzepatide). Not only do these medications aid in glycemic control, control appetite and reduce cravings, they also boast significant cardiovascular benefits that are crucial for overall health and longevity. To raise awareness of these benefits, it's important to explore the relationship between GLP-1 medications and heart health, highlighting their mechanisms of action, benefits, and the latest research findings.

At Premiere Weight Loss + Wellness, we take a medically driven, diagnostic approach in our GLP-1 Treatment Programs. Our Medical Director regularly meets with our team of weight loss counselors to update our plans and educate our staff on the many studies showing the increasing health benefits of GLP-1 medication beyond the treatment of Type 2 diabetes and obesity. It is important to understand just how GLP-1s work and the promise they offer for improved heart health.

## Understanding GLP-1 Medications

GLP-1 is a hormone that plays a critical role in glucose metabolism. It is released in response to food intake and stimulates insulin secretion while inhibiting glucagon release, leading to decreased blood sugar levels. Additionally, GLP-1 slows gastric emptying, which contributes to a feeling of satiety, promoting weight loss. While the benefits of GLP-1 medications are compelling, they are not without considerations. Common side effects include gastrointestinal issues like nausea and diarrhea, particularly during the initial phases of treatment. Therefore, it's essential for healthcare providers to evaluate the risks versus benefits uniquely for each patient. At Premiere Weight Loss + Wellness, our weekly, face-to-face interactions with our clients ensures our plans are calibrated to their specific needs and we can address any adverse side effects quickly and safely.

## Cardiovascular Benefits of GLP-1 Medications

### 1. Reduction in Cardiovascular Events

Numerous clinical trials have demonstrated that GLP-1 medications significantly reduce the risk of major adverse cardiovascular events, including



heart attacks and strokes. The LEADER trial, which studied liraglutide, showed a 13% reduction in cardiovascular risk among patients with type 2 diabetes and high cardiovascular risk factors. Similarly, the SUSTAIN-6 trial found that semaglutide also reduced the risk of cardiovascular events by 26%. These findings underscore the importance of GLP-1 medications not only for glycemic control but also for their protective effects on heart health.

### 2. Weight Management and Heart Health

The advent of the use of GLP-1 medications for weight loss can further enhance heart health. Obesity is a major risk factor for cardiovascular disease, and even modest weight loss can significantly improve the risk profile of individuals with comorbidities related to being overweight. GLP-1s have been shown to facilitate weight loss by curbing appetite and enhancing satiety, making them beneficial for overweight or obese individuals, especially those managing type 2 diabetes. Improved body weight can lead to better blood pressure control, reduced cholesterol levels, and decreased insulin resistance, all contributing to enhanced cardiovascular health.

### 3. Improved Blood Pressure and Lower Cholesterol

GLP-1 medications have been associated with reductions in systolic and diastolic blood pressure. Elevated blood pressure is a key risk factor for cardiovascular disease. Studies demonstrate that GLP-1 receptor agonists can lead to meaningful reductions in blood pressure, potentially reducing the overall cardiovascular risk.

Use of GLP-1s often results in an improved lipid profile, characterized by reductions in LDL cholesterol and triglycerides. Healthier cholesterol readings can help diminish the risk of atherosclerosis, a condition where arteries become narrowed and hardened due to cholesterol buildup, leading to heart disease.

### 4. Direct Cardiac Benefits

Recent research suggests that GLP-1 medications may offer direct benefits to the heart beyond their effects on weight and metabolic health. These healthy mechanisms are still being investigated. Studies also indicate that GLP-1 has a protective effect against myocardial ischemia and can promote myocardial repair.

As research continues to unfold, the potential of GLP-1 receptor agonists will likely expand, underscoring their role not only in glycemic control but also in promoting overall cardiovascular health. Premiere Weight Loss + Wellness will remain vigilant in educating our team and our clients on the heart-healthy benefits of these medications as a critical component of comprehensive weight loss management.

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Phone: 941-827-0024

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# Unveiling the Heart:

## A Holistic Approach to Heart Health

**A**t Root Causes Holistic Health and Medicine, our commitment to your well-being goes beyond alleviating symptoms we strive to uncover the root causes of health issues and guide you toward optimal wellness. Embracing a holistic perspective, we view every patient as an entwined complex puzzle, addressing lifestyle factors, nutrition, and natural therapies to promote balance and well-being. As we head into February, recognized as Heart Health Month, we embark on a journey to explore the profound impact of holistic practices on cardiovascular health, including a spotlight on the groundbreaking TACT-2 study and the benefits of chelation in promoting heart health.

### The TACT-2 Study: Unlocking the Power of Chelation Therapy

**Historical Context:** The TACT-2 (Trial to Assess Chelation Therapy) study builds upon the foundation laid by the original TACT study, initiated in 2003. TACT aimed to explore the potential benefits of chelation therapy, a process designed to remove heavy metals, in individuals with coronary artery disease.

- **Motivation Behind the Study:** Recognizing that heavy metals like lead and cadmium may contribute to vascular damage and play a role in cardiovascular diseases, the TACT study delved into the potential cardiovascular benefits of chelation therapy. This treatment, already known for addressing heavy metal poisoning, became a subject of interest for its potential to benefit cardiovascular health.

- **TACT-2: Advancing Scientific Understanding:** Building on the insights gained from the TACT study, TACT-2 seeks to further our understanding of chelation therapy in the realm of cardiovascular health. Specifically, the study investigates whether chelation, combined with high-dose oral vitamins, can reduce the risk of major adverse cardiovascular events in individuals with a history of myocardial infarction.

- **Randomized Controlled Trial:** TACT-2 adheres to a robust randomized controlled trial design, recognized as the gold standard in clinical research.

This design allows for a rigorous comparison of outcomes between the group receiving chelation therapy and the group receiving a placebo.

- **Inclusion Criteria:** Participants in the TACT-2 study are individuals who have previously experienced a heart attack and are at risk for subsequent cardiovascular events. This focused selection aims to evaluate the potential benefits of chelation therapy in a specific high-risk population.

- **Holistic Integration:** Root Causes Holistic Health and Medicine integrates evidence-based practices, including chelation therapy, into its approach to cardiovascular health. The goal is to empower individuals with holistic solutions that complement traditional medical interventions, recognizing the potential of chelation therapy as part of a comprehensive strategy for heart health.

**Holistic Heart Health Practices:** Root Causes Holistic Health and Medicine advocates for a comprehensive approach to heart health beyond conventional treatments. Here are the critical components of our holistic strategy:

- **Lifestyle Management:** Empowering individuals to make sustainable lifestyle choices, such as regular physical activity, stress management, and adequate sleep, forms the foundation of our holistic heart health approach.

- **Nutrition:** A well-balanced and heart-healthy diet is paramount. We guide individuals in making nutritional choices that support cardiovascular health, emphasizing whole foods and nutrient-dense options.

- **Naturally Occurring Compounds and Therapies:** Root Causes explores the benefits of naturally occurring compounds and therapies to enhance heart health. Our approach includes evidence-based interventions that align with the principles of holistic medicine.

As we navigate Heart Health Month 2024, Root Causes Holistic Health and Medicine is a beacon of holistic care, addressing the root causes of cardiovascular issues. The TACT-2 study sheds light on

the potential benefits of chelation therapy, and our commitment to balance and wellness is evident in our holistic heart health practices. Let us embark on a journey toward heart health together, embracing the power of holistic approaches to achieve optimal well-being.

### Root Causes Holistic Health & Medicine

Root Causes Holistic Health and Medicine is committed to helping you achieve optimal health. Our mission is to find the root cause of your symptoms and help you achieve wellness through correcting any contributing factors that can be corrected. We look at you as a whole person, and not just a collection of symptoms to be corrected. We strive for balance and wellness through lifestyle management, nutrition and naturally occurring compounds and therapies whenever possible.



#### Doreen DeStefano, NhD, APRN, DNP

Dr. DeStefano came to Fort Myers in the early 1980's, leaving and coming back again several times until finally settling here in 2001. She has a lifelong background in health and wellness that began in middle school when she started running.

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

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



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# Love Your Eyes This Valentine's Day: A Focus on Retinal Health and Prevention

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

**F**ebruary brings hearts and flowers, but it's also an ideal time to show love to one of our most precious gifts – our eyes. While we exchange cards and chocolates this Valentine's Day, let's take a moment to focus on eye health, particularly retinal diseases that can impact our vision and quality of life.

The retina, a light-sensitive layer of tissue at the back of the eye, plays a crucial role in transforming light into signals that create the images we see. Like a delicate film in a camera, our retina requires proper care and attention to maintain its function. Several conditions can affect this vital tissue, including age-related macular degeneration (AMD), diabetic retinopathy, and retinal detachment.

Age-related macular degeneration particularly affects the central portion of the retina called the macula, which is responsible for sharp, detailed vision. As we age, the risk of AMD increases, making it essential to monitor any changes in vision. Early symptoms might include difficulty reading or recognizing faces, or noticing straight lines appearing wavy.

Diabetic retinopathy, another common retinal condition, affects people with diabetes when high blood sugar levels damage the delicate blood vessels in the retina. Regular blood sugar control and comprehensive eye examinations are crucial for prevention and early detection. Like nurturing any relationship, maintaining eye health requires consistent attention and care.

This Valentine's Day, consider giving yourself the gift of eye health. Start by scheduling a comprehensive eye examination, especially if you haven't had one in the past year. Regular check-ups can detect early signs of retinal diseases before they cause significant vision loss. Remember, prevention is always better than treatment.

Lifestyle choices play a significant role in maintaining retinal health. A diet rich in antioxidants, particularly leafy greens, fish high in omega-3 fatty acids, and colorful fruits and vegetables, can support eye health. Think of it as treating your eyes to a healthy Valentine's feast every day. Additionally, protecting your eyes from harmful UV rays by wearing sunglasses and maintaining a healthy blood pressure can help preserve retinal function.



For those already diagnosed with retinal conditions, modern medicine offers various treatment options. From medications and laser therapy to advanced surgical procedures, ophthalmologists can help manage these conditions effectively when caught early. Support groups and educational resources are also available to help patients understand and cope with their diagnosis.

Digital eye strain has become increasingly common in our screen-dominated world. This Valentine's Day, show your eyes some love by practicing the 20-20-20 rule: every 20 minutes, take a 20-second break and look at something 20 feet away. Consider it a moment of meditation for your eyes.

Don't forget that smoking significantly increases the risk of developing retinal diseases and can accelerate their progression. If you smoke, quitting is one of the most loving gifts you can give your eyes – and your overall health.

As we celebrate love this February, remember that self-care includes caring for our vision. Schedule that eye appointment you've been postponing, adopt healthy habits that support eye health, and pay attention to any changes in your vision. Early detection and treatment of retinal diseases can help preserve your sight for all the Valentine's Days to come.

After all, our eyes help us see not just the world around us, but also the faces of those we love. This Valentine's Day, make a commitment to protect and cherish your vision, ensuring many more years of seeing life's beautiful moments clearly.



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

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

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

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

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

## Retina Group of Florida

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

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



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

3280 Tamiami Trail, Suite 41  
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# Florida Gulf Coast University: The Leader in Healthcare Education

FGCU's Marieb College of Health & Human Services prepares well-rounded practitioners

**T**he healthcare industry is booming. It's projected to add more jobs than any other field in the next several years, according to the U.S. Bureau of Labor Statistics. A growing and aging population, technological advancements and changes in the way healthcare is delivered are among the primary reasons the industry is expanding so rapidly.

That translates into a wealth of career opportunities for well-trained professionals, and Florida Gulf Coast University (FGCU) is Southwest Florida's leader in educating these caregivers — your caregivers. With comprehensive academic programs, rigorous clinical training and faculty grounded in professional practice, FGCU's Marieb College of Health & Human Services prepares well-rounded practitioners to meet the mounting health and wellness needs of Southwest Florida.

Our graduates are your nurses, counselors, social workers, lab scientists and physical and occupational therapists. They are breaking new ground in research, clinical and leadership roles in public health throughout the region and beyond.

## Marieb College Continues to Grow

When FGCU welcomed its first students in 1997, what was then the College of Health Professions enrolled 178 students in a nursing bachelor's degree program and bachelor's and master's degrees in health science. Today, Marieb College of Health & Human Services educates more than 2,700 students a year in 15 degree programs in its School of Nursing and Departments of Social Work, Rehabilitation Sciences, Health Science and Counseling. The college also houses FGCU's Counseling and Psychological Services for students as well as the Community Counseling & Education Center.

And Marieb College continues to grow. In the 2024 legislative session, FGCU secured final funding for the construction of a new health sciences building on campus, Academic Building 10. The facility will complement Marieb Hall, the college's home, where students learn in state-of-the-art classrooms and practice laboratory facilities. The new building will support further expansion of the college and further cement its ability to train the needed healthcare workforce.

With support from community partners in the healthcare industry and matching state funds, the college's School of Nursing has also been able to expand its programs and faculty to address the widespread shortage of professionals in the field.

Generous gifts from private foundations have also fueled growth in specialty research and outreach initiatives that have broad regional impact, leading to the establishment of the Shady Rest Institute on Positive Aging and the Golisano Intellectual and Developmental Disability Initiative.

## We Create Well-Rounded Practitioners

Compassion. Skill. Discipline. Critical thinking. Professionalism. The healing professions require all in equal degree. Marieb College delivers the preparation practitioners need through hands-on learning, intensive clinical experience and personalized attention.

Our graduates consistently score higher than peers from other institutions on national licensure exams, achieving 100% first-time pass rates in six program areas. It's no wonder Marieb boasts a 100% six-month employment rate for new graduates.

Last year marked the seventh time that Marieb's bachelor of science nursing students led the state university system in first-time licensure pass rates. In fact, ours was the only such program to claim a 100% first-time pass rate.

But Marieb College's licensure success do not end there. For the 10th year, our master of science occupational therapy program maintained a 100% overall pass rate. Moreover, the doctor of physical therapy program secured a 100% first-time pass rate on the Florida Board of Physical Therapy licensing examination, with four students posting perfect scores. Our master of physician assistant studies program also secured a 100% overall pass rate on the Physician Assistant National Certifying Examination, marking five consecutive years with this success.

To build on this history of success while preparing graduates to work in fields that are quickly and constantly changing, Marieb College is committed to pursuing innovation in educational practices and experiences. We have a renewed focus on interprofessional education that has been accelerated with gracious gifts from the Marieb Foundation and the hiring of our first director of interprofessional education and emerging technology.

Interprofessional education is a strategic learning approach that brings together healthcare professionals from diverse backgrounds within a simulated setting to enhance collaboration and communication among practitioners. This fosters an environment where they can learn from one another to effectively improve health outcomes.

Marieb College is committed to advancing this initiative by establishing an Interprofessional Simulation Center in the coming years that will serve as a hub for collaborative efforts among various programs, academia and partners, thus facilitating preclinical and simulation-based training.

As always, our mission is to advance the education, health and well-being of our students through teaching excellence, impactful scholarship and service. By achieving this mission, we help improve our community and make Southwest Florida the best place for education and living.

*Learn more about FGCU's Marieb College of Health & Human Services at [fgu.edu/marieb](http://fgu.edu/marieb).*



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**Knowledge is Power!** Educate yourself today for the resources you or your loved ones may need tomorrow.

## EDUCATE – ENGAGE – PLAN

BY AMANDA BARTON, MANAGING PARTNER

**A**re you proactive or reactive when planning for life's next chapters? When considering your options or a loved one's, it is essential to know the benefits of advance planning before a crisis occurs.

Aging can bring challenges, but being proactive by doing your homework in advance can make this process much smoother. Taking a proactive approach and not waiting until a crisis occurs, reduces stress for you and those that you love.

To help educate people about their many options, Seniors Blue Book is hosting its **12th Annual Preparing for Aging Symposiums** on **January 23, 2025**, from 8am-12pm at St. John the Evangelist Catholic Church (625 111th Ave N., Naples, 34108) and **February 19, 2025**, 8am-12pm at Marion Hall by Saint Cecilia (5698 Sunrise Dr., Fort Myers 33919).

At our upcoming symposiums, aging seniors, their family and caregivers will enjoy a variety of educational panels from area experts and visit over 70 exhibitor tables with valuable information to share. Topics will include: medical, senior housing, retirement, finances, legal, health & wellness, in home care, medicare, hospice, and much more!



**EVENT IS FREE** and will feature a **complementary breakfast, door prizes and a grand prize sunset cruise raffle – HOWEVER RSVP IS REQUIRED – 239-776-7353.**



Learn how you can make the best decisions to ensure comfort, safety and opportunities for enriched lifestyles. For example, come discover if your legal and financial affairs are set in place as you age, and if not, learn the right steps that need to be done! Or maybe you're at the point where you or a loved one may require outside assistance to help you age in your own home. Come explore the many options available in our area, and what makes each one different. And who knows, maybe you'll discover that the best choice may be moving into one of the many beautiful senior housing communities in our area. No matter where you are in the aging process, our symposium is crafted specifically for you.



The goal of our annual symposiums is so that in one day our elders, their families and caregivers can get answers they need, discover the best options available, and be set to age well!

**Please register early, space is limited. RSVP is required, call 239-776-7353.**



### What is Seniors Blue Book?

The Seniors Blue Book is a user-friendly resource offering educational articles and information about local aging services, senior housing and health-at-home options. We believe it is our responsibility to compile accurate information in a concise format and keep it current for all seniors and their families. We've been doing just that for more than 40 years by publishing this comprehensive senior directory used by professionals, seniors, their families and caregivers - often referred to as "My Senior Bible!"

Our guides are free and can be found at more than 1,700 locations across Lee & Collier counties. You can request a free copy be direct mailed to you by calling 239-776-7353.

Visit [www.SeniorsBlueBook.com](http://www.SeniorsBlueBook.com) to learn more.

  
Seniors Blue Book

For more symposium information and registration, please call 239-776-7353.





By attending, you'll join a community of like-minded individuals - committed to understanding aging and making informed choices. It's more than a mere free event; it's a commitment to self-empowerment, a pledge to navigate the complexities of aging with confidence and grace.

Join Seniors Blue Book at our many Seniors Blue Book University Events, and discover how preparedness, education, and proactive planning can unlock a future filled with opportunities, comfort, and enriched lifestyles.

To learn more:

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 5698 Sunrise Dr., Fort Myers 33919



Join us for the upcoming 2025 Seniors Blue Book Symposium. Our annual event is designed to provide information, education and share community resources focused on the process of aging gracefully and being Pro-Active vs Re-Active.

The symposium is an interactive event that includes senior fair, panel speakers, audience Q&A, and more.

## DON'T MISS OUT.

Register for your spot today!

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**RSVP Required!**

Senior attendance is by RSVP only.





# ACHIEVING YOUR BEST SELF: Managing Loose Skin After Successful Weight Loss

**C**ongratulations on achieving your New Year's resolution weight loss goals! While celebrating this significant accomplishment, you might notice an unexpected challenge: loose or sagging skin. This common post-weight-loss concern affects many successful dieters, but innovative solutions like the Fotona 4D Laser treatment can help you achieve the toned, firm appearance you've been working toward.

## Understanding Post-Weight Loss Skin Concerns

When significant weight loss occurs, particularly at a rapid pace, skin that has been stretched over time may not fully retract to fit your new contours. This happens because weight gain stretches the skin's collagen and elastin fibers, which are responsible for maintaining skin's firmness and elasticity. While young skin might bounce back more readily, factors such as age, genetics, and the amount of weight lost can affect skin's ability to reshape itself to your new form.

## Introducing Fotona 4D Laser Treatment

The Fotona 4D laser treatment represents a breakthrough in non-invasive skin tightening technology. This comprehensive treatment works through four distinct modes that target different skin layers and concerns, providing a complete approach to skin rejuvenation and tightening.

## How Fotona 4D Works

The treatment's four dimensions each serve a specific purpose in addressing loose skin:

**SmoothLiftin™** targets the oral cavity, strengthening collagen from the inside out. This internal approach helps tighten the skin around the lower face and neck areas, which are common problem zones after weight loss.

**FRAC3®** reaches deep into the skin's layers, stimulating natural healing processes and promoting collagen remodeling. This helps improve skin texture and firmness across treated areas.

**PIANO®** mode delivers controlled bulk heating to the deepest skin layers, encouraging long-term collagen rebuilding and skin tightening. This is particularly effective for areas with significant skin laxity.

**SupErECIAL™** mode provides a light peel effect, improving the appearance of surface-level imperfections while enhancing overall skin quality.

## Benefits Beyond Skin Tightening

While skin tightening is the primary goal for post-weight loss patients, Fotona 4D offers additional benefits:

- Improved skin texture and tone
- Reduced appearance of fine lines and wrinkles
- Enhanced natural collagen production
- Minimal downtime compared to surgical alternatives
- Long-lasting results with proper maintenance

## Creating Your Treatment Plan

Most patients require a series of treatments spaced several weeks apart to achieve optimal results. Your treatment plan will be customized based on factors such as:

- The amount of skin laxity
- Your age and skin condition
- Specific areas requiring treatment
- Your overall aesthetic goals

## Maintaining Your Results

To maximize and maintain your Fotona 4D results:

- Stay hydrated and maintain a balanced diet
- Continue your exercise routine, focusing on strength training
- Protect your skin from sun damage
- Consider periodic maintenance treatments
- Keep your weight stable to prevent further skin changes

## The Journey Continues

Remember that your weight loss journey doesn't end at reaching your goal weight. Taking care of your skin is an important part of completing your transformation. Fotona 4D laser treatment offers a safe, effective solution for addressing loose skin without the risks and recovery time associated with surgical procedures.

By combining your healthy lifestyle habits with advanced treatments like Fotona 4D, you can achieve the complete transformation you envisioned when you set your New Year's resolution. Your commitment to health and wellness deserves to be complemented by skin that reflects your hard work and dedication.



Hideout Boutique is your all-inclusive medical spa in Fort Myers, FL, where results and relaxation collide. At Hideout, we offer a wide range of services, from skin care and lashes, to permanent makeup, lasers, injectables and skin tightening. Our professional team provides personalized treatments tailored to your unique needs, ensuring exceptional results with every visit. We specialize in acne and anti-aging by providing the highest quality cosmetic and aesthetic injectables, including Lasers, Botox/Jeuveau/Xeomin, Filler, Sculptra, PRP, Peels, Microneedling and PDO threading. Our providers at Hideout also specialize in helping our clients achieve their ultimate skin health by utilizing proper medical-grade products and integrating appropriate and evidence-based skin health procedures.

We prioritize safety, natural results and client relationships, so your journey begins with a consultation and mutual decisions based on individual needs. Your providers will then create a customized anti-aging/skin health plan for you. At Hideout, education and safety is our top priority. Our medical cosmetic treatments are performed by our highly trained and experienced medical providers, nurses and aestheticians.



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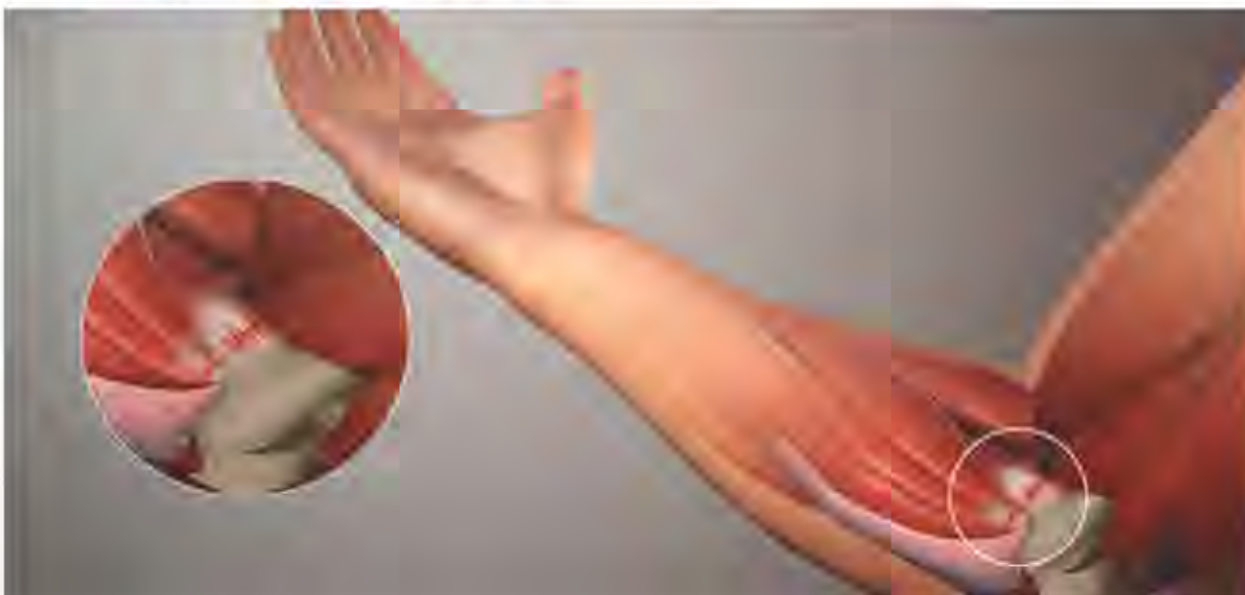
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# WHAT IS GOLFER'S ELBOW AND HOW TO TREAT?

By Dr. Scott Bradley PT, DPT, ECS



If you have pain on the inside of your elbow with certain movements then you might have Golfer's elbow or what we call in the business Medial Epicondylitis. Golfer's elbow can happen to almost anyone and can cause pain and weakness with normal activities like doing a biceps curl, opening a jar, carrying objects or putting things on a shelf. Golfer's elbow is also common in a wide variety of sports including swimming, baseball, golf, softball and even tennis.

Golfer's elbow is typically located at the common flexor tendon origin at the inside of the elbow closest to the body, which is where most of the forearm muscles that flex the wrist are located. The two muscles most commonly affected with this injury are the Pronator Teres and Flexor Carpi Radialis.

Golfer's elbow is caused by repetitive microtrauma to the common flexor tendon at the medial epicondyle of the elbow, hence why it is called medial epicondylitis in the medical community. Golfer's elbow can be an acute or chronic issue. Acutely, an average person will play 9 holes or do some housework with power tools and have some nagging pain on the inside of the elbow, which usually resolves within an hour after activity. The nagging pain is caused because the load applied on the muscles exceeds the body's ability to handle, resulting in microtrauma to the area which in turn results in pain. This is the most common case and if not properly addressed it can become a chronic issue which will require more intensive therapy.

## My Doctor Recommended an Injection, Is it a Good Idea?

Instant relief of pain will always sound good, but will it accelerate the healing process? The answer is probably not. The cortisone injection will assist in relieving the nagging pain but little else, it will not fix the underlying issue associated with Golfer's elbow. Once the pain is gone many people will continue doing the activity that caused the pain. Without the proper exercises and stretches, which will help accelerate the healing process you will have pain again once the injection wears off. The best advice I give my patients is that if the pain is unbearable a cortisone injection may assist in relieving the initial pain but physical therapy will help fix the underlying problem. This also supported by the research.

This research article found that those who had a corticosteroid injection had reduced pain at 6 weeks following the injection but had no difference in symptoms compared to the control group at 3 and 12 months.<sup>1</sup>

[https://www.researchgate.net/publication/231215824\\_Evaluation\\_and\\_Management\\_of\\_Elbow\\_Tendinopathy](https://www.researchgate.net/publication/231215824_Evaluation_and_Management_of_Elbow_Tendinopathy)

## How Do I Fix It?

**Exercise** - Duh! Below are some simple beginner exercises you can do to help accelerate the healing process and reduce pain.

### Wrist Flexion Isometrics

- Bend the wrist of your injured hand slightly.
- Place the opposite hand on the palm of your hand.
- Press into hand for 6 seconds and repeat 20 times.

### Forearm Pronation Isometrics

- Place arm on table with thumb up and then angled with the palm side slightly down.
- Place opposite hand on the top aspect of the inside of the forearm.
- Then press forearm into hand for 6 seconds and repeat 20 times.

### Elbow Flexion Isometrics

- Place your affected elbow bent to about 90 degrees with your palm facing upward on a table.
- Place your opposite hand on your affected wrist.
- Press wrist into hand for 6 seconds and repeat 20 times.

### Wrist flexion Stretch Arm Straight

- Hold the arm to be stretched straight out in front of you with your palm facing toward the ceiling. Grasp your hand with the other hand, and slowly bend the wrist downward so that the fingers point toward the floor.
- Hold this stretch for 30 seconds, repeat 3 times.

### Wrist flexion Stretch Arm Bent

- Bend the affected elbow so that it is at a 90 degree angle.
- Place the other hand on the affected arm's fingers.
- Gently pull back on your fingers until a stretch is felt.
- Hold this stretch for 30 seconds, repeat 3 times.

There is no one size fits all recovery program for Golfer's elbow. The earlier you address the symptoms the faster your recovery and the less restriction in your daily activity. A combination of conservative treatments to start with consisting of: isometrics, eccentrics and gentle stretches are great starting points. If you are still having trouble tackling the nagging pain on the inside of your elbow seek out a qualified physical therapist to help you in your recovery process. Most Golfer's elbows resolve within a year with no surgery. So stay consistent with your exercises and hopefully you will be back to playing 18 holes in no time.

### Reference:

1. Taylor SA, Hannafin JA (2012) Evaluation and management of elbow tendinopathy. *Sports Health* 4: 384-393.



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# The \$600 Billion Lifeline: America's Unsung Family Caregivers

By Carl Zacharia

**I**n 2025, caregiving continues to present an essential public health issue in the U.S. as our population ages and chronic disease prevalence increases. Family caregivers are providing indispensable support that allows individuals to remain in their homes and communities, however their contributions often go unrecognized — and unpaid.

With family caregiving on the rise, there is growing recognition among voters, policymakers, and employers about the significant challenges posed by caregiving and the need for solutions.

Two recently introduced bills and a proposed tax credit for caregivers would make it easier for family caregivers to save for retirement.

## The \$600 Billion Caregiver Crisis

Terms like “complex,” “inefficient,” “unfair,” and “broken” are often used to describe the United States health care system. The U.S. spends more per capita on health care than other developed nations; but despite this, higher spending often does not achieve better outcomes.

The long-term care gap in this country’s health care system is one of its most glaring shortcomings. The U.S. doesn’t have a national program to help cover long-term care costs, leaving many families to shoulder the burden and expenses associated with caring for family and loved ones who need assistance with activities of daily living.

These “free” caregiver services come at a high cost. According to an AARP report, family caregivers contributed 36 billion hours of unpaid care per year in 2021 valued at \$600 billion. This figure is a \$130 billion increase since a similar report in 2019.

One in five Americans — more than 53 million adult Americans — are now unpaid family caregivers. That number increased by 9.5 million adults from 2015 to 2020 and AARP projects that by 2034, adults aged 65 and older, will outnumber children younger than 18 for the first time.

Caregivers, on average, spend more than \$7,200 per year out-of-pocket and 26 hours per week to care for loved ones. Many also face the dual demands of employment and caregiving, which often includes caring for growing children and aging parents, leading to the term “sandwich generation.”



Women are still disproportionately likely to provide unpaid care while working full or part time, although more working men are becoming caregivers. Others are forced to step away from work temporarily or altogether to keep up with caregiving, limiting their career growth, job opportunities, and retirement savings.

## Voters, Politicians, and Organizations Back More Caregiver Resources

Demographic and economic trends are creating a situation for family caregivers that is unsustainable. Working-age Americans are increasingly forced to choose between their own well-being and the well-being of loved ones. However, more support could be on the way.

Two bipartisan bills — the Improving Retirement Security for Family Caregivers Act and the Catching Up Family Caregivers Act — were introduced in September.

The former would eliminate the income cap on Roth IRA contributions and allow family caregivers to contribute up to \$7,000 annually toward their retirement savings, while the latter would allow family caregivers to make catch-up contributions to employer-sponsored retirement plans, an option typically reserved for those older than 50.

The National Strategy to Support Family Caregivers plan, launched in 2022, outlines hundreds of specific actions to address the physical, emotional, and financial needs of family caregivers. This past September, the Department of Health and Human Services (HHS) released a report stating that nearly all these actions have been completed or are in development.

Additionally, a June 2024 poll found that 86 percent of voters (92 percent of Democrats and 82 percent of Republicans) want policymakers to support caregiving and make it more affordable. More than 80 percent of respondents said that they supported paid family leave, caregiver tax credits, and employer incentives for caregivers.

To learn more about available financial benefits and support for family caregivers, please join Zacharia Brown Estate Planning and Elder Law at our upcoming complimentary events in Southwest Florida!

## FEBRUARY 2025 EVENTS!

**Wednesday, February 5th at 6:00pm**  
Navigating Estate Planning with  
a Cancer Diagnosis - *Webinar*

**Monday, February 10th at 12:00pm**  
Empowering Women: Securing Wealth and  
Safeguarding Your Legacy  
Hyatt Regency, Sarasota, FL

**Wednesday, February 12th at 11:30am**  
Domiciling in Florida: A Step-by-Step Guide to  
Becoming a Resident and Unlocking  
Benefits of Homestead - *Webinar*

**Tuesday, February 25th at 10:00am**  
Protect Your Wealth: Wills,  
Trusts & Long-Term Care  
Area Agency on Aging for SWFL,  
Fort Myers, FL

**Wednesday, February 26th at 3:00pm**  
Ask The Attorney: Estate Planning,  
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Sandalwood Village, Naples, FL  
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# Cleerly Heart Scan Analysis

For more than half a century, the cardiology field has primarily operated as "sick-care," concentrating on addressing symptoms of heart disease rather than delving into the core issue—atherosclerosis. Remarkably, over a decade of clinical trial data has underscored the paramount importance of the type of atherosclerotic plaque buildup in understanding and managing cardiovascular health. The prevailing approach of waiting for signs of reduced blood flow or blockages is being redefined. It is imperative to take a proactive stance, assess the underlying disease precisely, and pioneer a new era of cardiovascular care that targets the root cause before symptoms manifest. This paradigm shift brings forth the transformative potential of technologies like the Cleerly heart scan, enabling a more comprehensive and forward-thinking approach to heart health assessment and management.

The Cleerly heart scan represents a groundbreaking advancement in cardiovascular imaging technology, offering unprecedented insight into the intricacies of atherosclerotic plaque composition. Unlike traditional methods focusing solely on identifying blockages, this innovative scan provides a detailed analysis of the type of plaque in the arteries. By characterizing plaques based on their composition and vulnerability, medical professionals can tailor interventions more precisely, addressing the specific nature of the atherosclerotic disease. This shift from a symptom-centric to a disease-focused approach marks a significant leap forward in cardiac care, empowering healthcare providers and patients with the knowledge needed to initiate targeted and proactive treatment strategies.

Cleerly goes beyond conventional cardiovascular assessments by furnishing your physician with a comprehensive analysis of your heart scan, delivering a profound understanding of your specific heart disease and individual risk factors. This invaluable insight equips your heart care team with the knowledge to make informed decisions tailored to your unique condition. By guiding them toward a more effective and personalized treatment plan, Cleerly transforms the landscape of heart health management. The innovative Track Your Plaque™ feature enables physicians to monitor the progression of the disease over time, facilitating a dynamic and adaptive approach to care.



Moreover, Cleerly recognizes the significance of empowering individuals in their journey to heart health. The Cleerly Patient Report is a user-friendly resource, offering straightforward educational materials about heart disease and presenting analysis results in understandable language. This accessible platform ensures that you receive the correct information at the right time, aiding you in adhering to the treatment plan crafted by your physician. Cleerly's commitment to patient-centric care is reflected in its ability to demystify complex medical data, fostering a collaborative and informed approach to managing heart health.

The rationale behind embracing the Cleerly heart scan is rooted in compelling statistics that underscore the limitations of traditional methods in identifying and preventing heart attacks. Shockingly, 50% of individuals who suffer a heart attack do so without exhibiting any prior symptoms, emphasizing the elusive nature of cardiovascular risks that may go undetected. Moreover, a staggering 70% of heart attack victims are categorized as low risk by conventional methods of assessing heart disease, highlighting the inadequacy of existing risk evaluation strategies.

Traditional stress testing methods also face significant shortcomings, as 75% of lesions responsible for heart attacks only result in a mild narrowing of the arteries, making them easily overlooked. This critical insight underscores the importance of adopting a more sophisticated and precise approach to cardiovascular assessment.

In response to these challenges, Cleerly offers rapid reporting of non-invasive Coronary Computed Tomography Angiography (CCTA) with turnaround times of less than one hour, available 24 hours a day. This unprecedented efficiency makes crucial diagnostic information accessible, enabling timely interventions and personalized treatment plans. Cleerly's commitment to providing rapid and accurate insights directly addresses the limitations of traditional methods, offering a transformative solution to enhance the early detection and management of heart disease.

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# Wound Care and Lymphedema: The Transformative Power of Compression Garments

By James Ferrara - Occupational Therapist and Certified Lymphedema Therapist

**N**avigating 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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## FOCUSED SHOCKWAVE THERAPY: A Revolutionary Approach to Pain Management and Tissue Healing

By Jordan Sanderson D.C.

**F**ocused shockwave therapy (FSWT) has emerged as a cutting-edge, non-invasive treatment modality that's revolutionizing the field of rehabilitation medicine, chiropractic care and orthopedics. This innovative therapeutic approach harnesses high-energy acoustic waves to stimulate healing and provide pain relief for various musculoskeletal conditions.

At its core, FSWT works by delivering concentrated acoustic energy pulses to specific targeted areas within the body. These precisely focused waves create microtrauma at the cellular level, triggering the body's natural healing mechanisms. This controlled stress initiates a cascade of biological responses, including increased blood flow, the release of growth factors, and the stimulation of stem cells, all of which contribute to tissue regeneration and repair.

One of the most significant advantages of focused shockwave therapy is its versatility in treating multiple conditions. The treatment has shown remarkable success in addressing chronic tendinopathies, particularly those affecting the shoulder, elbow, and heel. Athletes suffering from conditions like tennis elbow, plantar fasciitis, or Achilles tendinopathy have found substantial relief through FSWT when traditional treatments have failed.

The therapy's effectiveness extends beyond tendon disorders. FSWT has demonstrated promising results in treating bone conditions such as delayed union fractures and early-stage avascular necrosis. The mechanical stress induced by the shockwaves stimulates new bone formation and accelerates the healing process, offering hope to patients who might otherwise require surgical intervention.

Another compelling benefit of FSWT is its minimal recovery time. Unlike surgical procedures, patients typically return to their daily activities immediately after treatment. The therapy usually requires only 3-5 sessions spaced a week apart, making it a convenient option for busy individuals. Additionally, the treatment is performed on an outpatient basis, eliminating the need for hospitalization or extensive downtime.



The precision of focused shockwave therapy sets it apart from radial shockwave treatment. The focused waves can penetrate deeper into tissues and target specific areas with greater accuracy, leading to more effective treatment outcomes. This precision also means less energy is dispersed to surrounding tissues, minimizing discomfort during the procedure.

Research has shown that FSWT can provide long-lasting pain relief and functional improvement. Many patients report significant pain reduction after just a few sessions, with benefits often continuing to develop over several months following treatment completion. The therapy's ability to stimulate the body's natural healing processes often results in sustained improvement rather than temporary relief.

Despite its many advantages, it's important to note that FSWT is not suitable for all patients. Those with certain medical conditions, such as blood clotting disorders or active infections, may need to explore alternative treatments. Additionally, the therapy's success often depends on accurate diagnosis and precise application, making it essential to receive treatment from qualified healthcare professionals with specific training in FSWT.

As medical technology continues to advance, focused shockwave therapy stands out as a safe, effective, and minimally invasive treatment option for various musculoskeletal conditions. Its combination of versatility, precision, and proven outcomes makes it an increasingly popular choice among both healthcare providers and patients seeking alternatives to traditional treatments.

### JORDAN SANDERSON D.C.

#### *Roots and Education*

Hailing from Harrisburg, Pennsylvania (just a stone's throw from the famous Hershey chocolate), Dr. Sanderson's path to chiropractic care began early. A multi-sport athlete passionate about soccer, he was always intrigued by the intricate biomechanics of human movement and injury. He earned his Bachelor's in Community Health from the University of Maryland before pursuing his Chiropractic Doctorate at Palmer College of Chiropractic in Florida.

#### *A Unique Professional Path*

Dr. Sanderson's curiosity about human anatomy and injury prevention drove him beyond traditional chiropractic practice. His innovative approach led him to unique work in electrodiagnostic testing, where he collaborated directly with Orthopedic and Neurosurgeons in operating rooms. By providing real-time diagnostic feedback during surgical procedures, he developed a sophisticated understanding of nerve function and injury dynamics.

#### *Specialized Expertise*

Over the past decade, Dr. Sanderson has focused intensively on injury care. His expertise spans:

- Comprehensive pain management for neck, mid-back, and lower back
- Balance and proprioceptive training
- Specialized disc injury treatment
- Advanced management of neurological conditions
- Addressing complex issues like nerve entrapments, sciatica, and carpal tunnel syndrome

#### *Holistic Health Philosophy*

At the core of Dr. Sanderson's practice are four fundamental pillars of functional health: Body, Gut, Mind, Oxygen

After years of searching for a healthcare center that embodies a truly comprehensive approach, Dr. Sanderson is now bringing his integrated healing philosophy to the Gulf Coast of Florida.




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## Did You Know?

**A hearing loss is noticed more than a hearing aid.**

By Dr. Noëli Crosby, Au.D.

Let's imagine you're playing golf, pickleball or doing any physical activity that you love, and you injure yourself. What do you do right away? You go see a specialist to diagnose the problem so you can quickly get on the mend. What would you do if one day you noticed a drastic change in your eyesight and it affected your ability to drive, watch TV, or cook your favorite meal? Most likely you'd go see an eye specialist as soon as possible. I think we'd all agree that our health and wellness is the foundation for everything and taking care of ourselves allows us to maintain a quality of life we deserve.

Now, let's try these scenarios. What if you started misunderstanding what people say? What would you do if you couldn't enjoy conversations with family and friends? What if fun activities like pickleball and golf stopped being fun because your hearing affected conversation? Sadly, people wait 4-7 years before doing anything about their hearing when they notice hearing issues. They try to cope for as long as possible and delay even visiting an audiologist to understand what's happening.

Here's an interesting fact: hearing loss is the third most common health issue faced by older adults and only 1 in 4 people with hearing challenges do anything about it. People just don't treat their hearing health with the same sense of urgency as they do other health issues.

So why is this the case? While there can be several reasons, the research and my experience show that the main reason people delay addressing their hearing challenges is the stigma associated with hearing loss and the self-perception people have about hearing devices. The role of a hearing professional, such as a Doctor of Audiology, is to not just test for and treat hearing loss, but it is also to educate people and guide them towards a solution.

Every day I find myself educating people about hearing difficulty and the effects it has on one's overall health - from our psychological and physical well-being to interpersonal relationships. In addition I inform people as to the many options available to help someone hear better. This is such an incredible time to consider improving your hearing! There are virtually invisible hearing devices, OTC options, Bluetooth connectivity, and more.

The Internet is a familiar stop for most people when researching hearing care choices, but there are an overwhelming number of options as you explore. I've seen too many people become "stuck" looking at the Internet and become paralyzed to the point of inaction. I pride myself on staying up-to-date with the different choices and I can be a valuable resource to help you cut through the clutter.

My suggestion is this - first make sure you have a comprehensive hearing evaluation because the degree and type of hearing issue will narrow down

your options greatly. Afterwards, together we can discuss the options that fit your hearing needs, your budget, your lifestyle, and what you'll be comfortable using to improve your hearing.

Lastly, please don't wait. Take care of your hearing health as you would any other health issue you might face. You deserve to live the best quality of life possible and it starts with a simple phone call and visit.



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# All in one

## Dental Visit with CEREC

By Dr. Joseph Farag

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

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

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

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



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

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

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

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



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







# CBD AWARENESS MONTH: Your Pharmacist as a Trusted Guide in Your CBD Journey

By Justin Ceravolo, PharmD

**A**s CBD continues to gain popularity for its potential therapeutic benefits, many people have questions about its safe and effective use. CBD Awareness Month serves as an important reminder that your local pharmacist can be an invaluable resource in navigating the complex world of CBD products and their integration with your current medications and health conditions.

Pharmacists are uniquely positioned to provide evidence-based guidance on CBD use, thanks to their extensive knowledge of drug interactions, dosing, and therapeutic effects. Their expertise becomes particularly crucial as the CBD market expands with various products, from oils and tinctures to topicals and edibles.

One of the primary concerns when considering CBD use is its potential interaction with prescription medications. Your pharmacist can conduct a thorough review of your current medication regimen to identify any possible interactions with CBD. This is especially important because CBD can affect how your body metabolizes certain medications, potentially increasing or decreasing their effectiveness.

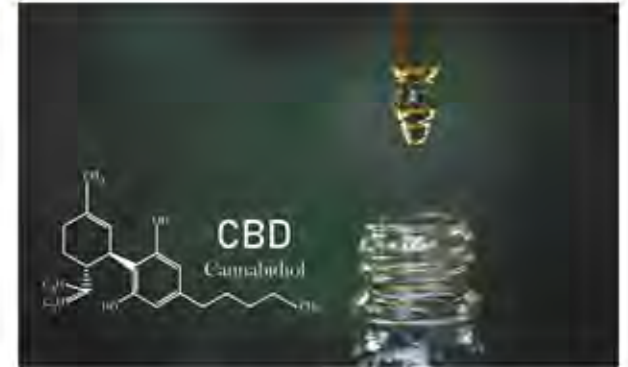
Beyond drug interactions, pharmacists can help you understand the quality markers of CBD products. They can explain the difference between full-spectrum, broad-spectrum, and CBD isolate products, and help you identify reputable manufacturers who provide third-party testing certificates. This guidance is crucial in an industry where product quality and labeling accuracy can vary significantly.

Dosing is another area where pharmacist expertise proves valuable. While CBD is generally well-tolerated, finding the right dosage can be challenging. Your pharmacist can provide personalized recommendations based on factors such as your body weight, the condition you're treating, and your individual response to CBD.

Many pharmacies now offer CBD consultations where you can discuss your specific health goals and concerns. During these sessions, pharmacists can help you develop a plan for incorporating CBD into your wellness routine safely and effectively. They can also monitor your progress and help you make adjustments as needed.

For those managing chronic conditions, pharmacists can work alongside your healthcare providers to ensure CBD use aligns with your overall treatment plan. They can help you track potential benefits and side effects, and provide guidance on when to adjust your approach.

As we celebrate CBD Awareness Month, remember that your pharmacist is more than just a medication dispenser – they're a knowledgeable healthcare professional who can help you make informed decisions about CBD use. Whether you're new to CBD or looking to optimize your current regimen, scheduling a consultation with your pharmacist can help ensure you're using CBD safely and effectively as part of your health journey.



## Justin Ceravolo, PharmD - Owner & Pharmacist

Justin Ceravolo, also known as J.T., earned his Doctor of Pharmacy degree from Florida A&M University's College of Pharmacy in 2012. That same year, Justin began working in Florida's Panhandle before becoming a new member of the Cypress Wellness Pharmacy family in October of 2012. Cypress Wellness Pharmacy believes that each patient, whether he or she is a human or pet, should be given their own special attention and service. In 2024 Justin became the owner of Cypress Wellness Pharmacy and is committed to advancing the pharmacy's phenomenal reputation for personalized service with a focus on education and well-being for all patients and customers. Whether you need your medication in another compounded form or you simply need advice, Justin and his team will ensure fast and efficient service that goes above and beyond your average pharmacy.

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# Navigating End-of-Life Decisions: The Role of Hospice Palliative Care and Strategic Planning

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

**A**s we navigate the complex journey of life, we inevitably confront the reality of mortality. When faced with terminal illness, the importance of hospice palliative care becomes clear. This specialized medical care focuses on providing relief from pain and other distressing symptoms, enhancing the quality of life for patients and their families. However, beyond medical support, thoughtful estate and legacy planning can significantly ease the financial burdens that often accompany end-of-life decisions.

## Understanding Hospice Palliative Care

Hospice palliative care is designed to provide comprehensive support to individuals with life-limiting conditions. Unlike curative treatment, which aims to eliminate the illness, palliative care prioritizes comfort, dignity, and quality of life. This approach can be initiated at any stage of a serious illness and involves a multidisciplinary team, including doctors, nurses, social workers, and spiritual advisors.

The goal of hospice care is not just to manage physical symptoms but also to address emotional, social, and spiritual needs. Families are often involved in care decisions, allowing for open discussions about preferences and wishes. This holistic approach creates an environment where patients can feel safe and supported, ultimately leading to more meaningful end-of-life experiences.

## The Financial Implications of End-of-Life Care

While hospice care provides essential support, the financial aspects of end-of-life decisions can be daunting. Medical bills, potential long-term care expenses, and funeral costs can accumulate rapidly, creating additional stress for families during an already challenging time. This is where strategic planning—specifically estate and legacy planning—becomes vital.

**Estate Planning:** Establishing a comprehensive estate plan ensures that your assets are managed according to your wishes. This includes drafting a will, setting up trusts, and designating powers of attorney. These legal documents help clarify your desires regarding asset distribution, healthcare decisions, and financial management, minimizing confusion and disputes among family members.

**Legacy Planning:** Legacy planning goes beyond just managing assets; it involves determining how you want to be remembered. This could include philanthropic endeavors, family traditions, or specific messages you want to pass down to future generations. By addressing these aspects, you provide a framework for your loved ones, helping them to honor your legacy while navigating their grief.

**Retirement Planning:** A solid retirement plan is equally crucial. By anticipating healthcare needs and potential end-of-life expenses, you can create a financial cushion that alleviates some of the burdens on your family. Long-term care insurance, health savings accounts, and retirement accounts can all play significant roles in ensuring you have the resources necessary to cover your needs without placing financial strain on your loved ones.

## The Interconnection of Care and Planning

The synergy between hospice palliative care and financial planning cannot be overstated. When individuals have a well-thought-out plan in place, they can focus on the emotional and relational aspects of their care rather than being overwhelmed by financial concerns. This holistic approach enhances not only the quality of care received but also the overall experience for families during a difficult time.

## Open Communication is Key

Engaging in open and honest conversations with loved ones about your wishes is essential. Discussing your preferences regarding medical care, financial decisions, and legacy intentions can alleviate the burden on family members during a crisis. Encourage family members to express their thoughts and feelings as well, creating a supportive environment that fosters understanding and compassion.

## Seeking Professional Guidance

While it may seem daunting, the process of estate and legacy planning can be streamlined with the help of professionals. Financial advisors, estate planners, and hospice care coordinators can provide invaluable assistance in crafting a comprehensive plan tailored to your unique situation.

Their expertise can help you navigate the complexities of legal and financial issues, ensuring that your desires are honored.

## Conclusion

As we confront the inevitable, integrating hospice palliative care with thoughtful estate and legacy planning can make a significant difference in the lives of both patients and their families. By addressing medical needs while also preparing for the financial and emotional challenges of end-of-life decisions, individuals can foster a sense of peace and control during a tumultuous time.

Ultimately, this proactive approach not only enriches the patient experience but also creates a lasting legacy of love and consideration for future generations. In the end, it's about more than just planning; it's about ensuring that our final chapters are filled with dignity, comfort, and meaningful connections.

*Do you want to learn more about estate, legacy, and retirement planning? Do you have questions concerning end-of-life expenses?*

The team at Securenet Financial, LLC can help. Visit our website at [www.securenetfinancial.com](http://www.securenetfinancial.com) or call our office at (352) 312-9900 to schedule a no-cost, no-obligation introductory consultation. At Securenet Financial, we're here for you.

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# What's Your Diet?

By Pastor Roger P. Felipe

**W**eight-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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