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Health & Wellness[®] MAGAZINE

July 2020

Charlotte/South Sarasota Edition - Monthly

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**FREEDOM TO
WEAR SHORTS
AGAIN**

VENOUS DISEASE:
IT'S MORE THAN JUST
VARICOSE VEINS!

**COGNITION AND
HEARING LOSS:**

AN AUDIOLOGIST
TAKES ON THE NEXT
LEVEL OF PATIENT CARE

HYPERTENSION:
WHAT YOU NEED TO KNOW

**AVOIDING
NAIL FUNGUS**

**KNOW THE ABCS
OF SKIN CANCER**

**THE BEST WAY TO
RELIEVE CHRONIC
HEADACHES**





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Alex Hnatov, MD

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Hypertension: What You Need to Know

High blood pressure (hypertension) has little to no symptoms and is often referred to as a silent killer. It can lead to stroke, heart disease, and sudden cardiac arrest. It's imperative to check your blood pressure regularly. Typically, the systolic blood pressure (top number) rises with age, while the diastolic blood pressure (bottom number) tends to fall. However, any changes in blood pressure that are left untreated can cause severe health conditions to arise. We caught up with Dr. Grinshteyn of Bayfront Health Medical Group to find out more information on the risks associated with hypertension and what individuals can do to help maintain normal blood pressure levels.

Question #1—What are the associated risks of uncontrolled hypertension?

Dr. Grinshteyn:

Since there are very few, if any, symptoms of hypertension, many patients don't know they have high blood pressure. The hard fact is that people with hypertension have a high-risk factor for myocardial infarction (MI), strokes, kidney failure, cognitive disorders, and lesser-known issues like vision problems. Hypertension affects every blood vessel in the body from the tip of the toes to the top of the head. It's ideal to have a blood pressure range of around 120/80 to 130/80.

Question #2—What steps do you recommend to lower it naturally or with medical intervention?

Dr. Grinshteyn:

Years ago, we used to take a paternalistic approach and say, "You need to take medicine!" Today, we know it's best to offer lifestyle modifications for an overall underpinning approach. Medications are essential in many cases, but their effect will be much more beneficial and efficacious when paired with diet and exercise protocols. Lifestyle changes are critical.



I go beyond blood pressure numbers and check kidney function, order electrocardiograms (ECG/EKG), check thyroid hormones, and other in-depth testing as a first step. These can often contribute to hypertension. Once we establish underlying health conditions, we can discuss what can be done as far as lifestyle changes through diet and exercise. We have a registered dietitian that can offer personalized plans like the DASH or Mediterranean diet. These diets emphasize eating plenty of vegetables, fruit, healthy fats, whole grains, and lean protein (especially cold-water fish) while avoiding excess salt, sugar, simple carbs, and saturated fats. They can also be tailored to fit individual needs.

Exercise is very important to lower and/or stabilize blood pressure. I don't mean pumping weights like Arnold Schwarzenegger, or bench pressing a car! Exercising 150 minutes per week (30 minutes/5 days) is plenty of activity to improve overall health

and hypertension. Here in Florida, many patients have the luxury of swimming. I highly recommend hydrotherapy and suggest being chest-deep in the pool while doing cardio-style movements to increase heart rate. It's a low impact workout and easier on the joints. Once we have diet and exercise down, medication support will bring down blood pressure that might still be on the high side.

Many people don't realize that alcohol is a huge contributor to hypertension. Unfortunately, it's easy to start socializing or drinking with other retirees or friends and quickly have moderate drinking get out of hand. Limiting alcohol or quitting drinking is very beneficial for health in general.

For some patients, we recommend tracking blood pressure at home with an arm cuff. Depending on the numbers, we might have you do that regularly or every few months.



There is a real scenario called “white coat syndrome,” which elevates blood pressure in the doctor’s office due to apprehension. In our office, I’ve just implemented a new device that can track blood pressure in the convenience of the patient’s home-setting for a consecutive 24-hours. It’s a small device that discreetly attaches to the arm to track the fluctuations when living your normal life. It helps us better understand how much pressure or lack thereof is pumping while eating, sleeping, exercising, etc.

We don’t want anyone’s blood pressure to come down too quickly as that can cause a water-shedding effect, which can cause dizziness, nausea, vascular issue, strokes, and cognitive issues, to name a few. We want to lower blood pressure safely and within guidelines that are optimal for patients’ overall health. Leaving it untreated is not an option, and as I stated, many patients don’t know they have high blood pressure, which is very dangerous and, in many cases, life-threatening.



Simon Grinshteyn, M.D., FAPWHC

Dr. Simon Grinshteyn is board-certified in family medicine, with additional certification in wound management and hyperbaric medicine. He provides preventive and diagnostic care for acute and acute and chronic illnesses, with special interests in advanced diabetes care and hypertension management. His goal is to help patients achieve and maintain good health.

Dr. Grinshteyn earned his medical degree from St. Matthew’s University School of Medicine in Grand Cayman, Cayman Islands, and Ross University School of Medicine in Bridgetown, Barbados, where he graduated with highest honors. He completed a residency in family medicine at the Wright Center for Graduate Medical Education in Wilkes-Barre, Penn., where he served as Chief Resident. Dr. Grinshteyn is fluent in English and Russian.



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RADIOLOGY REGIONAL Remains Open For All Of Your Imaging Needs

The COVID-19 pandemic has created unusual adjustments in our daily lives. With these changes, and unforeseen circumstances, you can rest assured that all of Radiology Regional's locations remain open. During this unprecedented time, patients and physicians will continue to have a need to rely upon imaging centers, and Radiology Regional is providing all diagnostic imaging needs, including mammogram screenings.

Radiology Regional Has Elevated their Infection Control Protocol

The safety and well-being of Radiology Regional's patients and staff is their primary focus, which is why they are utilizing extra precautions to ensure the safest possible environment for their services. Radiology Regional has elevated their infection control procedures to minimize the risk of COVID-19 contamination at all of their centers by sanitizing exam rooms and equipment thoroughly after each patient, utilizing safe distances, washing hands, and sterilizing patient areas routinely. They've installed sneeze guards at the front desk to protect their receptionists, and their team wears gloves and face masks. Hand sanitizer is also readily available to everyone.

As Radiology Regional continues to take precautionary measures to keep their centers accessible to you, please be advised of these new patient guidelines:

- To limit the number of people in waiting areas, nonessential guests who accompany patients must wait outside.
- The waiting areas are arranged, so that you can comfortably sit at a safe distance away from other patients.
- Patients who have traveled outside Lee, Collier, or Charlotte must reschedule their appointment until 14 days after their return.
- Patients who are experiencing symptoms consistent with Covid-19 must cancel their appointment and contact their primary physician for further direction. These symptoms include cough, fever, body aches, and shortness of breath.
- Hand Sanitizer is available for patients being treated.
- Please wear a face covering while entering the facility.



While Radiology Regional is operating a little differently these days, some things will always remain the same. You will feel welcomed by their friendly, compassionate, and professional staff, and you can trust that they're committed to providing the highest quality radiology services in Lee, Collier, and Charlotte counties.

Patient Testimonials:

"Staff was super friendly, despite the things that are going and the risk they are taking! Thanks again to you guys! Everyone was super helpful and nice!"

"I was nervous going out during this pandemic but everyone there made me feel safe and took all the necessary precautions!"

"Despite the unusual COVID-19 circumstances - everyone was welcoming, processing time was quick, and the entire experience was painless. Hats off to all of these professionals."

"Due to Covid-19, I got a friendly greeting outside with a squirt of hand sanitizer...nice touch. Doors were opened by staff, coming and going, front desk and tech in masks. All very professional."

"Felt comfortable and safe during these scary times. Very professionally handled. Everyone I met on the staff had 1 thing in mind, Everybody's Safety! Job well done; I'm impressed ..."

"I was impressed with the caution taken about the corona virus. A pleasant young man greeted me on your patio and asked me a number of questions regarding the possibility I had been exposed to the virus, my current heart status and my recent travels. Afterwards, he poured some disinfectant in my cupped hands and held the door open for me. The people inside were wearing masks and gloves and plenty of hand disinfectant was available for patient's usage. The receptionists were extremely courteous and efficient. After a reasonable waiting period, a lovely knowledgeable and efficient X-ray tech quickly took about 6 images of my neck area. Great professional service all around! It is obvious that Radiological Regional imposes a "can-do", let's get the job done efficiently and with a professional manner and friendly culture on its entire organization. Good luck and thank you very much. A lot of organizations can learn a lot from the way that you do business."

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New Port Charlotte Location

Radiology Regional has been a trusted leader for diagnostic imaging in Southwest Florida for many years. The recent opening of their state-of-the-art facility in Port Charlotte has allowed them to provide a vital component of health care to the community.

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AVOIDING NAIL FUNGUS

You are ecstatic that your city is finally beginning to reopen after these long months of quarantine. It's time to enjoy these beautiful sunny days. You slide your feet into a new pair of opened toes shoes, but you are mortified to see your toenails are thick and discolored. Most commonly, these changes are due to an infection of the nail cause by a fungus. Nail fungus can be difficult to treat, therefore the sooner you begin treatment the better chance you have of eradicating the fungus. Once the nail fungus has been present for an extended period of time, it is much more difficult to treat.

Nail fungus also referred to as onychomycosis is an infection underneath the surface of the nail cause by fungi or yeast. When the fungi take hold, the nail becomes darker, debris can collect under the nail, and white discoloration may appear. Overtime, the affected nails become very thick and difficult to trim. The fungus can even spread to adjacent nails.

You may have been exposed to the fungi when walking around damp areas barefoot like swimming pools, locker rooms, and showers. Injury to the nail bed, even pressure from shoes, will make it more susceptible to the fungi. Anyone can be affected but people with chronic diseases, such as diabetes, circulatory problems, or immune-deficiency conditions, are especially prone to developing a fungal nail infection. Other contributing factors may be a history of athlete's foot and excessive perspiration.

Treatment can take months to a year to completely clear the fungus. Your healthcare provider will discuss treatments options with you to determine what is the best option for you. Unfortunately, recurrence is common. For these reasons, prevention is key.

Proper hygiene and performing daily foot exams including your toes are the first line of defense. Clean and dry feet can better resist infection by the fungus.



- **Never go barefoot.**
- **Wear flip flops or shower shoes in public areas.** For example, at public showers at the pool or gym. Walking around a public pool.
- **Wash your feet with soap and water daily.** Make sure to thoroughly dry your feet after washing, including between your toes. You may even want to wash your feet after the gym or going to a public pool.
- **Disinfect you shoes with an OTC antifungal sprays or powder's.**
- **Wear moisture wicking and breathable socks.** Socks made of synthetic fibers that wick moisture away from your feet are recommended. If your feet perspire than you should change your socks

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throughout the day. Don't share shoes or socks with others. Change your socks after exercise. You may also alternate gym shoes to allow the material to dry completely.

- **Don't share clippers or foot products with other people.** Disinfect instruments use to cut your nails and other pedicure tools.
- Treat athlete's foot if present.
- **Avoid tight fitting shoes** and use shoes made with breathable material.
- **If signs of nail fungus are present, avoid nail polish.**
- **Keep nails trimmed and clean.** Nails should be at the same length as the tip of the toe.
- **Wash your shoes, this includes hiking boots to sandals.** Shoes that haven't been cleaned are a great place for fungus to thrive.

For more information about preventing or treating nail fungus contact your local foot and ankle specialist.

Isin Mustafa
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For more information, you may contact Dr. Isin Mustafa at Family Foot & Leg Center at (833) 366-8534. Family Foot & Leg Center has 8 locations throughout Collier, Lee, & Charlotte Counties to quickly resolve all your foot and ankle problems.



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FREEDOM TO WEAR SHORTS AGAIN

VENOUS DISEASE: It's More Than Just Varicose Veins!

By Joseph Magnant, MD, FACS, RPVI and Jill Tanner, APRN

As we begin celebrating July 4th, Independence Day, an important word comes to mind. That word is **FREEDOM**. In America, we have the freedom and independence to do many things. We have all seen someone walking down the street and noticed large bulging varicose veins, but this should no longer be ignored. Luckily, we have the freedom to have these treated and no longer have to hide our legs! We have the freedom to wear shorts and skirts again! Varicose veins or prominent spider veins are two of the most obvious signs of venous disease or venous insufficiency, a true medical condition.

Venous insufficiency is a medical condition where the valves in the superficial venous system in the legs fail and, over time, lead to impaired blood return to the heart. Blood pools in the leg veins, especially when in the standing or sitting position, leading to abnormally high pressure in the veins or venous hypertension, which leads to the many signs and symptoms of venous insufficiency.

Venous insufficiency is a very common and often underdiagnosed condition affecting millions of Americans. It is estimated to be present in as much as 40% of the population and becomes more prevalent after age 50. Heredity is the major risk factor, as are a history of blood clots or DVT, obesity, standing or sedentary occupation, female gender and prior pregnancies. Vein Disease is more common in women, although men are also affected.

Most people are aware of the most common sign of venous insufficiency which is varicose veins, but many people without varicose veins also have venous insufficiency. Leg swelling as well as achy, heavy or tired legs at the end of the day are also common symptoms. In severe cases, the skin around the ankles can become discolored, thickened or even ulcerated over time.

STAGES OF VEIN DISEASE

				
<p>STAGE 1 Spider Veins</p> <p>These dilated skin capillaries create a spider-like appearance in the legs. They typically cause more cosmetic problems than health problems, but in some cases cause pain. Treating spider veins not only improve appearance but also prevent the progression of venous disease.</p>	<p>STAGE 2 Varicose Veins</p> <p>These veins have a ropey-like appearance and bulge, often protruding, from the skin. These veins, if left untreated, can lead to increased symptoms and worsened appearance which begin to interfere with daily life and activity.</p>	<p>STAGE 3 Leg Edema</p> <p>As venous disease progresses, untreated varicose veins begin to evolve into other health problems, such as edema. This chronic leg swelling manifests over the course of the day or after standing for long periods. Others experience restless leg syndrome, itchy skin, and severe aching or cramping.</p>	<p>STAGE 4 Skin Changes</p> <p>Over time, venous disease causes skin discoloration. The skin becomes thinner and brown discoloration appears as a stain on the skin. This occurs because of blood leaking from the blood vessels and into the skin tissue.</p>	<p>STAGE 6 Leg Ulcers</p> <p>These are an indication that the venous disease has reached an advanced stage. They are extremely painful, itchy, and require constant care and dressing, significantly impacting quality of life.</p>

As the pressure in the venous system builds throughout the day when patients are on their feet, symptoms progress and are worse in the evening and at bedtime. This is when the lesser known symptoms of venous insufficiency such as restless legs, leg cramps and excessive urination become problematic and can rob a patient of a good night's sleep. All of these symptoms can be caused by venous disease and many patients' symptoms improve with treatment for venous insufficiency. A trial of compression hose can predict which symptoms will most likely improve or respond to venous treatment. Modern vein evaluation and intervention is much different than it was years ago. Prior to 2000, procedures such as vein stripping were the only available vein treatments and very invasive, required general anesthesia, and had unacceptably high complication rates. For this reason, most patients with venous insufficiency were forced to suffer as there were no acceptable treatment options available other than compression hose and leg elevation.

At Vein Specialists in Fort Myers and Bonita Springs/Naples, we offer comprehensive, modern vein evaluation and care. We offer a gold standard scientific diagnostic ultrasound study to evaluate patients for venous insufficiency. We are then able to formulate the best treatment plan for each individual patient based on the ultrasound results. In many cases, the best treatment option for patients with venous insufficiency is something called endovenous ablation or vein closure. This can be accomplished by heat-sealing or glue-sealing the vein closed. These methods permanently seal the poorly functioning veins with either heat or medical adhesive. The result is a decrease in the venous pressure in the legs, significantly improving vein related signs and symptoms. This procedure is minimally invasive and performed under local anesthesia in both Vein Specialists office locations with minimal discomfort. Other minimally invasive treatment options such as removal of varicose veins through small incisions called microphlebectomy or injection sclerotherapy for spider veins are also offered.

Start celebrating July 4th and your freedoms! Stop hiding behind long pants and schedule your visit with our office today! Start by visiting our website at Weknowveins.com or call 239-694-8346 for more information.



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Joseph G. Magnant, MD, FACS, RPVI

Board Certified Vascular Surgeon

KNOW THE ABCS OF SKIN CANCER

About one in five Americans is likely to develop skin cancer, according to the American Cancer Society (ACS), making it the most common form of cancer in the U.S. Generally, it is highly treatable; however, it should be taken seriously and you should seek a medical evaluation if you notice a suspicious lesion or mark anywhere on your skin. The good news is that skin cancer is also the most preventable cancer. In fact, research indicates that protecting your skin before you turn 18 can cut your risk of some types of skin cancer by as much as 78%.

There are three main types of skin cancer – basal cell, squamous cell and melanoma, which is the most serious type. Basal cell skin cancer is the most prevalent and least dangerous type of skin cancer. It generally appears on the head, neck or upper torso and it grows slowly. Spots, blemishes, freckles and moles are signs of sun-damaged skin. They are usually harmless, but if you notice them changing, see a doctor.

While not as dangerous as melanoma, squamous cell skin cancer can spread to other parts of the body over time. It usually appears as a thickened, red, scaly spot that may bleed easily, crust or ulcerate. It is generally found on those areas of the skin that are most often exposed to the sun.

Risks and Warning Signs of Skin Cancer

Most moles, brown spots and other growths on the skin are usually harmless; however, it's a good idea to have an annual skin check by a professional healthcare provider. Older adults, people who are fair-skinned or those who have a lot of moles are generally at greater risk, so it's important to know your skin well and recognize any changes that you see on your body.

Here is an easy way to recognize if a mole or other skin lesion may be cancerous – just remember the ABCs of skin cancer:



In Florida, there are lots of opportunities to spend time in the sun; however, it's important to take precautions that protect your skin against cancer.

Asymmetry: one half of the mole doesn't match the other

Border: is irregular

Color: is not uniform

Diameter: greater than 6 mm (about the size of a pencil eraser)

Evolving: size, shape or color changes

With all types of cancer, including skin cancer, early detection and diagnosis can make a big difference in outcomes. If you suspect that you may have skin cancer, have your physician check it out immediately. Most skin cancers are easily treated and often cured; and for those more serious types, such as melanoma, the earlier it is discovered and treatment begins, the better the outcome.

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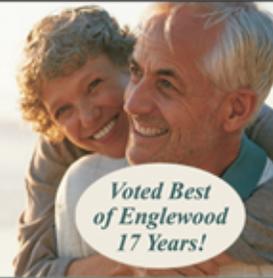
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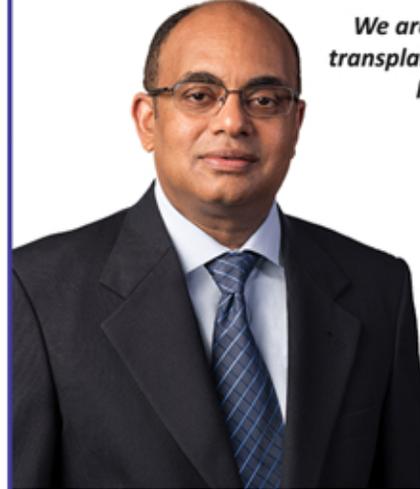
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The screenshot shows the homepage of the Health & Wellness Magazine website. At the top, there is a search bar and navigation links for different editions (Charlotte, Collier, Lee) and archives. The main content area features a large image of a woman wearing a sun hat, with a 'Skincancer' article below it. To the right, there is a 'In This Issue' sidebar listing various topics like 'Living with Diabetes?' and 'Why Wellness Works'. Below the main article, there are sections for 'Read Our Flip Book Version' and 'Featured Article' titled 'The Other Side of Parkinson's Disease'. At the bottom right, there is a newsletter sign-up form with fields for Name and Email, and a 'Subscribe' button.

THE BEST WAY TO RELIEVE CHRONIC HEADACHES IS TO AVOID THEM IN THE FIRST PLACE

By Dr. Chris Mulvey, PT

The pharmacy aisles of your neighborhood supermarket likely are lined with headache medications – ibuprofen, aspirin, acetaminophen and more.

All of us experience an occasional headache, and taking a pill – and perhaps a nap – usually does the trick.

For individuals who experience regular headaches, though, over-the-counter medication isn't a viable long-term solution.

Headaches can cause mood changes, irritability, sensitivity to light and noise, blurred vision, nausea and other symptoms. Rather than wait for headaches or migraines to surface, and thus allow symptoms to impact your daily routine, it's best to avoid headaches altogether. Although that sounds like an impossible feat, physical therapy is medically proven to decrease and even eliminate frequent headaches.

Every individual is different, but physical therapists suggest three relatively simple changes to your lifestyle that can have immense impact:

POSTURE

Many office workers experience regular headaches, often attributing them to work-related stress. Poor posture, however, causes tension and pressure in one's upper back, neck and shoulders. Over time, your muscles, nerves, tissues and joints become imbalanced.

Physical therapists can assess an individual's posture while standing and sitting, as well as provide an ergonomic analysis of the workstation.



EXERCISE

Stress is a trigger for headaches, and it's important to control stress as best as possible. It's natural to worry about finances, employment or family issues, but exercise is one of the best ways to relieve stress. Regular exercise releases endorphins, which are natural painkillers that improve both physical and emotional well-being.

Physical therapists can prescribe a specific list of exercises and breathing techniques that can help patients unwind their bodies and minds.

NUTRITION

We all know there are certain foods that are good for our bodies – vegetables, fruits, lean proteins and whole grains – but those foods also can prevent headaches. Leafy greens, non-citrus fruits, brown rice, chicken and fish are highly recommended by nutrition experts. Some of the most common food triggers for headaches are eggs, dairy products, citrus, caffeine, sodium, artificial sweeteners and bread products.

Keep a daily food log. Physical therapists can connect the dots between nutrition and the onset of headaches, possibly pointing to specific foods that trigger headaches. It's also important to stay hydrated, drinking plenty of non-caffeinated, non-sugary liquids.

OTHER CAUSES

Additional factors that contribute to headaches include the lack of adequate sleep, high blood pressure, viruses, overheating and poor vision.

With other types of pain, like a sore Achilles tendon or stomachache, you can still function. The pain might bother you, but it usually doesn't knock you down for the count. Headaches and migraines, though, are centered in your brain, which controls your whole body.

So many people just try to live with chronic headaches, not knowing there are ways to avoid them altogether.

As always, consult with a trained medical professional prior to making any substantial exercise, dietary or lifestyle changes.

About the Author

Dr. Chris Mulvey, PT, is president for company-owned operations at FYZICAL Therapy and Balance Centers, which has 427 locations in 45 states.



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Cognition and Hearing Loss: An Audiologist Takes on the Next Level of Patient Care

By Dr. Noël Crosby, Au.D.

If you're over 50 years old, you may start experiencing some decline in your cognitive health. Cognitive impairment and dementia are a growing concern. It's a well-known fact that, as we get older, we tend to experience some level of decline in our cognitive ability. For some of us it may be mild, and for others more serious. Recent research has found that we can do something to slow the decline of cognitive performance.

Increasing evidence has linked age-related hearing loss with more rapid progression of cognitive decline and incidental dementia. Recent literature indicates that individuals with hearing loss had a 55% greater risk of developing dementia compared to those with normal hearing, and it increased linearly with the severity of hearing loss. Long-term hearing deprivation can impact cognitive performance by decreasing the quality of communication leading to social isolation and depression and could facilitate the onset of dementia. On the other hand, limited cognitive skills may reduce the cognitive resources available for auditory perception, increasing the effects of hearing loss.

Cognitive health includes such things as your ability to clearly think, learn and remember. Most people don't realize cognitive health can be managed like other important parts of your health, such as your heart and cholesterol. You may think cognitive health decline is only connected to dementia or Alzheimer's disease. But that's not true. Cognitive health decline can often be related to other factors such as hearing loss, Cardiovascular conditions, diabetes, poor vision and other medical or lifestyle choices.

Early detection and risk reduction of cognitive decline is quickly becoming top of mind within the healthcare community. Recent research efforts have helped us learn much more about the importance of cognitive health and its relationship to your overall general health. Monitoring your cognitive performance, making good wellness choices and partnering with your healthcare provider is a winning combination for managing your cognitive health.



Untreated hearing impairment is a proven contributor to cognitive decline. An audiologist is skilled in evaluating, diagnosing and correcting hearing loss with hearing aids and other amplification and hearing assistance technology. But the audiologist can also be your partner in cognitive screening. New technology has made screening for cognitive health by the Audiologist a new reality and I have recently added cognitive screening to my practice. I have invested resources and time to understand how to best serve my patients concerning their cognitive health and the actions to be considered when making corrective hearing recommendations.

The equipment being used is called Cognivue, an FDA-cleared computerized test of cognitive function, that provides a more sensitive and sophisticated evaluation of key cognitive domains. It is easy to use, patient friendly, and reliable. The screening process takes roughly ten minutes to complete and generates an easy to read report that is reviewed with the patient upon completion.

"Since I have been using this in my office I have been discovering so much more about my patient that goes beyond the audiogram which also assists me with my recommendations for long term hearing care in my office"

My office, Advanced Hearing Solutions is now offering cognitive screening to all patients. For more information, contact Advanced Hearing Solutions at 941-474-8393.



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PROFESSIONAL BIO

Dr. Noël Crosby, Au.D., owner and audiologist at Advanced Hearing Solutions in Englewood, FL is a licensed professional whose 30 year career has been devoted to helping people of all ages hear and understand more clearly. Dr. Crosby received her BS and MS degrees from FSU and her Doctorate in Audiology from UF. Her credibility as an authority grew during her tenure as the Director of Audiology at the Silverstein Institute in Sarasota, FL from 1991-1998. Today, in addition to managing a successful audiology practice, Dr. Crosby is involved in creating hearing loss awareness through her jewelry and accessory company AuDBling.com. She has served and is serving on various professional boards and committees and was president of the Florida Academy of Audiology in 2000 and 2010. She has been married to Michael for 28 years and has one daughter.

Leg Pain?

It May Be Peripheral Artery Disease or PAD

Do you happen to have these symptoms?

- Painful cramping in your hip, thigh or calf muscles after certain activities, such as walking or climbing stairs (claudication)
- Leg numbness or weakness
- Coldness in your lower leg or foot, especially when compared with the other side
- Sores on your toes, feet or legs that won't heal
- A change in the color of your legs
- Hair loss or slower hair growth on your feet and legs
- Slower growth of your toenails
- Shiny skin on your legs
- No pulse or a weak pulse in your legs or feet
- Erectile dysfunction in men

.....

Then you may have Peripheral Artery Disease or PAD. If peripheral artery disease progresses, pain may even occur when you're at rest or when you're lying down (ischemic rest pain). It may be intense enough to disrupt sleep. Hanging your legs over the edge of your bed or walking around your room may temporarily relieve the pain.

What are the causes and Risk factors?

Atherosclerosis is a process in which blood, fats such as cholesterol, and other substances build up on your artery walls. Eventually, deposits called plaques may form. The deposits may narrow — or block — your arteries. These plaques can also rupture, causing a blood clot.

Peripheral artery disease is often caused by atherosclerosis. In atherosclerosis, fatty deposits (plaques) build up in your artery walls and reduce blood flow.

Although the heart is usually the focus of discussion of atherosclerosis, this disease can and usually does affect arteries throughout your body. When it occurs in the arteries supplying blood to your limbs, it causes peripheral artery disease.



Risk factors of PAD

- Smoking
- Diabetes
- Obesity (a body mass index over 30)
- High blood pressure
- High cholesterol
- Increasing age, especially after reaching 50 years of age
- A family history of peripheral artery disease, heart disease or stroke
- High levels of homocysteine, a protein component that helps build and maintain tissue

People who smoke or have diabetes have the greatest risk of developing peripheral artery disease due to reduced blood flow.

When should I see my doctor?

If you have leg pain, numbness or other symptoms, don't dismiss them as a normal part of aging. Call your doctor and make an appointment.

Even if you don't have symptoms of peripheral artery disease, you may need to be screened if you are:

- Over age 70
- Over age 50 and have a history of diabetes or smoking
- Under age 50, but have diabetes and other peripheral artery disease risk factors, such as obesity or high blood pressure

While many people with peripheral artery disease have mild or no symptoms, some people have leg pain when walking (claudication). Claudication symptoms include muscle pain or cramping in your legs or arms that's triggered by activity, such as walking, but disappears after a few minutes of rest. The location of the pain depends on the location of the clogged or narrowed artery. Calf pain is the most common location.

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If left untreated it could lead to:

- **Critical limb ischemia.** This condition begins as open sores that don't heal, an injury, or an infection of your feet or legs. Critical limb ischemia occurs when such injuries or infections progress and can cause tissue death (gangrene), sometimes requiring amputation of the affected limb.
- **Stroke and heart attack.** The atherosclerosis that causes the signs and symptoms of peripheral artery disease isn't limited to your legs. Fat deposits also build up in arteries supplying your heart and brain

If you feel that you have or have been diagnosed with PAD have your physicians set up a consultation with our Board Certified Interventional Radiologists to review your treatment options.



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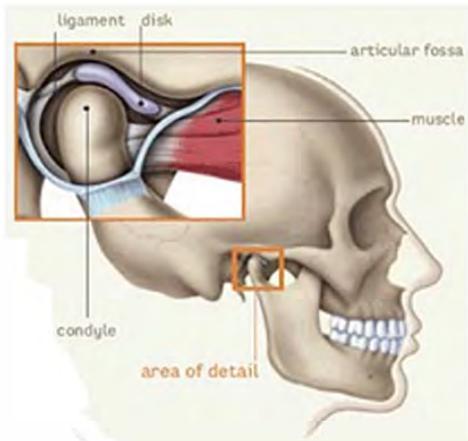
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The Daily “Grind”

By Dr. Joseph Farag

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



Treatment Options

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

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

Patients who present with TMD should also have an occlusal analysis

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

Relaxation Techniques May Help Alleviate TMJ Symptoms

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

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



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AVOID PROBATE?

By James W. Mallonee

I have many clients who ask me how to avoid probate. The simple answer is, in Florida to avoid probate you have to have your assets not be in your individual name at death. Once that gets explained, I get asked how to do that? That answer will be different for different assets.

Real estate is the usual reason why beneficiaries to an estate have to go through probate. The reason for this is because of the need to address the creditors of a decedent. The U.S. Supreme Court ruled that failing to give creditors the right to file a claim deprives them of due process. For example, before a buyer of a decedent's property takes possession, he or she will generally order title insurance. Most title insurance companies will not issue a title policy unless an estate goes through probate giving creditors notice of a decedent's death and the ability to file a claim against the decedent. This is accomplished by publishing in the paper informing the world of the death of a person, the probate case number and county where a claim can be entered. When this occurs creditors will have 90 days from the first date of publication to file a claim. Under Florida law, all creditors of a decedent are barred from making a claim against an estate following two years after a decedent's death, regardless of whether an estate files for probate or not. Thus, to get a title insurance company to issue a title policy requires a notice of death to be published in a local paper or waiting two years after death.

However, by making the property a future interest in a person or entity, then at the moment of death something magical happens at the twinkle of eye; the beneficiary takes ownership without going through probate. It's called a life estate or enhanced life estate. The beneficiary of the life estate is called a remainderman whose interest in the decedent's property is called a vested interest. The idea is that the real property is placed into the name of the decedent who then deeds the property to themselves for their life and upon death, the property immediately vests in the name of the remainderman.

There are two distinct versions of a life estate; the life estate or an enhanced life estate (also known as Lady Bird Deed). In most cases, the enhanced life estate is preferred because it gives the life tenant the same levels of control they enjoyed when they owned the property outright. For example, when you own your property



MEDICAL MARIJUANA

Edible Dosing, Certified Physicians and Dispensary Information from Certified Marijuana Doctors

There are various forms of medical marijuana such as smoking, tinctures, vapors and edibles, but many people are still uncertain of which form is best for them personally. And that's a critical question and more importantly, it's why a certified medical marijuana doctor with extensive research and experience is your best option. The physicians at Certified Marijuana Doctors take great care to understand your condition and how best to dose your initial medical marijuana trial, or to tweak dosing for those that are already familiar with how it affects them personally.

Without an expert to guide you, you can end up having adverse side effects like nausea and paranoia. And because edibles are one of the most requested forms of medical marijuana, the fact that they can easily be overeaten, often leads to unpleasant effects. Being certain of if you specific dosing is essential.

It's important to understand how and why medical marijuana works

The endocannabinoid system was discovered in 1992, yet most medical schools, and nursing programs have not added it to their curriculum. Studies showing the benefits of cannabis (marijuana) on the endocannabinoid system were mostly blocked by the Federal Government.

The endocannabinoid system (ECS) is a group of endogenous cannabinoid receptors located in the mammalian brain and throughout the central and peripheral nervous systems, consisting of neuro-modulator lipids and their receptors.

The endocannabinoid system can be found in nearly any mammal with a vertebrae. The endocannabinoid system is involved in regulating many key bodily processes, including blood pressure, immunity, stress, inflammation, neurotoxicity, and digestive functions. The endocannabinoid system within the human body is a network of cell receptors that respond to key molecules found in marijuana – THC and CBD in particular. CB1 receptors

are most densely concentrated in parts of the brain and central nervous system, and less densely found throughout the rest of the body. CB2 receptors, on the other hand, are less densely located in the brain regions, and more concentrated in the peripheral nervous system and organs. The mapping of these receptors fits well with the diverse range of symptoms and conditions that are found to respond positively to medical marijuana.

In addition to regulating neuronal excitability and inflammation in pain circuits, the endocannabinoid system has been shown to play a regulatory role in movement, appetite, hypothalamic-pituitary-adrenal axis modulation, immunomodulation, mood, blood pressure, bone density, tumor surveillance, neuroprotection and reproduction. The endocannabinoid system has also been shown to affect sensory perception, cardiac output, cerebral blood flow and intraocular pressure.

A Note on Dispensaries and Vertical Integration

Since Florida's medical marijuana programs inception, vertical integration has been the main force behind each dispensary operation. What this means is that each dispensary is responsible all the way from seed to sale, making it extremely costly to get your feet wet in the industry. If you include the cost of obtaining a license as a medical marijuana business, the cost to get started can get into the tens of millions. This leaves us the question of "when will small businesses be able to flourish and profit from the industry alongside the conglomerates"?

Industry heavy hitters such as Trulieve, which currently holds the title for 54% of the entire market share in Florida, have completely taken over the state and leaves patients yearning for more options and better competition. Vertical integration inadvertently creates an uncompetitive environment as instead of having thousands of businesses compete for the top, there are about ten multi-million dollar firms coming in with millions ready to invest. Some argue it's unfair but there is a reason behind this; liability. Florida has one of the stricter programs in the U.S. and as such, it was started with an extremely

limited selection of products and the laws were made this way so that each company had 100% responsibility for every step of the process. This makes regulation easier for the governing heads in charge of such but ultimately leaves out opportunities for small business to get involved, leading to all the profit going straight into the pockets of companies already set up across the states.

What does this mean in 2020? Well, there is one underdog that has finally had its moment with its single brick and mortar location in Spring Hill, Florida and they go by the name "The Botanist". While they aren't a true underdog, with them being a state-wide company, they are still the smallest dispensary to successfully have operations in the state with products that are actually worth making the trip for. Patients from Miami have made the 10 hour round trip just to see the difference between products of theirs and the rest of the competition. While seeing high percentage flower isn't too unusual in Florida (with Rise's Velvet Glove coming in at a hefty 31.8% THC), it is unusual to see consistent 20% and higher strains with proper curing and high percentages of terpenes. A small glimmer of hope that will eventually set the standard for the rest as they open more stores and create a healthier competition of better product rather than micro efficiencies to squeeze every last dollar out of the process."



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Failure is a Part of Growth

By Pastor Timothy L. Neptune

The Apostle Peter was a bold man. He stepped up when others stepped back. He was often the first to speak in a group setting. Because of his faith, he was able to walk on water. And, like most risk takers, he experienced his share of failures.

Faith involves risk. Failure is a possibility. But that's okay. Step out of the boat anyway. I love a small part of a speech given by President Teddy Roosevelt back in 1910. He said,

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

I would rather die on the playing field engaged in the battle than rot in the grandstands as a spectator.

Did Peter fail when he started to sink? Yes, he failed. But I think there were 11 bigger failures sitting in the boat afraid to even try to walk on water.

We need men and women of courage today. High-impact people who are willing to take risks and trust God with the results.

Failure is an indispensable part of growth.

The greatest lessons I've learned in life are from the many mistakes I've made along the way.

If you want to be a high-impact person, you too, will make some mistakes and need God to bail you out.

Peter took his eyes off of Jesus and his faith began to waver. But give Peter some credit... he was in the middle of a really big storm, he was outside of his boat in the darkest part of the night. Can you imagine how scary that must have been? I get nervous just standing at the back of cruise ship at night looking out at the sea!

Nevertheless, if we keep our eyes on Christ, what do we really have to fear?

As followers of Jesus Christ, we've been called to live a life of adventure that requires great risk and great faith.



Perhaps you've tried before but failed. That's okay. Admit your lack of faith and move on.

Whatever you do, don't give up, give in, or quit.

You lose more often than you win in life. There are more bad days than good days. You fail more often than you achieve. Remember that God is sovereign and always in control. Nothing can happen to you except by divine permission or divine directive.

Don't live with regrets and second guesses. Learn from your mistakes and then move on. It does no good to dwell on the past and wish you could do it over. Just keep moving forward... that's how your faith grows.

Tim Neptune is the lead pastor of Venture Church Naples, a new church located on the campus of Florida SouthWestern State College in Naples, FL. For church times and other information, visit www.venturenaples.com or call (239) 775-5323.



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