

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

Health & Wellness[®] MAGAZINE

August 2020

Charlotte/South Sarasota Edition - Monthly

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  **FREE**



**10 INDOOR
EXERCISES
FOR WHEN IT'S
TOO HOT, RAINY
OUTSIDE**

**LET'S TALK
ANKLE SPRAIN**

**HYPERTENSION
WHAT YOU NEED TO KNOW?**

**DIAGNOSTIC
IMAGING
SAVES LIVES**

**CANCER RESEARCH
CONTINUES TO PROVIDE HOPE
EVEN IN THE MIDST OF THE
COVID-19 CRISIS**



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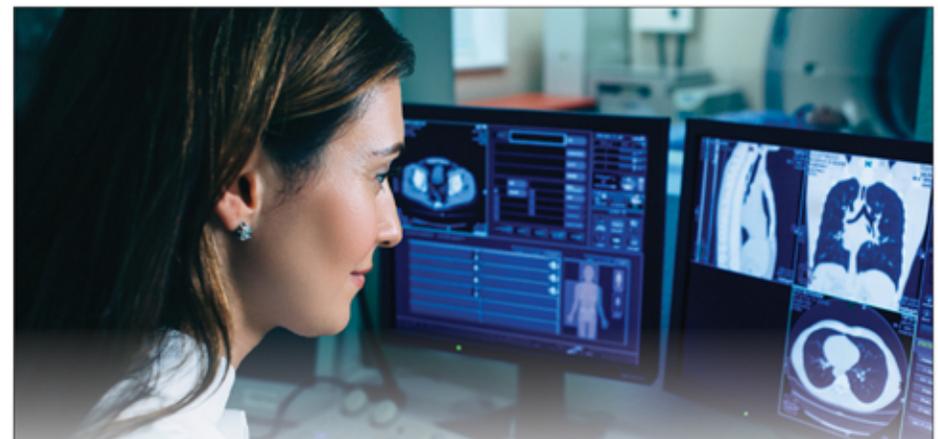


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Moving Forward

2018 FLORIDA WEEKLY BEST **2019 FLORIDA WEEKLY BEST**

AUGUST 2020

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Freedom Rehab Aquatic Therapy and Balance Center—New Clinic—New Therapies

1. Are you searching for answers to your health problems?
2. Have you tried everything to reduce pain?
3. Are you getting weaker?
4. Are you worried about falls and safety at home?
5. Are you wondering what exercises you could do at home?

If you've answered yes to any of these questions, then FREEDOM REHAB AQUATIC THERAPY AND BALANCE CENTER has some simple solutions that will allow you to stay healthy and safe while you adjust to your new stay at home reality.

What is Aquatic Therapy?

Aquatic therapy is a beneficial exercise and rehabilitative program performed in a pool, and can help various medical conditions by reducing pain, improving balance and increasing strength and range of motion.

Benefits of Aquatic Therapy

1. Water reduces weight bearing on your joints and spine making exercise pain free and enjoyable.
2. Our talented staff are skilled, licensed therapists that will focus your total body exercise program to reduce your pain
3. Our aquatic therapy program will improve your endurance, muscle strength and balance

Back Pain

We at Freedom Rehab Aquatic Therapy AND BALANCE CENTER, believe the water's properties are perfectly suited to treat back pain. When you are in chest deep water you are only 20% weightbearing on your spine. This makes exercising your back muscles pain free and enjoyable. We target the core heavily in our deep water segment of our program while the patient is wearing a floatation belt and holding dumbbells. If needed a gentle spinal traction can be applied thus decreasing the pressure between the vertebrae often present in the spine.

Balance Program in the Water

We believe strongly in the benefits of addressing balance in the water. When performing traditional land based balance exercises in the water the risk of

injury is not present. If you fall on land you may incur injuries such as a hip fracture. In the water, not only are you supported with a floatation belt, you have the safety of the water if you lose your balance. If you stumble you will simply get wet. Our therapists can identify at risk patients and provide hands on assistance when needed.

Land-Based Balance Program

Freedom Rehab Aquatic Therapy and Balance Center has heard the calls of the community and we are rolling out our solution with our *land-based balance program Freedom from Falls*. Our Freedom from Falls Program entails a cutting edge and scientifically backed balance training program that is designed to target the three balance centers of your body; your eyes, ears, and feet.

With the Freedom From Falls Program you can:

- Stay home as long as you desire and age in place
- Stay out of the hospital and nursing home
- Give your friends and family peace of mind
- Restore your confidence and hope for a healthy future
- Give you a stronger body, better balance and improved endurance for everyday activities

Bad Ragaz Ring Method

Developed in Switzerland, the Bad Ragaz Method is a technique where the therapist supports the patient through a series of flowing movements and stretches designed to induce deep relaxation, increase range of motion, increase mobility of myofascial tissues and improve muscle function. The technique is based on proprioceptive neuromuscular facilitation (PNF).

The patient's extremities, neck and trunk are supported with a floatation device. The "ring" portion of the name of this water therapy technique

refers to the ring-shaped flotation devices used to support the client as they move across the water's surface. During the session, the client is lying supine in waist- or shoulder-deep water.

Out of a Pandemic, a New Therapy is Created!

Outpatient on Wheels

Freedom Rehab Aquatic Therapy and Balance Center was conducting business from the YMCA in Port Charlotte. On March 10th the YMCA closed its doors due to the pandemic. We were left without a pool! I knew there was a need out there for therapy, what were our deconditioned and frail patients going to do? The media was reporting a prediction of several months of isolation. So I decided to open a homecare division that I called our Outpatient on Wheels Program. Within two weeks of the shutdown we had a couple of dozen patients. As you can imagine this was only a small percent of what we were used to, but it prevented me from having to shut my business down completely. We designed the program to include aquatic therapy in the home, adapted our *Freedom From Falls* program for the home, used our therapist's vast experience and offered home safety training, energy conservation training and of course did ambulation and strengthening with our patients. They say something good comes out of everything. I never would have started the Outpatient on Wheels Program had this not happened. Not only did we serve the community, but I added a whole new revenue stream into my business that I had not intended on and will continue to grow. We are in phase two now, so things are getting back to normal.

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CANCER RESEARCH CONTINUES TO PROVIDE HOPE EVEN IN THE MIDST OF THE COVID-19 CRISIS

The American Society of Clinical Oncology (ASCO) recently held its annual scientific meeting in a three-day virtual event. One of the major topics addressed at the meeting was the impact the COVID-19 pandemic has had on cancer patients. As one might expect, ASCO reported, “In patients with cancer and COVID-19, cancer that is progressing was independently associated with an increased risk of death, according to an analysis of 928 patients.”

According to data from the COVID-19 and Cancer Consortium (CCC19) registry, which included a variety of cancer types, the 30-day mortality and severe illness rates in this group of patients studied were significantly higher than previously reported for the general population. The report concluded that longer follow-up is needed ... “to better understand the impact of COVID-19 on outcomes in patients with cancer, including the ability to continue specific cancer treatments.”

As a result of this crisis, Florida Cancer Specialists & Research Institute (FCS) has instituted many new protocols to help protect the safety and well-being of our patients and clinical staff. These include offering telehealth video appointments to patients when appropriate, visitor restrictions at our clinics, daily health screenings for patients and staff, as well as the use of masks, social distancing and other safety measures.

Despite the concerns COVID-19 is causing, FCS is continuing to pursue cancer research through its strategic partnership with Sarah Cannon Research Institute, one of the leading clinical trial organizations in the world. The clinical research program at FCS encompasses Phase I, Phase II and Phase III trials for a wide range of cancer types; the majority of new cancer treatments approved for use in the U.S. were first studied in clinical trials with FCS participation, prior to approval.



Advances Continue in Immunotherapy Research

One of the major areas of research continues to be immunotherapy. More than a dozen types of cancer are now receiving FDA-approved immunotherapies, and there are a variety of clinical trials for even more types of cancer. There are several different types of immunotherapy treatment; however, all of these therapies use the body's own immune system to attack cancer cells. Specifically, at the ASCO scientific meeting, presentations were made on novel immunotherapies for glioma (a type of brain cancer), kidney and bladder cancers, as well as melanoma skin cancer, among others.

Advances in Diagnosing Cancer

An increasing understanding of the molecular basis of cancer has enabled advances in detecting and diagnosing cancer, as well as determining which patients are likely to benefit from certain types of targeted therapies. The term “molecular diagnostics” describes a group of tests that can identify certain biomarkers from blood, urine, tumor or other samples that could help identify cancer cells earlier. New tests continue to be developed that offer much promise for detecting disease at a very early stage and for implementing personalized patient care.

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, in locations throughout Florida. FCS is also a strategic partner of the Sarah Cannon Research Institute, one of the leading clinical trial organizations in the world. This alliance provides FCS patients access to the newest, most innovative and most promising new treatments.

Florida Cancer Specialists treats patients with all types of cancer and offers a number of services, including an in-house specialty pharmacy, an in-house pathology lab, financial counselors at every location and 24/7 access to care managers, who help deliver the most advanced and personalized care in your local community.



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10 INDOOR EXERCISES FOR WHEN IT'S TOO HOT, RAINY OUTSIDE

By Dr. Chris Mulvey, PT

During the past few months, our homes have doubled as offices, schools, restaurants, places of worship, fitness centers and more.

Under quarantine, home wasn't just where the heart was – it was where we were, nearly 24/7. Although Florida's safer-at-home order has expired, we're once again finding ourselves spending a lot of time at home, thanks to the weather. With blistering temperatures and torrential downpours, spending any amount of time outdoors can be unpleasant, and even dangerous for outdoor exercise.

If there's one thing quarantining taught us, it's that we can stay at home and accomplish pretty much whatever we want. And that includes exercise, which is incredibly important for your overall health as well as being a great means to relieve stress during challenging times.

Most Southwest Florida residents don't have home gyms at their disposal, but expensive fitness equipment isn't a requirement to stay fit.

Below are 10 indoor exercises and DIY activities to consider when it's too hot or rainy to venture outside:

Stretching: Although stretching is a prerequisite to every gym class or team sport, few non-athletes stretch on a regular basis. Stretching helps keep your muscles strong, healthy and flexible. As we age, it's incredibly important to maintain our range of motion.

Stairs: Climbing stairs strengthens and tones the lower body, including your thighs, calves and buttocks. Walk up and down the staircase a few times in a row, and you'll also give your heart and lungs a nice workout.

Yoga: Yoga classes are among the most popular instructor-led fitness courses at private gyms, but it's just as effective in a home environment. YouTube is full of videos offering yoga exercises – let those yogis be your instructor.

Shadow boxing: Running and bicycling are great cardio exercises, but not if it's 95 degrees outside, and certainly not if you aren't in great shape. Shadow boxing can burn calories and fat, especially for those who incorporate more footwork into their routines.

Commercial shuffle: You can still make time for fitness – even when you're relaxing. While watching television, simply stand up and do something

during commercial breaks. You have roughly two to four minutes before a show returns, so use this time to complete a few squats, torso twists, leg lifts or jumping jacks.

Calf raises: Stand in one spot and reach as high as you can on your tiptoes, or sit in a recliner and move your toes in and out. Calf raises are a simple exercise to strengthen the muscles that help propel the body when walking or running.

Jug raises: Milk jugs are one of the best dumbbells in your home. A full gallon of milk weighs 8.6 pounds and provides a good handle for exercises to strengthen biceps and triceps.

Planks: A body's strength comes from its core, and planks have become one of the most popular exercises targeting the mid-section of your body. Planks strengthen abdominal muscles, as well as the back and spinal column, while boosting metabolism. When done correctly, planks also can improve your posture and overall balance.

Sit-stand-jump: Sitting down and standing up might not seem like exercise, but if you do it quickly and throw in a jump, you'll soon realize that a good workout doesn't have to be complicated.

Combos: Fitness pros often recommend three sets of 10-15 reps for strength-related exercises, but workouts don't have to be so regimented. Instead, try rotating quickly through a sequence of activities like pushups, sit-ups or crunches, leg lifts, lunges, squats, planks, calf raises, chair dips and more to increase strength and endurance.

Spending more time indoors doesn't mean you have to give up your fitness routine. These at-home techniques can help you stay active throughout the summer months.

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 clinics at FYZICAL Therapy & Balance Centers, which has 405 locations in 45 states. For more information, please visit Fyzical.com.



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WE KNOW WHAT IT TAKES TO KEEP OUR PATIENTS AND TEAMS SAFE AND OUR CENTERS OPEN.



Additional Cleaning: Providing safe and clean facilities remains a key focus, and we have increased the frequency of cleaning rounds including in high-use areas such as waiting rooms, nursing stations and planning rooms.



Reinforcing Strict Hygiene Protocols: All employees and guests are asked to practice increased vigilance with hygiene and infection control, with hand sanitizer available throughout all our centers, hand washing guides displayed and other reminder notices in the centers.



Pre-Visit Screening Testing: We are screening patients, companions and visitors for symptoms with a phone assessment and in-center questionnaire on arrival.



Clean Centers, Clean Teams: We utilize strict cleaning measures to keep our centers exceptionally clean and hygienic, and through our Clean Team process, we are able to ensure staff are available to care for you through the entirety of your treatment course.



Restricting Visitors: All other visitors and care givers are being asked not to attend our centers, unless required for patient safety.



Emergency Response Plans: 21st Century Oncology and GenesisCare have an emergency response plan in place which we will activate if a patient and/or employee comes into contact with the virus.



Temperature Check on Arrival: All visitors, including staff and patients, will have their temperature checked. We use a non-touch infrared forehead thermometer to record your temperature on arrival.



Personal Protective Equipment (PPE): Our entire team in our centers will wear a surgical mask within the center and will adhere to social distancing where they are not required to be in close contact in order to deliver clinical care. Also, our team will wear additional PPE when necessary while they carry out your care.



Telehealth: As an alternative to in-person office visits, we are offering telemedicine where clinically appropriate to ensure your interaction with your physician for key services is not interrupted during this time.



Team Training: All our staff have been thoroughly trained in infection control and hygiene to reduce the risk of exposure.



Alex Hnatov, MD, FRCPC
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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."

Radiology Regional

For over 50 years, Radiology Regional has expanded its scope of services and number of outpatient facilities to meet the growing needs of their patients and referring physicians. **Radiology Regional has twelve, ACR accredited and convenient locations from Naples to Port Charlotte to serve you.** Their dedicated team of board-certified radiologists, registered technologists, and other specialists are committed to providing their patients with exceptional care utilizing the most advanced technology and techniques available.

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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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LET'S TALK ANKLE SPRAIN

Ankle sprains are common injuries that can affect people of all ages or fitness levels. The majority of the population has likely experienced an ankle sprain at one point. When a sprain occurs, most think “no big deal” and prematurely return to their usual routine only to sprain it again. This is a common phenomenon as most people do not seek treatment for ankle sprains, resulting in recurrent sprains or “weak ankles”. Hopefully, understanding the potential consequences of ankle injuries will prompt more people to seek medical treatment sooner and prevent the long term consequence such as chronic ankle instability.

An ankle sprain is defined as an injury to one or more of the ankle ligaments. Ligaments are band like structures that connect one bone to another and hold joints together. Anyone can be affected including adults, children, athletes and non-athletes. A sprain can be a result of physical activity, tripping/stepping wrong, direct or indirect trauma. They often occur after a fall, sudden twist or trauma that forces the ankle joint out of its normal position. This commonly occurs during sports, wearing inappropriate shoes, walking or running on uneven surfaces.

The severity of the sprain depends on whether the ankle ligament is stretched, partially torn or completely torn as well as how many ankle ligaments were damaged. It's important to note, that ankle sprains are not the same as strains, which affect muscles rather than ligaments.

Symptoms

Symptoms may include localized pain, ankle swelling, bruising, stiffness and difficulty walking.

Risk Factors/Prevention

Prevention is always better than dealing with an injury. There are many preventative measures one can take to reduce the risk an ankle sprain. When beginning a new exercise program, you want to always increase your activity gradually. Do not be a “weekend warrior”. When engaging in physical activity, listen to your body. Muscles and ligaments become fatigued at or near the end of a vigorous activity. If you “push through” the fatigue rather than resting, you are more likely to experience injury. Always warm up prior to physical activity.



Athletes who go right into vigorous activity without warming up, run a higher risk of ankle sprains and strains. Muscles and ligaments will remain tight, less flexibility and more prone to injury without a warm up period. Appropriate shoe gear is also essential. Shoe gear should be tailored to the specific sport you are engaging in and should not be worn down. Sports like basketball, soccer and tennis involve jumping, quick changes in direction, side to side movement. These movements run a high risk of sprains, therefore you may consider taping or bracing the ankles to increase their stability if you engage in activities such as these.

Prompt Medical Attention

If you suffer an ankle injury, it is best to seek medical treatment early. Sometimes ankle fractures can be mistaken for a sprain. Ankle fractures require immediate treatment and can only be diagnosed with

radiographs. Additionally, untreated ankle sprains can lead to the development of chronic conditions such as ankle instability. A condition marked by chronic pain, weakness/instability of the ankle and a sense of the ankle “giving out”. An appropriate rehabilitation program will need to started right away after the injury to prevent long term complications and possible requirement of surgery.

For more information, please contact your local foot and ankle specialist.

Isin Mustafa

DPM, MSHS, AACFAS

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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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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INNOVATIVE ALTERNATIVES FOR YOUR CHRONIC PAIN

REGENERATIVE MEDICINE

Regenerative Medicine is a growing field of interest because it gives real results that patients can see and feel! It is a proven approach to enhancing your overall health and will greatly eliminate most painful joint and soft tissue disorders.

Sounds impressive but confusing, right? Well in layman's terms it means our bodies were designed to heal themselves! Makes sense ... you cut yourself, it heals.

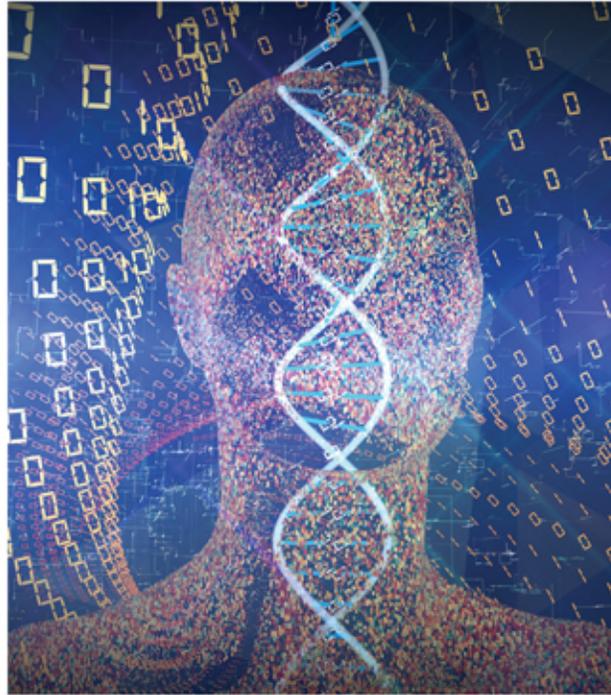
Imagine if pain medication was no longer needed. Imagine if the need for a surgical procedure was prolonged or no longer necessary. Through new technologies in regenerative medicine, there are now treatments available that may enhance your own body's natural ability to heal.

Regenerative medicine is used for the management of pain, sports injuries, to expedite the healing from surgery, hair loss, sexual health and even to combat the signs of aging.

We know that choosing what type of regenerative medicine treatment best suited for you may be confusing. For that reason, we have created this unbiased booklet to help you make that decision. Our goal is to provide you with the information needed when discussing regenerative medicine options with your physician.

It is important to make an educated investment in your health care so you may live your life the way it was meant to be lived.

From the young model to the aging retiree, from the elite athlete to the weekend warrior, clinicians continue to search for ways to control pain and accelerate the healing process. Regenerative medicine treatments have many profound benefits with, in most cases, superior outcomes.



Regenerative medicine may treat many conditions that could otherwise require risky treatment avenues. There are alternatives to that narcotic you took to get through the pain in your knees. There are other options to conquer your hair loss without undergoing painful surgery. Regenerative medicine treatments harness the power and versatility of the human body to regenerate damaged skin, accelerate healing, reactivate hair follicles, heal wounds and alleviate pain.

The regenerative medicine healing process replaces, creates and regenerates human cells and tissues to maintain normal function, meaning these treatments kickstart the body's ability to build diminished tissue, improve damaged tissue and restore function that has otherwise deteriorated. When injured or invaded by disease, our bodies have the innate response to heal and defend. Harnessing and enhancing the body's own healing powers with the utilization of regenerative medicine is the new frontier of medicine, with results that may be miraculous.

LASER LIGHT THERAPY FOR PERIPHERAL NEUROPATHY AND BODY SCULPTING

Peripheral neuropathy primarily affects the hands, legs and feet. Endocrine disorders, especially diabetes play a large role in peripheral neuropathy, as do obesity, infections, alcohol, cancer treatment, and vascular disorders.

Rather than mask the pain while the condition gets worse, our clinic uses a specific type of **Laser Light Therapy**, which is now FDA Approved for treatment for neuropathy. It is a more natural, non-invasive, painless and effective therapy. Instead of covering up the symptoms with harmful drugs that can lead to dangerous side effects, this cutting-edge approach focuses on healing the damaged nerve endings.

Laser Light Therapy will work to stimulate the body's tissues at the cellular level. The red and near-infrared light energy will penetrate the skin, and the mitochondria within the body's cells will absorb it. This light absorption energizes the mitochondria and speeds up the healing process of the damaged nerves and the tissues surrounding them. Laser Light Therapy also increases the oxygenation of injured tissue as well as increases cellular function.

Patient Testimonial:

I have been a patient of Dr. Larry Johnson for over ten years for different low back and various joint pains. However, last year I started to suffer with pain and tingling in both of my legs and feet that would keep me from sleeping. Dr. Johnson explained to me that I was dealing with neuropathy and he could help to resolve my pain with a laser light therapy machine that he has used many times before for my condition. After six treatments, my pain was starting to go away and was finally gone after a few more treatments. I have always relied on Dr. Johnson to help me for any problems I have encountered over the years and I have always recommended him to my family and friends. —Shirley W.

SPOT FAT REDUCTION

Our clinic has treated more than 100 satisfied patients for spot fat reduction for over 3 years. A cutting-edge new Light Therapy made in the United States is the first machine of its kind with a new microchip technology that is the latest and most advanced method for immediate fat loss. You no longer have to wait for results to show up months from your procedure; with the Laser Light Therapy you may see up to two or more inches of fat loss with the first treatment. An alternative to invasive liposuction, the Laser Light Therapy is in the forefront of the aesthetics industry for one simple reason—It Works!

HOW DOES IT WORK?

By using red and near-infrared light therapy, the treatment penetrates the layers of the dermis and is absorbed directly by the fat cells. It immediately **shrinks the fat cells** down in a rapid rate, and the excess fat is distributed into the bloodstream and metabolized by the body's natural detox system and eliminated as waste.

Patient Testimonial:

I cannot say enough about this procedure. It's safe, it's effective, and best of all, IT WORKS! In 12 sessions I lost 10 pounds and an overall total of 12 inches. A huge thank you to Dr. Johnson and his wonderful staff. —Sherry L.

SEXUAL HEALTH

Erectile Dysfunction (ED) is deeply related to vascular health, many men that begin to experience ED have little idea that they need to treat the arteriosclerosis in the penis as well as in their body. Most standard medical practitioners will start patients on the "little blue pill," but this only masks the symptoms of ED and it definitely doesn't treat the cause. Almost everyone will experience a decline in sexual functioning, but with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging.

With **Shockwave Therapy**, there are no side effects from the treatment. More importantly, it is completely painless, and non-invasive as well. Patients can resume their normal activities, including sexual activity following each treatment session. Shockwave Therapy offers regenerative treatment and on average, patients will start noticing results after the third or fourth treatment.

How Shockwave works. The Shockwave procedure breaks up plaque formation in blood vessels and stimulates the growth of new blood vessels in the penis. This process, called neurogenesis, increases

blood flow to the penis, improves sexual function and enhances sensitivity in the penis. In addition, the procedure activates the growth of new nerve tissue in the penis. Effects from the treatment have been scientifically proven to last at least 1-3 years, although this can vary dependent of individual health and lifestyle habits.

Shockwave Therapy can also relieve chronic pain and inflammation for men and women of all ages, suffering with joint and soft tissue pain in all areas of the body.

CHIROPRACTIC TREATMENT

The Activator Method Chiropractic Technique is a **gentle, low-force approach** to chiropractic care. Used safely on patients of all ages since the late 1960s, it brings relief for a variety of health concerns.

Because of its effectiveness and gentle nature, the Activator Method has grown to become **the world's most widely used instrument adjusting technique**.

How does the Activator Method work?

Restoring spinal balance safely and successfully has been the driving force behind the Activator Method Chiropractic Technique.

Your Doctor uses specific protocols to detect spinal joint dysfunction, analyze leg length inequality, identify issues with body mechanics and test neurological reflexes. By evaluating the results, an Activator doctor can initiate the process of restoring spinal balance in the patient.

The unique hand-held Activator instruments have been **studied extensively** with results published in hundreds of peer-reviewed research papers, and was designed to give patients a specific and gentle adjustment.

Is the Activator Method right for you?

Patients of **all ages can enjoy the benefits of an Activator adjustment**. The technique is especially helpful for children who sometimes have trouble lying still. The Activator adjustment is so quick and comfortable, children often look forward to their next visit!

The Activator Method is an **especially good choice for older patients**, or those with arthritis, osteoporosis or other boneweakening conditions. The low-force thrust of the Activator Adjusting Instrument, along with the doctor's **ability to pinpoint the exact location of the problem** can relieve a patient's pain **without added discomfort**.

Make the Activator Method part of your healthy lifestyle!

Our practice is pleased to bring you the benefits of the Activator Method Chiropractic Technique.



Though some believe chiropractic care is intended only to relieve back and neck pain, it actually does much more. **A wide variety of health problems stem from spinal imbalance and dysfunction**. Everyday living, stress and old injuries can cause vertebrae to lose their proper position or motion, irritating your nervous system, causing pain and nerve interference throughout the body.

By restoring spinal balance, chiropractic care **aids the body in healing itself**. We believe the Activator Method's safe, effective and gentle low-force adjustments are the **very best way to accomplish this goal**.

Patient Testimonial:

Dr. Johnson came highly recommended to me by a friend due to the terrible amount of back pain I was having. I had overworked myself and had a hard time even walking upright. After my very first visit, I was able to stand and walk normally and with much less pain. By the end of week one of treatment with Dr. Johnson, I am virtual back to normal and pain free! I would recommend Dr. Johnson's office to anyone I know. Very professional, and caring people there! Plus his use of The Activator makes the whole process painless. — Rebecca M.



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Medical imaging technology has revolutionized health care over the past 30 years, allowing doctors to find disease earlier and improve patient outcomes. Whether you are a young child with cancer or a grandmother who just wants to make sure she's in good health, medical imaging helps you detect and diagnose disease at its earliest, most treatable stages and guides physicians and patients in determining the most appropriate and effective care.

Radiology Associates physicians are board certified radiologists with training in all aspects of diagnostic imaging, including CT, Mammography, MRI, Ultrasound, X-ray, and Nuclear Medicine. Additionally, each has advanced subspecialty training in one or more areas of medical imaging or interventional radiology that we believe provides the basis for providing the highest level of patient care.

Our goal is to provide high quality patient care in a comfortable environment, using the latest imaging and interventional technology and working in close collaboration with referring physicians.

Radiology Associates of Venice and Englewood is pleased to offer the following diagnostic imaging services:

MRI Scan

Magnetic resonance imaging, commonly known as MRI is a medical test that aids physicians in diagnosis and treating medical conditions. This is a non-invasive and typically painless test.

Breast MRI

Breast MRI uses Magnetic Resonance Imaging (MRI) to look specifically at the breast. It is a non-invasive procedure that doctors can use to determine what the inside of the breast looks like without having to do surgery or flatten the breast (as in a mammogram).

MRA

Magnetic Resonance Angiography - Magnetic Resonance Angiography (MRA) uses the same MRI scanner to get its images, however it is a special type of MRI scan that looks at blood vessels and blood flow. MRA can help diagnose aneurysms, and also detect narrowing or blockages of blood vessels. If there is decreased or blocked flow leading to the



brain this can be the cause of a stroke. Additionally, it can be an ideal aid to the physician for surgical planning. Some MRA's, as with MRI's, require a contrast medium.

CT Scan

CT Scan sometimes called CAT scanning is a painless and a non-invasive medical test that helps physicians diagnose and treat medical conditions.

Ultrasound

A process that uses high-frequency sound waves to produce pictures of the inside of the body. Because ultrasound images are captured in real time, they are able to show blood flowing through the blood vessels, as well as the movement of the body's organs and its structure.

Nuclear Medicine

Nuclear medicine is a specialized form of radiology. Patients are given a radioactive substance either by mouth or intravenously that collects in specific body organs. Then the gamma camera detects the energy being emitted from that substance and an image can then be captured.

Digital X-Ray & Fluoroscopy

An X-ray is a painless and quick test for the patient to endure. It involves exposing the part of the body that is being examined to a small dose of ionizing radiation to produce pictures of the inside of the body.

3D Mammography

3D mammography is a new technology in the fight against breast cancer that allows doctors to examine your breast tissue one layer at a time. 3D mammography uses high-powered computing to convert digital breast images into a stack of very thin layers or "slices"- building what is essentially a "3-dimensional mammogram".

Bone Density DEXA

Bone density scanning, also called dual-energy x-ray absorptiometry (DXA) or bone densitometry, is an enhanced form of x-ray technology that is used to measure bone loss.

PET Scan

Positron emission tomography, also called PET imaging or a PET scan, is a type of nuclear medicine imaging.

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



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Communication Strategies for the Hearing Aid Wearer:

Using Listening and Speechreading Skills to Enhance Communication While Removing Barriers to Understanding

By Dr. Noël Crosby, Au.D.

For those who experience any level of hearing loss (including hearing loss treated by the use of hearing aids) communication can be greatly augmented through the use of active listening and effective speechreading skills.

Sometimes called empathetic listening, active listening can be described as a way of listening and responding to another person that improves mutual understanding. Speechreading is the act or process of determining the intended meaning of a speaker by utilizing all visual cues that accompany speech, including lip movements, facial expressions and body language.

As a partner in the communication process, the speaker also has a role to play when it comes to maximizing communication effectiveness. By removing all physical barriers to speech, the speaker can control the environment to ensure understanding takes place. These communication strategies are reviewed below.

Communication Strategies for the LISTENER with Hearing Loss:

Step #5: Develop active listening and speechreading skills.

1. Make direct eye-contact with the speaker.
2. Wear your glasses, if appropriate, to aid in speechreading.
3. Sit no more than 3-5 feet away from the speaker.
4. If one ear is better than the other, sit with the better one closer to the speaker.
5. Concentrate on the ideas that the speaker is expressing rather than trying to understand every word that is said.
6. Don't pretend you understand when you don't.
7. Be willing to acknowledge your hearing loss and ask for help.
8. Maximize the use of lighting. Have the light behind you, not behind the speaker where it may cast a shadow.

9. Eliminate interfering background noise. Make plans in advance when going to a restaurant, church service so you can sit in the best seat available. Request an assistive listening device.

10. When talking on the phone, verify what you heard by repeating it back to the speaker.

Communication Strategies for the Listener with Hearing Loss

Step #1:

Recognize and understand the signs and symptoms of hearing loss.

Step #2:

Understand treatment options.

Step #3:

Have realistic expectations while implementing strategies for successful adaptation

Step #4:

Make an unwavering commitment to wearing hearing aids or using assistive listening devices.

Step #5:

Develop listening and speech reading skills.

Step #6:

Be assertive. Take responsibility for speech comprehension by taking steps for controlling the listening environment and giving honest and direct feedback to the speaker.

Communication Strategies the Speaker

Step #1:

Stop enabling the hearing impaired listener.

Step #2:

Support and encourage all efforts to get treatment.

Step #3:

Develop strategies for clear speech. (voice intensity, projection, rate and clarity)

Step #4:

Learn to understand and use body language.

Step #5:

Remove physical barriers to speech.

Step #6:

Learn to make the message interesting.

And above all, maintain realistic expectations about what you will be able to hear in various situations. Even listeners with normal hearing often struggle to hear in difficult listening environments.

While most people with hearing loss pick up some aspects of speechreading on their own, skills can be improved through training. Speech Pathologists and Audiologists can recommend specific training programs and suggest classes, books and CDs on the topic.

Communication Strategies for the SPEAKER:

Step #5: Remove physical barriers to speech

As always, the speaker must share in the responsibility for ensuring effective two-way communication. Some "common sense" strategies that optimize the opportunity for effective communication include the following:

1. Reduce background noise and other distractions.
2. Encourage the hearing-impaired person to use assistive listening devices or to bring a non-hearing impaired support person
3. Make sure you have the person's attention before you begin speaking.
4. Ensure your face is not blocked. Adjust lighting if necessary. Do not sit behind a laptop so your face cannot be seen. Remind the listener to wear eyeglasses if necessary.
5. Speak distinctly and clearly without shouting
6. Don't put your hand, a pencil or other object in front of your mouth.
7. Don't chew gum or suck on candy while talking
8. Use body language and facial expressions to emphasize message.
9. Use visual aids.
10. Check for understanding.



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Cannabis & Coronavirus

Covid-19 has slowly spread its way into the lives of almost every person starting with financial distress and ending in the constant fear of carrying on with everyone's daily routine. These strange times have called for unorthodox measures to be taken in order to flatten the curve of the spread such as work from home, telemedicine, and other contact free options of their previous counterpart. As such, the Florida Department of Health has now temporarily allowed patients to re-certify their marijuana prescriptions over the phone up until April 15th, giving them an alternative to the typical doctor office visit. The clinical side of the industry isn't the only side taking preventative measures; dispensaries are now doing minimal contact purchases as well as ramping up the delivery sector to protect patients especially for those who are immuno-compromised.

What this entails for the future of the industry will ultimately be within the hands of the state of Florida with many hoping tele-medicine is here to stay past the April 15th deadline. Those who are bedridden or unable to go out in public collectively breathed a sigh of relief despite the temporary nature of it all. This opens up the question if telemedicine could be a permanent option in the small percentage of cases and possibly hail an increase in demand for being a card holder as it will open up a completely untapped demographic. The convenience being the obvious factor in this but meeting at some point down the middle seems crucial to those wanting to become a cardholder and are unable to be in public disregarding the current situation with the virus. Regardless, as we all go through the unknowns of this novel coronavirus, let's continue to observe the way this industry reacts to this unfortunate scenario (from 6 feet away, of course).



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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

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IS A TRUST RIGHT FOR ME?

By James W. Mallonee

For the most part, a trust, whether operable during life or after death is generally used to give its creator the ability to control the flow of a person's property to beneficiaries following death while attempting to minimize if not avoid estate taxes. In today's world, it might not make sense to have a trust instrument because of the \$5.0 million applicable exclusion (increased for inflation) for a single person or \$10.0 million for a married couple.

With the increase in the Federal Estate Tax exclusion, a trust instrument (like a Last Will and Testament) can provide assurance that a person's assets actually flow to the beneficiaries of their choice and in manner to protect a beneficiary from themselves. However, with every benefit that comes with a trust, there are also issues that need to be addressed that often times are forgotten. This article will cover why you might consider a trust instrument as well as those situations where it might not make sense. The major issue covered by this article is controlling where assets go after a person's death and any tax implications that may need considering.

Assume that we are dealing with a married couple (Spouse1 and Spouse2). This is the second marriage for Spouse1 and Spouse2 and both spouses have children from former marriages. Let's also assume that the combined assets of the marriage are approximately \$500,000.00 excluding the value of the couples Florida homestead property. Both spouses want to be sure that their children by birth from a previous marriage are each afforded a portion of their estate following Spouse1 and Spouse2's death. Because the marriage is in excess of 10 years, the assets have long since been co-mingled. Spouse1 is now terminally ill and wants to know how he or she can provide for his or her children regardless of Spouse2's needs.



A simple solution is to separate some of the couples' assets into accounts in the name of Spouse1 and his or her children's names with right of survivorship or pay on death. But this is fraught with possible consequences such as the account being exposed to the creditors of Spouse1 and his or her children as well as the possible withdrawal by one of Spouse1's children without the knowledge of the others. Moreover, at Spouse1's death, Spouse2 may need those funds for his or her medical needs which won't be available if Spouse1's children withdraw the funds and divide it among themselves. Lastly, Spouse1's estate may be exposed to gift tax issues (although this is unlikely given the size of the estate in this example and today's current federal gift tax laws).

The other possible solution is to create a trust (either in Spouse1's Last Will and Testament or outright via a Revocable Trust). If Spouse1 (the ill spouse) re-titles a portion of the married couples joint assets into Spouse1's trust, those assets are possibly exposed to his or her creditors in the event of a catastrophic event not covered by insurance. The trust assets exposed to creditors will largely depend upon the type of asset re-titled in the name of Spouse1's trust.

Spouse 1's trust could contain provisions that fund a separate trust ("Credit Shelter Trust" or "Marital Trust") which can provide income to Spouse 2 for his or her life. At Spouse 2's death, the remaining principal from the Credit Shelter Trust can be paid

out to Spouse 1's children. *Should there be a need for additional funding to assist Spouse 2 during his or her remaining life (e.g. health needs), the Trustee could provide those funds from remaining assets that Spouse 1's children would eventually receive. Given the size of Spouse 1's estate in this example no Federal or Florida estate tax would be due under the current laws. So far everything seems to be great.*

But, suppose Spouse 2 lives another 10 years and the value of assets that make up the Credit Shelter Trust grow 10 fold (from \$250,000.00 to \$2.5 million). Because the Credit Shelter Trust asset had a basis increase at the death of Spouse 1 to \$250,000.00, and such estate assets were not transferred outright to Spouse 2, the children of Spouse 1 will not get an additional step-up in basis when Spouse 2 dies. When Spouse 1's children eventually get the remaining principal balance from the Credit Shelter Trust, they will ultimately be responsible for the capital gain increase from \$250,000.00 to \$2.5 million upon the sale of those assets. Obviously not what was desired.

As an alternative, Spouse 1's assets could be moved to a By-Pass Trust upon his or her death with an independent Trustee taking control of the distributions. Income generated by the By-Pass Trust along with principal could be paid out to Spouse 2 at the discretion of the Trustee. At the death of Spouse 2, the remaining assets placed in the By-Pass Trust will receive a step-up in basis when paid out to Spouse 1's children. The only

downside here is that the assets placed into Spouse 2's By-Pass Trust will be included in his or her gross estate for purposes of Federal Estate Tax calculation. Given the size of this estate example and the current laws in effect, no estate tax would be triggered.

Other considerations should be taken into account when deciding the type of testamentary documents that are best for you. One of those considerations is the overall expense of purchasing a Last Will and Testament versus that of a Trust. In the author's opinion, if you have an estate where the gross assets are less than \$300,000.00, a trust instrument may not make sense, unless you want to be certain that your children (from a previous marriage) receive something following your death and you are willing to risk having your assets exposed to creditors while you and your spouse are living.

No doubt deciding whether a trust is right for you is not a simple exercise and your best option is to visit the attorney of your choice to discuss what you and your spouse want to accomplish upon death. Your attorney can discuss with you the changing estate laws and try to design a plan that will fit your desires and yet be flexible enough to remain valid in the event Congress changes the current I.R.S. income and estate laws. It could be the best investment of time you make.

This article is intended for informational use only and is not for purposes of providing legal advice or association of a lawyer - client relationship.

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Hydrating Your Soul

By Ross Johnson, Lead Pastor, Gathering Pointe Church

It was sometime during the summer of 2001. We had just moved our family from LaCrosse, WI where I served as a youth pastor for almost five years to Sellersville, PA to begin my Master of Divinity degree at Calvary Baptist Theological Seminary. I had about a month and a half of free time before my new job and classes started, so we decided to travel back to my home town of Council Bluffs, Iowa to see my parents. At that time, my father was running his small general contracting business and had several roofs to finish before the winter months began. So we went back to help him finish those roofs and make some extra money.

I had just turned 29 in June; obviously much younger than I am now...and in considerable better shape and condition (the last seventeen years haven't been kind!). Years before, I had worked with my dad for a few years roofing so I knew what I was getting into. If you have ever done that line of work, you know it is not the easiest job in the world and while I was in pretty good shape, I wasn't in "roofing" shape.

If my memory serves me correct, were finishing up our fourth roof in three and half weeks of work. It was getting later in the day, it was hot and humid with little to no breeze and I just wasn't feeling well. I told my dad that I wasn't feeling well and thought it might be a good idea for me to get off the roof for a while. Little did I know that when I climbed down



off the ladder that day, I would no longer be able to help him finish; not just that roof, but the remaining roofs he had left.

The next thing I remember, my wife was helping me get out of my truck in front of my sister's house. I don't remember driving home and I had blacked out in the street with the truck still running. I have only two more memories of that day. I remember my brother in law helping me into a cold shower to help cool my core temperature and then I remember waking up in the hospital with all kinds of tubes, IV's plugged into me and ice packs placed all over my body. I was told that when I arrived at the hospital that my core body temp had reached closed to 107 degrees. I had suffered a severe exertional heat stroke due to strenuous activity in hot weather and dehydration. It was not a good situation and quite honestly, I was pretty scared.

Since that day, I have taken the topic of hydration much more serious. Dehydration is a serious issue that can creep up on you extremely quick and have

life altering ramifications. The Mayo Clinic's website informs us that one of the causes of heat stroke is dehydration and can cause your brain or other vital organs to swell, possibly resulting in permanent damage and without prompt and adequate treatment, can lead to death.

As dangerous as physical dehydration can be...I want to close out our time in this article to discuss another type of dehydration – that of spiritual dehydration.

During the summer months it is quite natural for families to take time for travel and family vacations. It is part of life...one that we all look forward to. But as a pastor, I fear many of us take a spiritual vacation as well. It is easy in the midst of our traveling and time away to rehydrate our physical lives to neglect our spiritual lives and become spiritually dehydrated. We miss church. We miss community. We miss those quite moments in our Bible reading and prayer.

In Psalm 42:1-2, the Psalmist writes, "As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God." The Psalmist had a deep desire to have his spiritual thirst quenched by the things of God. He was in a rough spot in this period of his life and he knew it would be easy to become spiritually dehydrated and so he sought out the life giving streams that flow from the presence of God.

During the remaining weeks of summer be sure to stay hydrated; hydrate your body and hydrate your soul. Drink plenty of water. But perhaps more important, stay connected to our Heavenly Father and drink in His presence and blessings.

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