

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

Health & Wellness[®] MAGAZINE

October 2025

Charlotte/South Sarasota Edition - Monthly

www.swfhealthandwellness.com

FREE 

AdventHealth Offers New AFib Treatment

AS A RECENT STUDY
FINDS CASES HAVE
TRIPLED PROJECTIONS

REVOLUTIONIZING BODY SCULPTING AND PELVIC HEALTH

The Remarkable Benefits of
EmSculpt and Emsella

Integrating Acupuncture Into Breast Cancer Care

CONNECTING
YOU TO A
Healthier Life
IN CHARLOTTE
COUNTY

*Breast
cancer*
AWARENESS MONTH

3D Mammography



InHome Regen LLC

Regenerative and Anti-Aging Therapies DELIVERED TO YOUR DOOR

InHome Regen brings regenerative and anti-aging procedures directly to your home. We focus on helping you look and feel your best using advanced wellness therapies — all from the comfort of your own space.

Our Services Include:

- **NAD+ Therapy, Peptides and Vitamin Cocktails:**
Boosts your energy, mental clarity, and overall vitality.
- **Exosome Microneedling:** Promotes skin regeneration and a youthful appearance using cutting-edge cell-derived technology.
- **Wharton's Jelly Joint Injections:** Helps relieve joint discomfort and enhance mobility using naturally sourced regenerative materials, guided by advanced ultrasound technology.
- **Stem Cell Procedures:** Tailored support for rheumatological, neurological, and wellness applications including vitality and intimate health enhancement.

InHome Regen offers personalized, professional care designed for busy individuals who want the benefits of advanced medical procedures without going to a clinic.



ARE YOU READY TO GET STARTED?

Axel Ruiz, MD, DABFP, CWS

Board Certified & Member of American Academy and Board of Regenerative Medicine

InHomeRegen.com
inhomeregen@gmail.com
(855) 734-3620



BUILDING A COMMUNITY FOR ALL ABILITIES

The Golisano Intellectual & Developmental Disability Initiative advances education, advocacy and collaboration with local organizations.



Invest in the Initiative
MAKE A GIFT TODAY.
fgcu.edu/giddi-donate

FGCU

MARTIN COLLEGE OF
HEALTH & HUMAN SERVICES

Golisano Intellectual &
Developmental Disability Initiative



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 SPECIALISTS



Your Connection to a Healthier Life

At Millennium Physician Group, we're here to help you access care whenever you need it.

- ✓ Guaranteed January 2026 Appointments*
- ✓ Same-Day Appointments
- ✓ 24/7 Care Team Access
- ✓ Telehealth & Virtual Visits
- ✓ Walk-in Clinics*
- ✓ Onsite Lab Services*
- ✓ Radiology services*
- ✓ Patient Portal & CareConnect App



844-CALL-MPG

MillenniumPhysician.com

**Limitations may apply.*

PUT YOUR BEST FOOT FORWARD

FAMILY FOOT & LEG CENTER

COMMON CONDITIONS

FOOT & ANKLE PAIN	WOUND CARE
INGROWN TOENAILS	SPORTS INJURY
MORTONS NEUROMA	BUNIONECTOMY
PLANTAR FASCIITIS	HEEL PAIN

SAME DAY APPOINTMENTS

Serving Southwest Florida Since 2005!

Naples. Marco Island. Estero. Cape Coral. Fort Myers. Port Charlotte.

CALL TODAY!

239-430-3668 (FOOT)
NAPLESPODIATRIST.COM

Dr. Sahiba Singh, DPM, AACEAS

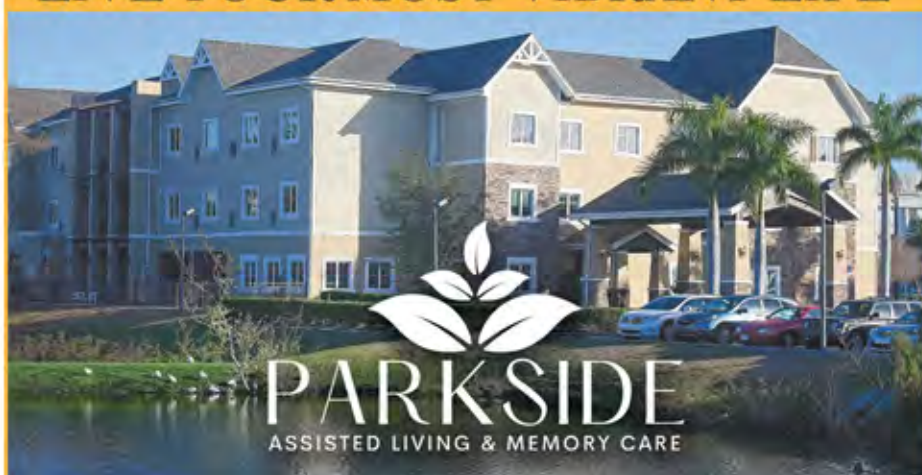
3161 Harbor Blvd, Suite B,
Port Charlotte, FL 33952



WE KEEP YOU WALKING



LIVE YOUR MOST VIBRANT LIFE



PARKSIDE
ASSISTED LIVING & MEMORY CARE

ASSISTED LIVING

Active and engage senior living with assistance from our certified staff.

MEMORY CARE

Program fostering comprehensive and meaningful engagement in life.

RESPIRE CARE

Need short-term care or recharge? Try our 30-day respite program.

Our care is the difference.

Discover our compassionate care, personalized services, and commitment to enhancing the quality of life for seniors in a community you can call home.

941-207-8609

parksidemc.com

2595 Harbor Blvd
Port Charlotte, FL 33952

FL Assisted Living License #13075

EXPERT CARE. COMPASSIONATE TOUCH.



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**

John Niffenegger, M.D.
Elizabeth Richter, M.D., Ph.D.
George Skopis, M.D.
Keye Wong, M.D.
Jie Sun, M.D.

CALL TODAY!

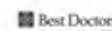
941-743-3937

2525 Harbor Blvd., Suite 302
Port Charlotte, FL 33952

941-412-0303

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

retinagroupflorida.com



contents OCTOBER 2025

6 Connecting You to a Healthier Life in Charlotte County

7 AdventHealth Offers New AFib Treatment as a Recent Study Finds Cases Have Tripled Projections

8 Podiatric Issues in People with Down Syndrome

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

10 Why You Don't Need to Travel to Turkey for Hair Transplants

11 Safeguarding Your Sight: Essential Tips for Eye Injury Prevention

12 Integrating Acupuncture Into Breast Cancer Care: A Holistic Approach to Healing

13 Memory Care, Personalized for You: Parkside's Gender-Specific Approach to Alzheimer's Care Sets Area Standard

14 In Their Own Words: FGCU's 'Lived Experience' Project Gives a Voice to Those with IDD

15 From Melanoma Survivor to Patent Holder: Local Inventor Develops Patented Skincare Applicator

16 The Essential Role of Splints in Orthopedic Hand Surgery

17 Thousands of Floridians May Lose their MA Plans Beginning in 2026, Necessitating a Switch to a New Plan

18 3D Mammography

20 Defeat Gum Disease

21 October is Audiology Awareness Month: Understanding the Role of Audiologists

22 Spiritual Wellness: Hungry Heart

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
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

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.

Dribbles, leaks, accidents - whatever you call it, we can help

Rebuild your pelvic floor
at **Calvino Family Medicine
& Wellness** and take back
control of your bladder.



BTL Emsella[®] FDA APPROVED

95%
OUTSTANDING
RESULTS

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!**

**BUILD MUSCLE
AND SCULPT
YOUR BODY—
NO SWEAT
REQUIRED**

EMSCULPT[®]

Call us today or visit our website to schedule a **FREE**
consultation: 941-637-0911 www.calvinofamilymd.com



**Calvino Family Medicine
& WELLNESS**

Dr. Stéphane Calvino
941-637-0911 • www.calvinofamilymd.com
260 Milus Street, Punta Gorda, FL 33950



Primary Care with
MDVIP

Connecting You to a Healthier Life in Charlotte County

By Nathan Seepaulsing, MD, Internal Medicine at Millennium Physician Group

Choosing a primary care physician is one of the most important decisions you can make for your long-term health. It's more than just checkups and prescriptions – it's about finding someone who is committed to walking alongside you, helping you prevent illness, manage chronic conditions, and feel confident about the choices you make for your health.

Through Millennium Physician Group, I am part of a team that offers multiple locations across Charlotte County, providing convenient access to the care you need.

From Local Roots to Medical Excellence

Raised right here in Charlotte County, I am a proud graduate of our public school system. I went on to earn my doctorate in medicine from Florida State University, where I was honored to be inducted into the prestigious Alpha Omega Alpha Honor Medical Society – a distinction reserved from the top medical graduates nationwide. I completed my residency training in internal medicine at USF Health in Tampa, Florida, which is the region's only academic health system. I'm honored to return home and serve the community that shaped me.

Why Primary Care Matters

Primary care is the cornerstone of lifelong health. It provides continuity, early intervention, and guidance when you are facing illness. As a physician specializing in internal medicine, I focus on preventive care and patient-centered services to improve health outcomes. My approach is simple: combine the science of medicine with the art of understanding the people I serve.

My goal is to treat more than symptoms. If you're navigating diabetes, monitoring cholesterol and hypertension, or simply aiming for healthier habits, I'm here to partner with you and shape a care plan that's tailored to your life, goals and long-term well-being.

Clear communication is essential in healthcare, so my goal is to ensure every patient fully understands their health, their options, and their next steps.

Comprehensive Care for Every Stage of Adulthood

Internal medicine covers a wide range of health needs. In my practice, we focus on:



- **Preventive Care** – Annual wellness exams, screenings, and lifestyle guidance to help you stay ahead of health issues.
- **Chronic Condition Management** – Ongoing support for conditions like diabetes, heart disease, high blood pressure or cholesterol, and arthritis.
- **Acute Care** – Prompt treatment for illnesses and injuries so you can recover faster.
- **Coordination with Specialists** – Helping you navigate care when multiple health concerns overlap.
- **Whole-Person Health** – Addressing physical, mental, and emotional wellbeing.

I also believe medicine works at its best when it's personal. Because your health is more than just numbers on a chart, I take the time to discuss not only your symptoms but also what is happening in your life, including your stress, routines, and goals – the things that truly impact how you feel on a day-to-day basis.

Millennium Physician Group Cares for Our Community

Millennium Physician Group is one of the largest comprehensive primary care practices in the Southeast, with multiple office locations in Charlotte County and throughout Florida. As part of the Millennium team of physicians, advanced providers and staff, our comprehensive services include:

- Access to **same-day appointments** when you need care quickly.
- **Coordinated care** between your primary care provider and specialists.

- Onsite and nearby **lab and radiology services** to make testing easier.
- **Virtual visits** for times when you can't make it to the medical office.

And because Millennium focuses on value-based care, our priority is always to keep you healthy, avoid unnecessary tests and hospital visits, and lower your overall healthcare costs. Whether you need a routine checkup, help managing a chronic condition, or just someone to listen when you have health concerns, my door is open. At Millennium Physician Group, we're here to connect you to a healthier life.

We're welcoming new patients and look forward to caring for you.

Attention Medicare-Eligible Patients:

Medicare's Open Enrollment Period runs from October 15 through December 7. This is the time each year to review your coverage and make any changes to your Medicare Advantage or Part D prescription drug plan. You can learn more at www.medicare.gov or by calling 1-800-MEDICARE.



**MILLENNIUM
PHYSICIAN GROUP**

2343 Aaron St.
Port Charlotte, FL 33952
941.629.2900 | MillenniumPhysician.com

This information is intended for informational purposes only and is not intended to be a substitute for professional medical guidance, diagnosis or treatment. No physician-patient relationship is created by this or its use.

AdventHealth Offers New AFib Treatment as a Recent Study Finds Cases Have Tripled Projections

How Common Is Atrial Fibrillation?

A recent study published in the Journal of the American College of Cardiology found that atrial fibrillation (AFib) may be as much as three times more common than previous estimates. Keep reading to get a pulse on what this means, including whether you should get an AFib screening and how atrial fibrillation can affect your whole health.



What Is Atrial Fibrillation?

If you've ever experienced rapid heart flutters unexpectedly, AFib could be behind your irregular heartbeat. Atrial fibrillation is one of the most common types of heart arrhythmias, but it can be a cause for concern if it isn't treated.

People with AFib are up to five times more likely to experience a stroke and are also at higher risk for several health conditions and emergency symptoms, including:

- Blood clots
- Diabetes
- Heart attack or failure
- High blood pressure (hypertension)
- Shortness of breath

Even if you don't have AFib, though, always seek immediate medical attention for shortness of breath or a suspected heart attack.

How Common Is AFib?

Previous estimates from 1996 and 1997 suggested that by 2020, AFib would affect an about 3.3 million Americans annually.

However, according to a recent study from the University of California, San Francisco, the number is closer to 10.55 million adults — about 5% of the United States population — who currently experience AFib each year. And while 5% may not seem like much, compared to previous estimates, these results are a staggering three times higher than estimated.

Innovative Cardiovascular Care to Keep Your Heart Strong



Dr. Porur Somasundaram, an expert board-certified cardiac electrophysiologist physician at AdventHealth Port Charlotte and his team are excited to offer a new treatment option for patients with AFib. People with AFib typically face a higher risk of stroke, and

blood thinners are traditionally used as the first line of treatment. However, some patients are unable to tolerate blood thinners and instead opt for a procedure that closes off a small area of the heart where blood clots are known to form, called the LAA.

This procedure, which is now offered at AdventHealth Port Charlotte, uses the Amplatzer™ Amulet™, a small device about the size of a quarter, to close off that area permanently and protect the patient from blood clots that may form in the LAA. This procedure offers patients another option in addition to the Watchman procedure, providing a deeper level of care.

What a Rise in AFib Cases Means for Americans
Fortunately, AFib is often preventable, and treatments are available. But, as with any health condition, prevention is the best medicine and rising AFib numbers reflect the need for better prevention and treatment options.

Anyone can develop AFib, but you can lower your risk by following some healthy guidelines, such as:

- Avoiding alcohol and cigarettes
- Eating a nutritious, balanced diet
- Exercising regularly
- Managing your stress levels effectively

You may be at a higher risk of developing AFib if you've had a previous heart attack, heart valve problems, sleep apnea or if you have asthma, diabetes or hyperthyroidism. If you're experiencing heart palpitations or have concerns about possible atrial fibrillation, ask your doctor for an electrocardiogram (ECG) to screen for AFib today.

Keep Up the Pace with Your Cardiology Experts

Heart palpitations can be a startling experience. Our heart and vascular experts are here to help you keep your heart beating as it's intended so you can feel your best. Access screenings, treatment and compassionate cardiovascular care from an AdventHealth specialist near you. Learn more at [AdventHealthPortCharlotte.com](https://www.adventhealthportcharlotte.com).



PODIATRIC ISSUES IN PEOPLE WITH DOWN SYNDROME: A Comprehensive Overview

By Sahiba Singh, DPM, AACFAS

Down syndrome (DS) is a genetic condition caused by the presence of an extra chromosome 21, leading to intellectual and developmental disabilities. Along with cognitive challenges, individuals with Down syndrome often experience a variety of physical issues, many of which affect the feet and ankles. These podiatric issues can significantly impact mobility, comfort, and overall quality of life. Understanding and addressing these concerns is vital for healthcare providers, caregivers, and individuals with Down syndrome.

Flat Feet

This condition occurs when the arch of the foot is low or absent, causing the entire sole to make contact with the ground. Flat feet can lead to discomfort, pain, and an increased risk of further orthopedic issues, such as knee, hip, or back pain due to abnormal walking mechanics. Symptoms of flat feet include pain in the arch, heel, or ankle, excessive wear on the inside edge of shoes, difficulty standing for long periods, and swelling in the foot or ankle. Treatment often involves custom orthotics, supportive footwear, physical therapy, and, in severe cases, surgical intervention.

In addition to flat feet, individuals with Down syndrome often have hyperflexible joints due to low muscle tone (hypotonia). This hyperflexibility can affect the foot and ankle, leading to instability and a higher likelihood of injuries such as sprains, strains, or even dislocations. Common symptoms of hyperflexibility include frequent ankle sprains, difficulty maintaining balance, and joint instability. Management typically involves strengthening exercises, supportive footwear, and in some cases, bracing to enhance stability and prevent injury.

Bunions (Hallux Valgus)

A bunion occurs when the big toe deviates towards the second toe, forming a bony bump at the base of the big toe. This deformity is often caused by abnormal foot alignment and muscle imbalances. Symptoms of bunions include pain or tenderness at the base of the big toe, swelling and redness around the joint, deformity of the toe joint, and difficulty finding comfortable shoes. Non-surgical treatments include wearing wide, cushioned shoes, using bunion pads, and performing foot exercises. In severe cases, surgery may be necessary to correct the deformity.

Toe Deformities or Hammertoes

Overlapping toes occurs when one or more toes shift in position, often the second and third toes. This is caused by muscle imbalances and ligament laxity, which can lead to discomfort, difficulty with shoe fitting, and balance problems. Symptoms of overlapping toes include toes that overlap each other, pain and irritation from shoes pressing on the toes, and difficulty walking or wearing certain types of shoes. Treatment typically involves using toe spacers, proper footwear, and in some cases, surgical correction.

Hammer toes, characterized by one or more toes bending downward at the joint, is a condition that results from muscle imbalances and can lead to pain, corns, calluses, and difficulty walking. Symptoms of hammer toes include a raised middle joint in the affected toe, pain when wearing shoes, and an inability to straighten the affected toe. Treatment often involves wearing shoes with a wide toe box, using pads to reduce pressure, and performing stretching exercises. In severe cases, surgery may be required.

Ingrown Toenails

Ingrown toenails occur when the nail grows into the surrounding skin, leading to pain, swelling, and infection. These can be exacerbated by hypotonia and abnormal gait. Symptoms include redness, swelling, and pain around the toenail, as well as difficulty wearing shoes. Proper nail trimming, good foot hygiene, and well-fitting shoes are key to preventing ingrown toenails. In cases of infection or severe discomfort, a podiatrist may need to treat the condition with antibiotics or surgery.

Delayed Motor Function and Gait Abnormalities

Due to hypotonia and joint hyperflexibility, children with Down syndrome often experience delays in motor milestones, such as walking. When they begin to walk, they may display abnormal gait patterns, such as walking on their toes, waddling, or having a wide stance. These gait abnormalities can lead to further podiatric problems and joint pain over time. Symptoms include difficulty or delay in learning to walk, abnormal walking patterns, and muscle weakness in the legs and feet. Early intervention through physical therapy, orthopedic assessment, and customized footwear can improve gait patterns and help prevent long-term foot and joint issues.

Preventing and managing podiatric issues in individuals with Down syndrome involves several strategies. Proper footwear is essential to support the foot structure and prevent additional problems. Shoes should be comfortable, provide adequate arch support, and promote proper foot alignment. Orthotic insoles can also help correct alignment and provide extra support. Regular visits to a podiatrist are crucial for monitoring foot health and addressing any emerging issues. Early intervention can prevent the progression of foot problems and improve mobility. Additionally, physical therapy can strengthen the muscles of the feet and legs, improving stability and reducing the risk of deformities. Stretching and range-of-motion exercises are also helpful for maintaining flexibility and preventing conditions like hammer toes or tight Achilles tendons.

In some cases, surgical intervention may be necessary to correct severe foot deformities such as bunions, overlapping toes, or flat feet. However, surgery should always be considered after exploring less invasive treatments and in consultation with a healthcare provider familiar with the unique needs of individuals with Down syndrome.

Podiatric issues are common in individuals with Down syndrome but can be managed effectively with early intervention, appropriate footwear, and regular monitoring. By addressing these concerns proactively, individuals with Down syndrome can enjoy improved mobility, comfort, and a better quality of life. Caregivers and healthcare providers play a vital role in ensuring that these foot and ankle issues are properly managed to help individuals with Down syndrome lead active, independent lives.

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.

Sahiba Singh DPM, AACFAS

For more information, you may contact Dr. Sahiba Singh at Family Foot & Leg Center at (239) 430 - 3668 (FOOT). Family Foot & Leg Center has 8 locations throughout Collier, Lee, & Charlotte Counties to quickly resolve all your foot and ankle problems.



FAMILY FOOT & LEG CENTER

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



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

By Stéphane Calvino, MD

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

EmSculpt: Redefining Body Contouring

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

How EmSculpt Works

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

Key Benefits of EmSculpt

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

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

Emsella: Revolutionizing Pelvic Health

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

The Emsella Approach

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

Remarkable Benefits of Emsella

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

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

The Synergy of EmSculpt and Emsella

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

A New Era in Aesthetic and Functional Health

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

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

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



Calvino Family Medicine
& WELLNESS

260 Milus Street, Punta Gorda, FL 33950

941-637-0911

www.calvinofamilymd.com



WHY YOU DON'T NEED TO TRAVEL TO TURKEY FOR HAIR TRANSPLANTS

By Axel Ruiz, MD, DABFP, CWS

In recent years, Turkey has become a popular destination for individuals seeking hair transplants. However, with advancements in regenerative medicine, there is no longer a need to travel overseas for hair restoration. Right here in Florida, innovative approaches using exosomes and stem cells are offering promising results for natural hair growth without surgery.

Exosomes and Stem Cells: The New Frontier

Exosomes and stem cells are powerful biological tools that help rejuvenate the scalp and stimulate the hair follicles. Unlike traditional transplants that involve surgical procedures and downtime, these regenerative methods work by enhancing the natural healing and regenerative capacity of the body. Patients in Florida now have access to these advanced therapies without having to board a plane.

Benefits of Local Hair Regeneration in Florida

- 1. Non-Surgical** – No cutting, no stitches, and minimal discomfort.
- 2. Faster Recovery** – Most clients return to normal activities the same day.
- 3. Natural Results** – Stimulates your own hair follicles for authentic growth.
- 4. Convenience** – Receive world-class care without traveling overseas.
- 5. Safety** – Local oversight ensures you receive care that meets U.S. standards.

Real Results You Can See

Before and after results demonstrate the effectiveness of exosome and stem cell applications for hair growth. These photos highlight the visible difference achieved with this innovative approach.

The Future of Hair Restoration is Here

Traveling abroad for hair transplants is no longer necessary. Florida residents now have access to cutting-edge regenerative medicine that promotes natural hair growth safely and effectively. With exosome and stem cell therapies, the future of hair restoration is available right here at home.



ABOUT AXEL RUIZ MD, DABFP, CWS

Axel Ruiz MD, DABFP, CWS is a member of the American Academy and a Board of Regenerative Medicine Researcher. Axel has been harnessing the Power of Stem Cells in Joint Pain Management since 2024.

Axel Ruiz, MD, DABFP, CWS, brings over 20 years of dedicated experience to family medicine, with a passion for delivering exceptional patient care. Board-certified in Family Practice (DABFP) and specializing in wound care (CWS), Dr. Ruiz offers a comprehensive and compassionate approach to health and wellness.

He is known for his ability to explain conditions thoroughly and build strong, trusting relationships with his patients. Practicing in Lehigh Acres, FL, Dr. Ruiz is affiliated with HCA Florida Lehigh Hospital, where he contributes to a high standard of hospital-

based care. His commitment to ongoing learning and patient-centered treatment makes him an invaluable partner in your health journey.

If you have questions about the opportunities available to you in our programs, feel free to send us a message or call (855) 734-3620. We will get back to you as soon as possible.



**Regenerative and Anti-Aging Therapies
DELIVERED TO YOUR DOOR**

InHomeRegen.com
inhomeregen@gmail.com
(855) 734-3620 | (855) REGEN 20

Safeguarding Your Sight: Essential Tips for Eye Injury Prevention

Jie Sun, M.D.

Our eyes are truly remarkable organs, allowing us to navigate the world and experience its beauty. However, they are also vulnerable to various types of injuries that can compromise our vision and, in some cases, lead to permanent damage. Recognizing the importance of eye safety is crucial, as prevention is the best defense against these preventable occurrences.

One of the most common causes of eye injuries is exposure to hazardous materials or objects. This can include chemicals, debris, or even small particles that become airborne during certain activities. To mitigate these risks, it's essential to wear appropriate protective eyewear, such as safety glasses or goggles, whenever engaging in tasks that may pose a threat to your eyes. This applies not only in the workplace but also in the home, where household chores like yard work or DIY projects can present similar dangers.

Another significant threat to eye health is exposure to ultraviolet (UV) radiation, which can come from various sources, including the sun, tanning beds, and certain types of welding equipment. Prolonged or intense exposure to UV rays can lead to conditions like photokeratitis (also known as "welder's flash" or "arc eye"), which can cause painful inflammation of the cornea. To safeguard your eyes, always wear high-quality, UV-blocking sunglasses or specialized protective lenses when working in environments with elevated UV exposure.

Sports and recreational activities can also pose a risk of eye injuries, particularly in contact sports or those involving fast-moving objects like balls or projectiles. Protective eyewear designed for specific sports can significantly reduce the likelihood of sustaining an injury, so it's crucial to invest in appropriate gear and wear it consistently.

In addition to physical threats, eye health can also be compromised by certain medical conditions or treatments. For example, individuals with diabetes are at an increased risk of developing diabetic retinopathy, a condition that can lead to vision loss if left untreated. Regular eye exams and prompt medical intervention are essential for managing such conditions and preventing further complications.



Ultimately, safeguarding your eye health requires a multifaceted approach that combines awareness, preventive measures, and proactive healthcare. By incorporating the following tips into your daily routine, you can significantly reduce the risk of eye injuries and protect your precious sense of sight:

1. **Always wear appropriate protective eyewear for tasks that may pose a risk to your eyes.**
2. **Limit your exposure to UV radiation by wearing sunglasses or other UV-blocking lenses.**
3. **Use caution and wear protective gear when participating in sports or recreational activities.**
4. **Maintain a healthy lifestyle and schedule regular eye exams to address any underlying medical conditions.**
5. **Be vigilant about eye safety and encourage your family and friends to do the same.**

By prioritizing eye injury prevention, you can not only safeguard your own vision but also inspire those around you to take proactive steps toward preserving the health and well-being of their most valuable sense – sight.



Jie Sun, M.D.

Dr. Jie Sun is an ophthalmologist and accomplished medical retina and uveitis specialist with more than two decades of experience in clinical care, academic research, and healthcare administration.

She brings a rich background in medical retina, uveitis, and global ophthalmic leadership to Retina Group of Florida.

Dr. Sun earned her M.D. in Clinical Medicine from Shandong Medical College, graduating with top honors, and completed a Ph.D. in Ophthalmology at Qingdao University Medical College. She also holds a Master of Public Health from Harvard University, with a concentration in Health Care Management and Policy.

She completed a Clinical Fellowship in Uveitis at the Massachusetts Eye and Ear Infirmary, Harvard Medical School, and a Clinical Fellowship in Medical Retina at Duke Eye Center, Duke University. Her previous roles include serving as an Attending Physician at the prestigious Beijing TongRen Hospital and holding clinical research leadership positions at the University of Illinois at Chicago.

Dr. Sun is a member of numerous professional organizations including the American Society of Retina Specialists (ASRS) and the American Uveitis Society (AUS). Passionate about community service, she has contributed to public health initiatives and international relief efforts. In her free time, she enjoys spending time with family, hiking, and reading.

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™

WELCOME

Jie Sun, M.D.

2525 Harbor Blvd. Suite 302
Port Charlotte, FL 33952

941-743-3937

www.retinagroupflorida.com



INTEGRATING ACUPUNCTURE INTO BREAST CANCER CARE: A HOLISTIC APPROACH TO HEALING

By Dr. Angelina Pullen, DAcCHM, LAc, BS, Dipl. OM, LMT

As October brings Breast Cancer Awareness Month into focus, millions of people worldwide reflect on the journey of those affected by this disease. While advances in medical treatment have significantly improved outcomes, the path through diagnosis, treatment, and recovery often presents physical and emotional challenges that extend beyond what conventional medicine alone can address. At Lotus Holistic Wellness, we believe in the power of integrative care, particularly the ancient practice of acupuncture, to complement traditional cancer treatments and support overall wellness throughout every stage of the breast cancer journey.

Understanding Acupuncture's Role in Cancer Care

Acupuncture, a foundation of Traditional Chinese Medicine, has been practiced over 5,000 years, involves the strategic placement of thin needles at specific points on the body to restore energy balance and promote natural healing. In the context of breast cancer care, acupuncture does not replace conventional treatments like chemotherapy, radiation, or surgery. Instead, it serves as a valuable complementary therapy that can significantly improve quality of life during treatment and beyond.

Research has shown that acupuncture can effectively address many of the challenging side effects that accompany breast cancer treatment. Acupuncture works by stimulating the nervous system, promoting the release of endorphins, and helping to regulate various bodily functions that may be disrupted during cancer treatment.

Supporting Patients During Active Treatment

The treatment phase of breast cancer often brings a cascade of side effects that can make daily life challenging. Chemotherapy-induced nausea and vomiting, one of the most dreaded aspects of cancer treatment, has shown remarkable improvement with acupuncture intervention. Studies published in major oncology journals have demonstrated that acupuncture can reduce both the frequency and severity of nausea, allowing patients to maintain better nutrition and hydration during critical treatment periods.



Peripheral neuropathy, characterized by tingling, numbness, or pain in the hands and feet, affects many breast cancer patients receiving certain chemotherapy drugs. Acupuncture has proven effective in managing these symptoms, helping patients maintain better hand function and mobility. This is particularly important for breast cancer survivors who may already be dealing with limited arm and shoulder movement following surgery.

Cancer-related fatigue, perhaps one of the most pervasive and debilitating side effects, can persist long after treatment ends. Regular acupuncture sessions have been shown to boost energy levels, helping patients engage more fully in the recovery and daily activities.

Hot flashes and sleep disturbances are common symptoms among breast cancer patients due to hormonal changes from treatment or hormone-blocking medications, respond well to acupuncture treatments. By helping to regulate the body temperature control mechanisms and promoting relaxation, acupuncture can significantly improve sleep quality and reduce the frequency and intensity of hot flashes.

Wellness in Remission and Beyond

The journey doesn't end when active treatment concludes. Many breast cancer survivors experience ongoing challenges that can benefit from continued acupuncture care. Post-treatment anxiety and depression are common as survivors adjust to life after cancer. Acupuncture's ability to promote the release of mood-regulating neurotransmitters can provide natural support for emotional, mental, and physical well-being.

Lymphedema, a potential long-term complication following lymph node removal or radiation, may also benefit from acupuncture treatment. Acupuncture can support healthy circulation, lymphatic drainage, manage pain, and reduce inflammation, which can help with swelling caused by cancer treatments.

The Lotus Holistic Wellness Approach

At Lotus Holistic Wellness, we understand that each breast cancer journey is unique. We work closely with your oncology teams to create personalized treatment plans that align with each patient's medical care timeline and individual needs. We prioritize safety, ensuring that all treatments are appropriate to each stage of the cancer journey and are compatible with ongoing medical treatments.

Our approach emphasizes not just symptom management, but overall wellness and quality of life. We view each patient as a whole person, addressing not only the physical symptoms but also emotional and spiritual well-being, leading to a more balanced, compassionate path to recovery.

As we observe Breast Cancer Awareness Month, we're reminded that healing extends beyond medical intervention alone. Integrative approaches like acupuncture offer hope, comfort, and tangible benefits to those walking the challenging path of breast cancer treatment and recovery.

Located in Southwest Florida, we're committed to helping our community achieve optimal health through time-tested natural therapies. Contact Lotus Holistic Wellness today to schedule a consultation and discover how acupuncture, herbal medicine, and homeopathy can work together to strengthen your immune system and enhance your overall health.

LOTUS HOLISTIC WELLNESS

(941) 787-0488

www.lhwacupuncture.com

14888 Tamiami Trail, North Port, FL 34287

AP4388, LMT MA30731

MEMORY CARE, PERSONALIZED FOR YOU

Parkside's Gender-Specific Approach to Alzheimer's Treatment Sets Area Standard

Parkside Assisted Living and Memory Care has established itself as a pioneering force in dementia care by implementing a unique, gender-specific memory care model that stands alone in the area. This innovative approach recognizes that men and women with Alzheimer's and other forms of dementia often experience different behavioral patterns, communication styles, and comfort levels, making gender-specific care environments potentially more therapeutic and calming.

Understanding the Gender-Specific Model

At Parkside's memory care cottage, male residents live on one dedicated floor while female residents occupy another, creating distinct living environments tailored to each gender's specific needs. This separation isn't about discrimination—it's about optimization. Research indicates that individuals with dementia often feel more comfortable and exhibit fewer behavioral challenges when surrounded by others who share similar life experiences and communication patterns.

The male-focused floor features activities and décor that resonate with traditional masculine interests and experiences. Common areas might showcase sports memorabilia, workshop-style activity spaces, and programming centered around topics like automobiles, military service, or professional trades. Meanwhile, the female-focused floor incorporates elements that often appeal to women of the residents' generation, such as kitchen-style gathering spaces, garden themes, and activities involving cooking, crafts, or family-centered discussions.

The Science Behind Gender-Specific Care

Memory care professionals understand that Alzheimer's and Dementia affects men and women differently, both neurologically and behaviorally. Women with dementia often maintain social connections longer and may feel more comfortable in nurturing, relationship-focused environments. Men, particularly those from older generations, may feel more at ease in environments that honor traditional masculine roles and interests.

This gender-specific approach can reduce anxiety, agitation, and confusion that sometimes occur in mixed-gender settings. Often, men may inadvertently intimidate women by entering their apartments uninvited while searching for their own rooms.



When individuals with dementia feel more comfortable in their environment, they often experience improved sleep patterns, better appetite, reduced sundowning behaviors, fewer non-consensual sexual encounters, and enhanced overall quality of life.

Comprehensive Memory Care Services

Beyond the unique living arrangement, Parkside provides comprehensive memory care services designed to support residents at every stage of their journey. The community employs specially trained care-partners who understand the complexities of dementia care and use evidence-based approaches to provide compassionate, dignified care.

Memory care programming includes cognitive stimulation activities, physical therapy, medication management, and behavioral support. Each Cottage maintains its own dining areas, activity spaces, and outdoor access, ensuring residents can enjoy structured routines while feeling secure in familiar surroundings.

The nursing team receives ongoing education in dementia care best practices, including techniques for managing challenging behaviors, communication strategies for different stages of cognitive decline, and methods for maintaining residents' dignity and independence as long as possible.

Family-Centered Approach

Parkside recognizes that memory care extends beyond the individual to encompass entire families. The community provides extensive family education and support services, helping loved ones understand the progression of dementia and learn effective communication techniques. Regular family meetings ensure care plans remain aligned with each resident's changing needs and preferences.

Setting the Standard for Innovation

As the only memory care community in the area to implement this gender-specific memory care model, Parkside demonstrates commitment to innovative, person-centered care. This approach challenges traditional memory care models and shows how communities can adapt their environments to better serve residents' unique needs.

The success of Parkside's model may inspire other communities to consider how gender-specific programming and environments could enhance their own memory care services. By prioritizing resident comfort and implementing evidence-based environmental modifications, Parkside has created a new standard for memory care excellence that puts individual dignity and comfort at the forefront of treatment.

For families seeking memory care options, Parkside's innovative approach represents a thoughtful alternative that recognizes the complex, individual nature of dementia care while providing the specialized support that residents and families deserve during this challenging journey.

To learn more about Parkside Assisted Living and Memory Care's groundbreaking gender-specific memory care program and how it might benefit your loved one, call 941-207-8609 today. Their experienced team is ready to discuss your family's specific needs and provide a personalized tour of their unique facilities.

Our care is the difference.

Discover our compassionate care, personalized services, and commitment to enhancing the quality of life for seniors in a community you can call home.



941-207-8609 | parksidemc.com

2595 Harbor Blvd

Port Charlotte, FL 33952

FL Assisted Living License #13075

IN THEIR OWN WORDS

FGCU'S 'LIVED EXPERIENCE' PROJECT GIVES A VOICE TO THOSE WITH IDD

By RICK WEBER

As director of the Golisano Intellectual and Developmental Disability Initiative (GIDDI), Ellen Kroog Donald, PT PhD, has been on a passionate mission to work alongside Florida Gulf Coast University faculty and staff to increase awareness and education related to the unique qualities and needs of individuals with Intellectual and Developmental Disabilities (IDD) of all ages.

Over the years, she has led the charge to create opportunities for students to learn through additions to their curriculum, informal conversations, employment and volunteerism.

And now she is taking it to the next level.

Donald, Assistant Professor of Physical Therapy in FGCU's Marieb College of Health & Human Services, has worked with Joseph Buhain, Director of Interprofessional Simulation and Emerging Technology for Marieb College, to develop a project called "Lived Experience."

The underlying philosophy: Capture individuals' life experiences in their own words.

"Often, children and adults with IDD do not get to tell their own story," Donald says. "Well-meaning parents, teachers, health professionals and other caregivers often tell the story. This project allows people to express themselves using their unique communication style and state their answers to questions in a way that is meaningful to them."

"I believe this project is innovative and demonstrates the philosophy that we have at GIDDI where each individual is valued for their unique strengths and experiences."

Donald and Buhain, along with colleagues from seven other health disciplines, developed a series of questions related to a person's experience with family, friendships, healthcare, school, interests, employment (or future employment) and life goals/dreams. These questions form the framework for the interviews that they will conduct with individuals from the community. If individuals are unable to speak for themselves, family members will speak from their perspective.

Donald and Buhain are in the process of identifying individuals in the community and conducting pre-interviews to see if they will be comfortable in front of a camera. They will interview a wide variety of individuals based on life stage, gender, diagnoses, level of independence, preferred communication style, cultural background, etc.

Those participants are invited to campus for a 90-minute time block and interviewed in a specialized studio set up to capture unique images using Dr. Hologram technology, which provides holographic projections to create immersive and interactive learning experiences. Innovative technology creates a three-dimensional image of the person, making a standard video come alive.

These recordings will then be used in the classroom, where interprofessional discussion groups will listen, make observations and bring in different perspectives to a discussion related to these individuals' "lived experience."

With further development, these will become more interactive and allow for opportunities for simulations of the interactions that students will have in practice.

"By creating these recordings, more students can have access to hearing from a variety of individuals without time and place restrictions," Donald says. "They can take the learning that they have had through their individual course materials and apply it within these interprofessional discussions."

"The follow-up to these interprofessional discussions will be to have immersive experiences in the community to provide the opportunity to interact with individuals with IDD in their natural environments such as recreational activities, supportive employment programs and social groups."

Donald says this project will help satisfy the strong need for an increased focus on this population, for interprofessional learning and to promote the importance of hearing the needs of individuals directly from the person and the family/caregiver.

"It is a push to increase the focus on training our future workforce on meeting the needs of those with IDD and learning in the context of an interprofessional experience—not just learning with others who have come from the same training, but learning across professions," she says. "The focus is on the person, not a diagnosis or disability, and hearing the perspective of the person with IDD in their own words. It goes beyond hearing something in a lecture or reading it in a textbook, but demonstrating value in observing and listening to the real experiences of people."

"We welcome interest from the community for participating in one of these interviews. We believe that there are many members of the community who are living with an intellectual or developmental disability themselves, or in their family, who have so much to offer to others. We would love to expand this project and will be looking for other opportunities for funding future growth."

GIDDI was established in FGCU's Marieb College of Health & Human Services through funding by the Golisano Foundation. The foundation's other philanthropy in the region includes Golisano Children's Hospital of Southwest Florida and Golisano Children's Museum of Naples.

Intellectual and developmental disabilities are usually present at birth or early in life and can affect an individual's physical, intellectual and/or emotional development. Many of these conditions affect multiple body systems, such as the nervous system, skeletal system, the senses and metabolism.

Developmental disabilities include diagnoses that result in impairments in physical, learning, language or behavior areas, according to the Centers for Disease Control and Prevention. Recent estimates show that 1 in 6, or about 17%, of American children 3 to 17 years old have one or more developmental disabilities, such as autism, genetic disorders or attention-deficit/hyperactivity disorder. The CDC reports the incidence of children with IDD rose from 7.4% to 8.5% in recent years.

In Southwest Florida, it is estimated that 24,000 to 27,000 individuals live with IDD, based on 2023 census data, according to Donald. The need is most likely greater than these numbers reflect, reinforcing the importance of effective training for our future workforce.

FGCU

Marieb College of
Health & Human Services

10501 FGCU Boulevard South
Fort Myers, FL 33965
(239) 590-1000 | fgcu.edu

FROM MELANOMA SURVIVOR TO PATENT HOLDER: Local Inventor Develops Patented Skincare Applicator

When Kathe D'Alfonso faced melanoma, the Penfield resident knew her daily routine had to change. Suddenly, applying sunscreen to every inch of her body became not just important—it became life-saving. But like most people, she discovered a frustrating reality: reaching the middle of her back was nearly impossible.

Rather than accept this limitation, the 55-year-old inventor decided to create her own solution. Three years of development later, D'Alfonso holds a patent for Solo Beauty, a flexible wand applicator that's transforming how people approach their skincare routines.

Innovation Born from Necessity

Solo Beauty features a unique design: a sturdy wand topped with a flexible, mitt-covered head that angles perfectly to reach those troublesome spots between the shoulder blades. The interchangeable mitts come in three varieties—a lotion applicator made from material that resists absorption, a body exfoliator, and a face exfoliator.

"I don't know anyone who can reach the middle of their backs," D'Alfonso said with a laugh, highlighting the universal problem her invention solves.

The path to patent approval wasn't guaranteed. D'Alfonso's attorney cautioned her that patent acquisition is far from automatic. When the U.S. Patent Office approved her application in April 2024, it validated not just her design but her persistence through years of prototype development.

Engineering for Real-World Use

D'Alfonso's commitment to quality shows in her development process. She created eight different prototypes before settling on the final design, testing each version rigorously. Her current prototype has survived more than 550 machine wash cycles—a testament to the product's durability.

"The biggest thing is it has the right angle," she explained. "Just hold it up and put it over your shoulder. The mitt can be washed and dried. There's no product out there that does that."

This washability factor sets Solo Beauty apart from competitors while offering environmental benefits. Unlike similar products with disposable heads, Solo



Beauty's reusable design reduces waste and saves customers money over time.

Expanding Beyond the Original Vision

While D'Alfonso initially created Solo Beauty for sunscreen application, customer feedback revealed broader applications. People with arthritis, Parkinson's disease, and mobility limitations have found the tool invaluable for maintaining independence in their skincare routines. Others use it to apply topical medications without exposing their hands to the treatment.

"Customers absolutely love it," D'Alfonso reported. "It solves a lot of problems and has been helping people."

The response from wheelchair users has been particularly meaningful to her. "Some customers use wheelchairs. They go through a lot of struggles and this helps," she noted, emphasizing how the product addresses accessibility challenges she hadn't initially considered.

Local Manufacturing, Personal Touch

D'Alfonso has built her business around local partnerships. She cuts all materials herself and works with a local seamstress for mitt construction, while sourcing wands from regional suppliers. This approach keeps production close to home and allows for customization—including one memorable request for Holstein cow print mitts.

Her sales channels reflect this personal approach. Starting at the Webster Farm Market, D'Alfonso now operates a physical store in Irondequoit and maintains an online presence at solobeautyroc.com. The direct customer interaction has been rewarding, she says, with repeat customers and enthusiastic word-of-mouth recommendations driving growth.

Looking Forward

Solo Beauty retails for \$28.99 online, with replacement mitts available for \$12.99 to \$14.99. For D'Alfonso, the success isn't just measured in sales figures but in the problems solved.

"For the average person, this product solves a problem and makes your life easier," she reflected. "Once you use it, you'll never stop."

What started as one woman's response to a health challenge has evolved into a solution that addresses universal accessibility needs in personal care. D'Alfonso's journey from melanoma patient to patent-holding entrepreneur demonstrates how personal necessity can spark innovations that benefit entire communities.

As Solo Beauty continues to reach new customers, D'Alfonso's story serves as inspiration for other would-be inventors: sometimes the best business ideas come from solving your own problems first.



**PEOPLE SAY I LOVE IT! IT'S A BLESSING IN DISGUISE
REACHED PLACES I COULD NEVER REACH!**

FREE SHIPPING 585-737-8600

www.solobeautyroc.com

THE ESSENTIAL ROLE OF SPLINTS IN ORTHOPEDIC HAND SURGERY: EXPERT CARE NOW AVAILABLE IN-OFFICE

By Dennis O. Sagini, MD

When it comes to orthopedic hand surgery and recovery, splints serve as one of the most critical components in ensuring optimal healing and functional restoration. At our practice, we're excited to announce that we've recently obtained our Durable Medical Equipment (DME) license, allowing us to provide custom splints and orthotic devices directly from our office for enhanced patient convenience and care coordination.

Understanding Splints in Hand Surgery

Splints are external devices designed to support, protect, and immobilize injured or surgically treated hands and fingers. Unlike casts, splints offer controlled flexibility and can be adjusted as healing progresses. According to Dr. Dennis Sagini, MD, "Splints are invaluable tools that bridge the gap between surgical intervention and full functional recovery. They provide the precise support needed while allowing for gradual mobilization as tissues heal."

The primary functions of splints in orthopedic hand surgery include protecting surgical sites from trauma, maintaining proper alignment of bones and joints, preventing contractures and stiffness, reducing pain and swelling, and facilitating controlled movement during rehabilitation phases.

Types of Splints for Different Conditions

Different hand conditions require specific splinting approaches. Static splints provide complete immobilization and are typically used immediately after surgery or for fracture management. Dynamic splints incorporate springs or elastic components to allow controlled movement while maintaining support. Serial static splints are progressively adjusted to gradually restore range of motion.

Common conditions that benefit from splinting include fractures of the hand and wrist, tendon repairs and transfers, ligament injuries, post-surgical immobilization, arthritis management, and nerve compression syndromes like carpal tunnel syndrome.

The Treatment and Recovery Process

Dr. Sagini emphasizes that proper splint application is crucial for successful outcomes. "The timing, duration, and type of splinting must be precisely tailored to each patient's specific condition and



surgical procedure. Too little support can compromise healing, while excessive immobilization can lead to stiffness and prolonged recovery."

The splinting process typically begins immediately after surgery with initial protective splinting for wound healing and tissue protection. This progresses to transitional splinting that allows for gentle, controlled movement, followed by functional splinting to support return to daily activities, and finally weaning from splint use as strength and mobility improve.

Benefits of In-Office Splint Services

With our new DME license, patients can now receive immediate splint fabrication and fitting without the inconvenience of visiting separate facilities. This streamlined approach offers several advantages including immediate post-surgical splint application, custom fitting by trained specialists, convenient follow-up adjustments, coordinated care between surgery and rehabilitation, and reduced wait times and scheduling complications.

Dr. Sagini notes, "Having the ability to provide splints directly in our office means we can ensure perfect fit and immediate adjustments. This level of control over the entire treatment process significantly improves patient outcomes and satisfaction."

Conclusion

Splints represent a cornerstone of successful orthopedic hand surgery recovery. With our enhanced in-office capabilities, patients can now experience seamless, coordinated care from initial consultation through complete recovery. Our commitment to providing comprehensive orthopedic

hand care, combined with our new DME services, ensures that every patient receives the highest standard of treatment and the best possible outcomes for their hand and wrist conditions. Contact our office at 239-302-3216 to schedule a consultation and take the first step toward pain-free movement and improved quality of life.



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

Thousands of Floridians may lose their MA plans beginning in 2026, necessitating a switch to a new plan.

My name is John Salois and in my 10 years helping seniors with Medicare, I've never seen changes as dramatic as what's coming in 2026. Part D premiums could increase up to \$50/month, and millions are losing their Medicare Advantage PPO plans.

Several carriers are terminating or withdrawing from the Florida market. Many MA PPO plans, and prescription drug plans will be discontinued, requiring members to find new coverage. It is crucial for current MA enrollees to review their options for 2026.

Additionally, because of the work-to-pay ratio on Prescription Drug Plans, some agents are no longer assisting their clients with that portion of their needs. Others simply refer clients to Medicare.gov and instruct them to self-enroll there.

I help seniors by providing guidance regardless of the compensation I receive from insurance companies at no cost to you. I'm here to help you navigate these unprecedented changes and protect your healthcare freedom.

Agents like me are restricted from disclosing specific details about what will be happening in local markets with the major MA carriers until October 1st, but here are some generally known and widely reported changes here in Florida.

More MAPPOs will be terminated for 2026. One carrier that serves the Florida MA market exclusively will exit the Medicare MA market entirely in 2026 leaving thousands having to find plans with other carriers.

What You Can Do to Prepare for Medicare Changes in 2026

- **Open enrollment**, which lasts from October 15 through December 7 each year, is your opportunity to review your coverage and make changes for the coming year. (This year it's critical to review your Medicare or Medicare Advantage plan and options heading into 2026.)
- **When you get your Annual Notice of Change** from your insurance company you need to read and understand the changes and how they will affect your coverage. You should receive your annual notice of change by September 30th
- **Review Your Coverage:** Start reviewing your current plan and look for alternatives before the October 15th period begins.
- **Consider Medicare Supplement Plans:** If your current MA plan is terminated, you may have a guaranteed issue right to a Medicare Supplement plan, which provides different coverage options.
- **Stay Informed:** Pay attention to communications from your current MA carrier for specific information regarding your plan and its potential termination.
- **Seek Guidance:** Consult with a local insurance agent to help you navigate the changes and find a suitable plan for your healthcare needs.

RED FLAGS THAT DEMAND IMMEDIATE ACTION



- Premium increases over \$20/month
- Your main medications moved to higher tiers
- Your primary doctor dropped from the network
- Your pharmacy is no longer preferred
- The plan is being discontinued
- Star rating below 3 stars

To get a free step-by-step guide on how to read your Annual Notice of Change letter, go to my website www.johnsalois.com

What Should You Do if You Get a Disenrollment Letter from Your Medicare Advantage Plan?

If you are among those that get a plan termination letter from your carrier there is a silver lining. Involuntary disenrollment from an MA plan gives you a guaranteed issue right to a Medicare Supplement plan.

Review your options for transitioning your Medicare coverage from Medicare Advantage to Original Medicare and a Supplement with a local insurance agent. If a Medicare Supplement is out of reach because of the monthly premium, your agent will find a suitable Medicare Advantage plan for you to move to.

To learn more about your options, call to schedule an appointment at my 24/7 live USA receptionist line (239) 507-0507 or visit: johnsalois.com.



PHYSICAL THERAPY
MYOFASCIAL
RELEASE

An individualized, caring, hands on approach specializing in relieving chronic pain by releasing the causes of your symptoms.

5310 Clark Road, Suite 101,
Sarasota, Florida 34233

(941) 444-7688

TH THERAPY AND SERVICES, INC. CALL NOW FOR YOUR APPOINTMENT



GET YOUR CUSTOMIZED MEDICARE SUPPLEMENTAL COVERAGE SOLUTION



24/7 Live USA Receptionist Assistance
CALL TODAY: (239) 507-0507

John Salois "The Medicare Store and More"
Consultant for Medicare Supplemental Insurance, Life Insurance & Retirement Planning.

3D MAMMOGRAPHY

As technology advances, understanding medical exams and procedures becomes more complex. The quality of services provided is an important consideration.

The American Cancer Society endorses mammography, along with yearly physical examinations and monthly self-examinations, as the most effective means of detecting breast cancer at its earliest and most treatable stage. Generally, mammography can reveal benign and cancerous growths before you or your physician can feel them. If detected at the earliest stage, breast cancer has a five-year survival rate of over 95 percent, as small breast cancers are more treatable and can be removed before they spread to other parts of the body.

Breast cancer is the most common form of cancer in American women. Unfortunately, 70% of women have no identifying risk factors. The American Cancer Society recommends mammography as a life saving tool for screening women without symptoms for breast cancer. And 3D Mammography specifically is becoming the preferred choice for physicians in Southwest Florida. With over 30 years of experience and 10 Board Certified Radiologists, Radiology Associates of Venice & Englewood (RAVE) is proud to offer 3D Mammography to our patients.

What is 3D Mammography?

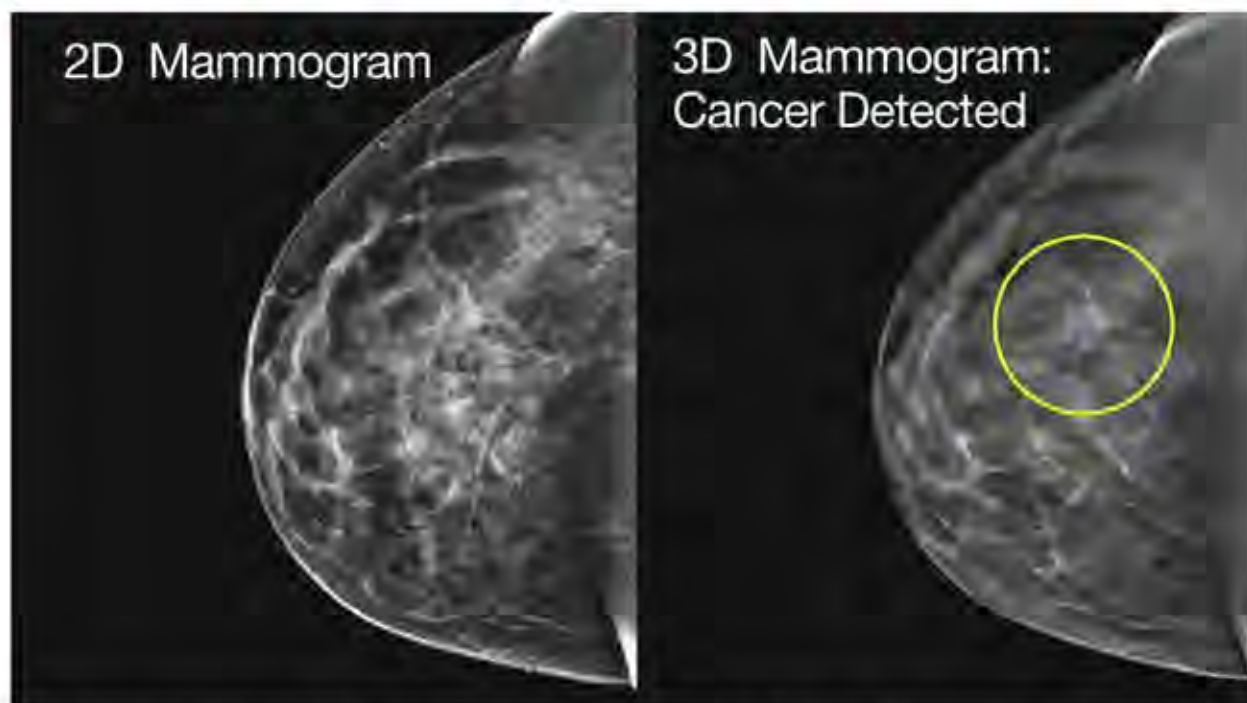
3D mammography is a revolutionary state of the art technology approved by the FDA in February 2011, which gives radiologists the ability to view inside the breast layer by layer, helping to see the fine details more clearly by minimizing overlapping tissue. During a 3D mammogram, multiple low-dose images known as "slices" of the breast are acquired at different angles. With 3D technology, the radiologist can view a mammogram in a way never before possible.

Is 3D a separate exam or part of my usual mammogram?

The 3D exam is a separate procedure that is performed at the same time as your regular mammogram.

What is the cost and will my insurance cover the 3D exam?

Medicare does cover 3D mammography. Even though 3D mammography is FDA approved and covered by Medicare, most private insurance companies are not yet reimbursing for this exam. However, RAVE has never charged the patient the additional 3D portion of the exam if their insurance doesn't cover it.



"The Radiologists of RAVE include the additional 3D imaging regardless of payment because it's in the best interest of patient care, so there is never an additional charge." (Philip Mihm, M.D. RAVE Radiologist)

What are the benefits?

FEWER MAMMOGRAM CALLBACKS for additional mammography – 3D mammography helps distinguish harmless abnormalities from real cancers, leading to fewer callbacks for additional mammography and less anxiety for women. With 3D mammography, RAVE radiologists have reduced patient callback rates by 20-30 percent.

Doctors and scientists agree that early detection is the best defense against breast cancer. 3D mammography has been shown in clinical studies to be more accurate than conventional mammography alone by detecting cancers earlier. This new technology increases breast cancer detection by 38%. It's truly an important component in the screening process.

After 3D Mammography, if continued tests and imaging are needed, RAVE uses state-of-the-art technology, including MRI guided breast biopsies and the Philips 3T wide bore MRI that allows our radiologists to view the breasts in a higher resolution, enabling us to have even more clarity within the breasts. RAVE has been performing MRI breast

imaging for over 15 years and with Wide Bore technology, it allows us to accommodate most any sized patient comfortably. With the Philips 3T wide bore MRI, we are able to cut down on the amount of time it takes for the patient to be scanned. Most Breast MRI's take 30 minutes or less, allowing the patient to go on with their day with little disruption.

How long will it take?

The exam will take about 4 seconds longer per view while in compression than the 2D mammography.

How much radiation will I be exposed to?

It varies from person to person and is roughly equivalent to film/screen mammography. The amount of radiation is below government safety standards.

What if my doctor did not mention 3D Mammography to me?

3D is an optional service at this time and elected by the patient. Many physicians know about our new 3D technology and the feedback we have received has been very positive. If you need additional information to help you make this decision, please visit www.RaveRad.com.

Why is RAVE Radiology offering 3D Mammography?

RAVE prides itself on offering the highest quality care for our patients. Our radiologists believe strongly that 3D mammography will benefit our patients.

We are approaching our 3rd Breast Cancer Awareness month since the COVID pandemic began. Breast Imaging, usually fairly insulated from worldly events, has shared in the challenges over the past few years. Initially concerns regarding post vaccination lymphadenopathy made its way to the nightly news. Confusion set in about whether and when to get a mammogram following vaccination. Luckily this was never a diagnostic dilemma for us at RAVE and we were able to encourage most women to stick to their annual screening schedule. Unfortunately, and for understandable reasons, several women have not come in for mammographic screening since the pandemic began. Because breast cancer detection and management are a primary mission at RAVE, we have risen to the challenge of ensuring safe access to breast cancer screening exams and any additional/follow-up care needed. Please be reassured that we are providing our standard high level of imaging care while maintaining/exceeding current CDC guidelines to ensure patient safety.

Furthermore, it's worth noting that RAVE offers the cutting edge in imaging technology unsurpassed in our region. We utilize the newest mammographic machines, each equipped with 3D Intelligent HD Clarity from Hologic. Tradename aside, the image quality is unparalleled, akin to the highest end Ultra HD television. This is important not only because it allows us to diagnose smaller cancers but also facilitate accurate characterization of benign findings other radiology groups mistake for malignancy.

Our ultrasound equipment is also the highest quality available in the industry which has implications for our breast cancer mission as well as our other imaging services. Finally, our 3 Tesla MRI also

generates extremely high-quality breast images which facilitate screening in our high-risk patients and important staging information in our women diagnosed with breast cancer. Equipped with these tools we recently identified a 3mm cancer via mammography! I would argue this tiny cancer is the earliest and smallest lesion a screening examination could hope to accurately identify.

We do not stop at the detection of breast cancer! Currently we are providing ultrasound breast biopsies at our Venice and Sarasota offices. At RAVE we know biopsy procedures are a scary process. We work hard to inform our patients beforehand regarding what to expect during the procedure. Professional, personalized, warm, and caring treatment is provided during the procedure. Lastly, follow up afterwards ensures nothing falls through the cracks. Most women leave our biopsy suite much more informed and prepared regarding their individual case and the forthcoming steps. For our referring physicians we provide critical radiology pathology concordance following all biopsies to help manage pathological results they may not be familiar with. This ensures suspicious lesions are pursued even if pathology results are not as expected and offers reassurance when benign results match less suspicious findings. In the not-too-distant future we will be offering the newest biopsy method which allows sampling of "3D" or tomosynthetic findings. This system is the final piece in the definitive management of the lesions we can detect and complements our current ability to perform MRI guided breast biopsies. I am very proud to be a part of the comprehensive breast program we offer at RAVE and am very grateful for the opportunity to serve our area's patients and referring physicians.

RAVE is excited to announce that we will be providing a more advanced DEXA Bone Density study at all three locations. DEXA with TBS.

What is the difference between DEXA scan and DEXA scan and TBS?

Bone mineral density measured by DEXA provides information regarding the quantity of the mineral bone only. TBS is a measurement of bone quality. Using both together gives the practitioner a better picture of the bone strength of an individual patient.

Ask your health care provider for DEXA with TBS for a better understanding of your bone fracture risk.

www.raverad.com

VENICE

512-516 S. Nokomis Ave
Venice, FL 34285
941-488-7781
Hours: 8:00am-5:00pm

ENGLEWOOD

900 Pine Street
Englewood, FL 34223
941-475-5471
Hours: 8:00am-5:00pm

SARASOTA

3501 Cattleman Road
Sarasota, FL 34223
941-342-RAVE (7283)
Hours: 8:00am-5:00pm

LOTUS HOLISTIC WELLNESS



14888 Tamiami Trail
North Port, FL 34287
(941) 787-4488
www.lhwacupuncture.com



Dr. Angelina Pullen

DACCHM, LAc, BS, Dipl. OM, LMT
Doctor of Acupuncture and Chinese
Herbal Medicine AP4388, LMT MA30731

FREE CONSULTATIONS!

- Acupuncture
- Herbal Medicine
- Tui Na (Oriental Medical Massage)
- Acupuncture Point Injection Therapy (APIT)
- Homeopathy
- Cupping & Gua Sha
- Auricular Acupuncture & Ear Seeds
- Acupressure
- Scalp Acupuncture

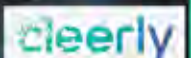
CCTA + Cleerly Analysis – AI-assisted Cardio Imaging Innovation

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



Defeat Gum Disease

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

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

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

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



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

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

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

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

Benefits of LANAP™

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

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

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

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

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

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

Dr. Joseph Farag - Port Charlotte Dentalcare
941.764.9555

3441 Conway Blvd, Port Charlotte
www.Drfarag.com

OCTOBER IS AUDIOLOGY AWARENESS MONTH: UNDERSTANDING THE ROLE OF AUDIOLOGISTS

By Dr. Noël Crosby, Au.D.

As October ushers in Audiology Awareness Month, it's the perfect time to shine a spotlight on the crucial role audiologists play in our healthcare system. These specialized professionals are the unsung heroes working tirelessly to improve the quality of life for millions suffering from hearing and balance disorders.

What is an Audiologist?

An audiologist is a healthcare professional who specializes in the diagnosis, treatment, and prevention of disorders related to hearing, balance, and ear function. Their expertise spans a wide range of responsibilities, from conducting hearing tests and fitting hearing aids to developing auditory rehabilitation programs and managing complex ear-related conditions.

Key Responsibilities of Audiologists

Audiologists wear many hats in their day-to-day practice. They evaluate hearing and balance problems using a variety of tests, including pure-tone audiometry, speech audiometry, and tympanometry. They're also skilled in fitting and adjusting hearing aids, cochlear implants, and other assistive listening devices.

Beyond the technical aspects, audiologists play a crucial role in counseling patients on communication strategies and developing personalized auditory rehabilitation programs. They're often at the forefront of diagnosing and managing conditions like tinnitus and earwax buildup, and many contribute to research efforts aimed at developing new treatments.



Specializations within Audiology

The field of audiology offers various specializations. Some audiologists focus on pediatric audiology, working exclusively with children. Others may specialize in neuroaudiology, cochlear implantation, auditory processing disorders, or balance and vestibular disorders.

Education and Training

Becoming an audiologist requires extensive education and training. Most audiologists hold a Doctor of Audiology (Au.D.) degree, while some may have a Master's or Ph.D. in audiology or a related field. Additionally, many are certified by professional organizations such as the American Board of Audiology (ABA) or the American Speech-Language-Hearing Association (ASHA).

Where Audiologists Work

Audiologists can be found in a variety of settings. Many work in hospitals and clinics, while others operate private practices. Some audiologists work in schools, helping children with hearing impairments, while others contribute to research institutions, pushing the boundaries of audiological science.

Skills of a Successful Audiologist

Successful audiologists possess a unique blend of technical knowledge and interpersonal skills. They need excellent communication abilities to explain complex concepts to patients, analytical skills to interpret test results, and problem-solving abilities to develop effective treatment plans. Compassion and empathy are also crucial, as they often work with patients experiencing frustration or anxiety due to their hearing issues.

This Audiology Awareness Month, let's appreciate the dedicated professionals who help us hear the world more clearly and navigate it more confidently. Audiologists truly make a sound difference in our lives!

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.**

Beautiful Smiles Begin Here



Dr. Joseph Farag
UF Graduate

- We Offer:**
- Implant & Reconstructive Dentistry
 - Cosmetic Dentistry
 - Personal Care
 - Aesthetic Dentures & Partial
 - 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

Port Charlotte Dentalcare • 764-9555
With this coupon, not valid with other offers or previous services. Limited time offer.

FREE
Consultation
For Dental Implants

Port Charlotte Dentalcare • 764-9555
With this coupon, not valid with other offers or previous services. Limited time offer.

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



Dr. Pamela Dorn
Doctor of Audiology

HUNGRY HEART

By Alex Anderson

The songwriter and performer Bruce Springsteen was right when he wrote,

"Everybody's got a hungry heart..."

Inside of every human is this need or hunger. Sometimes we try to fill it with love for another person, but for some reason...another person is not the answer.

Sometimes the hungry heart destroys the very things we love and want.

Springsteen goes on to sing,

"We fell in love, I knew it had to end...we took what we had and we ripped it apart...everybody's got a hungry heart...don't make no difference what nobody says...ain't nobody like to be alone...everybody's got a hungry heart."

I do believe our hungry heart is about loneliness, not for another human...but for God himself. We were created in the very image of God (Genesis 1:26) but when man left God...man missed, and still misses, God. They had a bond that filled man with joy and satisfied his heart like nothing else.

C.S. Lewis calls this the, "Numinous Awe." It seems to be built into mankind, this *ravenous hungry heart to know God*. And it's so strong nothing can fill it but God himself.

Psalms 34:8 says, "*Taste and see that the Lord is good.*"

And the truth is... If you don't get that deep ravenous hunger in your heart satisfied by Jesus you will starve to death spiritually, while eating everything else.

So how do you do that? How do you find the true satisfaction that calms your hungry heart?

If you are a Christ-follower, then you know how to do this. You...do again...something that you have already experienced when you asked God to be your Lord and Savior. You "make up" with God and you're back to stay.



You are so glad to be back together. Glad that God owns you and your life. So you decide to be happy because God owns you and is your life partner (Philippians 4:4).

Feel the pleasure, the joy and the delight again about Jesus being your master. Let this fact cause you happiness, pleasure and delight.

Be full of joy because Jesus paid a high price for your life. (1 Corinthians 6:19-20).

Let the reality of what He has done sink over you.

Not only are you in His family now, but you can live the life of a victorious and joyful person of God; with all the rights and privileges of a child of rich royalty.

"You are my child says the Lord...my very rich child says the Lord...let the riches of your heart begin to overflow into all of your life." (3 John 2)

You can, should, and must rejoice always in the Lord...way before anything changes physically in your life.

The seed of hope and joy is there if you have become one with Jesus Christ. His seed is within you. If your hope is nonexistent then find the seed once planted deep in your heart by the Holy Spirit.

Like a precious pearl search for it (Matthew 13:45).

When you find it (that small seed), clean it up. Polish it and put it in the center room of your heart, shine the brightest light you can find on it and let its magnificent beauty captivate you. Stare at it with intentional focus as though you are searching and waiting for hope itself.

Its magnificent light will light up your life.

For it will change everything about you as you clearly see and feel the love that God has shed in your heart...that is for you (Romans 5:5).

It is so worthy of your time my friend to mediate and think about Jesus, again.

Whether things in your life are going well or not...you have the power of a Christ-follower to focus on Jesus...the author and finisher of your faith and the centerpiece of your heart.



Kathe D'Alfonso,
Owner of Solo Beauty

**Certified WOMAN OWNED BUSINESS
30 YEARS MELANOMA SURVIVOR**

**USA MADE & US PATENT
PLUS THE MITTS ARE HANDCRAFTED
TO SUSTAIN MULTIPLE WASHINGS!**

**PEOPLE SAY I LOVE IT! IT'S A BLESSING IN DISGUISE
REACHED PLACES I COULD NEVER REACH!**



www.solobeautyroc.com

**FREE SHIPPING
(585) 737-8600**

Solo Beauty is a uniquely designed applicator that in seconds can reach over your shoulders, mid-lower back, and feet! Choose your Luxury Lotion & Shower Scrubie
SUSTAINABLE & ECO FRIENDLY - WASH, DRY, & REUSE



Southwest Florida's Health & Wellness Magazine



On the Web

SwfHealthAndWellness.com



On Facebook

[facebook.com/
healthandwellnessmagazine](https://facebook.com/healthandwellnessmagazine)



On Twitter

twitter.com/SWFHealthMag



In Your Inbox

Receive our monthly
newsletter. Sign up online

**Providing information
that will promote living a healthy, well-balanced lifestyle.**



Southwest Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

The screenshot shows the homepage of the Health & Wellness Magazine website. The header includes the magazine's name, a search bar, and navigation links for Charlotte Edition, Collier Edition, Lee Edition, Advertise with Us, H&W Archives, and Contact Us. The main content area features a large image of a woman wearing a white headscarf, with the headline "Skincancer" and a sub-headline "By David Brown, M.D., Board Certified Radiation Oncologist... Skin cancer is the most commonly diagnosed cancer in the United States. In fact, over six million new cases are diagnosed per year. The main risk factor for developing skin cancer is cumulative ultraviolet exposure...". Below this, there's a section for "Read Our Flip Book Version" with three thumbnails for Charlotte County, Collier County, and Lee County. A "Featured Article" section highlights "The Other Side of Parkinson's Disease" by Dr. Ramon A. Gil, M.D., Medical Director of the Parkinson's Disease Treatment Center at St. Vincent's. The right sidebar contains a "Sign Up For Our Newsletter" form, a "Recent" section with links to various articles, and a "Best Buy to Buy" section.

Your Care Your Network



When you need lifesaving, life-changing, or everyday care, AdventHealth is here with nationally recognized expertise and a connected network of convenient locations to help you feel whole.



Visit [AdventHealthPortCharlotte.com](https://www.adventhealthportcharlotte.com)
for more information.



AdventHealth
Port Charlotte