

S O U T H W E S T F L O R I D A ' S

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

June 2025

Charlotte/South Sarasota Edition - Monthly

[www.swfhealthandwellness.com](http://www.swfhealthandwellness.com)

**FREE** 

## JUNE SPOTLIGHT

**MEN'S HEALTH  
AWARENESS MONTH**

## SHEDDING LIGHT ON CATARACTS

**UNDERSTANDING  
AND ADDRESSING  
THE IMPACT**

**WHY MEN'S  
HEALTH MONTH  
MATTERS MORE  
THAN EVER**

## RECLAIMING STRENGTH

**NEW HOPE FOR  
MUSCLE AND FITNESS  
AFTER WEIGHT LOSS  
WITH EMSCULPT NEO**

**EARLY  
DETECTION  
OF PROSTATE  
CANCER  
SAVES LIVES**







For a Limited Time Only,  
Gift Cards are Available!

***There's never been a better time to quit with Group Quit.***

*Tobacco Free Florida's Group Quit Sessions (in-person or virtual) now offer participants \$25 - \$125 in gift cards for their attendance.\**



## GROUP QUIT

Free, expert-led in-person or virtual sessions for all Florida residents, regardless of insurance status. Upon class completion, participants are eligible to receive free nicotine replacement therapy such as gum, patches or lozenges.\*\*

**Pre-registration required**

**Call Gulfcoast South AHEC today at:  
866-534-7909**

\*while supplies last

\*\*if medically appropriate for those 18 years of age or older

Learn more about all of Tobacco Free Florida's tools and services at [tobaccofreeflorida.com/quityourway](https://tobaccofreeflorida.com/quityourway).



GULFCOAST SOUTH  
AREA HEALTH  
EDUCATION CENTER



Florida  
HEALTH



Join others  
who have  
healed  
their **legs.**



Do you suffer from any  
of the following leg  
symptoms?

☐

Varicose Veins

☐

Discoloration

☐

Achy Legs

☐

Spider Veins

☐

Bruising

☐

Fatigue

☐

Swelling

☐

Ulcers

☐

Restless Legs

If you said **“YES”** to any of the above, you may have vein disease.



**FLORIDA LAKES**  
VEIN CENTER

[FloridaLakesVeinCenter.com](http://FloridaLakesVeinCenter.com)

Call for a **FREE** vein screening. **It's a no veiner!**<sup>SM</sup>

19790 Wellen Park Blvd., Ste 201B,  
Venice, FL 34293

**941-777-7771**

1217 Jacaranda Blvd.  
Venice, FL 34292

**941-257-0765**

9114 Town Center Parkway, Ste 101,  
Lakewood Ranch, FL 34202

**941-866-8989**





## Beauty, Reimagined

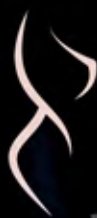
**CHRISTINA ESPINETA**  
Certified Physician Assistant  
Aesthetic Medicine

**KIRAN GILL, MD**  
Board Certified Plastic Surgeon

**NADIA KAZIM, MD**  
Board Certified Ophthalmologist  
and Oculoplastic Surgeon

### BOUTIQUE SURGERY

Facelifts  
Breast Augmentation  
Tummy Tuck  
Mommy Makeovers  
Eyelid Surgery



**Naples Aesthetic Institute**

Boutique Plastic Surgery & Med Spa

### MED SPA

Microneedling  
Diamond Glow  
Facials  
Permanent Makeup  
& More

3025 Airport Rd North | Naples, Florida 34105 | 239.596.8000



# contents JUNE 2025

**6** What You Need to Know About E-Cigarettes and Vaping as Smoking Cessation Tools

**7** June Spotlight: Men's Health Awareness Month

**8** Celebrating Home Safety Month with Podiatry in Mind

**9** Reclaiming Strength: Calvino Family Medicine & Wellness Offers New Hope for Muscle and Fitness After Weight Loss with Emsculpt NEO

**10** Shedding Light on Cataracts: Understanding and Addressing the Impact

**11** Lymphedema & Vein Disease

**14** Understanding Trigger Finger: Diagnosis and Treatment Options

**15** Innovative Teaching is Integral to FGCU's Mission

**16** Why Men's Health Month Matters More Than Ever

**17** Early Detection of Prostate Cancer Saves Lives

**18** Prostate Artery Embolization: A Minimally Invasive Breakthrough in the Treatment of BPH (Enlarged Prostate)

**19** The Scoop on Oticon Intent: A Premium Hearing Aid You May Not Find Everywhere

**20** Men's Health Month: Revolutionary Hair Restoration Treatments at VIO Med Spa

**21** The Daily "Grind"

**22** Men's Health Month: Modern Cosmetic Solutions for the Contemporary Man

**23** Spiritual Wellness: When You Are At Your Wits End

## CONTACT US

OWNER / ACCOUNT EXECUTIVE  
**Cristan Gensing**  
[cristan@gwhizmarketing.com](mailto:cristan@gwhizmarketing.com)

OWNER / CREATIVE DIRECTOR  
**Sonny Gensing**  
[sonnygensing@yahoo.com](mailto:sonnygensing@yahoo.com)



Publishing • Advertising • Web Design • Graphic Design

**Southwest Florida's Health & Wellness Magazine** can be found in over 600 Southwest Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Southwest Florida's Health&Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239.588.1200  
[Cristan@gwhizmarketing.com](mailto:Cristan@gwhizmarketing.com)

G WHIZ Marketing, LLC | 1630 Caxambas Court | Marco Island, Florida 34145

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2025. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTHWEST FLORIDA'S Health & Wellness Magazine. SOUTHWEST FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTHWEST FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

## Learn How Emsculpt NEO Can Improve Your Functional Wellness



AGE-RELATED CHALLENGES



SPORT-RELATED INJURIES



MOBILITY AND RANGE OF MOTION



POST-SURGERY REHABILITATION

## Join our Core to Floor Club TODAY!

The first non-invasive solution to address the whole core: Combine the Emsella and the Emsculpt Neo and you can improve your muscle strength, balance, and incontinence while destroying fat and building muscle. A sculpted, toned and a stronger you! **No pain and no down time!**



**EMSCULPT NEO**



Call us today or visit our website to schedule a **FREE** consultation: 941-637-0911 [www.calvinofamilymd.com](http://www.calvinofamilymd.com)



Calvino Family Medicine  
& WELLNESS

**Dr. Stéphane Calvino**  
941-637-0911 • [www.calvinofamilymd.com](http://www.calvinofamilymd.com)  
260 Milus Street, Punta Gorda, FL 33950



Primary Care with  
**MDVIP**



# 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.

### References:

1. Blaha, M. J. (2022, January 20). 5 vaping facts you need to know. Johns Hopkins Medicine. Retrieved August 5, 2022, from <https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-truths-you-need-to-know-about-vaping#:~:text=2%3A%20Research%20suggests%20vaping%20is%20bad%20for%20your%20heart%20and%20lungs.&text=it%20causes%20you%20to%20crave,of%20having%20a%20heart%20attack>.
2. Centers for Disease Control and Prevention. (2022, June 23). Quick facts on the risks of e-cigarettes for kids, teens, and young adults. Centers for Disease Control and Prevention. Retrieved August 5, 2022, from [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html?s\\_cid=OSH\\_emg\\_GL0004&gclid=Cj0KCQjw\\_7KXBhCoARIsAPdPTfhcghfeM1Nt942E9T9NEC5ZacheqTfaRJoU10p52M2wpiyEe8h9pQaAqhPEALw\\_wcB#why-is-nicotine-unsafe](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html?s_cid=OSH_emg_GL0004&gclid=Cj0KCQjw_7KXBhCoARIsAPdPTfhcghfeM1Nt942E9T9NEC5ZacheqTfaRJoU10p52M2wpiyEe8h9pQaAqhPEALw_wcB#why-is-nicotine-unsafe)

**Contact us today at 866-534-7909 or visit [www.tobaccofreeflorida.com/groupquitcalendar](http://www.tobaccofreeflorida.com/groupquitcalendar) to schedule a class or learn more about the program!**

Learn more about all of Tobacco Free Florida's tools and services at [tobaccofreeflorida.com/quityourway](http://tobaccofreeflorida.com/quityourway).



GULF COAST SOUTH  
AREA HEALTH  
EDUCATION CENTER





# JUNE SPOTLIGHT: MEN'S HEALTH AWARENESS MONTH

**J**une is Men's Health Awareness Month, making it the perfect time for men to take stock of their health and prioritize getting the necessary preventive screenings. While nobody enjoys going to the doctor more than necessary, routine screenings are crucial for detecting issues early when they're most treatable.

Over 90 percent of the premature deaths among men from unintentional injuries, cardiovascular disease, and suicide could potentially be prevented. One-third of men (33 percent) don't think they need annual health screenings, and almost two-thirds (65 percent) believe they are naturally healthier than others.



"Prevention is your strongest weapon against becoming a statistic," says **Dr. Ravi Ramaswami**, a family care physician with Lee Health/Lee Physician Group.

"Even if you're feeling fine, visit your doctor for an annual wellness exam. The same holds true with getting annual preventive screenings for heart disease, depression, and cancers. By prioritizing these regular screenings, you invest in your future well-being because it's not just about being healthy; it's about staying healthy."

So, don't be one of the statistics - take charge of your health by getting the following recommended preventive screenings:

## Mental health screening

Taking care of yourself isn't only physical—check in with your doctor about your mental and emotional health, too. It's important because men are far less likely than women to be clinically diagnosed with depression. That's because men are less likely to discuss or report symptoms associated with depression, according to the National Institutes of Health.

The toll of avoiding help has proved enormously tragic. Undiagnosed and untreated depression in men carries a substantially higher risk of substance abuse, violence, and suicide.

The American Foundation for Suicide Prevention reports that in 2021, men died by suicide at a rate 3.88 times higher than women. Middle-aged and older men were at increased risk, with white males accounting for nearly 70 percent of all suicides that year.

But there's hope and help. Depression and other mental illnesses are highly treatable when identified and when men are connected to appropriate support and care.

But it begins with having a talk with your doctor and/or reaching out to a mental health professional when the going gets rough mentally and emotionally. Early intervention, support, and open conversations around men's mental and emotional well-being can be life-saving endeavors.

If you've experienced any concerning behavioral changes, mood disturbances, or emotional difficulties, don't tough it out alone—reach out to an experienced, compassionate professional at Lee Health Behavioral Services at 239-343-9180.

Remember, seeking help is a sign of strength, not weakness.

## Blood pressure screening

High blood pressure or hypertension increases your risk for heart disease, stroke, and other serious conditions but rarely causes obvious symptoms initially. That's why getting your blood pressure checked regularly is so important, says Dr. Ramaswami.

"Men should get screened for hypertension at least once per year if their levels are in the healthy range," he says. "More frequent monitoring is needed if your levels are high or borderline high. If there's a concern, your doctor can help you manage it and suggest lifestyle changes to help you stay healthier."

## Cholesterol screening

High cholesterol leads to plaque buildup in the arteries, increasing heart attack and stroke risk. Like hypertension, high cholesterol often doesn't cause noticeable symptoms until significant cardiovascular issues arise.

Get your cholesterol levels checked every 4-6 years if they're in the healthy range, Dr. Ramaswami advises. Testing may be needed more often if your levels are elevated, or you have other cardiac risk factors.

## Colorectal cancer screening

Colorectal cancer is the third most common cancer and cause of cancer deaths in American men. The good news is it is highly preventable through routine screening. Men at average risk should begin colorectal cancer screening at age 45 via colonoscopy, stool tests, or other approved methods. Earlier and more frequent screening is recommended for those at higher risk.

## Prostate cancer screening

The goal of screening for prostate cancer is to find cancers that may be at high risk for spreading if not treated and to find them early before they spread, according to Dr. Joseph Klink, a board-certified urologic oncologist with Lee Health Cancer Institute.

He says most prostate cancers develop slowly or not at all.

"Prostate cancer typically grows slowly, so many cases don't require immediate treatment and aren't life-threatening," Dr. Klink says. "Prostate cancer can be serious, but most men diagnosed with it don't die from prostate cancer. In fact, in the United States, there are more than 3.1 million men diagnosed with prostate cancer who are still alive today. The takeaway message is that the earlier prostate cancer is caught, the easier it can be contained."

While screening requirements vary, the American Cancer Society recommends men discuss the potential benefits and risks of PSA testing with their doctor starting at:

- Age 50 for men at average risk
- Age 45 for men at high risk (African American/Black or with a close male relative diagnosed with prostate cancer)
- Age 40 for men at higher risk (more than one close relative diagnosed at an early age)

## Diabetes screening

Men with obesity or other risk factors should get screened for diabetes every three years starting at age 45 if levels are normal. Those with high blood sugar readings indicating prediabetes may need more frequent screening.

## Lung cancer screening

Annual lung cancer screening is recommended for men ages 50-80 who are at high risk for lung cancer due to a history of chronic smoking. Early detection of lung cancer greatly improves treatment outcomes. Screening is done using a low-dose CT scan.

## Skin cancer screening

While screening recommendations vary, men should regularly examine their skin for suspicious moles or growths. Report any concerns to their doctor immediately. Those at higher risk, such as outdoor workers or fair-skinned individuals, may benefit from periodic total-body skin exams by a dermatologist.

While this list covers some key preventative screenings for men, it's not exhaustive. Talk with your doctor about your risk factors and the most appropriate screening recommendations. The bottom line is being proactive about preventive care gives you the best chance at identifying issues early and enjoying better health at every age.

Find a Lee Physician Group doctor here.







# CELEBRATING HOME SAFETY MONTH WITH PODIATRY IN MIND

By Ravnik Singh, DPM, AACFAS

**J**une marks Home Safety Month, a dedicated time to reflect on how we can make our living spaces safer and prevent common household injuries. While much of the focus tends to be on fire alarms, smoke detectors, and secure stair railings, there's another equally important yet often overlooked aspect of home safety—foot health.

Our homes are where we should feel the most secure, but statistics show that they're also a common setting for injuries, particularly slips, trips, and falls. These accidents are not only disruptive but can be devastating, especially for older adults or individuals with existing health conditions. Among the many risk factors, foot health plays a surprisingly significant role. Recognizing and addressing foot-related issues can go a long way in making the home a truly safe haven.

## Your Feet: The Foundation of Home Safety

Think of your feet as your personal foundation—they carry the full weight of your body, absorb shock, and help maintain balance. Every step you take relies on your feet functioning properly. When your feet hurt or become unstable, your entire body is affected, often leading to poor posture, imbalance, and reduced mobility.

That's where podiatry—the medical specialty devoted to the feet and ankles—comes in. Podiatrists diagnose and treat a wide range of foot conditions, from simple issues like corns and calluses to more complex problems like diabetic foot ulcers and structural deformities. Regular visits to a podiatrist can help identify early signs of trouble before they escalate into falls or other injuries.

## Why Foot Health Matters More Than You Think

Falls are one of the leading causes of injury in the home, particularly among the elderly. According to the Centers for Disease Control and Prevention (CDC), one out of four older adults falls each year, and many of these incidents occur in and around the home. Often, the causes are preventable—loose rugs, poor lighting, or cluttered walkways—but what's less obvious is how foot problems contribute.

Conditions like neuropathy (often linked to diabetes), bunions, plantar fasciitis, or flat feet can cause pain, numbness, or imbalance. Even something seemingly

minor, like an ingrown toenail, can lead to changes in how a person walks, increasing the risk of tripping. Wearing ill-fitting or unsupportive shoes indoors also contributes to this risk.

For individuals with chronic conditions, especially diabetes, foot care becomes even more crucial. Diabetes can reduce blood flow and cause nerve damage, making it harder to feel injuries or infections. Without proper care, small foot issues can turn into serious health threats that impact mobility and quality of life.

## Simple Steps to Step Safely at Home

Fortunately, making your home safer for your feet doesn't require a major renovation—just a few mindful changes and daily habits can have a big impact. Here are some practical tips to protect your foot health and reduce the risk of falls:

- **Clear the Path:** Keep floors free of clutter, loose rugs, and stray electrical cords that could become tripping hazards.
- **Use Non-Slip Mats:** Place non-slip mats in areas prone to moisture like the bathroom and kitchen to prevent slipping.
- **Choose the Right Footwear:** Wear supportive, non-slip shoes indoors. Avoid going barefoot or wearing flimsy footwear like flip-flops or slippers without grip.
- **Light It Up:** Make sure all areas of your home, especially staircases and hallways, are well-lit to help spot potential hazards.
- **Inspect Your Feet Regularly:** Check for changes in color, temperature, swelling, or wounds—especially if you have diabetes. Early detection can prevent complications.
- **Keep Nails Trimmed:** Long or ingrown toenails can cause discomfort and affect your balance.
- **Schedule Regular Podiatry Visits:** Don't wait for foot pain to become unbearable. A podiatrist can help detect problems early and recommend treatments or orthotics tailored to your needs.
- **Stay Active Safely:** Engage in foot-friendly exercises like walking, stretching, or balance exercises that strengthen your lower limbs.

## Home Safety is a Holistic Effort

Taking care of your feet is more than a matter of comfort—it's a key part of maintaining independence and preventing injury. While installing grab bars in the shower and securing loose carpets are important, starting from the ground up means paying attention to your body's natural base: your feet.

If you're a caregiver or live with an aging loved one, encouraging daily foot checks and regular podiatry visits can make a significant difference. Small interventions today can help avoid major injuries tomorrow.

## A Step Toward Better Living

Home Safety Month is an ideal time to take a fresh look at your living space and your personal habits. By including foot health in your safety checklist, you're not only preventing accidents—you're investing in long-term wellness and mobility.

Remember, stepping safely begins with strong, healthy feet. Whether you're navigating stairs, walking the dog, or simply moving around the house, every step counts. Take this month as an opportunity to prioritize podiatry and ensure your foundation is as safe and sound as the home around it.

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.



3161 Harbor Blvd, Suite B  
Port Charlotte, FL 33952  
(239) 430-3668 (FOOT)  
[www.NaplesPodiatrist.com](http://www.NaplesPodiatrist.com)





## Reclaiming Strength: Calvino Family Medicine & Wellness Offers New Hope for Muscle and Fitness After Weight Loss with Emsculpt NEO

By Stéphane Calvino, MD

In the evolving world of wellness and body contouring, Calvino Family Medicine & Wellness is redefining what it means to be strong — from the inside out. At the heart of their transformative approach is Emsculpt NEO, a cutting-edge device that is delivering measurable results for patients looking to build muscle, burn fat, and restore functional strength, especially following the use of GLP-1 weight loss medications.

Emsculpt NEO works by combining high-intensity focused electromagnetic (HIFEM) energy with radiofrequency (RF) to simultaneously stimulate muscle contractions and reduce fat tissue — all without surgery or downtime. But at Calvino Family Medicine, this technology goes far beyond aesthetics. It's a tool for total body wellness, helping patients not only look better but feel stronger, move better, and reclaim their confidence.

"This isn't just about sculpting a six-pack," says the Calvino team. "It's about giving people their strength back — whether they're recovering from an injury, managing age-related muscle loss, or rebuilding after significant weight loss."

With the rising popularity of GLP-1 medications like semaglutide (Ozempic, Wegovy) to help patients lose weight, many are discovering a hidden challenge: loss of lean muscle mass. Emsculpt NEO addresses this head-on by preserving and even increasing muscle tone while continuing to reduce stubborn fat — helping patients achieve a more balanced, functional physique.

For those incorporating Emsculpt NEO into a functional fitness plan, the benefits are even greater. Targeted muscle stimulation boosts core strength, improves posture, and enhances overall mobility. Whether it's lifting groceries, chasing after grandkids, or improving athletic performance, patients are feeling the difference in their daily lives.

In addition to its physical benefits, Calvino Family Medicine offers Emsculpt NEO as part of customized wellness and recovery plans, often in combination with other therapies to amplify outcomes. It's a holistic approach that fits each person's unique body and goals.



"We're celebrating strength at every age," says the practice. "Confidence and vitality don't have an expiration date."

Calvino Family Medicine & Wellness invites the community to experience the Emsculpt NEO difference for themselves with a complimentary consultation. Discover what this powerful technology can do for your body, your confidence, and your future. *Call 941-637-0911 to schedule your free consultation and start your journey to renewed strength and wellness today.*

### Start Your Health Journey with Calvino Family Medicine & Wellness

Calvino Family Medicine & Wellness is committed to providing innovative wellness solutions that go beyond traditional healthcare approaches. The practice now offers cutting-edge body contouring and pelvic floor health treatments through EmSculpt Neo and Emsella technologies. EmSculpt Neo helps patients build muscle and reduce fat through advanced electromagnetic and radiofrequency treatments, while Emsella provides a non-invasive solution for improving pelvic floor

strength, which can benefit both men and women experiencing urinary incontinence or seeking enhanced core muscle performance. By integrating these state-of-the-art treatments, Calvino Family Medicine & Wellness demonstrates its dedication to comprehensive patient care, empowering individuals to achieve their wellness and body confidence goals through advanced, non-surgical medical technologies.

### Calvino Family Medicine & Wellness

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



Calvino Family Medicine  
& WELLNESS

260 Milus Street, Punta Gorda, FL 33950

941-637-0911

[www.calvinofamilymd.com](http://www.calvinofamilymd.com)



# Shedding Light on Cataracts: Understanding and Addressing the Impact

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

## Cataract Awareness Month: A Call to Action

Every June, a spotlight shines on one of the most prevalent yet often misunderstood eye conditions: cataracts. Cataract Awareness Month serves as a crucial reminder of the importance of vision health and the need for proactive measures to address this common ailment. With an aging population and increasing prevalence worldwide, understanding cataracts and promoting awareness about prevention and treatment options are more critical than ever.

## Understanding Cataracts: Unveiling the Cloudiness

Cataracts occur when the clear lens of the eye becomes cloudy, leading to blurred vision, sensitivity to light, and difficulty seeing at night. While age-related changes are the primary cause of cataracts, other factors such as genetics, injury, and certain medications can also contribute to their development. Over time, untreated cataracts can significantly impair vision, impacting daily activities and diminishing quality of life.

## The Global Impact: A Growing Concern

According to the World Health Organization (WHO), cataracts are the leading cause of blindness worldwide, responsible for approximately 51% of all cases. With the global population aging rapidly, the prevalence of cataracts is expected to rise significantly in the coming years. This increase underscores the urgent need for awareness campaigns, early detection, and access to affordable treatment options.

## Prevention Is Key: Nurturing Vision Health

While cataracts cannot always be prevented, several lifestyle choices can help reduce the risk of developing them. Protecting the eyes from excessive sunlight by wearing sunglasses and hats, maintaining a healthy diet rich in antioxidants, and avoiding smoking are all beneficial practices for preserving vision health. Regular eye examinations, especially for individuals over the age of 40, can also aid in early detection and timely intervention.

## Empowering Communities: Promoting Awareness and Education

Cataract Awareness Month provides an invaluable opportunity to engage communities, healthcare professionals, and policymakers in dialogue about vision health. Educational initiatives, outreach programs, and media campaigns play a vital role in dispelling myths, raising awareness about risk factors, and promoting the importance of regular eye exams. By empowering individuals with knowledge and resources, we can encourage proactive steps towards preserving vision and preventing avoidable blindness.

## Breaking Barriers: Access to Care

Despite significant advancements in cataract treatment, access to care remains a challenge for many communities, particularly in low- and middle-income countries. Limited resources, inadequate infrastructure, and cultural barriers can hinder individuals from seeking timely diagnosis and treatment. Addressing these barriers requires a multi-faceted approach, including increased investment in healthcare infrastructure, training of local healthcare providers, and greater collaboration between government agencies, non-profit organizations, and the private sector.

## Innovations in Treatment: Restoring Clarity

Fortunately, cataract surgery remains one of the most successful and cost-effective medical procedures, with a high rate of success in restoring vision. Technological advancements, such as phacoemulsification and intraocular lens implants, have revolutionized cataract surgery, making it safer, more efficient, and more accessible to a broader population. Moreover, initiatives aimed at reducing the cost of surgery and improving post-operative care are instrumental in ensuring equitable access to treatment for all individuals affected by cataracts.

## Looking Ahead: A Vision for Change

As we observe Cataract Awareness Month, let us recommit ourselves to the fight against preventable blindness and vision impairment. By raising awareness, advocating for equitable access to care, and embracing innovation in treatment, we can make significant strides towards eliminating the burden of cataracts on individuals and communities worldwide. Together, let us work towards a future where everyone has the opportunity to enjoy clear vision and a brighter tomorrow.

## Conclusion

Cataract Awareness Month serves as a poignant reminder of the importance of vision health and the need for concerted efforts to address cataracts. By understanding the impact of this common eye condition, promoting prevention strategies, and advocating for improved access to care, we can make meaningful progress towards eliminating preventable blindness and preserving vision for generations to come. Let us join hands in spreading awareness, fostering education, and championing innovation to ensure a world where clarity of vision is within reach for all.



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.



Retina Group  
of Florida™

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

3280 Tamiami Trail, Suite 41  
Port Charlotte, FL 33948

**941-743-3937**

**[www.retinagroupflorida.com](http://www.retinagroupflorida.com)**





# Lymphedema and Vein Disease

By Dr. TC Lackey II

## What is Lymphedema?

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

## What Causes Lymphedema?

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

## How Can I Counteract Lymphedema?

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



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

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



**FLORIDA LAKES**  
VEIN CENTER

[FloridaLakesVeinCenter.com](http://FloridaLakesVeinCenter.com)

**941-777-7771**

19790 Wellen Park Blvd., Ste 201B  
Venice, FL 34293

**941-257-0765**

1217 Jacaranda Blvd.,  
Venice, FL 34292

**941-866-8989**

9114 Town Center Pkwy, Ste 101,  
Lakewood Ranch, FL 34202

Florida Lakes Vein Center offers convenient appointments in our Lakewood Ranch office Tuesday, Wednesday & Thursday 8am-5pm, Friday 8am-12pm. Call **941.866.8989** to schedule your *free vein screening*.





## NAPLES PROSTATE CENTER 239-387-2099



Shivank Bhatia, M.D.

### PROSTATE ARTERY EMBOLIZATION (PAE) SPECIALIST

Southwest Florida's leading center dedicated to non-surgical treatment for enlarged prostate (BPH) using Prostate Artery Embolization (PAE).

**FLORIDAPROSTATECENTERS.COM**

*Naples Prostate Center is affiliated with Vascular Center of Naples Inc.*

## What is Your VASCULAR PROFILE?



Russell Becker, DO



**Vascular Center  
of Naples**



Duke Pfitzinger, DO

## Vascular Center of Naples

**239-431-5884**

**www.vascularcenternaples.com**

1875 Veterans Park Drive, Suite 2203, Naples, FL 34109



### TOP-TIER ORTHOPEDIC CARE, SPECIALIZING IN:

- CARPAL TUNNEL SYNDROME
- TRIGGER FINGER
- ARTHRITIS OF THE THUMB
- TENNIS ELBOW
- GOLFER'S ELBOW
- ROTATOR CUFF
- FRACTURES
- HAND ARTHRITIS
- TENDINITIS
- MANY OTHER CONDITIONS OF THE HANDS, WRISTS, & UPPER EXTREMITIES



**SAGINI MD**  
HAND, WRIST & ELBOW SURGERY

### DENNIS O. SAGINI, M.D.

Board Certified Orthopedic Surgeon  
Hand, Wrist and Elbow Specialist

**239-302-3216**

**SAGINIMD.COM**

13691 Metro Pkwy, Suite 400  
Fort Myers, FL 33912

A MEMBER OF  
**PRECISION**  
HEALTHCARE ASSOCIATES

## SW FLORIDA'S FIRST V/O MED SPA LOCATION



Nationally-Recognized Skincare  
Leader in Cutting-Edge Aesthetic  
Medicine & Wellness to Support  
the Fort Myers Community

PROVIDING ELEVATED, INNOVATIVE  
AESTHETIC SERVICES INCLUDING:

**Medical-Grade Facials**  
(Hydrafacial, GLO2, V/O Signature Facial)

**Wrinkle Relaxers**  
(Botox®, Xeomin, Jeuveau, Dysport)

**Dermal Fillers**  
(Restylane, Juvederm, Radiesse)

**Advanced Skin Rejuvenation**  
(BBL, Moxi Laser, RF Microneedling, SkinPen  
Microneedling, Chemical Peels, PRP treatments)

**Wellness Treatments**  
(Customized IV Therapies, IM Injections; B-12,  
Tri-Immune, NAD+, Glutathione, Lipo+)

**Weightloss Service**  
(GLP-1's; Semaglutide & Tirzepatide)



**239.922.1177**

www.viomedspa.com/locations/fort-myers  
fortmyers@viomedspa.com  
6921 Daniels Pkwy #195, Fort Myers, FL 33912

Hours of operation are Monday - Friday, 10 am - 6 pm,  
Saturday, 9 am - 2 pm and closed Sundays





# PUT YOUR BEST FOOT FORWARD

## FAMILY FOOT & LEG CENTER

### COMMON CONDITIONS

FOOT & ANKLE PAIN

INGROWN TOENAILS

MORTONS NEUROMA

PLANTAR FASCIITIS

WOUNDCARE

SPORTS INJURY

BUNIONECTOMY

HEEL PAIN

### SAME DAY APPOINTMENTS

*Serving Southwest Florida Since 2005!*

*Naples, Marco Island, Estero, Fort Myers, Cape Coral, Port Charlotte, Sarasota*

**CALL TODAY!**

**239-430-3668 (FOOT)**

**NAPLESPODIATRIST.COM**



**Ravnik Singh, DPM, AACFAS**

3161 Harbor Blvd, Suit B

Port Charlotte, FL 33952



**WE KEEP YOU WALKING**



## SUPERIOR TREATMENT, PERSONALIZED CARE



**Retina Group of Florida™**

Macular Degeneration / AMD • Diabetic Retinopathy  
Flashes & Floaters • Artery & Vein Occlusions  
Macular Conditions • Uveitis

For over 40 years, Retina Group of Florida has provided state-of-the-art retinal care with unsurpassed superior service to patients throughout South Florida. Using the most advanced methods, we diagnose and treat the full spectrum of retinal disorders.

**A Team of Experts:  
Experience You Can Trust**

Keye Wong, M.D.

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

George Skopis, M.D.

John Niffenegger, M.D.

Elizabeth Richter, M.D., Ph.D.

**CALL TODAY!**

**941-743-3937**

3280 Tamiami Trail, Suite 41  
Port Charlotte, FL 33948

**941-412-0303**

1370 E. Venice Ave., Suite #201  
Venice, FL 34285

**retinagroupflorida.com**

ASRS



AMERICAN ACADEMY OF OPHTHALMOLOGY



AMERICAN BOARD OF OPHTHALMOLOGY



TOP DOCTORS 2023

Best Doctors



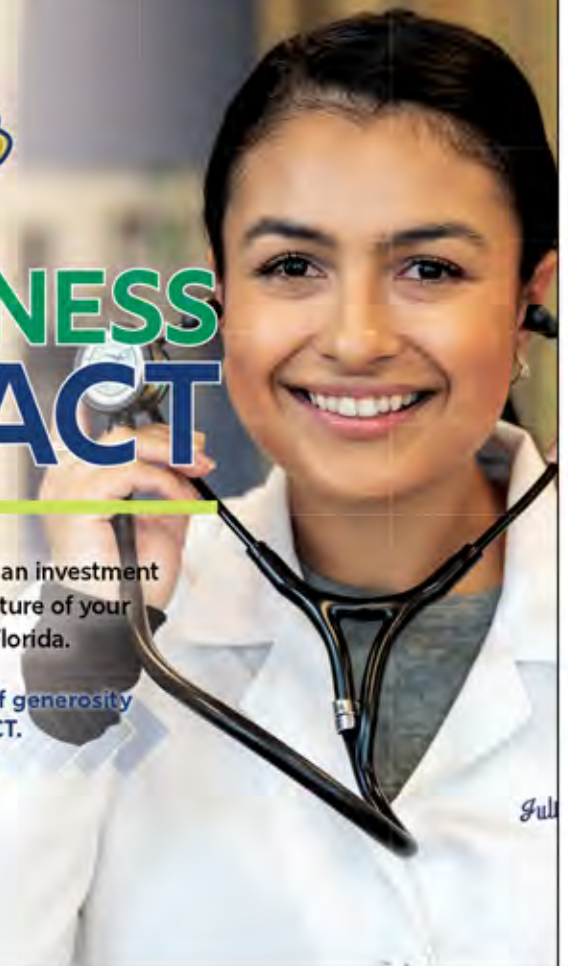
## WELLNESS IMPACT

An investment in FGCU is an investment in our students and the future of your healthcare in Southwest Florida.



Your single act of generosity makes an IMPACT.  
**DONATE TODAY**

[fgcu.edu/marieb-donate](https://fgcu.edu/marieb-donate)





# UNDERSTANDING TRIGGER FINGER: DIAGNOSIS AND TREATMENT OPTIONS

By Dennis O. Sagini, MD

**T**rigger finger is one of the most common hand conditions I treat in my practice. This painful condition occurs when inflammation narrows the space within the tendon sheath, impeding the smooth gliding of the finger's flexor tendon. As a hand specialist with extensive experience treating this condition, I'd like to share insights on recognizing trigger finger and understanding your treatment options.

## Recognizing Trigger Finger

The hallmark symptom of trigger finger is the catching or locking sensation when attempting to straighten a bent finger. Patients often report their finger becomes "stuck" in a bent position and then suddenly snaps straight—similar to pulling and releasing a trigger, hence the name.

Early symptoms typically include:

- Pain or tenderness at the base of the finger or thumb
- A tender nodule (bump) in the palm
- Stiffness, especially in the morning
- Clicking or popping sensation when moving the finger

In advanced cases, the finger may become locked in a bent position, requiring manual straightening with the other hand. While any finger can be affected, the ring finger and thumb are most commonly involved. The condition is more prevalent in women and individuals with diabetes, rheumatoid arthritis, or those whose occupations involve repetitive gripping.

## Diagnostic Approach

Diagnosis of trigger finger is primarily clinical. During your office visit, I will:

- Evaluate your medical history, focusing on hand-related symptoms
- Examine your hand for nodules, tenderness, and catching during movement
- Ask you to flex and extend your fingers to observe any triggering
- Palpate the affected finger to identify thickening of the tendon sheath



Unlike many orthopedic conditions, trigger finger rarely requires imaging studies. X-rays, MRIs, or ultrasounds are only ordered if there's suspicion of other underlying conditions or when the diagnosis remains unclear.

## Treatment Options

Treatment for trigger finger follows a stepwise approach, beginning with conservative measures:

- 1. Rest and Activity Modification:** Avoiding activities that aggravate symptoms is the first step. Temporary splinting may help by keeping the affected finger extended, particularly overnight.
- 2. Anti-inflammatory Medications:** Over-the-counter NSAIDs like ibuprofen can reduce inflammation and alleviate pain.
- 3. Corticosteroid Injections:** In my experience, a precisely placed corticosteroid injection provides relief in approximately 70% of cases. This office procedure takes just minutes and can provide long-lasting improvement.
- 4. Surgical Release:** When conservative treatments fail, a simple surgical procedure called "trigger finger release" is highly effective. This outpatient procedure involves making a small incision to divide the constricted portion of the tendon sheath, allowing free tendon movement.

The surgical procedure typically takes less than 20 minutes under local anesthesia. Most patients regain full finger mobility within a few weeks, though complete recovery may take 4-6 weeks.

## When to Seek Care

I advise patients to seek evaluation if they experience persistent catching, popping, or locking of any finger. Early intervention typically leads to quicker resolution with less invasive treatments. Diabetic patients should be particularly vigilant, as they're more prone to developing trigger finger and may require more aggressive treatment approaches.

With proper diagnosis and appropriate treatment, most patients with trigger finger achieve complete resolution of symptoms and return to normal hand function. As a hand specialist, I find few conditions as consistently responsive to treatment as trigger finger, making it one of the most rewarding conditions to address in my practice.



**Dennis O. Sagini, MD**

TDr. Sagini is an orthopedic surgeon with specialization in hand and upper extremity surgery. He specializes in arthritis of the hand, nerve compression, muscle and tendon injury, fracture care, and upper extremity dysfunction.

He completed his Bachelors of Science in Microbiology from the University of Oklahoma in Norman, Oklahoma in 1998 and his Doctor of Medicine at Temple University in Philadelphia, PA in 2002. It was during medical school training that Dr. Sagini developed an interest in orthopaedic surgery. His residency in orthopaedic surgery was completed at Howard University Hospital, Washington, DC. Dr. Sagini completed his fellowship training in Hand and Upper Extremity surgery at the University of Pittsburgh Medical Center in Pittsburgh, PA.

Dr. Sagini is a member of the American Academy of Orthopaedic Surgeons, the American Medical Association, the Florida Medical Association, and the American Society for Surgery of the Hand.

Dr. Sagini is active in research and community service and has a passion for overseas medical mission work. He also enjoys running, traveling, listening to music, cooking, tennis, and spending time with his family and friends.



**SAGINI MD**  
HAND, WRIST & ELBOW SURGERY

**239-302-3216 | SAGINIMD.COM**

13691 Metro Pkwy, Suite 400  
Fort Myers, FL 33912

A MEMBER OF  
**PRECISION**



# Innovative Teaching is Integral to FGCU's Mission

Marieb College of Health & Human Services employs cutting-edge educational technology

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

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

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

With the click of a button, they are transported into a telepresence healthcare technology known as Dr. Hologram. This innovative tool allows students to engage with virtual patients in a safe and controlled environment, honing their diagnostic and empathetic skills, according to Joe Buhain, director of interprofessional simulation and emerging technology in Marieb College. Buhain recently received the Citizen of the Year Award from SWFL Inc., a regional chamber of commerce serving businesses in Lee, Collier and Charlotte Counties, for his efforts organizing a simulated disaster exercise on campus that involved dozens of community partners.

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

## Putting theory through its paces

By immersing nursing, social work and health sciences students in lifelike scenarios, Marieb College is cultivating a new generation of healthcare professionals equipped to tackle real-world challenges with confidence. Nursing students perfect their skills in labs that emulate operating rooms, intensive care units and other patient care environments that are equipped with state-of-the-art mannequins that talk, bleed and present like humans. Exercise science students get hands-on experience using anti-gravity technology and gold-standard equipment such as Bod Pod body composition analysis systems.

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

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

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

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

In the safe confines of simulation, students are empowered to make errors and learn from them, ensuring they're better prepared for the realities of patient care. These simulations not only sharpen clinical skills but also instill confidence and resilience in Southwest Florida's future healthcare professionals. All of this contributes to FGCU's ranking among the top-10 registered nursing education programs in Florida.

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

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

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

For more information about Marieb College's programs, go to [fgcu.edu/mariebcollege](http://fgcu.edu/mariebcollege).



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



# WHY MEN'S HEALTH MONTH MATTERS MORE THAN EVER

**J**une marks Men's Health Month, a crucial time to address the often-overlooked health challenges that millions of men face daily. While conversations about health and wellness have become more mainstream, men's health issues frequently remain in the shadows, surrounded by stigma and misconceptions that prevent many from seeking the care they desperately need.

## The Hidden Health Crisis

Statistics paint a sobering picture of men's health in America. Men are significantly more likely to die from heart disease, cancer, and stroke than women, yet they're also far less likely to visit a doctor for preventive care. This paradox stems from deeply ingrained cultural expectations that discourage men from acknowledging vulnerability or seeking help when they need it most.

The pressure to appear strong and self-reliant often leads men to ignore warning signs their bodies are sending. Chronic fatigue gets dismissed as just being tired from work. Unexplained weight gain or loss is attributed to stress or aging. Mood changes and decreased energy levels are brushed off as temporary setbacks rather than potential indicators of underlying health issues.

## The Domino Effect of Neglect

When men ignore their health, the consequences extend far beyond individual suffering. Families lose breadwinners prematurely. Children grow up without fathers. Partners become caregivers earlier than expected. The economic impact on families and society as a whole is staggering, with preventable diseases costing billions in healthcare expenses and lost productivity.

The interconnected nature of men's health issues means that addressing one problem often reveals others. What might initially appear as simple weight gain could actually signal hormonal imbalances, metabolic dysfunction, or cardiovascular problems. This complexity requires a comprehensive approach that looks beyond surface symptoms to identify root causes.

## Beyond Quick Fixes:

### The Need for Comprehensive Care

The modern healthcare landscape is filled with quick fixes and one-size-fits-all solutions that rarely



address the unique challenges men face. Fad diets promise rapid weight loss but fail to address underlying metabolic issues. Generic exercise programs ignore individual limitations and health conditions. Over-the-counter supplements claim to boost energy and vitality without considering the complex interplay of hormones, nutrition, and lifestyle factors.

Feeling stuck in a cycle of fatigue, imbalance, and weight struggles affects countless men who find themselves caught between societal expectations and their body's changing needs. This is precisely why comprehensive health assessments have become so crucial in modern men's healthcare.

## The Power of Personalized Medicine

True health transformation begins with understanding each individual's unique biochemistry, medical history, and life circumstances. A thorough 45-minute consultation allows healthcare providers to dive deep into the factors affecting a man's health, reviewing laboratory results, medical history, current medications, and family background. This comprehensive approach ensures that treatment plans address actual root causes rather than just managing symptoms.

The most effective health interventions combine multiple approaches tailored to individual needs. This might include personalized nutrition guidance that considers food preferences, cooking abilities, and lifestyle constraints. Exercise recommendations

should account for physical limitations, time availability, and fitness goals. When appropriate, hormonal replacement therapy can address age-related decline in testosterone and other critical hormones that affect energy, mood, and overall vitality.

## The Importance of Ongoing Support

Sustainable health improvements require more than just initial guidance; they need consistent support and accountability. Monthly follow-up consultations help track progress, adjust treatment plans, and address new concerns as they arise. The availability of immediate support through text communication provides reassurance and prevents small setbacks from becoming major obstacles.

This level of personalized attention acknowledges that health is not a destination but an ongoing journey that requires adaptation as circumstances change. Life stresses, work demands, family responsibilities, and aging all impact health in different ways throughout a man's life.

## Taking Action This Men's Health Month

Men's Health Month serves as an important reminder that prioritizing health is not a sign of weakness but an act of strength and responsibility. Whether you're dealing with persistent fatigue, unexplained weight changes, mood fluctuations, or simply want to optimize your current health status, taking that first step toward comprehensive care can be transformative.

The goal isn't just achieving a number on the scale or checking boxes on a health assessment. It's about reclaiming energy, achieving sustainable wellness, and building a foundation for long-term vitality that allows men to fully engage with their families, careers, and personal goals for years to come.

House of the Hormones offers personalized wellness solutions, specializing in hormone optimization, weight loss services, and comprehensive lab work. Feel your best with us.

**Begin Your Transformation Today!**



**941-888-0894**

**HOUSEOFHORMONESANDWEIGHTLOSS.COM**

14888 Tamiami Trail, North Port, FL 34287



# Early Detection of Prostate Cancer Saves Lives

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

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

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

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

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

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

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

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

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

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

## **Men travel from across the United States for advanced imaging with our Phillips 3T wide bore MRI.**

Radiology Associates of Venice and Englewood is pleased to offer 3T wide bore MRI scans for obtaining superior-quality MRI images for diagnostic accuracy and exceptional comfort in an expanded range of patient scenarios.

## What is a 3T MRI?

The term "3T" stands for "3 Tesla." Tesla is the name given to a measurement unit that expresses the strength of the electromagnetic energy field that MRI devices use for generating images. Standard MRI scanners operate in the range of about 1.5 Tesla. This means that our 3T MRI operates at approximately twice the electromagnetic energy level of a standard MRI.

## Benefits of 3T MRI

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

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

**Radiology Associates of Venice and Englewood**  
941-488-7781 | [www.ravead.com](http://www.ravead.com)

## TRANSFORM YOUR HEALTH JOURNEY

Tired of quick fixes that don't last?  
Exhausted from fighting fatigue and weight gain without results?



**941-888-0894**

14888 Tamiami Trail, North Port, FL 34287

[houseofhormonesandweightloss.com](http://houseofhormonesandweightloss.com)

Begin Your Transformation Today!

### Your body deserves better answers.

Our comprehensive 45-minute consultations dive deep into what makes you unique:

- Complete lab analysis
- Thorough medical history review
- Medication evaluation
- Family health background

## CCTA + Cleerly Analysis – AI-assisted Cardio Imaging Innovation

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

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



HOURS  
MON-FRI  
8 a.m. - 5 p.m.  
Weekend hours available.  
**941-488-7781**







# PROSTATE ARTERY EMBOLIZATION: A Minimally Invasive Breakthrough in the Treatment of BPH (Enlarged Prostate)

By Dr. Shivank Bhatia, M.D. FSIR

Interventional Radiologist, Founder of Florida Prostate Centers® and Naples Prostate Center®

**B**enign Prostatic Hyperplasia (BPH), a non-cancerous enlargement of the prostate gland, affects approximately 50% of men over age 50 and up to 90% over age 80. The resultant lower urinary tract symptoms (LUTS)—including urinary frequency, urgency, nocturia, weak stream, and incomplete bladder emptying or Urinary Retention—can significantly diminish quality of life. Traditionally, management options have included pharmacotherapy and surgical interventions such as transurethral resection of the prostate (TURP). However, for many patients, particularly those with comorbidities or aversion to surgical risks, Prostate Artery Embolization (PAE) has emerged as a safe, effective, and durable minimally invasive alternative.

## What is PAE?

Prostate Artery Embolization is a catheter-based endovascular procedure performed under conscious sedation. It involves selective catheterization of the arteries supplying the prostate followed by embolization—controlled blockage—of these vessels using calibrated microspheres. The occlusion reduces blood flow, inducing ischemia in hyperplastic prostatic tissue. Over time, this leads to volume reduction and symptomatic improvement.

## Patient Selection and Pre-Procedural Considerations

Optimal candidates are typically men with moderate to severe LUTS due to BPH who wish to preserve their ejaculation, sexual function or prefer a minimally invasive option. PAE is a size independent option – it serves patients with both moderate (<80cc) and large prostates (>80 cc), where traditional surgery carries higher complication risks and options are limited.

Evaluation includes detailed urologic history, physical examination, International Prostate Symptom Score (IPSS) assessment, Prostate Specific Antigen (PSA) level and imaging—most commonly a pelvic MRI or ultrasound—to evaluate the health of prostate and bladder. A collaborative approach with urologists ensures comprehensive care and proper diagnosis.

## The PAE Procedure

PAE begins with percutaneous arterial access—usually via the femoral artery (groin access) using image-guided fluoroscopy. Through a microcatheter, the interventional radiologist navigates into the prostatic arteries bilaterally. Embolic microspheres (typically 300–500 µm in size) are then injected until stasis is achieved.

Technical challenges include arterial tortuosity and variability in pelvic vascular anatomy. However, advancements in microcatheter technology, experienced operators and imaging have improved success rates. In the hands of experienced operators like those at Naples Prostate Center®, bilateral embolization is achievable in over 97% of cases.

## Clinical Outcomes and Efficacy

A Cochrane review comparing PAE to TURP based on up to 24 months' follow-up, showed that PAE and TURP may work similarly well in helping to relieve symptoms. Men's quality of life may be also improved similarly.

Long-term outcomes of PAE are favorable. Our study of 1075 PAE patients—the largest in the US—published in the prestigious, *Peer-Reviewed Journal*—showed sustained symptom relief at three to five years post-PAE in over 84% of patients. Importantly, PAE preserves sexual function—an often under-recognized concern with surgical options like TURP or laser ablation, which carry risks of retrograde ejaculation and erectile dysfunction.

This article can be accessed at:



*Prostatic Artery Embolization: Mid-to Long-Term Outcomes in 1,075 Patients - Journal of Vascular and Interventional Radiology*

## Safety Profile and Complications

PAE has a strong safety profile. Minor complications, such as transient urinary discomfort, and bladder spasms typically resolve within few days and are managed by over the counter medications. Major complications are rare (<1%), especially in experienced hands. The non-surgical nature of the procedure allows it to be performed without need for anesthesia, avoiding systemic risks. This safety profile, minimally invasive nature and preservation of sexual function make PAE a preferred option for most men.

## Advantages of PAE in the Modern Therapeutic Landscape

In the context of modern value-based care, PAE stands out for several reasons:

1. **Minimally-Invasive** – No incisions, no general anesthesia.
2. **Outpatient Procedure** – Typically performed in under an hour, with same-day discharge.
3. **Lower Risk Profile** – Reduced risk of bleeding, infection, or incontinence.

4. **Preservation of Sexual Function** – A significant factor for many men.
5. **Durability of Results** – Sustained symptom improvement with a low reintervention rate.

**Conclusion:** With personal experience of over 1800 PAE procedures, I am an advocate for patient-centred, minimally invasive therapies, I have witnessed first-hand the transformative impact PAE can have on patients suffering from BPH. For residents of Collier and Lee counties, access to this advanced treatment offers new hope—particularly for those seeking alternatives to traditional surgery.

While no treatment is universally appropriate, PAE provides a compelling option in the evolving algorithm for BPH management. We ensure that patients receive the most appropriate and individualized care.

## About the Author:

Shivank Bhatia, M.D. FSIR, is a board-certified interventional radiologist and founder of Florida Prostate Centers. He served as Chairman and Professor of Interventional Radiology at UHealth - University of Miami Health System from 2019 - March 2025.

Dr. Shivank Bhatia is an internationally renowned for his expertise in minimally invasive image-guided therapies that can treat various common medical conditions. Dr. Bhatia's career highlights include:

- Performed over 1800 PAE procedures – one of the largest in United States
- Pioneered prostate artery embolization in the U.S.
- Served as a PI on 3 clinical trials related to PAE
- Published the largest series of 1075 PAE patients to date in U.S
- Led an FDA approved Investigational Device Exemption (IDE) study for investigating the effects of GAE (Geniculate Artery Embolization) for knee osteoarthritis.
- Awarded Fellow of Society of Interventional Radiology, January 2020
- Delivered more than 100 invited lectures and published dozens of scientific articles in peer-reviewed journals on the topic of interventional radiology
- Trained more than 400 physicians on techniques related to prostate artery embolization

With a strong background in radiology and advanced training in interventional techniques, Dr. Bhatia has dedicated his career to improving patient outcomes through innovative approaches. Dr. Bhatia has contributed significantly to advancing literature supporting the adoption of PAE as a standard of care for BPH (enlarged prostate).

Jung et al: PAE for the treatment of LUTS in men with BPH. Cochrane Database of Systematic Reviews 2022, Issue 3. Art. No.: CD012867.

## NAPLES PROSTATE CENTER

1875 Veterans Park Dr. Suite 2203

Naples, FL 34109

239-431-5884 | [www.FloridaProstateCenters.com](http://www.FloridaProstateCenters.com)



# The Scoop on Oticon Intent:

## A Premium Hearing Aid You May Not Find Everywhere

By Dr. Noël Crosby, Au.D.

If you've been researching hearing aids lately, you've likely come across the Oticon Intent, a premium device that promises exceptional sound quality and advanced features. However, you may have noticed that it's not readily available through all insurance plans or big box retailers. So, what's the deal with this elusive hearing aid, and why can't you easily get it through your Medicare Advantage plan or at your local big box store?

The Oticon Intent is a top-of-the-line hearing aid from Danish manufacturer Oticon, a company renowned for its innovative hearing solutions. This particular model incorporates cutting-edge technology, such as Oticon's BrainHearing™ technology, which is designed to support the way the brain naturally processes sound. It also features advanced noise reduction capabilities, making it easier to focus on speech and filter out background noise in challenging listening environments.

One of the reasons the Oticon Intent may not be readily available through certain insurance plans or big box stores is its premium positioning and pricing. As a high-end device packed with advanced features, the Oticon Intent typically carries a higher price tag than more basic or mid-range hearing aids. Many insurance plans, including Medicare Advantage plans, may not cover the full cost of such premium devices or may have limitations on their coverage.

Additionally, Oticon is a manufacturer that primarily sells its products through a network of independent audiology practices and hearing healthcare professionals. Unlike some other hearing aid brands that have established partnerships with big box retailers or mass merchandisers, Oticon tends to focus on distribution through specialized channels, such as audiologists' offices and hearing aid dispensers.

This distribution strategy allows Oticon to maintain better control over the fitting and programming processes for their advanced devices, ensuring that they are properly customized and adjusted by trained professionals. It also enables Oticon to provide more personalized support and follow-up care to users of their hearing aids, which can be crucial for achieving optimal performance and user satisfaction.

While the Oticon Intent may not be as easily accessible as some other hearing aid models, its cutting-edge technology and specialized distribution channel reflect Oticon's commitment to delivering high-quality, professionally fitted solutions. If you're interested in the Oticon Intent, your best bet is to consult with an independent audiologist or hearing aid dispenser who works with Oticon products. They can help you navigate the insurance

coverage and pricing options, as well as determine if the Oticon Intent is the right choice for your specific hearing needs.

In summary, the Oticon Intent is a premium hearing aid that may not be readily available through certain insurance plans or big box stores due to its advanced features, higher price point, and Oticon's distribution strategy of partnering with independent hearing healthcare professionals. While it may require a bit more effort to obtain, the Oticon Intent promises exceptional sound quality and cutting-edge technology for those seeking a top-tier hearing solution.

### ADVANCED HEARING SOLUTIONS

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

**Call Advanced Hearing Solutions today at  
(941) 474-8393.**



**PATRICK SMITH**  
ATTORNEY AT LAW

**GET A FREE**  
ESTATE PLANNING CONSULTATION  
**CALL 352-204-0305**

**Wills • Trusts • Probate • Estate Planning**

**www.attorneypatricksmith.com**

The hiring of a lawyer is an important decision that should not be based solely upon advertisement. Before you decide, ask me to send you free written information about our qualifications and experience.



**Hearing Aids - Hearing Aid Repairs**  
**Diagnostic Hearing Services**  
**Tinnitus Evaluation & Treatment**



**WAX REMOVAL  
EXPERTS**  
**941-474-8393**  
655 S. Indiana Ave., Englewood

**ADVANCED HEARING  
SOLUTIONS**  
**AdvancedHearingSolutions.net**



**Noël Crosby**  
Doctor of Audiology



**Karen Draper**  
Doctor of Audiology



# MEN'S HEALTH MONTH:

## Revolutionary Hair Restoration Treatments at VIO Med Spa

This June marks Men's Health Month, a time dedicated to heightening awareness about preventable health issues and encouraging early detection and treatment of diseases among men. While conversations about men's health often center around cardiovascular disease and cancer screenings, another significant concern that affects millions of men's confidence and well-being is hair loss.

### The Impact of Hair Loss on Men's Health

Male pattern baldness affects approximately 50 million men in the United States alone. By age 35, two-thirds of American men experience some degree of appreciable hair loss, and by age 50, about 85% have significantly thinning hair. Beyond the physical changes, hair loss can impact mental health, leading to decreased self-esteem and anxiety.

At VIO Med Spa, Men's Health Month is the perfect opportunity to spotlight innovative, non-surgical solutions for hair restoration: HydraFacial Keravive and Platelet-Rich Plasma (PRP) therapy.

### HydraFacial Keravive: Revitalizing the Scalp Environment

HydraFacial Keravive is a unique, three-step treatment designed to cleanse, nourish, and hydrate the scalp for fuller, healthier-looking hair. Unlike traditional treatments that focus solely on the hair shaft, Keravive targets the foundation of healthy hair—the scalp.

The treatment begins with deep cleansing that removes impurities and excess oils that can clog hair follicles. Next, a proprietary serum containing growth factors is applied to nourish the scalp. Finally, patients receive a take-home spray to extend treatment benefits.

"What makes HydraFacial Keravive revolutionary is its comprehensive approach to scalp health," explains Owner, Marissa Kartheiser at VIO Med Spa. "By creating an optimal environment for hair growth, we're addressing hair thinning at its source."

**PRP: Harnessing the Body's Natural Healing Powers**  
Platelet-Rich Plasma therapy utilizes the patient's own blood, processing it to concentrate platelets rich in growth factors that stimulate natural hair growth.



"The procedure begins with drawing a small amount of blood. This is then processed in a centrifuge to separate platelets from other blood components. The concentrated PRP solution is injected into strategic areas of the scalp, where growth factors activate and rejuvenate hair follicles", explains Lexi Lobosco, Wellness Nurse Practitioner & Aesthetic Injector.

Clinical studies show that PRP can increase hair count, thickness, and the growth phase of the hair cycle. Many patients see improvements after 3-4 monthly treatments.

### Combining Treatments for Optimal Results

For men experiencing moderate to severe hair thinning, VIO Med Spa often recommends combining both treatments for synergistic results. "Keravive optimizes scalp health, creating an ideal foundation for the growth factors delivered through PRP therapy", explains Claudia Lopez, Lead Aesthetician.

### Taking Action This Men's Health Month

This June, VIO Med Spa encourages men to take proactive steps toward addressing hair loss concerns. Both treatments are minimally invasive, require little to no downtime, and can be performed during a lunch break.

By addressing hair loss—a common yet often overlooked aspect of men's health—men can experience not only physical improvements but also significant boosts in confidence and overall well-being. This Men's Health Month serves as the perfect reminder that self-care enhances both health and self-image.

At VIO Med Spa in Fort Myers, FL, we're here to help you feel your best — because when you love how you look, confidence follows. Our expert providers deliver personalized, non-invasive treatments that give real, noticeable results without downtime.

Looking for a refreshed, glowing complexion? Our medical-grade facials will leave your skin smooth, hydrated, and radiant. Hoping to smooth fine lines or prevent wrinkles? Our Botox® and Dysport® treatments are trusted by thousands to keep skin looking youthful and natural. Ready to boost your glow? Treatments like microneedling, chemical peels, and laser rejuvenation can help you achieve the skin you deserve.

Our licensed providers are here to guide you every step of the way, delivering personalized treatments to help you look and feel your best. From glowing facials to wrinkle-smoothing Botox®, every service is designed to help you feel more confident in your skin. When you choose VIO Med Spa, you're choosing a team that truly cares about your results. Ready to see what a little self-care can do? Book your appointment today and let's bring out your best, together! Call Today!



VIO  
med spa

239-922-1177  
www.viomedspa.com  
6921 Daniels Pkwy #195  
Fort Myers, FL 33912

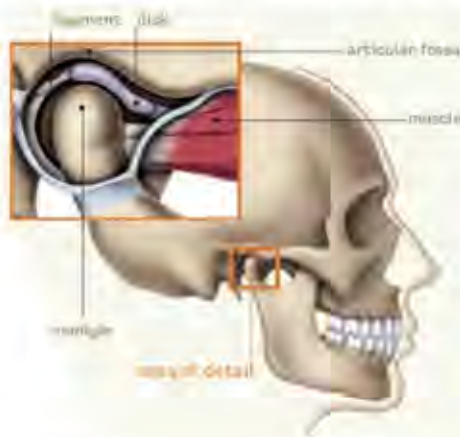




# The Daily "Grind"

By Dr. Joseph Farag

**T**oo much stress can contribute to a wide range of health problems. From a dental perspective, stress often plays a role in the development of Temporomandibular Disorders, or TMD. Grinding of teeth which causes headaches, jaw soreness and pain, among many other symptoms can be exacerbated during times of high stress. The temporomandibular joint (TMJ) is the hinge joint that connects the lower jaw to the temporal bone of the skull, which is immediately in front of the ear on the side of your head. The cause of TMD is not clear, but dentists believe that symptoms arise from problems with the muscles of the jaw. Severe cases can be caused by injury to the jaw. In more common cases, grinding or clenching of the teeth puts a lot of pressure on the TMJ and people feel tooth sensitivity, earaches, and neck tension and pain.



## Treatment Options

If stress is causing you to grind your teeth, ask your doctor or dentist about options to reduce your stress. Also, avoid foods and drinks that contain caffeine, alcohol, and do not chew gum. Relax your jaw muscles at night by holding a warm washcloth against your cheek. When these

options do not relieve your pain, your dentist can offer a variety of treatment modalities for your specific case. An occlusal guard, often called a nightguard, can be fabricated by your dentist to allow your muscles to rest and protect your teeth from further wear.

## Patients who present with TMD should also have an occlusal analysis

This helps determine if there are any bite discrepancies that may be corrected with a simple procedure to reshape how the teeth come together when you bite. Medications such as over the counter ibuprofen are helpful because they reduce inflammation to aid in the healing process. Occasionally, a mild muscle relaxant may be prescribed for a few days or weeks to help relieve pain. Surgery for TMD should only be considered after all other treatment options have been tried and you are still experiencing severe, persistent pain.

## Relaxation Techniques May Help Alleviate TMJ Symptoms

Simply becoming more aware of tension-related habits — clenching your jaw or grinding your teeth — will help you reduce their frequency. Because stress can contribute to TMJ disorders, relaxation techniques like yoga, meditation and deep breathing may also help alleviate TMJ symptoms.

This season, survive the holiday grind with a little planning, prioritizing and perhaps a trip to your dentist. To learn more about TMD or to schedule an appointment, please call Dr. Joseph Farag at Port Charlotte Dentalcare, 941-764-9555.



Beautiful smiles begin here

**CALL TODAY: 941-764-9555**

3441 Conway Blvd • Port Charlotte  
hours: Mon-Thurs 8am-5pm, Fri by appointment

## Reverse Osteoporosis naturally

No drugs  
No medications



Functional and Integrative Medicine  
with Dr. Krystyna Shepetiuk

Take the *advanced* REMS Bone Health Diagnosis and gain exclusive access to a *personalized* consultation with Functional Bone Health Specialist Dr. Krystyna Shepetiuk.

Call us today: 239.544.4114

screenmybones.us by Strength Lab+

www.screenmybones.us • 3341 Tamiami Trail North, Naples, Florida, 34103

## Beautiful Smiles Begin Here



Dr. Joseph Farag  
UF Graduate

### We Offer:

- Implant & Reconstructive Dentistry
- Cosmetic Dentistry
- Personal Care
- Aesthetic Dentures & Partials
- Metal Free Fillings
- Single Appointment Crowns
- Dental Cleanings
- Laser Gum Surgery

New Patients Welcome



Port Charlotte Dentalcare

**CALL TODAY: 941-764-9555**

3441 Conway Blvd • Port Charlotte  
hours: Mon-Thurs 8am-5pm, Fri by appointment



**FREE**  
Consultation  
For Laser Gum Therapy

Limited time offer. New patients only.  
Port Charlotte Dentalcare • 764-9555  
With this coupon. Not valid with other offers or prior services. Limited time offer.

**FREE**  
Consultation  
For Dental Implants

Limited time offer. New patients only.  
Port Charlotte Dentalcare • 764-9555  
With this coupon. Not valid with other offers or prior services. Limited time offer.





By Dr. Kiran Gill

# MEN'S HEALTH MONTH:

## Modern Cosmetic Solutions for the Contemporary Man

**I**n June, Men's Health Month brings attention to health issues that uniquely affect men. While conversations typically revolve around cardiovascular health and cancer screenings, the modern healthcare landscape increasingly recognizes that aesthetic concerns significantly impact men's overall well-being and confidence. Today's men are embracing cosmetic procedures that were once predominantly marketed to women, breaking stigmas and prioritizing self-care in new ways.

### Male Facelifts: Refreshed, Not Refined

Men's facial anatomy differs significantly from women's, requiring specialized techniques for successful outcomes. Male facelifts address the specific aging patterns in men, focusing on the lower neck and jawline where signs of aging are most prominent. Unlike women's procedures that often aim for softer contours, men's facelifts maintain stronger, more angular features while eliminating loose skin and reducing fat under the chin and jawline.

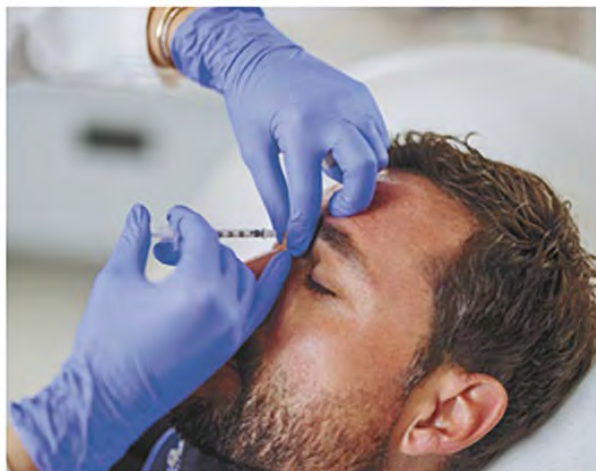
Modern techniques preserve the masculine hairline and natural beard growth patterns, resulting in a refreshed appearance rather than a dramatically altered one. The ideal outcome leaves colleagues wondering if you've been getting more sleep or have returned from vacation—not questioning whether you've had work done.

### Injectables for Men: The "Botox" Revolution

The male injectable market has exploded in recent years, with "Botox" treatments becoming mainstream in professional settings. These quick, minimally invasive procedures address the stressed, anxious, or angry expressions that develop from years of facial expressions. Strategic injections can:

- Reduce forehead lines while maintaining natural expressiveness
- Diminish crow's feet without creating an overly smooth appearance
- Create a more defined, chiseled jawline
- Address laugh lines and smoker's lines around the mouth

The key to successful male injectables lies in conservative application that maintains masculine features while reducing signs of aging or stress. When expertly administered, these treatments appear completely natural rather than artificial or "worked on."



### Male-Specific Facials: Beyond Basic Skincare

Men's skin produces more oil, tends to be thicker, and experiences different stressors than women's skin. Traditional facials often fail to address male-specific concerns like razor burn, ingrown hairs, and testosterone-induced oiliness. Specialized men's facials now target these issues with treatments that:

- Deep clean pores affected by increased oil production
- Calm inflammation from regular shaving
- Address sun damage from outdoor activities
- Provide hydration without feeling heavy or greasy

These treatments represent a significant upgrade from basic soap-and-water routines, offering therapeutic benefits alongside relaxation.

### Gynecomastia Surgery: Addressing a Common Concern

Gynecomastia—enlarged male breast tissue—affects approximately 30% of men at some point in their lives, often causing significant psychological distress and affecting everything from intimate relationships to clothing choices. Despite its prevalence, many men suffer in silence due to embarrassment.

Modern surgical approaches offer discreet, effective solutions through minimally invasive techniques:

- Liposuction for fat-predominant cases
- Fine-incision mastectomy for glandular tissue removal
- Combined approaches for comprehensive results



Recovery typically requires just days of downtime, with results visible once swelling subsides. Beyond aesthetic improvements, addressing gynecomastia often prompts men to seek treatment for underlying hormone imbalances that may contribute to low energy, decreased libido, and reduced muscle mass.

As Men's Health Month continues to evolve, the conversation increasingly recognizes that physical appearance and self-confidence are integral components of overall well-being. These modern cosmetic interventions represent not vanity but self-investment—allowing men to align their outward appearance with their inner vitality and confidence in professional and personal settings alike.

### Take Action This June

Don't let another Men's Health Month pass without addressing the aesthetic concerns that may be affecting your confidence and quality of life. The expert team at Naples Aesthetic Institute, led by Dr. Kiran Gill, specializes in male-specific cosmetic procedures with natural-looking results that maintain masculine features. Schedule a confidential consultation today by calling 239-596-8000 to discuss which treatments might be right for you. Their personalized approach ensures you'll receive care tailored to your unique goals and anatomy, with treatment plans designed to fit your lifestyle and recovery preferences. Make this June the month you invest in yourself—contact Naples Aesthetic Institute to begin your transformation journey.



**Naples Aesthetic Institute**

Boutique Plastic Surgery & Med Spa

3025 Airport Pulling Road North

Naples, FL 34105

239-596-8000

NaplesAestheticInstitute.com



# When You Are At Your Wits End

By Pastor Timothy Neptune

**H**ave you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

*<sup>23</sup>Others went out on the sea in ships; they were merchants on the mighty waters. <sup>24</sup>They saw the works of the LORD, his wonderful deeds in the deep. <sup>25</sup>For he spoke and stirred up a tempest that lifted high the waves. <sup>26</sup>They mounted up to the heavens and went down to the depths; in their peril their courage melted away. <sup>27</sup>They reeled and staggered like drunken men; they were at their wits' end. <sup>28</sup>Then they cried out to the LORD in their trouble, and he brought them out of their distress. <sup>29</sup>He stilled the storm to a whisper; the waves of the sea were hushed. <sup>30</sup>They were glad when it grew calm, and he guided them to their desired haven. <sup>31</sup>Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men.* Psalm 107:23-31

**Can you relate to this group of sailors?** Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

There first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.



*Tim Neptune is the lead pastor of Venture Church in Naples, Florida. Venture Church meets on the campus of FSW State College on Lely Cultural Blvd. in East Naples. For times and directions, visit [www.venturenaples.com](http://www.venturenaples.com).*



**VENTURECHURCH**  
*Naples*

[www.venturenaples.com](http://www.venturenaples.com)



***Ready for  
the moments  
that matter***



**Stay active. Stay thriving.**

Enjoy life to the fullest. Lee Health provides the complete, compassionate care your family deserves – for a lifetime.

Primary and specialty care, new technology, and convenient locations. We'll keep you ready to enjoy the moments that matter.

*Learn more about all we do.  
[leehealth.org/ready](https://leehealth.org/ready)*

