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

March 2025

Charlotte/South Sarasota Edition - Monthly

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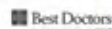
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# Complications of Vein Disease

By Dr. TC Lackey II

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

## Skin Changes

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

## Phlebitis

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

## Stages of Vein Disease



with fever and fatigue. If phlebitis extends far enough up the leg it can cause a clot in the deep veins, which is a risk for pulmonary embolism, which can be fatal.

## Bleeding

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

## Swelling

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

## Skin Ulcers

One of the most challenging vein complications is a skin ulcer. This is an open sore resulting from trauma to the skin. Trauma and chronic vein disease results in skin breakdown where the area around the open sore becomes red, swollen, tender, and painful.

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

## Blood Clots

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

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# WHAT YOU NEED TO KNOW ABOUT E-CIGARETTES AND VAPING AS SMOKING CESSATION TOOLS

**A**re you looking to quit smoking? Have you tried to quit several times with little to no success? Are you frustrated and running out of ideas that could help you kick the habit for good? You are not alone! In fact, 7 out of 10 tobacco users want to quit and may struggle with these same questions. Some tobacco users might be tempted to turn to electronic cigarettes (e-cigarettes, vape pens, and other vaping devices) to ease the transition from traditional cigarettes to not smoking at all.<sup>1</sup> Though this may seem like a novel option for some, the question we must ask is whether using e-cigarettes or vaping is better for you than using tobacco products. According to Michael Blaha, M.D., M.P.H., director of clinical research at the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease, there are several important factors to consider:

## 1. E-cigarette aerosol is NOT harmless “water vapor.”<sup>2</sup>

The aerosol used in e-cigarettes contains chemicals that can be harmful to health, including:

- Nicotine<sup>2</sup>
- Ultrafine particles that can be inhaled deep into the lungs<sup>2</sup>
- Flavorings such as diacetyl, a chemical linked to a serious lung disease<sup>2</sup>
- Volatile organic compounds<sup>2</sup>
- Cancer-causing chemicals<sup>2</sup>
- Heavy metals such as nickel, tin, and lead<sup>2</sup>

## 2. The nicotine in tobacco and vaping products is addictive.

According to Dr. Blaha, nicotine is a toxic substance that raises your blood pressure and spikes adrenaline which increases your heart rate and the likelihood of having a heart attack.<sup>1</sup> Emerging data also suggests links to chronic lung disease and asthma.<sup>1</sup>

## 3. Electronic cigarettes are just as addictive as traditional ones.<sup>1</sup>

Many e-cigarette users get even more nicotine than they would from a combustible tobacco product as many vaping devices offer extra-strength cartridges, which have a higher concentration of nicotine to get a greater hit of the substance. <sup>1</sup> This can be counterproductive to an individual’s goal to quit as higher doses of nicotine result in a stronger nicotine addiction.

## 4. E-cigarettes are not an FDA approved cessation tool.<sup>1</sup>

E-cigarettes have not received Food and Drug Administration (FDA) approval as smoking cessation devices.<sup>1</sup> There are many FDA approved products on the market that are effective for quitting nicotine including the nicotine patches, gum, and lozenges.

If you are a tobacco user looking to quit smoking, help is free! Gulfcoast South Area Health Education Center (GSAHEC), as part of the Tobacco Free Florida AHEC Cessation Program—offers free tobacco cessation sessions that are available to help someone quit all forms of tobacco. These group cessation sessions, held virtually and in-person, provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. Free nicotine replacement



therapy in the form of patches, gum, or lozenges (*if medically appropriate and while supplies last*) are provided with 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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# HOW TO MAXIMIZE OUTCOMES AFTER MOHS SURGERY ON LOWER EXTREMITIES

By Ravnik Singh, DPM, AACFAS

**P**odiatrists frequently encounter patients who have undergone Mohs surgery for skin cancer, particularly on the lower extremities. Mohs surgery is a highly precise technique for treating skin cancer, ensuring complete removal of cancer while preserving as much healthy tissue as possible. This method is incredibly effective for basal cell carcinoma, squamous cell carcinoma, and certain melanomas, with success rates as high as 99%. However, the healing process, especially when the wound is left to heal by secondary intention—requires careful management to prevent complications and ensure optimal recovery.

## Key Considerations for Healing After Mohs Surgery

Healing by secondary intention can take 6-12 weeks or longer, depending on the wound's size and location. The wound should be reduced by at least 50% within the first month; otherwise, it may be considered chronic and require advanced intervention. Since open wounds are more susceptible to infection, keeping the wound clean and following prescribed care routines significantly reduces risks.

## The Podiatrist's Role in Post-Mohs Wound Care

Your podiatrist plays a crucial role in wound management, particularly for wounds on the feet and legs. Your podiatrist will assess wound severity, considering factors such as blood flow, pressure, and the patient's overall health, to develop an individualized treatment plan. The approach often involves regular wound debridement to remove nonviable tissue and promote healing. If a wound is slow to heal, your podiatrist may incorporate advanced techniques such as bioengineered skin substitutes or negative pressure therapy. Your podiatrist will collaborate with your dermatologist, vascular specialist, and other healthcare providers to ensure comprehensive care is tailored to your specific case.

## Advanced Healing Approach

- **Amniotic Tissue Grafts** – Applied immediately post-surgery to promote faster healing and reduce complications, especially for high-risk patients.
- **Surgical Closure Solutions** – Your team should include surgeons with hospital privileges who can perform split-thickness skin grafts (STSG) and muscle flaps for complex cases.



- **Preoperative Planning** – Your podiatrist will work closely with Mohs surgeons to ensure graft availability before surgery, allowing for same-day or next-day application.
- **Regular Wound Debridement** – Your podiatrist removes nonviable tissue and biofilm, enhancing recovery and encouraging healthy tissue formation.

## Collaboration Opportunities

Family Foot & Leg Center remains at the forefront of wound care advancements, incorporating research-driven techniques to enhance healing outcomes. Patients who have recently undergone Mohs surgery and have concerns about wound healing can receive specialized support through personalized treatment plans. Appointments are available for those seeking expert care.

Dermatologists are invited to collaborate in optimizing post-Mohs wound management. Through partnership, patient care can be elevated, promoting efficient healing and reducing complications.

**Working together ensures the best possible outcomes.**

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

## Ravnik Singh, DPM, AACFAS

Ravnik Singh, DPM, AACFAS, is a Podiatrist at Family Foot & Leg Centers in Port Charlotte, FL. He is a Fellow of the American College of Foot & Ankle Surgeons. Call 239-430-3668 or visit [www.NaplesPodiatrist.com](http://www.NaplesPodiatrist.com) to make an appointment. Visit [FootHealthFacts.org](http://FootHealthFacts.org) to learn more about foot and ankle conditions.



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# Revolutionary Face and Body Transformation: The Power of EMFACE® and EXION™ Combination Therapy

By Stéphane Calvino, MD

In the ever-evolving world of aesthetic medicine, breakthrough technologies continue to reshape how we approach facial rejuvenation and body contouring. Calvino Family Medicine & Wellness is proud to introduce a groundbreaking combination therapy featuring EMFACE® and EXION™, two cutting-edge treatments that work synergistically to deliver unprecedented results in non-invasive aesthetic enhancement.

## The Science Behind the Synergy

EMFACE® technology represents a paradigm shift in facial rejuvenation by simultaneously targeting both muscle and skin tissue. Using a unique combination of synchronized RF (radio frequency) and HIFES (High-Intensity Facial Electrical Stimulation) energies, EMFACE® works to lift and tighten facial features while rebuilding natural collagen and elastin. This revolutionary approach addresses multiple signs of aging in a single treatment, offering a comprehensive solution for facial rejuvenation.

Complementing EMFACE®'s facial focus, EXION™ technology brings advanced body contouring capabilities to the treatment protocol. EXION™ utilizes precise thermal energy delivery systems to target stubborn fat deposits and stimulate muscle conditioning, resulting in improved body composition and enhanced muscle definition. The technology's sophisticated temperature control ensures optimal results while maintaining patient comfort throughout the treatment.

When combined, these innovative technologies create a comprehensive approach to aesthetic enhancement that addresses both facial aging and body sculpting concerns.

## Comprehensive Benefits of the Combination Therapy

The EMFACE® and EXION™ combination therapy offers multiple advantages that set it apart from traditional aesthetic treatments:

### 1. Enhanced Results Through Synchronized Treatment

The simultaneous application of different energy modalities creates a multiplier effect, enhancing overall results beyond what each treatment could achieve independently. This synergistic approach optimizes treatment outcomes while potentially reducing the total number of sessions needed.



### 2. Non-Invasive Excellence

Both treatments are completely non-invasive, requiring no needles, surgery, or downtime. This makes the combination therapy an ideal choice for busy professionals seeking significant improvements without disrupting their daily routines.

### 3. Natural-Looking Outcomes

Unlike more aggressive treatments, EMFACE® and EXION™ work with your body's natural processes to enhance and rejuvenate. The results appear gradually and naturally, avoiding the artificial or "overdone" look that can sometimes occur with other aesthetic procedures.

### 4. Comprehensive Treatment Approach

While EMFACE® focuses on facial rejuvenation, addressing multiple aging concerns simultaneously, EXION™ complements these results by improving body contours and muscle tone. This head-to-toe approach ensures harmonious results across the entire treatment area.

## The Treatment Experience at Calvino Family Medicine & Wellness

At Calvino Family Medicine & Wellness, each combination therapy session is tailored to meet individual patient needs and goals. The treatment process begins with a comprehensive consultation to assess your unique concerns and develop a customized treatment plan.

During the treatment, patients can relax comfortably while the advanced technologies work simultaneously. The procedure is virtually painless, with

many patients describing it as feeling similar to a warm massage with mild muscle contractions. Most sessions last between 45-60 minutes, making it convenient to fit into even the busiest schedules.

## Long-Lasting Results and Maintenance

One of the most compelling advantages of the EMFACE® and EXION™ combination therapy is the longevity of results. While individual experiences may vary, many patients report seeing initial improvements within weeks of their first treatment, with results continuing to develop over the following months as collagen production increases and muscle tone improves.

To maintain optimal results, our specialists at Calvino Family Medicine & Wellness will work with you to develop a personalized maintenance schedule. This typically involves periodic touch-up treatments to ensure your results remain fresh and natural-looking over time.

## The Future of Aesthetic Medicine

The introduction of the EMFACE® and EXION™ combination therapy at Calvino Family Medicine & Wellness represents a significant advancement in non-invasive aesthetic treatment options. This innovative approach offers patients the opportunity to address multiple concerns simultaneously, with natural-looking results and no downtime.

For those seeking a comprehensive solution to facial aging and body contouring, this combination therapy provides an exciting new option that leverages the latest technological advances in aesthetic medicine. Contact Calvino Family Medicine & Wellness today to schedule a consultation and discover how this revolutionary treatment combination can help you achieve your aesthetic goals.



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# Overcoming Neuropathy: Steven Faherty's Journey to Renewed Life

**A**fter spending a lifetime managing warehouses filled with orthopedic implants—hip and joint replacements—Steven Faherty never imagined he'd one day face his own debilitating condition. But after more than 25 years of working on hard concrete floors, he began experiencing numbness and tingling in his feet so severe that it kept him awake at night.

"I always thought it was just part of aging," Steven says. "But the pain was relentless, and it started taking away the retirement I had envisioned."

Originally from Indiana, Steven and his wife moved to Manasota Key to embrace an active coastal lifestyle filled with golf, beach walks, and time with family. Unfortunately, his worsening neuropathy made those simple joys almost impossible.

"I couldn't sleep. I couldn't walk without discomfort. I was struggling to do the things I loved," he recalls. "Then my wife saw an advertisement for Dr. Kenneth Carle's neuropathy program at Renewed Life Wellness Center."

Skeptical but desperate for a solution, Steven attended one of Dr. Carle's "Lunch and Learn" seminars, where he was introduced to a comprehensive approach to neuropathy treatment.

"I wasn't sure how a chiropractor could fix my feet," Steven admits. "But I decided to listen. Then, after the seminar, I did my own research. Eventually, I attended a one-hour informational session where Dr. Carle and his team laid out a personalized wellness plan for me."

At first, the commitment seemed daunting. The clinic was a 40-mile drive each way, and the program required two visits per week.

"I almost didn't do it," Steven says. "But then I thought—doing nothing wasn't going to make me better. And that was a future I wasn't willing to accept."

His treatment plan began with two weekly visits for one month, later tapering down to once a week,

then bi-weekly. Now, he is nearing the completion of his program, with his final evaluation scheduled for May 2025.

"The results have been incredible," Steven shares. "The numbness and tingling in my feet have improved dramatically. I've regained my active lifestyle—playing golf weekly, competing in pickleball matches, and taking long walks on the beach with my wife."

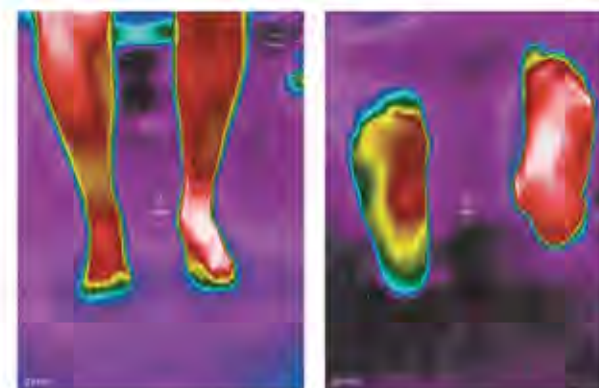
Part of Steven's success comes from his at-home regimen, which includes using a vibration machine, an electronic pulse stimulator, and taking targeted supplements.

"If you think a circulation drink sounds crazy, that's okay," he laughs. "I assure you, it's not. The thermography images prove it—my circulation has improved significantly in just three months."

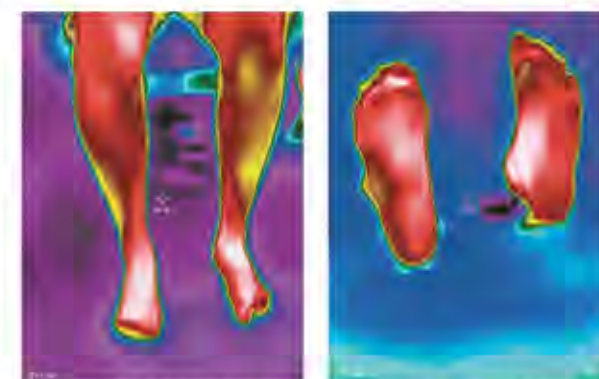
Looking back, Steven remembers the uncertainty he felt before starting the program.

"I had a knee replacement six years ago, and I thought that was the cause of my foot problems. But after hearing Dr. Carle explain neuropathy, I realized there was hope. That seminar changed everything for me."

Beyond physical improvements, Steven emphasizes how much his quality of life has changed.



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"When your circulation improves, so does your mental health. If you can move, if you can be outside, if you can enjoy time with family—life gets better," he says. "I didn't want to spend my retirement in a recliner, watching life pass me by. I wanted to be out living it."

Now, Steven encourages others to take that first step.

"If you're dealing with neuropathy, don't just accept it as your new normal. Go spend an hour with Dr. Carle. Have a bite to eat, do your research, and learn how this program can change your life."



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**When**  
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BY SUNDAY, MARCH 9TH

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Presented by:  
**Dr. Kenneth Carle**  
Chiropractic Physician



# MEMORY MATTERS

**M**arch is Women's History Month! This tribute to the contributions of women actually began in the early 1980s as Women's History week and in 1987, Congress passed a resolution that March would be proclaimed Women's History Month. Women's history month celebrates the accomplishments of women in a variety of different fields that have positively impacted history. This month also serves as a celebration of women's efforts to continue to fight for equality, justice and opportunities in the world.

In the early 1900s, Dr. Alois Alzheimer identified the characteristic plaques and tangles in the brain of a 51 year old woman. He had followed her disease progression and when she died, he was able to provide analysis of her brain, where he was able to make the discovery of these histological alterations. Dr. Alzheimer's patient was a woman named Auguste Deter, who also has a place in the history of Alzheimer's disease.

Alzheimer's disease impacts women more than men. Approximately twice as many men have Alzheimer's disease than men. Why is this? Age is the number one risk factor for Alzheimer's disease. Women live longer than men. As noted in a recent JAMA article, the gap between men and women's life expectancy increased to 5.8 years. Life expectancy is one consideration, but are there other things at play?

One of the world's leading experts and researchers in the area of Alzheimer's disease. Dr. Reisa Sperling is working on trying to understand what other factors contribute to Alzheimer's disease in women. As highlighted in an Alzheimer's Association profile, Dr. Sperling, who is a professor at Harvard Medical school and the Director of Alzheimer's Research and Treatment at Brigham and Women's Hospital, is not only a pioneer in Alzheimer's disease research, she has mentored many women who are dedicated to dementia science. She is also the Director of Neuroimaging Core at the Massachusetts Alzheimer's Disease research center at Massachusetts General Hospital. Dr. Sperling was in medical school when her grandfather died with Alzheimer's disease. Her father was also diagnosed with the disease, which also fueled her focus on finding approaches to stopping the disease.



The Alzheimer's Association has also highlighted several other prominent female researchers. Dr. Marilyn Albert, the Director of the Division of Cognitive Neuroscience and the Director of the John's Hopkins Alzheimer's Research Center has focused on the lifestyle changes that may preserve cognitive abilities as we age. Her current research is focused on early identification and ways to monitor disease progression.

Another accomplished researcher, Dr. Malu Tansey has focused her research on the role of inflammation and the immune system in brain health and the development of Alzheimer's disease. Currently, Dr. Tansey is the Professor of Neuroscience and Neurology and the Director of the Parkinson's Foundation Research Center of Excellence at the University of Florida.

Several other prominent female scientists are leading the charge at the Alzheimer's Association. Dr. Maria Carillo is the Chief Science Officer and medical affairs lead who sets the strategic vision for global research in the area of Alzheimer's disease. Among her many leadership responsibilities, Dr. Carillo is a co-investigator for the Association led US Pointer Study, a lifestyle intervention trial to prevent cognitive decline. She has also received numerous awards and in 2020, she received the Lifetime Achievement Award in Alzheimer's Disease Therapeutic Research from the Clinical Trials on Alzheimer's Disease Conference.

Dr. Heather Snyder is the Vice President of Medical and Scientific Relations at the Association, and is recognized as an industry expert. Dr. Rebecca Edelmayer

has more than 20 years of experience as a scientist and an educator and serves as the senior Director of Scientific Engagement. These amazing women are at the forefront of Alzheimer's disease research, forging relationships and connections with global leaders in the Alzheimer's research space. The President and CEO of the Alzheimer's Association is Joanne Pike, DPH. Dr. Pike has an extensive background in social support and public health initiatives.

These are just a few of the many outstanding female scientists and leaders working with Alzheimer's disease with a commitment to finding a cure for the disease. Here at the Neuropsychiatric Research Center, we are also dedicated to finding a cure and improving the lives of people with neurological diseases, such as Alzheimer's disease, through research and education. We understand the impact of Alzheimer's disease on those who have been diagnosed, and their family and friends. If you haven't been formally diagnosed with a memory condition, yet have noticed changes please contact us at 239-939-7777.

Would you like to have a free baseline memory screen? We can help! Brain health is critical for all of us, and knowing your cognitive status via an easy and free memory screen is a service we provide to the community. Memories matter! NPRC 239-939-7777.



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Widening Gender Gap in Life Expectancy in the US, 2010-2021 | Health Disparities | JAMA Internal Medicine | JAMA Network



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# March is Save Your Vision Month: Protecting Your Eyes in a Digital World

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

In an era where screens dominate our daily lives, protecting our vision has never been more crucial. March, designated as Save Your Vision Month, serves as a vital reminder to prioritize eye health and implement preventive measures to safeguard our precious sense of sight.

Digital eye strain has become increasingly prevalent as adults and children spend countless hours in front of computers, smartphones, and tablets. Studies indicate that the average American adult spends over seven hours per day looking at screens, while children's screen time has doubled since the pandemic began. This prolonged exposure to digital devices can lead to a constellation of symptoms known as Computer Vision Syndrome, including dry eyes, blurred vision, headaches, and neck pain.

Fortunately, eye care professionals recommend several effective strategies to maintain optimal vision health. The 20-20-20 rule stands as a cornerstone of digital eye wellness: every 20 minutes, take a 20-second break to look at something 20 feet away. This simple practice helps reduce eye muscle fatigue and maintains visual flexibility.

Proper workplace ergonomics also play a crucial role in vision health. Positioning your screen at arm's length and slightly below eye level can significantly reduce strain. Additionally, ensuring adequate lighting that doesn't create glare on your screen helps prevent unnecessary eye stress. Many eye care professionals recommend using blue light filtering glasses or screen protectors to minimize exposure to potentially harmful blue light emissions from digital devices.

Regular comprehensive eye examinations remain the foundation of preventive eye care. While vision screenings at school or work are helpful, they don't replace the thorough evaluation provided by an eye care professional. These examinations can detect early signs of serious conditions like glaucoma, macular degeneration, and diabetic retinopathy before they cause significant vision loss.

Nutrition also plays a vital role in maintaining healthy vision. Foods rich in omega-3 fatty acids, lutein, zinc, and vitamins C and E can help prevent



age-related vision problems. Dark leafy greens, fish, eggs, nuts, and colorful fruits and vegetables should be regular components of an eye-healthy diet.

Outdoor activities offer another layer of vision protection, particularly for children. Research suggests that spending time outdoors may help prevent or slow the progression of myopia (nearsightedness) in young people. However, proper UV protection is essential during outdoor activities, as excessive sun exposure can increase the risk of cataracts and other eye conditions.

As we observe Save Your Vision Month, it's important to remember that vision care extends beyond March. Implementing these protective measures year-round can help preserve our eyesight for years to come. The American Optometric Association emphasizes that approximately 80% of visual impairment worldwide is preventable with proper care and regular examinations.

This March, take the opportunity to schedule a comprehensive eye exam, assess your digital device habits, and make necessary adjustments to protect your vision. Remember, our eyes are irreplaceable, and investing in their health today will pay dividends throughout our lives. By raising awareness and taking proactive steps to protect our vision, we can work together to reduce the incidence of preventable vision problems and ensure clearer, healthier sight for generations to come.



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

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

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

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

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

## 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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# FGCU's 'Disaster Day' Prepares Tomorrow's Healthcare Heroes

Marieb College simulation ensures graduates are ready for any emergency

**E**mergencies are unpredictable, and preparing future healthcare professionals to handle them is a top priority at Florida Gulf Coast University. To ensure students gain invaluable real-world experience, FGCU hosted its inaugural "Disaster Day" event in November, bringing together over 600 participants for an adrenaline-charged emergency training exercise. More than 300 students from FGCU's Marieb College of Health & Human Services joined faculty, staff, volunteers and local first responders in an all-day simulation designed to test their ability to assess, diagnose and treat patients under pressure.

The multidisciplinary exercise highlighted FGCU's commitment to ensuring healthcare students are prepared to enter the workforce equipped to handle real-world emergencies.

## It takes a village to stage a 'disaster'

Over 600 participants were involved, including hundreds taking part in a mass CPR training in partnership with the American Red Cross.

Some 100 student actors portrayed victims on the worst day of their lives, creating realistic scenarios by simulating injuries and distress. Emergency vehicles — including ambulances, fire trucks, police cars and a medical helicopter — added to the life-like atmosphere.

The event brought together local first responders, the Florida State Guard, the American Red Cross, the American Heart Association, the Salvation Army, Lee County Sheriff's Office, San Carlos Fire Department, Lee Flight, NCH and Lee Health, as well as several simulation companies that donated their time and equipment. Eleven FGCU academic programs were involved, including eight from Marieb College.

As the day unfolded, healthcare students rotated through various zones of the staging areas, each presenting unique challenges. Students practiced skills learned in the classroom, like how to help triage, evaluate, assess and treat. They faced a variety of issues affecting their patients' mental health, physical ability and psychomotor, cognitive and functional skills.

The experience dramatically underscored the importance of healthcare professionals working together. For many of the healthcare students involved, participating in a hands-on emergency simulation added urgency to lessons learned from textbooks and classroom lectures.

The simulated disaster was more than just a test of individual skills — it was a masterclass in teamwork. Students from different healthcare disciplines worked side by side, combining their expertise to deliver optimal care. This interprofessional collaboration reflected real-world healthcare settings, where success often depends on effective communication and coordination among diverse teams.

For many participants, the exercise offered a profound sense of realism. Tasks like managing airways, monitoring vital signs and delegating responsibilities became second nature as the adrenaline kicked in. By the end of the day, students reported feeling more confident and prepared to face actual emergencies.

## Preparing for real life

To enhance the realism of playing victims, student actors from FGCU's theatre department arrived several hours before the simulation to apply moulage, a theatrical disaster makeup, to create the appearance of injuries involving blood and gore. The volunteer "casualties" took their positions on Recreation Field 1 under the watchful eye of four groups of first responders and Marieb College faculty, there to observe the progress of the healthcare students.

Their realistic performances added urgency and complexity to the scenarios. Healthcare participants were able to practice skills learned, such as controlling a patient's airway, making sure patients are intubated if they are unconscious and delegating tasks to other team members.

Before the event, Joe Buhain, Marieb College's director of interprofessional simulation and emerging technology, said his primary goal was to

engage students in interprofessional education with the hope that they would learn, not just from the event, but from each other.

FGCU's Disaster Day is a testament to the university's dedication to hands-on learning. Through carefully crafted scenarios, participants not only practiced their technical skills but also learned how to adapt to the unpredictable nature of crisis situations. Each scenario was designed to challenge students' clinical knowledge, decision-making abilities and emotional resilience.

The event also highlighted Marieb College's emphasis on interdisciplinary learning. Healthcare students interacted with peers from programs like social work, counseling and nursing anesthesia — fields they might not typically encounter in classroom settings. This exposure broadened their understanding of the holistic approach required in emergency care.

## The path forward

As FGCU looks ahead, the success of Disaster Day has set the stage for future simulations. Organizers plan to make this an annual event, continually refining the scenarios to mirror evolving healthcare challenges. By providing students with immersive, real-life experiences, Marieb College is preparing them to succeed — and shaping the future of healthcare.

For prospective students, current professionals and community partners, Disaster Day exemplifies the university's innovative approach to education. It's a place where learning goes beyond the classroom, where collaboration takes center stage and where the future of healthcare is being shaped.

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



10501 FGCU Boulevard South  
Fort Myers, FL 33965  
(239) 590-1000 | [fgcu.edu](http://fgcu.edu)

# The Power of Oxygen: How HOCATT Technology Can Supercharge Your Mind & Body in 30 Minutes

In today's fast-paced world, many of us are searching for effective ways to restore balance, feel renewed, and achieve peak vitality. The demands of daily life along with the buildup of environmental toxins, daily stress, and sluggish circulation can leave us fatigued and depleted, both physically and mentally. For those seeking a comprehensive solution that supports multiple aspects of wellness in a single session, the HOCATT™ (Hyperthermic Ozone and Carbonic Acid Transdermal Technology) system combines multiple advanced wellness modalities into one seamless experience. Unlike standalone treatments, these therapies work synergistically, enhancing each other's effects to deliver comprehensive support for detoxification, oxygenation, and revitalization. This integrative approach sets HOCATT™ apart, offering a uniquely efficient and transformative wellness solution.

The HOCATT™ system integrates several complementary therapies that work together to support rejuvenation:

## 1. Transdermal Ozone Therapy

Ozone (O<sub>3</sub>), a highly oxygenated form of oxygen (O<sub>2</sub>), contains an extra oxygen molecule that breaks down into oxygen and a single oxygen atom upon entering the body. This additional oxygen supports cellular energy, circulation, and detoxification. Unlike hyperbaric oxygen therapy (HBOT), which uses only oxygen (O<sub>2</sub>), ozone therapy provides an extra oxygen molecule, which plays a crucial role in activating the body's antioxidant defense systems.

Research indicates that ozone therapy can enhance the activity of antioxidant enzymes such as superoxide dismutase, catalase, and glutathione peroxidase, which play crucial roles in neutralizing free radicals and protecting cells from oxidative damage.

By potentially upregulating these antioxidant defenses, ozone therapy may help maintain a balance between oxidants and antioxidants, thereby supporting the body's ability to manage oxidative stress.

### Key Supportive Benefits:

- Supports immune system
- Encourages cellular energy production
- Aids the body's natural detoxification processes
- Enhances oxygenation and circulation
- Helps manage oxidative stress through balanced antioxidant response

## 2. Oxygen Breathing Therapy

During HOCATT™ sessions, clients also breathe in concentrated oxygen. This supports oxygen delivery to the bloodstream, optimizing the body's ability to absorb and utilize oxygen while complementing ozone therapy.

### Key Supportive Benefits:

- Supports cardiovascular and respiratory health
- Boosts mental clarity and focus
- Enhances physical stamina and endurance
- Encourages relaxation and stress management

## 3. Carbonic Acid (CO<sub>2</sub>) Therapy

During a HOCATT™ session, carbonic acid is transdermally (through the skin) delivered to open capillaries and enhances circulation and relaxation. Improved circulation ensures that oxygen and ozone can penetrate tissues more effectively.

### Key Supportive Benefits:

- Supports healthy blood flow
- Encourages natural oxygen absorption
- Promotes relaxation and stress management
- Stimulates the parasympathetic nervous system for deep relaxation and cognitive clarity

## 4. Far Infrared Sauna Therapy

Far-infrared heat penetrates deep into tissues, raising core body temperature to support detoxification and promote relaxation without excessive external heat.

### Key Supportive Benefits:

- Supports gentle detoxification
- Encourages muscle and joint comfort
- Promotes relaxation and stress relief

## 5. Electrotherapy

A specialized form of electrotherapy is used to support cellular function and balance.

### Key Supportive Benefits:

- Supports cellular function and repair
- Encourages restful sleep
- Helps manage stress responses

## 6. Aromatherapy

Therapeutic essential oils are diffused during sessions, engaging the limbic system to support emotional balance and mental clarity.

### Key Supportive Benefits:

- Promotes stress relief and relaxation
- Supports positive mood and outlook
- Complements oxygenation benefits

## 7. Photon Light Therapy (Photobiomodulation)

Specific wavelengths of light penetrate the skin to support overall balance and encourage cellular vitality.

### Key Supportive Benefits:

- Supports skin health by stimulating collagen production
- Promotes mood balance and mental clarity
- Enhances circulation, supporting oxygen and nutrient delivery
- Stimulates ATP production for cellular energy

## 8. Ultraviolet (UV) Light Therapy

UV light works synergistically with ozone therapy to support oxygen utilization and balance.

### Key Supportive Benefits:

- Supports immune responses
- Complements oxygen-based therapies
- Aids the body's natural detoxification processes

### Why Oxygen Matters: The Foundation of Vitality

Oxygen powers every function in the body, from brain clarity to cellular energy production. However, modern lifestyles, environmental stressors, and reduced circulation can lower oxygen levels, contributing to fatigue and sluggish detoxification. HOCATT™ addresses this through transdermal ozone therapy and oxygen breathing, delivering highly bioavailable forms of oxygen that the body absorbs efficiently.

### Supportive Outcomes:

- **Enhanced Energy:** Cellular oxygenation supports ATP production, the body's energy currency.
- **Mental Clarity:** Improved oxygen delivery encourages cognitive performance.
- **Optimized Detoxification:** Oxygen supports liver function and natural detoxification processes.

### HOCATT™ vs. Hyperbaric Oxygen Therapy (HBOT): A Distinct Difference

While both HOCATT™ and HBOT involve oxygen-based approaches, they differ in key aspects. HBOT uses pure oxygen (O<sub>2</sub>) in a pressurized chamber, significantly increasing oxygen levels in the blood and tissues. In contrast, HOCATT™ uses ozone (O<sub>3</sub>), which contains an additional oxygen molecule. This extra oxygen molecule provides enhanced support for detoxification and oxidative stress management, offering a unique benefit not found in HBOT.

### Experience the Transformation at Soaring Spirit of Florida LLC

Harnessing the power of oxygen and the comprehensive wellness modalities of HOCATT™, Soaring Spirit of Florida LLC offers sessions designed to support your journey toward greater vitality. Whether you're seeking to renew energy, detoxify naturally, or restore balance, HOCATT™ sessions provide a supportive environment for overall well-being.

*Discover the difference that oxygen-powered wellness can make. Your path to rising vitality starts here—experience it for yourself at Soaring Spirit of Florida LLC.*

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## Cleerly Analysis - Using the Power of AI:

### Revolutionizing Heart Disease Diagnosis to Lower the Risk of Heart Attack

**H**ear disease remains the leading cause of death globally, with millions of lives lost each year due to heart attacks and related complications. Despite advancements in medical technology, accurately diagnosing heart disease and assessing the risk of heart attacks remains a complex challenge. However, a promising solution has emerged in the form of Cleerly, a groundbreaking approach to heart disease diagnosis that aims to lower the risk of heart attacks through early detection and personalized risk assessment.

Cleerly represents a paradigm shift in cardiovascular imaging and risk assessment. Developed by a team of leading cardiologists, data scientists, and engineers, Cleerly harnesses the power of artificial intelligence (AI) and advanced imaging techniques to provide comprehensive insights into the heart's health. Unlike traditional methods that often rely on subjective interpretation and limited information, Cleerly utilizes state-of-the-art algorithms to analyze cardiac imaging data with unmatched precision and efficiency.

At the core of Cleerly's innovation is its ability to generate highly detailed 3D reconstructions of the heart and its blood vessels from standard cardiac imaging scans such as CT angiography. By employing advanced machine learning algorithms, Cleerly can accurately identify and quantify various aspects of heart disease, including plaque buildup, arterial blockages, and coronary artery disease. This comprehensive assessment allows healthcare providers to detect potential issues at an early stage, enabling timely interventions to prevent heart attacks and other cardiovascular events.

One of the key advantages of Cleerly is its ability to provide personalized risk assessment for each patient. Traditional risk scoring systems often rely on generalized population-based metrics, which may not accurately reflect an individual's unique risk profile. In contrast, Cleerly leverages AI to analyze multiple factors, including plaque composition, vessel geometry, and hemodynamic parameters, to generate personalized risk scores tailored to each patient's specific characteristics and medical history. This individualized approach enables healthcare providers to prioritize interventions and optimize treatment strategies based on each patient's unique risk profile, ultimately leading to better outcomes and reduced incidence of heart attacks.

#### TRACK YOUR HEART HEALTH.

Now, with Cleerly's compare feature, you and your doctor can see how the plaque in your heart has changed over multiple scans, empowering you to make decisions that truly transform your health.



Moreover, Cleerly's user-friendly interface and intuitive visualization tools empower healthcare providers to easily interpret complex cardiac imaging data and communicate findings effectively with patients. By enhancing communication and patient engagement, Cleerly fosters a collaborative approach to heart disease management, where patients are actively involved in their care and empowered to make informed decisions about their health.

The impact of Cleerly extends beyond diagnosis and risk assessment, as it also plays a crucial role in guiding treatment decisions and monitoring disease progression. By providing detailed insights into the underlying mechanisms of heart disease, Cleerly enables healthcare providers to tailor treatment plans to address specific pathophysiological processes and optimize therapeutic outcomes. Additionally, Cleerly's ability to track changes in cardiac morphology and function over time allows for early detection of disease progression and adjustment of treatment strategies as needed, further reducing the risk of adverse cardiovascular events.

In conclusion, Cleerly represents a transformative approach to heart disease diagnosis that has the potential to revolutionize cardiovascular care and lower the risk of heart attacks. By harnessing the power of AI and advanced imaging techniques, Cleerly provides comprehensive insights into the heart's health, enables personalized risk assessment, and facilitates informed decision-making for patients and healthcare providers alike. With its promise of early detection, personalized intervention, and improved patient outcomes, Cleerly offers new hope in the fight against heart disease and underscores the immense potential of technology to transform healthcare.

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Serving our patients is our highest priority. We ensure that all patients feel comfortable and safe as we explain all procedures step by step. Radiology Associates of Venice and Englewood holds the highest quality of care for our patients to be a core tenant - which we proudly see in the over 4,000 Google reviews that have collectively scored a 4.9 out of 5 stars.

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

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Hours: 8:00am-5:00pm





# The Long-Term Care Asset Protection Trust: How Smart Planning Today Can Protect Your Tomorrow

By Carl Zacharia

**A**s healthcare costs continue to soar and Americans live longer than ever, families face a growing challenge: how to protect their hard-earned assets while ensuring access to quality long-term care. An Asset Protection Trust offers a powerful solution that helps families navigate this complex landscape while preserving their wealth for future generations.

**Understanding the Long-Term Care Challenge**  
The statistics are sobering. The average cost of nursing home care in Florida now exceeds \$10,400 per month, a figure that can quickly deplete a lifetime of savings. While Medicaid offers a safety net for long-term care expenses, qualifying for benefits traditionally requires spending down assets to near-poverty levels – a prospect that threatens many families' financial security and legacy plans.

This is where strategic planning makes all the difference. An Asset Protection Trust represents a sophisticated approach to asset protection that helps families qualify for Medicaid benefits while preserving their wealth for future generations.

**A Proactive Approach to Asset Protection**  
Unlike traditional estate planning tools, an Asset Protection Trust is specifically designed to address the unique challenges of long-term care planning. When properly established, this irrevocable trust helps to protect assets from being counted in the Medicaid eligibility process while maintaining important tax benefits for your heirs.

The key lies in timing. By establishing the trust at least five years before needing Medicaid benefits – known as the "lookback period" – families can protect significant assets that would otherwise need to be spent down. This foresighted approach can preserve hundreds of thousands of dollars in family wealth while ensuring access to necessary care.

**Preserving Tax Benefits for Future Generations**  
One of the most powerful features of an Asset Protection Trust is its ability to maintain the step-up in basis for capital gains tax purposes. This means that when assets pass to your heirs, their tax basis is adjusted to the fair market value at the time of inheritance, potentially saving them significant capital gains taxes in the future.

This combination of asset protection and tax efficiency sets an Asset Protection Trust apart from other planning tools. It's a sophisticated solution that addresses immediate concerns about long-term care costs and future tax implications for beneficiaries.

## Why Timing Matters

The five-year Medicaid lookback period makes early planning crucial. Assets transferred within this period may trigger penalties that delay benefit eligibility. However, transfers completed outside the lookback period are generally not penalized, allowing for faster qualification when benefits are needed.

Consider this example: A family transfers \$500,000 in assets to an Asset Protection Trust. If they wait the full five years before applying for Medicaid, these assets are protected and won't affect eligibility. Without such planning, the same family might need to spend most of these assets on care before qualifying for benefits.

## Maintaining Control While Protecting Assets

Many families worry that placing assets in an irrevocable trust means losing all control. An Asset Protection Trust addresses these concerns through careful drafting that can provide continued access to income while protecting the principal.

## The trust can be structured to:

- Provide income to the grantors during their lifetime
- Protect the family home and other real estate
- Preserve investment accounts and other assets
- Allow for flexible distribution options to beneficiaries
- Maintain privacy of family wealth

## Planning for Peace of Mind

Perhaps the greatest benefit of an Asset Protection Trust is the peace of mind it provides. Families can move forward knowing they have taken concrete steps to protect their legacy while ensuring access to quality care if needed.

## Taking the Next Step

While an Asset Protection Trust offers powerful benefits, proper timing and implementation are crucial. Working with an experienced estate planning and elder law attorney ensures that the trust is structured appropriately for your specific situation and goals.

Don't wait until a crisis forces your hand. The best time to plan for long-term care is before you need it. An Asset Protection Trust offers a path forward that protects your assets, preserves your legacy, and provides peace of mind for you and your loved ones.

Contact the attorneys at Zacharia Brown today to explore how an Asset Protection Trust can help protect your family's financial future while ensuring access to the care you may need.

## MARCH 2025 EVENTS!

**Wednesday, March 19th at 3:00pm**

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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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# Defeat Gum Disease

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

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

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

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



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

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

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

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

## Benefits of LANAP™

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

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

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

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

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

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

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## NOURISH AND ALIGN: Your Guide to Better Bone Health Through Nutrition

By Jordan Sanderson D.C.

**A**t Amplified Chiropractic and Wellness, we believe that proper nutrition is a foundational pillar of holistic wellness. Below is a message from our Registered Dietitian for National Nutrition Month. Take a look at some of the ways we combine nutrition with your chiropractic care for optimal results.

### "The Food-Spine Connection: A Dietitian's Guide to Supporting Your Chiropractic Care"

As March brings us National Nutrition Month, I'm excited to share how the worlds of nutrition and chiropractic care are merging to create more powerful outcomes for patients. As a dietitian, I've seen firsthand how what you put on your plate can dramatically impact your body's response to chiropractic adjustments, your bone health, and overall wellness journey.

Think of your body as an intricate ecosystem where everything is connected. While your chiropractor works to align your spine, the foods you eat can either support or hinder that healing process. Let me walk you through the four key nutritional pillars that can enhance your chiropractic care:

#### The Bone-Building Blueprint

Gone are the days when we simply told patients to drink more milk for stronger bones. Today, we take a more sophisticated approach to bone health. While calcium and vitamin D remain crucial, we're now incorporating foods rich in vitamin K2, which acts like a traffic director, ensuring calcium reaches your bones where it's needed most.

Think beyond dairy – incorporate leafy greens like kale, fatty fish such as salmon, and fermented foods into your daily menu. (Patients should check with their doctors before starting Vitamin K2 as it can interact with certain medications).

#### Fighting Inflammation Through Food

Imagine that your chiropractor's adjustments are resetting your body's foundational alignment. Now, picture anti-inflammatory foods as the maintenance crew, helping to preserve those benefits. My go-to recommendations include vibrant fruits and vegetables, fatty fish rich in omega-3s, creamy avocados, and nuts. Here's an insider tip: turmeric, especially



when combined with black pepper, can be particularly effective. Just as important is knowing what to avoid – processed foods and excess sugar can quickly undo your progress.

#### The Protein-Posture Connection

As a dietitian, one of my most important messages is about protein's role in supporting spinal health. Your muscles are like a natural corset for your spine, and they need adequate protein to stay strong. I guide patients toward lean proteins like chicken, fish, tofu, and legumes, timing their intake to support muscle repair and strength, especially after adjustments.

#### The Hidden Power of Hydration

Water isn't just about quenching thirst – it's essential for maintaining healthy spinal discs and facilitating nutrient delivery to healing tissues. I often tell my patients to think of their spinal discs as water-filled cushions that need constant replenishment. While individual needs vary, I recommend keeping water within arm's reach throughout the day and not waiting until you feel thirsty to drink.

#### A Personalized Approach

What excites me most about this integrated approach is how customizable it is. Whether you're following a Mediterranean, high-protein, or plant-based diet, we can adapt these principles to support your spinal health while honoring your dietary preferences and restrictions.

#### Looking Forward

As we celebrate National Nutrition Month, there's never been a better time to explore how nutrition can enhance your chiropractic care. By combining these two powerful approaches to wellness, we're seeing patients achieve better, longer-lasting results than ever before.

Experience the Amplified Difference.  
Give us a call today!

**FREE NUTRITION CONSULTATION  
WITH OUR REGISTERED DIETITIAN WHEN YOU  
SIGN UP FOR CARE IN THE MONTH OF MARCH**

## 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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## CBD'S POTENTIAL BENEFITS FOR MOOD AND PAIN IN TRAUMATIC BRAIN INJURY

**T**raumatic brain injury (TBI) presents complex challenges for patients, with mood disorders and chronic pain among the most debilitating symptoms. Cannabidiol (CBD), a non-psychoactive compound derived from cannabis, has emerged as a potential therapeutic option worth exploring. Research suggests CBD may address multiple aspects of TBI recovery through its anti-inflammatory, neuroprotective, and analgesic properties.

The endocannabinoid system plays a crucial role in regulating mood, pain perception, and neuroinflammation—all processes disrupted by TBI. CBD interacts with this system, potentially helping restore balance. Studies indicate CBD may reduce neuroinflammation that contributes to persistent symptoms following brain injury. This anti-inflammatory action appears particularly relevant for minimizing secondary brain damage after initial trauma.

For mood regulation, CBD shows promise in addressing the anxiety and depression that frequently accompany TBI. By modulating serotonin receptors similar to conventional antidepressants, CBD may help stabilize mood without the side effects associated with many psychiatric medications. Patients report improved sleep quality when using CBD, which indirectly supports better mood regulation and cognitive function during recovery.

Pain management presents another significant challenge for TBI patients. CBD's analgesic properties work through multiple mechanisms, including inhibiting

pain signaling pathways and reducing inflammation at pain sites. Unlike opioid medications, CBD doesn't carry the same risks of addiction or respiratory depression, making it a potentially safer option for long-term pain management.

Current research, while promising, remains preliminary. Most studies involve animal models or small human trials, and optimal dosing protocols aren't yet standardized. The FDA has not approved CBD specifically for TBI treatment, though interest in clinical applications continues to grow. Patients considering CBD should consult healthcare providers familiar with cannabinoid therapy and TBI management.

Administration methods vary from oils and tinctures to capsules and topical applications, each with different absorption rates and durations of effect. Starting with low doses and gradually increasing allows patients to determine their optimal therapeutic range while minimizing potential side effects.

Quality and sourcing remain important considerations. CBD products vary widely in purity and potency, with third-party testing providing essential verification of product contents. Full-spectrum CBD products contain trace amounts of other cannabinoids that may enhance therapeutic effects through the "entourage effect," though they also contain minimal THC. Broad-spectrum and CBD isolate products offer THC-free alternatives for those concerned about drug testing or THC sensitivity.

Some patients report combining CBD with conventional TBI treatments enhances overall symptom management. This integrative approach may allow for reduced dosages of prescription medications, potentially minimizing adverse effects while maintaining therapeutic benefits.

As research advances, CBD may become an integrated component of comprehensive TBI treatment plans, potentially reducing reliance on multiple medications with problematic side effect profiles. For patients struggling with the mood and pain complications of TBI, CBD represents a promising avenue worth discussing with knowledgeable healthcare providers.

### About Hemp Joi

It all started back in 2019, we set out to change the way the world deals with chronic aches and pains. Having a background in functional medicine and a passion for entrepreneurship, we set out to bring quality products to the greater SW Florida area and beyond.

We were inspired by family members, in the massage therapy industry, that kept getting requests from clients to use CBD oils because of their natural healing properties.

We felt this was a great and underserved need, so we began our search for the most natural most authentic CBD oils and lotions.

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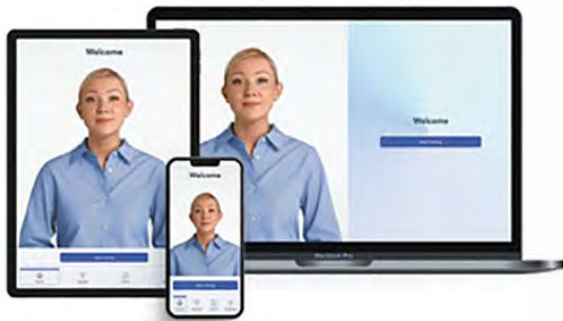
# Introducing LACE: The Revolutionary AI-Powered Auditory Training Program

By Dr. Noël Crosby, Au.D.

In recent years, advancements in artificial intelligence (AI) have transformed various industries, including healthcare. One area that has benefited significantly from AI is auditory training. LACE (Listening and Communication Enhancement) is a pioneering AI-powered auditory training program designed to improve communication skills in individuals with hearing impairments.

## What is LACE?

LACE is an interactive, computer-based program that uses AI algorithms to create personalized auditory training sessions. The program is designed to help individuals with hearing impairments, including those with cochlear implants, hearing aids, or other auditory processing disorders.



## How Does LACE Work?

LACE uses a combination of speech, noise, and music to create a realistic auditory environment. The program's AI algorithms adjust the difficulty level of each session based on the individual's performance, ensuring that the training is challenging yet engaging.

Each LACE session consists of a series of exercises that target specific auditory skills, such as:

- 1. Speech recognition:** Identifying words and phrases in quiet and noisy environments.
- 2. Noise reduction:** Filtering out background noise to improve communication.
- 3. Can use familiar voices** as a way of personalizing the training.

## Benefits of LACE

The LACE program offers numerous benefits for individuals with hearing impairments, including:



- 1. Improved communication skills:** Enhanced ability to understand speech in various environments.
- 2. Increased confidence:** Reduced anxiety and stress related to communication difficulties.
- 3. Personalized training:** AI-driven adjustments ensure that each session is tailored to the individual's needs.
- 4. Convenient and accessible:** LACE can be used on a computer or tablet, making it easy to incorporate into daily life.

## Conclusion

LACE is a groundbreaking AI-powered auditory training program that has the potential to revolutionize the way we approach communication skills training for individuals with hearing impairments. With its personalized, interactive, and engaging approach, LACE is an invaluable tool for anyone seeking to improve their communication skills and regain confidence in their ability to connect with others.



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*Please join us for our upcoming seminar: "What's New in Hearing Healthcare and Tinnitus Treatment."*

This seminar will discuss new technology and treatment options for both hearing loss and tinnitus, including the use of innovative apps to enhance hearing and manage tinnitus symptoms.

Join us on **March 13th** at the Englewood Chamber of Commerce from 2-3pm, where attendees can learn more and experience demonstrations of these treatments.

Snacks and beverages will be served.

RSVP to 941-474-8393 as space is limited.

Feel free to bring a friend!

The seminar will cover new treatments for tinnitus management, such as the Oto app and Lenire, as well as treatments for hearing loss, including LACE AI (an interactive auditory rehabilitation program) and advanced hearing aids from Oticon, Starkey, Widex, and Eargo.

I believe this topic will be of great interest to those concerned about their hearing health.

## Can't attend the seminar?

We will have limited complimentary appointments available in our office on March 12-13th to review these treatments.

Call 941-474-8383 to reserve your spot.

# PRESERVING MUSCLE DURING GLP-1 WEIGHT LOSS

**W**eight loss through GLP-1 medications has revolutionized obesity treatment, but maintaining muscle mass remains a critical concern. While these medications effectively reduce body fat, preserving lean muscle requires strategic nutritional choices—particularly regarding protein intake. The House of Hormones approach prioritizes this protein-muscle relationship for optimal body composition results during GLP-1 therapy.

GLP-1 receptor agonists like semaglutide and tirzepatide work by reducing appetite, slowing gastric emptying, and improving insulin sensitivity. These mechanisms create an effective pathway to weight loss, but they also present challenges for muscle preservation. When caloric intake decreases significantly, the body may turn to muscle tissue for energy without proper dietary intervention.

Protein becomes the cornerstone nutrient during GLP-1 therapy. Research suggests that higher protein intake—between 1.6-2.2g per kilogram of body weight daily—can effectively preserve lean mass even in substantial caloric deficits. The House of Hormones protocol emphasizes this higher protein target while monitoring hormonal changes during weight loss.

The protein-sparing effect works through several mechanisms. First, dietary protein provides essential amino acids that signal muscle protein synthesis. Second, adequate protein intake helps maintain

nitrogen balance, crucial for preserving existing muscle tissue. Finally, protein has the highest thermic effect among macronutrients, burning more calories during digestion while providing greater satiety—amplifying the appetite-suppressing effects of GLP-1 medications.

Timing protein consumption strategically throughout the day maximizes its muscle-preserving benefits. The House of Hormones approach recommends distributing protein across 3-5 meals, with each serving containing at least 25-30g of high-quality protein. This distribution maintains a steady amino acid pool to counteract muscle breakdown during periods of reduced caloric intake.

Resistance training serves as the perfect complement to proper protein intake. While GLP-1 medications reduce appetite, maintaining regular strength training sessions becomes crucial for muscle preservation signals. Even two weekly sessions can significantly impact muscle retention during weight loss. The exercise-nutrition synergy creates an anabolic environment that protects lean tissue despite overall caloric reduction.

Hormonal optimization remains central to the House of Hormones philosophy during GLP-1 therapy. Monitoring thyroid function, testosterone levels, and growth hormone status ensures the biochemical environment supports muscle preservation. These hormones directly influence protein utilization and muscle tissue maintenance during weight loss.



Quality protein sources matter significantly. Complete proteins containing all essential amino acids—particularly leucine—provide superior muscle-preserving benefits. Animal proteins (lean meats, eggs, dairy), plant-based complete proteins (soy, quinoa), and strategic combinations of incomplete plant proteins can all effectively support muscle maintenance during GLP-1-assisted weight loss.

The sustainable weight management approach emphasizes body composition over scale weight alone. By prioritizing protein intake and resistance training during GLP-1 therapy, individuals can achieve meaningful fat loss while preserving the metabolically active muscle tissue that supports long-term health and weight maintenance.

At House of Hormones, we break the cycle of fatigue and weight struggles through comprehensive 45-minute consultations analyzing your complete health profile. Our approach goes beyond quick fixes, creating personalized wellness plans that combine tailored nutrition, exercise guidance, and hormonal therapy when needed. With monthly telemedicine follow-ups and 24/7 text support, we provide unmatched personalized attention that empowers you to achieve optimal health, reclaim your energy, and experience medically proven weight loss results focused on overall wellness, not just numbers on a scale. Call us today!

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# Understanding Polycystic Kidney Disease

By Neetu Malhotra, MD

**C**hronic Kidney Disease (CKD) means that the kidneys have become damaged. The common causes of CKD are diabetes mellitus, hypertension, inherited diseases, and nephritis.

Polycystic kidney disease is the fourth leading cause of kidney failure and 600,000 people in the United States have the disorder. Polycystic kidney disease (PKD) affects the kidneys with cysts that grow and are filled with fluid. These cysts can damage the kidneys, and essentially take over the kidney's ability to work properly, especially if there are numerous cysts growing at one time. These cysts can severely reduce kidney function.

Poly cystic kidney disease can also affect other organs in the body including the spleen, ovaries, liver, pancreas, bowels, brain, and heart. Most people don't develop PKD until middle age, and the symptoms can range from mild to severe.

## The primary symptoms of PKD are as follows:

- High blood pressure
- Back or side pain
- Swollen abdomen
- Blood in the urine
- Frequent bladder and/or kidney infections
- Fluttering or pounding chest
- Chest pain
- Headaches

50 to 60 percent of individuals with PKD will develop kidney failure.

## PKD Treatment

Individuals with PKD will need dialysis and possibly a kidney transplant. There are also medications that can help treat the disorder and certain diets that will help to prevent the growth of the cysts, which can stop the progression of the disease. PKD can be genetic, so it's best to speak to your physician about your children's health or any planned pregnancies.

## How Can the Progression of Kidney Disease Be Delayed?

1. Keeping blood pressure under 130/80 or if you have diabetes or protein in the urine, under 125/75.
2. Taking certain types of medications called ACE-Inhibitors or angiotensin receptor blockers.

3. If you are diabetic, keeping blood sugars tightly controlled (HbA1c less than 7.0).
4. Avoiding medications that harm your kidneys such as non-steroidal anti-inflammatory drugs. (NSAIDs). Examples are Motrin, ibuprofen, Aleve, Advil, Naprosyn. A Cox-2 inhibitor called Celebrex is also harmful.
5. Avoiding, if possible, IV contrast dye used for CT scans and heart catheterizations and gadolinium used in MRIs.
6. Controlling your cholesterol.
7. Quit smoking.
8. If overweight, losing weight.
9. Treating anemia if present.
10. Avoiding Fleet phospho-soda (oral) and Fleet enemas for patients in Stage 4 and 5 chronic kidney disease.

## Associates in Nephrology

Associates in Nephrology has been providing comprehensive kidney care and transplant services in South-west Florida since 1984. Our team of nephrologists, nurse practitioners, and medical assistants are engaged in all aspects of providing the most advanced services for kidney disease and kidney transplants.

## Chronic Kidney Disease Program

Chronic Kidney Disease (CKD) means that the kidneys have become damaged. The common causes of CKD are diabetes mellitus, hypertension, inherited diseases, and nephritis.

The purpose of the CKD program is to slow the progression of damage to the kidneys and treat associated complications such as hypertension, anemia, and bone disease. If we are unable to arrest the disease process and the kidney damage progresses to end stage renal disease (ESRD), our plan is to manage these complications while preparing patients for renal (kidney) replacement therapy. This therapy can consist of peritoneal dialysis, hemodialysis, home hemodialysis, or kidney transplantation.

Managing these complications and preparing patients for renal replacement therapy is a complex process of visits, treatment, and teaching sessions. Our medical team consists of nephrologists (kidney doctors), nurse practitioners, registered dietitians, nurses, and medical assistants.

## Services Provided

Associates in Nephrology provides treatment for many kidney related conditions, as well as kidney transplant services.

- All forms of Dialysis – Hemodialysis and Peritoneal
- Diabetic Kidney Disorder
- Dietitian Services for Kidney Patients
- Disorders of Blood Chemistry
- Electrolyte Disorders
- Fluid Overload, Edema (swelling)
- Glomerulonephritis
- Hypertension
- Injections of Aranesp for Anemia related to Kidney Disease
- Kidney Transplant Services: Patient and Donor Evaluations, Post-Transplant Follow-up Care
- Lupus Nephritis
- Nephrotic Syndrome
- Pyelonephritis
- Polycystic Kidney Disease
- Recurring kidney stones
- Renal Failure
- Renal Insufficiency

We work collaboratively with a patient's primary care physician and specialists to slow the progression of chronic kidney disease (CKD) and prevent or manage complications such as hypertension, anemia, and bone disease. Additionally, our multidisciplinary team of professionals can assist you in arranging a wide array of supportive services and education programs for patients in all stages of CKD. For patients with end-stage renal disease (ESRD), our nephrologists can prepare them for all renal replacement therapies: in-center or home hemodialysis, peritoneal dialysis, and kidney transplant.

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# YOUR PHARMACIST: A VALUABLE PARTNER IN NATIONAL NUTRITION MONTH AND BEYOND

By Justin Ceravolo, PharmD

**E**ach March, National Nutrition Month spotlights the vital connection between healthy eating and overall wellness. While many people turn to their doctors or nutritionists for dietary guidance, your local pharmacist can be an equally valuable resource in your nutrition journey. These healthcare professionals offer unique insights into how medications, supplements, and nutrition work together to support your health.

Pharmacists undergo extensive training in biochemistry and understand how nutrients interact with medications, making them ideally positioned to offer personalized nutrition advice. For instance, they can explain why certain medications should be taken with food, while others work better on an empty stomach. They're also knowledgeable about potential interactions between supplements and prescription medications – information that could be crucial for your health.

Beyond medication management, pharmacists can help identify nutritional gaps that might affect your health. Many medications can impact nutrient absorption or increase your body's demand for specific vitamins and minerals. Your pharmacist can recommend appropriate dietary adjustments or supplements to counteract these effects. For example, some blood pressure medications may deplete potassium levels, requiring increased consumption of potassium-rich foods or supplementation under professional guidance.

Pharmacists are particularly valuable for individuals managing chronic conditions like diabetes, heart disease, or gastrointestinal disorders. They can provide tailored advice about dietary choices that complement your medication regimen and support your overall treatment plan. For diabetic patients, pharmacists often offer guidance about meal timing in relation to insulin or other diabetes medications, helping maintain stable blood sugar levels throughout the day.

Your pharmacist can also be an excellent resource for decoding nutrition labels and evaluating dietary supplements. With countless products on the market making various health claims, having a knowledgeable professional help you navigate these choices is invaluable. They can explain which supplements might benefit your specific health situation and which ones to avoid based on your current medications and health status.

During National Nutrition Month, many pharmacies offer expanded nutrition services, such as medication nutrition reviews or educational workshops about healthy eating. These services provide excellent opportunities to discuss your nutrition concerns with your pharmacist and develop strategies for improving your dietary habits.

The accessibility of pharmacists makes them particularly valuable nutrition partners. Unlike other healthcare providers who require appointments, pharmacists are often available for quick consultations during pharmacy hours. This convenience allows you to address nutrition questions or concerns as they arise.

Remember that your pharmacist is part of your healthcare team and can collaborate with your other healthcare providers to ensure your nutrition plan aligns with your overall health goals. This National Nutrition Month, consider scheduling a consultation with your pharmacist to discuss how you can optimize your nutrition while safely managing your medications.

## 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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# Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do NEED friends.

Solomon, the wisest man that ever lived said, *"As iron sharpens iron, so one person sharpens another."* Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, *"A man who has friends must himself be friendly..."* Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

*<sup>3</sup>Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, <sup>4</sup>not looking to your own interests but each of you to the interests of the others.* Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

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