

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

Health & Wellness[®] MAGAZINE

September 2020

Charlotte/South Sarasota Edition - Monthly

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CHARLOTTE COUNTY'S LIFE-FORCE

PROTOCOLS FOR COVID-19

LASIK

ALL YOU EVER WANTED TO KNOW

IS ACHILLES PAIN

AFFECTING YOUR WORKOUT?

UPDATE: PROSTATE CANCER AND COVID-19

EARLY DETECTION OF PROSTATE CANCER SAVES LIVES

'FIGHT THE FALL'

CAMPAIGN HIGHLIGHTS STRATEGIES TO PREVENT DEVASTATING INJURIES



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1. A 2018 study that compared the Catalys with another leading laser concluded that the Catalys demonstrated superior outcomes in terms of the patient experience, completeness of capsulotomy and ease of cortex removal. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6087026/>
2. In addition to the 2018 study noted above, a 2016 study showed that when compared to another leading laser, the other laser showed significantly higher cumulative dissipated energy and photoemulsification power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077266/>

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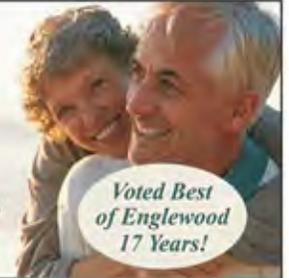
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4 New Facts About Your Feet & Ankles

- 1 Heel pain in the morning can be easily resolved.
- 2 Diabetic infections kill more people than breast cancer and AIDS. If diabetic, must see us now.
- 3 Ingrown toenails can lead to bone infection; we treat them fast.
- 4 Top pickleball injuries seen include foot fractures from ankle sprains.

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Freedom Rehab Aquatic Therapy and Balance Center Offers New Land-Based Therapy

At least 50 percent of the U.S. population will develop a balance issue, at some point in their lives. Balance disorders typically happen to the aging population, between the ages of 50 to 75. Freedom Rehab Aquatic Therapy and Balance Center is now offering at-home land based therapy and you don't have to be home bound to qualify.

- Do feel like you are one fall away from a disaster?
- Are you having close calls and losing your balance?
- Do you have a history of falls and are worried about the next big one?
- Are you concerned that your friends and family will need to care for you if you injure yourself in a fall?

The National Council on Aging has published some alarming statistics gathered from the US Centers for Disease Control and Prevention regarding falls in the aging population. These statistics include:

1. One in four Americans over the age of 65 fall each year.
2. An older adult is treated for a fall in the emergency room every 11 seconds across the country.
3. Unfortunately, every 19 minutes, an older adult dies as a result from a fall.
4. In older adults, falls are the leading cause of fatal injury and the most common cause of trauma-related, nonfatal hospital admissions.
5. In 2014 alone, the total cost of fall injuries was \$31 billion!
6. By 2020, it is projected that the financial cost for older adult falls is expected to increase as the population ages, which could very well reach \$67.7 billion.

Freedom from Falls 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

The Importance of Balance

According to VeDA, balance is the ability to maintain the body's center of mass over its base of support." Balance systems help people to see clearly while moving, identify orientation with respect to gravity, helps to determine direction and movement, and to adjust and maintain posture and stability without fear of falls.

Sensorimotor systems control balance, including vision, proprioception, and the vestibular system, along with integration of that sensory input; and motor output to the eye and body muscles. These systems can falter because of injury, drugs, aging, or disease, along with various psychological factors that can through off balance. Freedom Rehab Aquatic Therapy's Freedom from Falls Program address the three main balance centers of the body: sight, touch, and the vestibular system.

Solutions from the Freedom from Falls Program

The Freedom from Falls program can provide the following solutions to our patients:

- Improves balance, steadiness
- Reduces light headedness and dizziness
- Reduces the fear of falling
- Decreases pain associated with walking
- Increases independence with activities of daily living and makes your home environment safer
- The Physical therapist will use a combination of hands on techniques, carefully supervised balance exercises and review home safety elements

The goal of the program is to:

- Retrain and tune up the balance system
- Educate caregivers, patients and loved ones on home safety and home therapy
- Improve safety in walking to help make every step a safe and secure step.

Why Do People Have Balance Trouble and Unsteady Walking?

Balance issues can stem from many health issues, including, but not limited to:

- Vestibular (inner ear problems)
- Stroke or brain injury
- Muscle weakness
- Joint stiffness and pain
- Decreased sensation in the feet (neuropathy)
- Eye disorders
- Blood pressure changes
- Certain medications

Freedom Rehab Aquatic Therapy and Balance Center is currently running a promotion offering a FREE BALANCE SCREENING at the patient's home so they can see how they stack up against the national average.

The TUG test, which stands for Timed Up & Go measures the seconds to complete the short distance test that projects and analyzes who is risk for falling.

Call today to schedule your appointment at (941) 400-1505, or visit the Freedom Rehab Aquatic Therapy and Balance Center website at freedomrehabaquatictherapy.com.

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UPDATE: PROSTATE CANCER AND COVID-19

Prostate Screening Has Been Impacted by COVID-19 According to a July 2020 article* published in the journal *Nature*, the National Comprehensive Cancer Network (NCCN) is advising against routine prostate cancer (PC) screening, including prostate specific antigen (PSA) testing and digital rectal examination (DRE), for all asymptomatic individuals until the pandemic subsides. While the decrease in screening may be concerning for some, the NCCN points out that “the recommendation is based on the fact that the risks of a delay in diagnosis of up to 6–12 months would be marginal for most PC.”

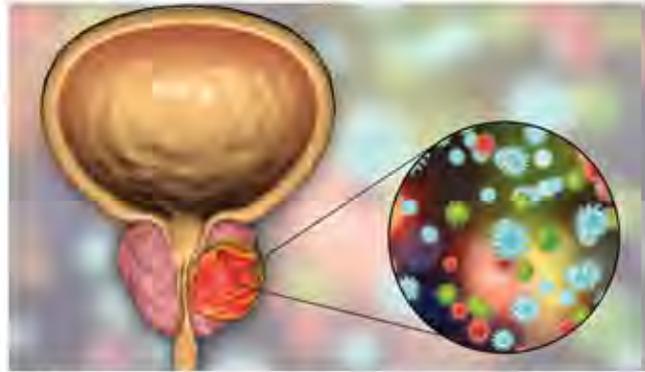
Men who are experiencing any of the symptoms of prostate cancer should contact their primary care physician for a recommendation. Common symptoms of prostate cancer, as defined by the American Cancer Society (ACS), can include:

- Problems urinating, including a slow or weak urinary stream
- Need to urinate more often, especially at night
- Blood in the urine or semen
- Trouble getting an erection (erectile dysfunction or ED)
- Pain in the hips, back (spine), chest (ribs), or other areas from cancer that has spread to bones
- Weakness or numbness in the legs or feet
- Loss of bladder or bowel control from cancer pressing on the spinal cord

*Reference: <https://www.nature.com/articles/s41391-020-0258-7>

Know Your Risk Factors

Although some younger men do get prostate cancer, the risk increases with age. More than 70 percent of all prostate cancer patients are over the age of 65, and about 75 percent of all men over the age of 80 will have some form of prostate cancer, according to the National Cancer Institute. In addition to age, other risk factors include ethnicity, genetic factors and diet. No one knows why, but African American and Latino men have a greater risk of developing prostate cancer than Caucasian men; Asian and Native American men have the lowest risk. There is also some evidence that diet plays a role in prostate cancer. Studies have found a higher incidence of prostate



Other than skin cancer, prostate cancer is the most common form of cancer in American men. About 1 in every 7 men in the U.S. will be diagnosed with prostate cancer during their lifetimes.

cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. A family history of prostate cancer also increases the chances of developing the disease.

Protecting the Safety and Well-being of Cancer Patients

Prostate cancer patients and their families may experience heightened vulnerability and psychological stress during the coronavirus outbreak. However, many safety precautions have been instituted at Florida Cancer Specialists (FCS) that allow our physicians and clinical staff to continue administering needed treatments for our patients. Our team of cancer experts have enacted stringent procedures and safeguards, including, but not limited to, restricting visitors in the clinics, screening all patients and staff members before they can enter the clinic, requiring mandatory masks for all patients and staff members, practicing social distancing, instituting infection control procedures aligned with CDC guidelines and continuously sanitizing the clinics throughout the day, with rigorous cleaning after hours.

Telehealth services are also available at all FCS locations. In fact, we were among the first in Florida to deliver virtual access to cancer care treatment as the health care crisis began. Whenever possible, patients are connecting with their physician, advanced practice provider, nurses, social workers and oncology dietitians securely and conveniently from home. Patients are receiving laboratory results, reviewing treatment plans and accessing vital care management support while mitigating the impact and spread of COVID-19. To date, FCS has had more than 36,000 virtual visits and we anticipate that number will continue to increase.

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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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Charlotte County's Life-Force Protocols for COVID-19

With the status of COVID-19 and the fact that it will continue to thrive longer than many have anticipated, it's essential to understand how our immune function plays such a large role in protecting and worsening viral infections and to better understand the team approach that Charlotte County is providing for its community. We spoke to immunologist Dr. Usha Chandrahassa to learn more about the process and what patients need to know.

"We in Charlotte county are a unique team of specialists and primary-care providers, working closely together in a well-developed COVID-19 task force." Dr. Chandrahassa explained. "This pandemic has opened new avenues for us to work together to benefit the patients and the community as a whole. When the virus hit in March, we healthcare providers were devastated because we had no viable information.

"My colleagues and I immediately started discussing our process and plan of action. We wanted to be ahead of the virus and the information, not behind it, so we immediately began researching to help implement a productive strategy. We looked at the science of virus, the data, and the information as a team, so we could provide concise information to our patients.

"Hours were spent researching and collaborating. We saw what happened in NY, and we wanted to protect our community and not let this destruction happen here. We looked beyond the virus itself and examined its immune-altering disease process. We started to understand what we needed to do to stay ahead. Hospitalists, emergency physicians, pulmonologists and our outpatient physicians began and continue working together for our community as the "COVID-19 Task Force."

"The virus has a unique spike protein that uses its receptors to adhere to our body's ACE2 receptors. ACE2 receptors are present throughout our airways. The virus binds and replicates, infecting the patient. This is why masks and physical distancing are still the first line of defense.

"The virus spreads from person to person, as it needs a new vector, and once it attaches to the ACE2 receptor, it can replicate further. The virus has an RNA polymerase, which is the engine of the virus. Most patients have limited symptoms, such as sore throat, cough, fever and body aches. However, 20 percent will progress to the second stage, which is the immune stage.

"The virus knows how to invade cells and destroy them. It creates an inflammatory cascade throughout the body, especially in the lungs, causing lung destruction and the overall systemic invasion affects multiple organs. We call this stage the cytokine storm. Cytokines are regulator proteins that regulate immune cells. When there is an excess of these cells, we refer to this as the cytokine storm. Certain disease processes increase cytokine production, like diabetes, obesity, hypertension and coronary artery disease, and is essentially why people with underlying conditions can have a challenging time fighting off COVID-19.

"We want to identify when this virus is in the nose and prevent it from spreading to others. The PCR test (nasal swab) looks for the virus in the nose and amplifies it. Patients may not be symptomatic and still have the virus. If a patient is having symptoms, but PCR is negative, this can be a false negative with the need to test again. Depending on results, we ask patients to isolate or quarantine. PCR testing has improved tremendously, and the rapid test is helping to identify more patients.

"We monitor SARS-CoV-2 patients closely via telemedicine and reinforce isolation while looking for any progression of the disease. We monitor symptoms with finger pulse oximeters and through outpatient lab work as a team, looking at white blood cell count, C-reactive protein, interleukin 6 (cytokine storm marker), and other markers on a comprehensive level. If patients need to be admitted, we work with healthcare providers and our community hospitals, again, as a team for our community.



"Millennium provides drive-through testing, drive-through blood draws, and we have a special team dedicated to testing patients. We continue to track our patients and work with them through their journey. The best advice we can give patients is to continue to wear a mask. It's critical for preventing the spread of the virus."



Dr. Usha Chandrahassa
Allergist/Immunologist
Millennium Physician Group

Usha Chandrahassa, M.D., Allergy and Clinical Immunology Physician, earned her medical degree from the Madaras Medical College in Madras, India. She completed her residency at Northeastern Pennsylvania Hospital Program in Internal Medicine in Wilkes-Barre, Pennsylvania. She completed her fellowship in Allergy and Clinical Immunology at Louisiana State University Health Sciences Center in New Orleans, Louisiana.

Dr. Chandrahassa is a professional member of the American Academy of Allergy, Asthma and Immunology. She began her practice in Southwest Florida in 2002.

Dr. Chandrahassa welcomes you to her convenient location in Port Charlotte, Florida.

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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.



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'FIGHT THE FALL' CAMPAIGN HIGHLIGHTS STRATEGIES TO PREVENT DEVASTATING INJURIES

By Dr. Chris Mulvey, PT

Nearly 36 million seniors fall each year.

Millions more won't even tell their doctor or family members. They may be afraid to admit they're vulnerable. They may not want their children or spouse to worry. They may be concerned about the cost of medical treatment.

It's time to talk about it.

Sept. 21-25 is Falls Prevention Awareness Week, an educational initiative of the National Council on Aging. Falls are the leading cause of both fatal injury and nonfatal trauma-related hospital admissions among older adults. Beyond physical injuries, falls also can lead to overwhelming fears of falling, loss of independence and social isolation.

While it's commonplace for women to have annual mammograms beginning at age 45 and men to schedule prostate exams starting at age 50, few seniors schedule fall-risk assessments as part of their preventative health care practices. Our parents and grandparents seem to accept that falls are a fact of life as we age, but many falls can be prevented.

FYZICAL Therapy & Balance Centers aims to help seniors and their caregivers learn about risk factors and how to prevent falls through its annual "Fight the Fall" campaign. During Falls Prevention Awareness Week, FYZICAL will provide complimentary fall-risk screenings to identify the unique strengths and functional limitations that make an individual more susceptible to falls.

Many in the medical community are particularly concerned this year as seniors quarantine at home to protect themselves against COVID-19. Physical activity stimulates muscle strength and flexibility, two key factors in preventing falls.

A fall-risk screening has three components:

- **Pre-exam:** Patient history often indicates potential complications. Chronic conditions like arthritis and Parkinson's weaken the body, and thus increase the



likelihood of a fall. Poor vision, orthopedic conditions and neurological disorders also can be contributing factors. An examination of prescription labels can also help identify potential side effects like dizziness, headaches, nausea and sleepiness.

- **Physical exam:** A physical therapist will evaluate a patient's gait, or walking skills, to determine potential problems. Poor posture and weak hips, ankles and muscles also can lead to balance problems.

- **Post-exam:** After identifying potential compromises in balance, flexibility and strength, physical therapists can develop an individualized program for core and lower extremity strength, balance, endurance and flexibility.

Seniors face an overall decline in physical fitness, but that doesn't necessarily mean they are more likely to fall.

Beyond health, the home environment also plays a role in senior falls. Floors, hallways and stairs should be kept free of clutter, and outdoor walkways should be well-lit and not have potential trip hazards like cracks in concrete or exposed tree roots. Showers

and bathtubs should have grab bars, and staircases should have handrails on both sides. Eliminate potential trip hazards like throw rugs and appliance cords.

Footwear also presents a fall hazard. Shoes should have slip-resistant soles and adequate heel support.

In addition to seeing a physical therapist, annual visits to an optometrist and otolaryngologist are critically important to balance. Your eyes and ears are two very important keys to stability as you age.

To schedule a complimentary fall-risk assessment, please visit [FYZICAL.com](https://www.fyzical.com) to find the nearest location.

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](https://www.fyzical.com).



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IS ACHILLES PAIN AFFECTING YOUR WORKOUT?

Many of you have probably heard the story of Achilles whose mother feared he would die young and dipped his body in the River of Styx, which was supposed to offer powers of invulnerability. However, she was holding him by his heel, so his heel became vulnerable and was not protected by the powers offered by the mystical river. Later during the Trojan war, Achilles was slain by an arrow in his heel shot by Paris.

Like Achilles many people suffer from "Achilles heel" pain most commonly resulting from tightness, various overuse patterns and improper shoe gear during physical activity. When caught early, Achilles pain can be treated successfully with modifications of activity, beginning a stretching program and adjustments in shoe gear and/or orthotics to correct faulty biomechanics.

Achilles Tightness

Overtime and with age, the Achilles becomes tight due to less physical activity and/or a sedentary lifestyle. People with a desk jobs, or who wear high heels are also at risk. As well as, people who do not routinely perform stretching after physical activity or athletes who do no stretch or perform myofascial release techniques post training. You may notice when you are walking your heel comes off the floor early, or you have pain performing exercises like squatting or lunging that require a degree of ankle flexibility. You may find it difficult to keep your heels on the ground when performing these types of exercises or experience pain in the back of the ankle while performing them. These are all signs that your Achilles is likely too tight and your ankle does not have adequate flexibility.

Overuse/Improper Shoes

"Overuse" disorders refer to people who suddenly begin a new activity or do too much too soon. This rapid change in activity causes too much stress on the tendon, leading to micro-injury. The body is unable to repair the injury. The structure of the tendon is then altered, resulting in continued pain. Athletes are at higher risk of developing disorders of the Achilles. Others with occupations that stress the ankle or feet are also at risk. "Weekend warriors" or individual who are less conditioned and participate in physical activity on the weekends only or infrequently are at risk. Other risks, include people with excessive pronation or flat feet. These individuals have a tendency to develop Achilles pain due to the increased demands placed on the tendon when walking or engaging in other physical activity. If these individuals wear shoes

without adequate stability, their excessive pronation or flat feet can further aggravate the Achilles tendon. Shoe gear is also important; you want to make sure you have the correct type of shoe for your specific activity. You also want to make sure your shoes are not worn down. You may also consider alternating your shoes especially if you are a long distance runner.

Prevention: Stretching the Achilles

Band or towel calf stretch

1: Laying or sitting, loop a band or towel around the ball of your foot and pull the band/towel towards your chest.



2: Make sure to keep your foot straight as well as only a slight bend in the knee or no bend

3: Hold the stretch 30 seconds and repeat 5-6 times daily

Leg press calf stretch

1: Sitting on the leg press machine, lower your feet to the bottom of the leg press platform so your heels are hanging off



2: Lower your heels away from your body and hold this stretch for 30 secs, repeat 5-times



Heel drop stretch

1: Stand on a step with your heels off the step

2: Lower heels while keeping knees straight, you may hold on to something for support



3: Hold this position for 30 secs to a minute, you may have to work up to a minute and repeat 5-6 times daily



Foam-rolling calf/myofascial release

1: Sit on the floor and place the leg you want to stretch on the foam roller. Place the calf muscle directly over the foam roller and keep a slight bend in the leg.

2: Support yourself by placing your hands on the floor slightly behind you. Shift some of your weight from your resting leg to the leg you are stretching. You will be placing more weight on the leg that has the foam roller under it. Now roll yourself forward one or two inches so the foam roller gets closer to your knee.

3: Slowly move the foam roller back to the starting position. When you find a tight spot (area that is more tender) hold pressure for 30 seconds on the trigger point. You may also flex and extend the ankle while holding pressure on the trigger point. Repeat 5-6 time on each leg.

3: Slowly move the foam roller back to the starting position. When you find a tight spot (area that is more tender) hold pressure for 30 seconds on the trigger point. You may also flex and extend the ankle while holding pressure on the trigger point. Repeat 5-6 time on each leg.

For more information about Achilles pain and treatment options contact your local foot and ankle expert.

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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LASIK—All You Ever Wanted to Know

LASIK is a fast and painless procedure that can give you long-lasting vision without glasses or contact lenses. That's why millions of Americans have turned to this procedure for correcting nearsightedness, farsightedness and astigmatism.

Since its introduction more than 25 years ago, LASIK has been carefully refined to optimize vision correction for qualified patients. With the opening of The Q LASIK & MED SPA in Naples, Quigley Eye Specialists offers patients advanced LASIK technology and exceptionally skilled LASIK specialists.



LASIK & MED SPA

Grand Opening in October!

The LASIK team at The Q LASIK & MED SPA will consist of Dr. Duane Wiggins and Dr. Emmanuel Kai-Lewis who are both highly experienced LASIK and refractive surgeons. Board certified ophthalmologist and fellowship trained LASIK surgeon, Dr. Wiggins brings more than 20 years of experience in LASIK and refractive surgery to performing these procedures at The Q LASIK & MED SPA. Dr. Kai – a board certified, fellowship trained cornea and refractive surgeon with more than a decade of experience – will also perform LASIK, PRK and other refractive procedures at The Q LASIK & MED SPA.

"Many people are interested in seeing great without glasses. To help us give them their best possible vision, we have invested in advanced technology that helps us map the cornea with precision. It can also give us pinpoint control of the LASIK procedure. That's a very important consideration, since every cornea is unique and has a slightly different shape," explains Dr. Kai.

According to Dr. Wiggins, patients have a list of common questions, so we thought we would answer them here.

What does Lasik stand for?

LASIK is an abbreviation for "laser in-situ keratomileusis," a technical term for this laser procedure.

What part of the eye is treated?

LASIK changes the shape of the cornea, the clear, dome-like lens in the front of the eye that directs light into the photoreceptor cells of the retina in the back of the eye. An irregularly shaped cornea can cause myopia (nearsightedness) hyperopia (farsightedness) or astigmatism. These are called refractive errors of vision.

What is the procedure?

With LASIK, one of our skilled ophthalmologists creates a thin flap on the cornea, carefully reshapes the corneal tissue and then repositions the flap to correct the refractive error.

How long does the procedure take?

In most cases, Dr. Wiggins and Dr. Kai can treat both eyes in less than thirty minutes.

How soon do the eyes recover?

Usually LASIK patients report better vision almost immediately and within 24 to 36 hours.

What about patient safety?

Patients are carefully evaluated to be sure they are good candidates. The Q LASIK & MED SPA, like all Quigley offices, follows all current public health guidelines to ensure a safe and comfortable patient experience.

Who is a good candidate for LASIK?

Men and women from age 18 to 50 with overall healthy eyes are generally the best candidates.

Who should not have LASIK?

If you have cataracts or have undergone other types of corneal surgery, you are not a good candidate.

What if I had a prior LASIK procedure?

Patients who would like a touch up are encouraged to schedule a consultation. Advancements in diagnostic and corrective technology may allow you to achieve better vision.

Has LASIK technology become more advanced over the years?

The state-of-the art technology in The Q LASIK & Med Spa includes the iDesign Refractive Studio from Johnson & Johnson. This allows every part of the

cornea to be mapped with the greatest possible precision. It also provides pinpoint control of the LASIK procedure itself.

Are there other options than LASIK?

Yes. Dr. Wiggins and Dr. Kai have other procedures to correct refractive vision errors. For instance, a patient with a thin cornea might benefit from photorefractive keratectomy (PRK), which treats the cells on the surface of the corneal tissue.

Are patients satisfied with results?

Yes. National surveys, as well as our own experience, indicate very high patient satisfaction rates. In fact, some patients report even better results than 20/20 vision after their LASIK procedures.

What is the next step?

If you are considering LASIK, the first step is an evaluation of your vision, with and without glasses. After the evaluation, the specialists at The Q LASIK & MED SPA will discuss your vision goals and develop a customized treatment plan designed specifically for you.

To schedule your complimentary LASIK consultation, please call 239-466-2020.



Dr. Emmanuel Kai-Lewis

Board certified and fellowship trained cornea and refractive surgeon with more than a decade of experience, Dr. Kai is an ophthalmologist at Quigley Eye Specialists, one of the nation's leading multispecialty ophthalmology practices. He earned his medical degree at Howard University, completed a residency at West Virginia University Eye Institute and a Cornea Fellowship at the University of Minnesota Eye Clinic, becoming an expert in cornea/external disease and refractive surgery.



Dr. Duane Wiggins

Board certified ophthalmologist and fellowship trained LASIK surgeon, Dr. Wiggins has more than 20 years of experience in LASIK and refractive surgery. Dr. Wiggins earned his medical degree from the University of Texas Medical Branch in Galveston. After completing his residency at the Scott and White Hospital and Clinic in Temple, Texas, Dr. Wiggins became fellowship trained in laser refractive surgery at the International Eyecare Laser Center in Houston. He is also the proud recipient of the TLC Laser Vision Milestone Award.



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Contour Light Therapy for Fat Loss and Body Contouring

Do you have problem areas even though you eat right and exercise? Perhaps, you just want your skin to look tighter, or you'd like to lose a few inches from your arms, hips, back stomach or thighs. Do you have stubborn love handles or a bulge of some sort here or there, that really bother you? Or maybe you have that little black dress you want to get back into for an upcoming event. WE GET IT!! We have solutions that work! Whether you want to lose some inches in a problem area or lose 20 pounds in 6 weeks, WE CAN HELP! We offer natural solutions with no down time, no pain, no drugs or surgery, and no side effects. Our goal is to give you the resources to make lasting change and get your body back.

LED light therapy has been used for many years. It not only regenerates the skin on a surface level, but it actually can penetrate fat cells to make them release fat percentages. Low level red light therapy has evolved into one of the highest in-demand treatments caused by an increased public awareness of many non-surgical, non-invasive options made available by this new and growing technology. The Contour Light can be used on any part of the body; hips, waist, thighs, back, upper arms and neck.¹

LED-Based Technology - Redefined

Contour Light is the latest advancement in light emitting diode (LED) technology and is exceptionally effective on all body areas due to its unique pad design. The large, soft and flexible pads will contour to the shape of the human body, allowing the light source to be as close as possible to the skin; the optimum way to deliver photonic energy. The wavelengths of 635nm and 880nm light are emitted by the pads of the Contour Light system, combining the beneficial aspects of both frequencies to attain optimal results.¹



The Contour Light incorporates a reflective surface which traps and redirects light energy back into the tissue. Because the reflective coating is only available on the Contour Light, there is no other LED-based system available on the market that delivers and retains more mid-600nm and infrared light energy.¹

The protocol associated with the Contour Light system involves simple to follow directions but does not require a strict diet or strenuous exercise. As with any type of weight modifying program, diet and exercise will have an effect on the results, specifically if a person does not make an attempt to maintain a healthy lifestyle. A small amount of exercise and a recommended level of water consumption will help with lymphatic stimulation to optimize results. The Contour Light protocol can help to motivate a person and jumpstart a person's determination to improve their appearance, making it much easier to attain their goal of a sleeker and leaner profile.¹

Currently, for all who call, we are offering our platinum package, (normally \$329) for only \$59. The Platinum Package includes: Consultation and Health History with Dr. Gary Bolen, D.C., Body Composition Analysis, Relaxing 25 Minute Light Session, Before and After Measurements, 10 Minute Whole Body Vibe Session, and a review of your results.



To find out how Contour Light Therapy can Help you Shed those inches and pounds, contact Contour Light Therapy of Venice today at **941-497-7424!**



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Source: 1. https://contourlight.com/?gclid=CjwKCAiAhe7yBRAdEiwAplGxX-5V1A_Gy4kOdPkvoNcrzFa-AH86atX3JCJaW60ESrr7-9K7D1o-l4RoCzg0QAvD_BwE

Subspecialty Radiologists and Advanced Imaging Technology:

Why This is Critical for Your Diagnosis

This year, over 190,000 new cases of prostate cancer will be diagnosed. Prostate cancer is the third leading cancer among males. It is often a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body.¹ This year alone, it will take over 33,330 men's lives. But it doesn't have to be this way. Prostate cancer can be diagnosed and treated effectively. Early diagnosis is critical and achievable with the right steps. Due to accurate diagnosis, 3 million men in the US are prostate cancer survivors.

Dr. Kevin Kadakia is a Fellowship-Trained Radiologist with a subspecialty in Abdominal Pelvic Radiology. We spoke to him to find out more about prostate cancer diagnostic tools and how Radiology Regional diagnose cancer and other abnormalities at a more vigorous rate due to technological advances and subspecialty trained radiologists.

Dr. Kadakia explained, "Generally speaking, prostate issues predominately can be detected early if they take the right steps. Because one of the most common cancers for men is of the prostate, it's essential that they begin screenings at age 50 or sooner, depending on risk factors, symptoms and family history. If there is high risk or a family history of prostate cancer, it is recommended men start screening at age 40 to 45.

"The good news is that it is detectable and treatable if acted on quickly. At Radiology Regional, we have reduced the death rate significantly from years past by regularly screening individuals and doing so with advanced technology and expert in-house radiologists trained for abdominal pelvic abnormalities.

"After the age of 50, a PSA blood test is recommended to check levels, yet, sometimes these can be elevated due to a list of other issues, such as an enlarged prostate (typically due to aging), but this usually results in benign hyperplasia and is unrelated to cancer.

"Other issues can make your PSA levels go up as well like taking a daily aspirin or being overweight. If the PSA is over 2.5, or if you are at high risk, patients should receive additional screenings and be sent to a urologist. Urologists specialize in the urinary, prostate, and reproductive organs, and they will determine if a patient needs diagnostic imaging with MRI.

"Years ago, providers did not have the advancements that we do today, and prostate biopsies were done with numerous needles (approximately 30), which was done blindly. Most prostate cancer tumors are under 1 cm in size, so this blind, shooting-in-the-dark technique was, unfortunately, unable to detect most cancer.

"Today, with the advancements of MRIs, it's changed the entire field, but in saying that, you must have the right MRI. They are not all the same. Traditional MRI machines will not pick up the intricate size of many tumors or other abnormalities. It's imperative that patients ask their imaging center if they use a 3T MRI (3 Tesla). In southwest Florida, very few radiology centers have a 3T MRI. We are the largest center with 3T, and we do the majority of prostate screenings in the area, so patients can trust that we are the experts for quantity and quality. A 1.8T MRI is not going to detect the tiny areas that a 3T MRI will, so for patients getting screenings, they need to understand this technology is significant in their diagnosis, their treatment, and their survivorship.

"If caught early, prostate cancer treatment is minimal compared to the later stages, or if it's metastasized into other organs. Once we detect cancer, the urologist will have the patient come in for a biopsy that can be targeted specifically to the area of concern. This eliminates the guessing game. The biopsy is performed under guided-ultrasound, and the pathology results are typically back in 3 to 5 days.



It's Your Choice.
You have a right to the best medical imaging.

"The 3T MRI can also detect the tumor's size, if it has spread, metastasized, or if it's confined to an area in the prostate. If a patient does have an adenocarcinoma diagnosis, the treatment will be high-frequency ultrasound, radiation, or prostatectomy depending on the stage. It might also be untreatable if it's a late diagnosis, but those can often be treated with hormonal medications. Most people can lead a very normal life after diagnosis and treatment.

"I want to make sure patients know that they are getting a 3T MRI, and I want them to know who is reading their images. If it's not a trained subspecialist, it can be very challenging to get a proper diagnosis. The days of general radiology are over. It's virtually impossible to be a general radiologist that can specialize in the entire body; that's why Radiology Regional only brings on fellowship-trained radiologists and hires those that specialize in various areas of the body and brain. My family lives here in Florida, and I'm proud to be able to serve my community as an expert and provide the highest-level of care for our patients."

Radiology Regional is a physician-owned, well-established imaging practice with over 30 board-certified radiologists that work closely with your doctor. You will get personalized service and expertise in a warm, comfortable environment, which is not always offered with a big group or hospital-owned organization. Radiology Regional also provides the newest technological advances. Their superior imaging equipment includes 3T wide-bore MRI, 256 Slice CT, 3D Mammography,

Nuclear Medicine, PET Scans, and Siemens ultrasound. Radiology Regional is a premier diagnostic facility that takes pride in offering the highest quality healthcare to the community.

At Radiology Regional, they take your health personally. They have a group of in-house, subspecialty, fellowship-trained radiologists that are experts in diagnosing and detecting conditions within the abdominal and pelvic areas, including the prostate. The machines they invest in are not standard; these are state-of-the-art, high-tech imaging equipment that can find even the most intricate details that would otherwise be missed.

Radiology Regionals has a high-resolution prostate MRI to find small prostate cancers, a dynamic MRI to diagnose pelvic organ prolapse, MRI technique to accurately stage rectal cancer for surgical planning, specific protocol to best evaluate the ovaries and uterus and another MRI technique to focus on the bones and muscles, among several others. All imaging exams are not equal, and Radiology Regional goes above and beyond to offer high-quality studies to help guide medical management.

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 thirteen , ACR accredited and convenient locations 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.

Radiology Regional has 13 locations in 3 counties, Lee, Collier and Charlotte.

Ask your physician to refer you to Radiology Regional for your imaging needs. Make your choice the best choice for you!

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Kevin Kadakia, M.D., M.B.A.

Dr. Kadakia graduated from the University of Miami with a Bachelor of Science in Microbiology/Immunology. He earned his M.B.A. in Healthcare Administration from the University of Miami School of Business in Miami, Florida. He attended the Miller School of Medicine at the University of Miami where he received his medical degree. Dr. Kadakia performed his internship at Jackson Memorial Hospital/Miami Veterans Affairs in Miami, Florida and went on to earn his residency in diagnostic radiology at University of Texas Southwestern Medical Center in Dallas, Texas. He completed a fellowship in body imaging at Stanford University Hospital and Clinics in Stanford, California. Dr. Kadakia is board certified by the American Board of Radiology and is a member of Lee County Medical Society.



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Early Detection of Prostate Cancer Saves Lives

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

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

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

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

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

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

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

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



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

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

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

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

What is a 3T MRI?

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

Benefits of 3T MRI

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

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



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Masks and Hearing Aids

The Covid-19 pandemic not only poses a health risk for our entire population, it also increases the risk of losing hearing aids for those of us who wear masks.

By Dr. Noël Crosby, Au.D.

The dynamics of communication has changed while protective masks are being worn. I encourage people to be mindful of those with hearing loss while wearing masks. Six feet away social distancing is difficult for everyone, especially those with hearing loss. The combination of protective masks and social distancing disrupts the vital visual and auditory input people with hearing loss need to communicate effectively. Here is a list of ideas that could make this difficult issue a little easier for everyone. Keep in mind there's no one-size-fits-all solution; different situations may require a unique mix of strategies and, even then, you might not achieve a satisfactory result.

Prepare in advance to keep interactions short, determine what can be handled or researched or purchased in advance and delivered to your home. Share information or ask your questions in advance by email, phone or video call. If safe and permitted, bring a trusted friend or family member.

Determine how you want to self-disclose and advocate for your communication needs. Prepare a handwritten sign or message on paper indicating you can't hear well when masks are worn so that others will be more apt to assist with your communication needs than assume you're ignoring them or being rude. Provide specific directions on how they can help your communication needs.

Practice and exercise communication strategies. Anticipate the types of communication exchanges that will likely happen given your setting and context. Ask the other person to communicate slightly louder and slower. Adjusting the volume of your hearing device higher or lower (if noisy) could help. Always bring paper and pens as a back up. Request rephrasing if you've already asked twice to have information repeated, use gestures and hand signs like "thumbs up." And, remember to look at the eyes for non-verbal clues.

Try out and use smartphone apps that can help facilitate communication. Consider using a speech-to-text app on your smartphone or pair your



phone with a wireless or a plug in microphone compatible with your device to improve its pickup of speech at distance.

Prepopulate digital flashcard apps (or paper index cards) with information and phrases that can help minimize unexpected questions or comments. This can be done with apps, for example, one phrase you may find helpful to have prepared in advance is "I read lips and cannot see your mouth. Please speak in the direction of my phone so the app can transcribe your speech."

Consider using assistive listening devices that can extend a hearing aid or cochlear implant's range in picking up spoken language at a distance. Some examples include a Phonak Roger Pen or a portable FM device. Contact your audiologist to learn more about what options would work best for you. is best for you.

Prevent loss of your hearing device when mask wearing. One of the best solutions is to fasten your mask behind your head, not over your ears. This can not only help prevent a hearing device from being dislodged when removing the mask, it may make your mask more comfortable to wear. I do have inexpensive plastic behind the head mask fasteners available for sale in my office.

You can also secure a hearing device on the ear with eye glass straps or OtoClips pinned or clipped to clothing on one end and the other end hooked to a behind-the-ear or receiver-in-canal hearing aid

style. Adhesives such as wig tape or other commercially available products designed to secure hearing aids might help as well.

During this challenging time, my advice is to take a moment to think of how we can be patient with those who are struggling with hearing loss. Keep in mind that the stress and anxiety level for those who have hearing loss has increased during this time of mask wearing and social distancing. Remember, practicing patience and kindness to everyone, not only those with hearing loss is quite important in today's world.

We Are Open!

If you have a problem with your hearing aid we might be able to help!!!

Call Today to make your appointment 941-474-8393

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 AuD-Bling.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.

Health Insurance – Medicare 2021 Annual Election Period & Individual/Family Open Enrollment is Coming Soon!

By Ulla-Undine Merritt (Dee) National Producer Number (NPN) 8853366

Individual/Family Health Insurance Open enrollment will start November 1, 2020, to December 15, 2020 for January 1st, 2021 effective. This deadline pertains to fully insured plans that meet the Affordable Care Act (ACA)/Obama Care Guidelines. * Very important for people that have pre-existing conditions and or would qualify for government subsidies. There are additional lower cost options with National Insurance Carriers for people that are healthy and do not qualify for subsidy, these plans can be purchased year-round. You are NO longer penalized for not having health insurance that meets ACA guidelines.

You should really work with a local broker to explore all your options. Don't invite strangers into your house or give them your personal information over the phone. With Social Media, Facebook, WebEx solicitation if you do not know them please be careful. There are so many scams out there. Go or call a local agent, build a relationship and if in the future you have a question you can back and see them.

Medicare Beneficiaries who currently have Medicare Advantage Plan and Part D (Prescription Drug Plans) will be receiving their "Notice of Change" documents in September. These notices compare any plan changes from your current 2020 to your new 2021 plan. You will be automatically re-enrolled in your current plan if you do nothing and the new changes will take place January 1st, 2021. **OPEN ENROLLMENT for MEDICARE PLAN changes starts October 15th and runs through December 7th, 2020 for a January 1st, 2021 effective date.** The last plan you select during this period will be your plan for 2021.

Medicare can be very confusing so I would recommend that you meet with a licensed insurance broker that represents multiple insurance carriers. You should explain to them your current needs and concerns. Before choosing a plan, you need to check the network to make sure you can see your doctors and check your medications to make

sure they are in the plan's formulary. Having a local agent that specializes in Medicare Plans is important. If you have a question you should be able to reach the person who enrolled, you in your plan. If you go online or call a toll-free number chances are, they are not local and you won't be able to talk to them to clarify any questions later.

Medicare enrollment is NOT the same as Social Security! There seems to be a lot of confusion between the two.

Social Security - you can apply online at www.ssa.gov for retirement benefits or benefits as a spouse if you:

- are at least 61 years and 9 months old;
- are not currently receiving benefits on your own Social Security record;
- have not already applied for retirement benefits; and
- want your benefits to start no more than 4 months in the future. (We cannot process your application if you apply for benefits more than 4 months in advance.)

Medicare - you can apply online at www.medicare.gov for Medicare benefits for yourself **3 months before your 65th birthday month.** Example, June 20th birthday you can apply as early as March 1st. If your birthday is any day of the month except the 1st, your Medicare will be effective the 1st day of your birth month. For the June 20th birthday example above, your benefits would begin June 1st. If your birthday is effective the 1st of the month then your benefits begin the month before, so a June 1st birthday your benefits would begin May 1st. VERY important: if you DO NOT take Medicare Part B & Part D when you are eligible, when you do take it there is a penalty for each month you did not have them. That penalty will last for the rest of your life or for as long as you take these services. If you have employer coverage (not cobra) this is a valid waiver. If you take these after you leave employment there is a special form your employer must fill out so that you are not charged a penalty.



Both Medicare and Social Security require you to be eligible by qualifying either through yourself or your spouse. Neither Medicare nor Social Security will ever call you, unless they are returning your call. So many scams do NOT give your personal information over the phone or even the mail if you do not know them.

Most people that have worked in the United States of America receive Medicare Part A at no monthly cost to them. This is because they have worked at least 40 quarters (approx. 10 years); this is based on a minimal earnings calculator (see www.medicare.gov for more information).

Also remember when **moving** you may have a special enrollment period to apply or change your health insurance coverage. Also check your wills, trusts, and make sure they follow Florida's laws and guidelines. Establish yourself with a local Insurance Broker, Attorney and CPA. Ask a professional, most of the time your first consultation is at no charge.



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10% THC CAP PROPOSAL

Evidently, the last few years within the Florida cannabis industry have progressed rapidly with proposed changes such as the Smoking amendment that currently allows patients to purchase cannabis for smoking use. Other small victories such as defeating a proposal for recreational cannabis that would have further exacerbated the issue of vertical integration have created quite the storm of optimism among those in the community. But despite these wins, there are other problems surfacing this coming year that could negatively affect both dispensaries and patients.

Rep. Jose Oliva is proposing a hard limit on the percentage of THC allowed in all medical marijuana products; a leap back from the current progression in the program. Cited from a UK study done in the 1950's, Oliva is quoted saying "We're seeing different strains now in Europe that are 100 times stronger, and we're starting to learn that this has some schizophrenic results, especially in young, developing brains." Every year we see similar policies trying to trek its way into senate and undermine Florida's already strict medical program and Florida marijuana cardholders see this as an uphill battle they're willing to fight for. Patients across social media outlets

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cannot stress enough how much this could negatively affect them as well as the dispensaries revenue. The bottom line is that this proposal will not benefit anybody in the marijuana industry from the patients all the way to the top executives at places like Trulieve.

While these initiatives have not slowed down yet, it is very important to note that most of these laws have not made it past the House

and should not be a major concern to current card holders. Despite this, it is important to stay up to date with the current direction of Florida's ballooning marijuana industry although this particular proposal shouldn't worry any medical card holders anytime soon.

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NO WILL, NO PROBLEM

By James W. Mallonee

On occasion a client will come to the office to inform us that their parent died and no Will can be found. The anxious client is worried that the State will take their parent's assets to pay creditors or worse to embellish the State's coffers. Nothing could be further from the truth. The State of Florida has (as all other States have as well) two Chapters dedicated to handling the distribution of a person's assets following their death should such person have no Will directing where the decedent's assets are to go.

When a person dies without a Will or other testamentary documents directing the distribution of assets, their estate is called intestate as opposed to testate which means with a Will. The first thing that will happen is the election of a person who will agree to serve as personal representative. The statute uses the term "priority" in determining who will be the person to serve in such a role. Priority is determined by means of the relationship a person has with the decedent or the individual is a Florida resident. Relationship is determined by how the person is associated to the decedent (e.g. sister, brother, niece, nephew, parent or the spouse of one of those labels).

Once a person is determined to be related to the decedent or is a Florida resident, the next phase is determining if a majority of the beneficiaries to the decedent's estate agree to the selection of a nominated person serve in such role. Think of it as a high school election for class president where the student body votes to have someone become president. The one with the majority of votes wins and becomes the president. The analogy is the same when dealing with an intestate estate in nominating the personal representative.



Once the person nominated to serve as personal representative is appointed, an Order Appointing Personal Representative will be issued by the Court. In many cases, the Court may require a bond be posted before Letters of Administration are issued by the Court to the personal representative. A bond is a guarantee by a surety company that should the personal representative misappropriate the estates assets; the surety company will make the beneficiaries whole as to any amounts misappropriated and which affect a beneficiary. Bonds are not that expensive and are based on the credit worthiness of the person applying for such bond. The value of a bond will normally depend on the estimated value of an estate. For example, if the estimated value of an estate is felt to be equal to \$100,000.00, it is likely the court will require a bond of equal value.

Once the bond is paid, the Court will then issue Letters of Administration. The Letters give the personal representative the right to step into the shoes of the decedent and do all things the decedent could do while alive. In reality what this consists of is the right to marshal the estates assets, open and deposit liquidated assets into an estate account, pay any creditor claims along with selling and distributing estate assets.

When all the assets of the decedent have been marshalled, the Personal Representative is then in a position to begin distributing the assets according to law. The law provides that non-exempt assets can be used to pay creditor claims and if there is not

enough to pay those claims to prorate them according to the value of each creditor's claim. Lastly, the Personal Representative is then charged with distributing the remaining net non-exempt assets along with the exempt assets to the beneficiaries according to the stirpes method of distribution.

The stirpes method of distribution is based on lineal lines of descent. Thus, the children of the decedent are the first to take possession. Should one of the direct lineal children have pre-deceased the decedent, then the children of the child who predeceased the decedent are next in line. It is possible that step children could even be viewed as a beneficiary, but this is rare.

As you can see when a person dies without a Will, there are statutory procedures in place to handle the estate without the worry that the State will get involved and take the assets. This simply does not happen except in very unusual cases. If that is true, then why get a Will; because, without a Will your assets may be distributed to persons you do not want to partake in your bounty. It also gives you the power to select the person who will be able to manage your assets as personal representative.

So, go and visit the attorney of your choice to have a Will prepared or better yet, should your parent die without a Will, see an attorney who can direct you and manage the estate procedures.

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

James W. Mallonee (Jim Mallonee) is a graduate with a B.A. degree from the University of South Florida and a Master of Science degree from Rollins College in Winter Park, Florida. He obtained his Juris Doctorate from the University of the Pacific, McGeorge School of Law in Sacramento, California. Prior to returning to Florida to practice law, Mr. Mallonee was employed by Intel Corporation for 22 years in such locations as New Jersey, Florida and California.

In addition to being a member of the Florida Bar since 2003, Mr. Mallonee serves on the Charlotte Community Foundation Committee for asset allocation and teaches Business Law at State College of Florida. Mr. Mallonee is also on the Board of Directors for the Military Heritage Museum located in Charlotte County, Florida.

His firm practices law in the following areas: Probate, Wills & Trusts, Guardianships, and Litigation in the areas of Real Estate, Guardianships and Estates. The firm has two locations in Venice and Port Charlotte, Florida.

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Hope and Optimism

By Pastor Timothy L. Neptune

Hope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, *"Where then is my hope? Who can see any hope for me?"* (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, *"May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: *"And now these three remain: faith, hope and love. But the greatest of these is love."* (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

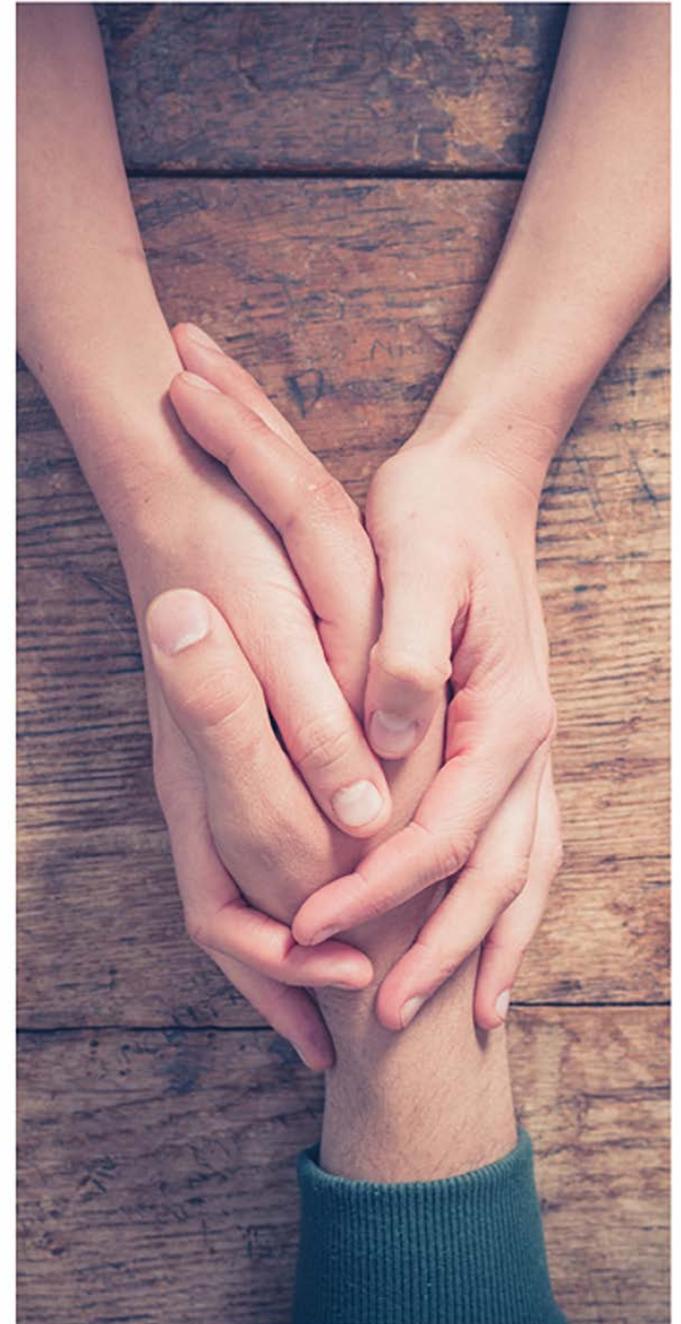
Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, *"...I will go to the king, which is against the law; and if I perish, I perish!"* (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)."* (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!



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



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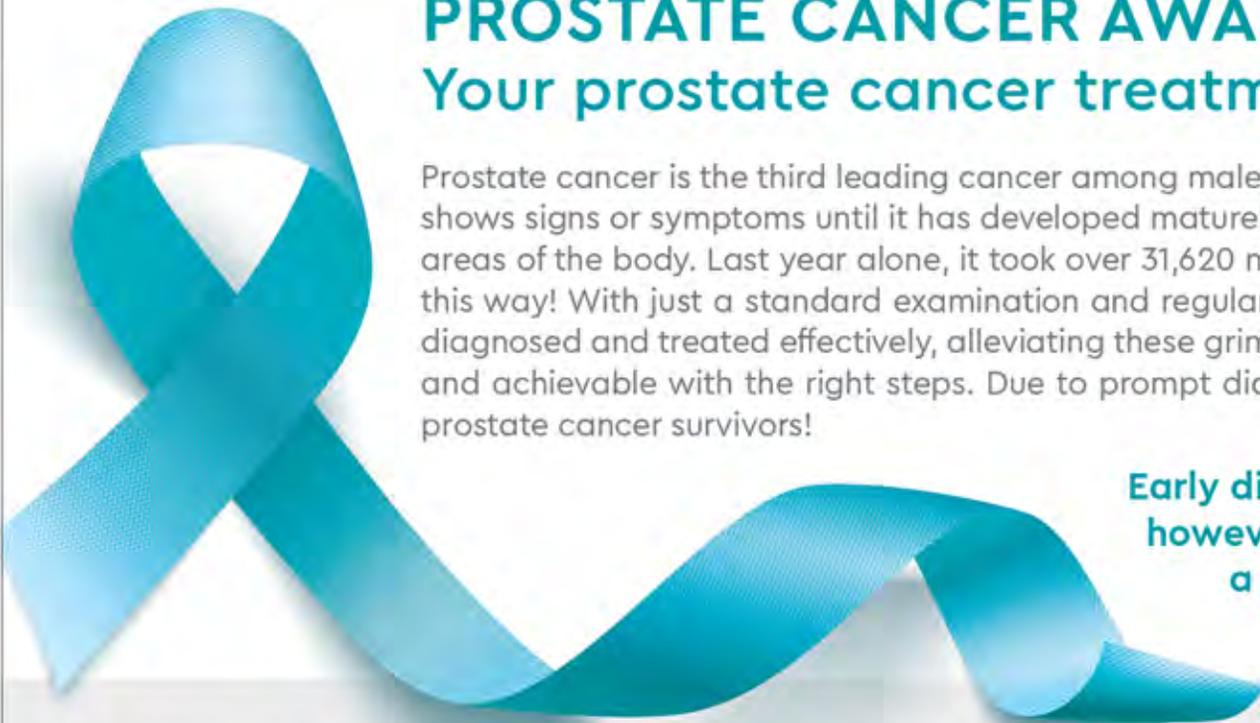
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Prostate cancer is the third leading cancer among males. It is often a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. Last year alone, it took over 31,620 men's lives. But it doesn't have to be this way! With just a standard examination and regular checkups, prostate cancer can be diagnosed and treated effectively, alleviating these grim statistics. Early diagnosis is critical and achievable with the right steps. Due to prompt diagnosis, 3 million men in the US are prostate cancer survivors!

Early diagnosis is the key to survival; however, it's never too late. Getting a prostate cancer screening on a regular basis saves lives!

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Diagnosing prostate cancer

There are several distinctive tests that urologists use to determine prostate cancer or prostate disorders in men. The first is a digital examination by palpating the prostate through the rectum to feel if it is enlarged. The second test is done through a PSA (prostate-specific antigen) count, which tests the blood for specific protein-synthesized prostate cells — the higher the number of PSA, the more likelihood of impending prostate cancer. There is also a more advanced test of free-range prostate PSA cells; this test typically reads higher in men that have undiagnosed prostate cancer. The earlier your PSA levels are checked, the better your chances of successful treatment and survival rate.

Symptoms

Weak urination | Interrupted urination | Frequent urination | Blood in urine
Painful ejaculations | Pain in pelvis, hips or thighs

Treatment

All treatment options are not going to be suitable for every prostate cancer case. Depending on the patient's overall health, age, stage of cancer, PSA or Gleason scores, size of the tumor and personal circumstances, the treatment may vary significantly. For some patients, hormone therapy is appropriate, and for others, a "watch and wait" approach is suitable. In some instances, a single surgical removal may be fitting, while for others, radiation therapy or more invasive surgical and oncology options are better suited. You should always consult with an experienced urologist to determine your best plan of action when dealing with any prostate issues.

"Cancer is not something to be afraid of. It's something to attack. If you get the right doctors and the right treatment, you can whip it."
—Jack, Prostate Cancer Survivor

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