

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

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

October 2020

Charlotte/South Sarasota Edition - Monthly

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## IT'S OCTOBRA!

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CHALLENGE AND SCHEDULE  
A MAMMOGRAM

## BREAST CANCER AWARENESS

DURING THE COVID-19 CRISIS

## ROLE OF PHYSICAL THERAPIST EVOLVES, EXPANDS

## SPIDER VEINS

COSMETIC CONCERN OR  
TIP OF THE ICEBERG

## TRANSFORMING THE MAMMOGRAPHY PATIENT EXPERIENCE

INTRODUCING THE SMARTCURVE™  
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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.

**MEDICARE AND MOST PPO'S ACCEPCTED**

During these challenging times, we remain open and dedicated to safely serving our cancer patients.

# Your treatment. Our Journey.



You don't plan for a cancer diagnosis. You begin to worry about your family, friends, work and health. Florida Cancer Specialists will be by your side — throughout the journey. Our doctors and nurses provide personalized, targeted treatment and clinical expertise so you can have peace of mind. And with world-class care that's close to home, we're always here to help.

During Breast Cancer Awareness Month, and beyond, we'll give you the strength to move forward — every step of the way.

**Caring for patients at our four Port Charlotte,  
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Lalit Aneja, MD  
Alexander Glick, MD  
Paul W. Gonter, MD  
Kristen Gonter-Aubin, DO  
Blessy Mathew Jacob, MD  
Mehnaz Junagadhwalla, MD  
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Christopher Lobo, MD  
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\*All required paperwork must be provided at time of referral.

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HOURS\*

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

It's Octobra!

# Join the #notmy8 challenge

and schedule a mammogram.



## 1 in 8 women will develop breast cancer over her lifetime.

Early detection is key for breast cancer survival and an annual mammogram is essential in protecting yourself. 21st Century Oncology, now GenesisCare, uses state-of-the-art technology and best practice, evidence-based treatment protocols to provide the latest cancer treatments. As the nation's largest network of radiation oncologists, surgeons (including breast surgeons) and related specialists, our access to the latest technology and research knows no bounds.

**Join the #notmy8 challenge with us and help spread the word about breast cancer awareness**

1. Schedule a mammogram.
2. Challenge 8 of your friends to do the same.
3. Create a social media post with a photo or video of your bra hanging anywhere, to show the world you have accepted the challenge.
4. Tag 8 of your friends and post to social media with the hashtag #notmy8.

Learn more at [21co.com/notmy8](http://21co.com/notmy8)

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A GenesisCare company

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- Eye Injuries

**Charlotte County  
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(941) 624-2704

**North Port Walk-In:**  
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(941) 888-0770

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operation and wait times.*



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# Health Insurance – Medicare 2021 Annual Election

## Open Enrollment Starts October 15, 2020 Individual/Family Open Enrollment is coming soon!

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

Medicare Beneficiaries who currently have Medicare Advantage Plan and Part D (Prescription Drug Plans) will have received 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 will not 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](http://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](http://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](http://www.medicare.gov) for more information).

**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.

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.



**Dee Merritt**

We are happy to help, we have agents from Bradenton down to Marco Island, our headquarters are in Fort Myers and we also have an office we use part time in Naples.

To learn more about your options call to schedule an appointment contact:

Dee Merritt

Logical Insurance Solutions

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

239-362-0855

[Dee@Logicalinsurance.com](mailto:Dee@Logicalinsurance.com)

HDQ 2365 West First Street, Fort Myers, FL 33901

Local Agents – Marco Island, Naples, Bonita Springs, Fort Myers, North Fort Myers

\*We also do a complimentary homeowners review

# BREAST CANCER AWARENESS DURING THE COVID-19 CRISIS

Regardless of age, race, or family history, all women – and about 1% of men – have some level of risk for breast cancer. Primary risk factors include age and gender, along with a number of other factors, such as obesity and alcohol use, which can be moderated through healthy lifestyle choices. Today, there are many types of effective treatments for breast cancer, including surgery, chemotherapy, radiation, and hormone therapy, to mention a few. Research is ongoing to bring more promising treatment options to patients.

## Importance of Early Detection

Identifying any type of cancer at an early stage, before it has spread extensively (metastasis), provides a much better outcome for patients. Florida Cancer Specialists' physicians concur with the American Cancer Society's recommendation that women over 40, with no family history of breast cancer, should get a mammogram once a year; for women under 40 a clinical breast exam is recommended at least once every three years. In addition, monthly breast self-examinations can be an effective way of discovering any changes in the normal look and feel of the breasts.

## Impact of COVID-19 on Breast Cancer Screenings

During the coronavirus crisis, many women are wondering if it is safe to go to certain medical appointments, including scheduled mammograms. Screening mammograms – at every age – are one of the best ways to diagnose breast cancer early, when it's most treatable. Women will need to make an informed decision with their physician as to whether to get a mammogram during COVID-19.

Remember – even if you are diagnosed with breast cancer, it does not necessarily increase your risk of having more serious complications if you do get COVID-19; however, for people in active treatment for breast or any type of cancer, there may be a higher risk for serious complications from COVID-19 if your treatments cause you to become immunocompromised (have a weakened immune system) or have lung problems.



## Screening Guidelines for Women 55 to 75

The American Cancer Society (ACS) screening guidelines recommend that women ages 55 to 75 at average risk for breast cancer, with no family history, can be screened every one to two years. If you are between 55 and 75 and had a normal mammogram within the last year, you could choose to have your next mammogram up to 24 months after your last one, so that you don't have to be screened during the pandemic.

## Are Mammograms Necessary for Women Over 75?

Considering that older people have a higher risk for COVID-19, some are questioning whether mammograms are even necessary after the age of 75 for women with no family history of breast cancer, and a record of normal mammograms. The ACS recommends that women should continue screening mammography as long as their overall health is good and they have a life expectancy of 10 years or longer.

One study, cited by BreastCancer.org, confirmed the benefits of regular mammograms and emphasized that there is no upper age limit for mammograms.

## Can Breast Cancer Be Inherited?

Certain types of breast cancer do seem to run in some families; however, it is important to understand that what is inherited is the abnormal (mutated) gene that could lead to breast cancer, not the cancer itself.

The most common genetic risk factors for breast cancer are in women who have changes to the BRCA1 and BRCA2 genes. Women with this inherited gene mutation have up to an 80% chance of developing breast cancer during their lifetimes. If you have a close relative (mother, sister, daughter, etc.) with breast cancer, you should speak with your doctor about genetic testing.

*Florida Cancer Specialists* treats patients with all types of cancer, and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location, that deliver the most advanced and personalized care in your local community.

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North Port, FL 34288

### Port Charlotte

22395 Edgewater Drive  
Port Charlotte, FL 33980

### Venice Island

901 South Tamiami Trail  
Venice, FL 34285

### Venice Healthpark

836 Sunset Lake Blvd,  
Suite 101  
Venice, FL 34292

### Englewood

714 Doctors Drive  
Englewood, FL 34223-3992

For more information, visit [FLCancer.com](http://FLCancer.com)

# Obesity is Linked to Multiple Other Disease States:

## Dr. Estevan Del Castillo Encourages an All-Encompassing Activity That Has Multiple Benefits

Obesity is an epidemic in our country. As a result, more than 2.8 million people die from the ramifications of being overweight. Sadly, it's not just affecting adults; the statistics are also increasing in young children and teens.

The majority of Americans live sedentary lives; we sit in front of computers. We sit while driving to work and to run errands, and we sit down to relax after dinner by watching television. All of this sitting is bad for our health. We need more physical movement to adequately burn calories, to circulate oxygen-rich blood, and multiple other beneficial aspects that come from exercising.

**Obesity can lead to the following diseases and disorders:**

- High blood pressure
- High cholesterol
- Diabetes
- Fatty liver disease
- Asthma
- Sleep apnea
- Musculoskeletal disorders
- Arthritis
- Heart disease
- Vascular disease
- Cancer
- Stroke
- Depression and anxiety

**We caught up with Dr. Del Castillo with Millennium Physician Group to find out more about his concern and recommendations for our obesity epidemic.**

Dr. Del Castillo explained, "There is a comprehensive approach that needs to be addressed with obesity such as in-depth blood tests, medications for comorbid conditions like elevated blood pressure, and it's critical to educate patients on the risks of being overweight, as well as to help them with a customized plan. Along with exercise and a healthy diet, I like to recommend gardening for my patients.

"I believe gardening is a good outlet for a lot of people, including the younger and older population, and it's very beneficial to do together as a family. By planting fruits, vegetables, and herbs, you're getting exercise, and sunlight (which provides vitamin D), and the nutrients from the food we grow. Gardening can also provide a 'Zen-like' aspect, which can help decrease stress and depression.



"I have a garden, my parents do, and I encourage patients to start gardening for multiple benefits. It's a great way to appreciate where your food comes from, and it helps to expand the palate—people enjoy the tastes of herbs and fresh produce that they've grown themselves, and when these are incorporated into their cooking, all of these activities are good for the body and mind.

"Depending on where people live and how much space and land they have, will, of course, result in what type of garden they can have, but here in Florida, we are blessed to have sunshine and warmth throughout the year.

"For limited spaces, you can grow herbs on a counter or windowsill, and you can grow shallow trays of microgreens on a porch or lanai. There are also raised garden beds that you can make or purchase to grow deeper vegetables like beets, greens, carrots, garlic, tomatoes, peppers, and many others.

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"If you've got some land or a yard, you can have larger raised beds for more produce, or you can actually plant a large cultivated garden and possibly some avocado or citrus trees. There are YouTube tutorials, books, and websites dedicated to gardening to help you when you're first starting out. You're not only getting exercise, sunshine, eating healthy foods, and experiencing stress reduction, but you're also learning new information, processing, and building new neural connections. It's great for individuals and families, and if you have leftover crops that you can't use or freeze, you can always share them with your neighbors.

"I believe diet plays a crucial role in helping people stay at a healthy weight and to lose excess pounds and stored fat. Many foods that contain chemicals, excessive salt, and sugar can cause inflammation to occur in the body. When the body is inflamed, it can exacerbate disease states, and it can also create plaque build-up in the arteries (atherosclerosis). A diet that lowers inflammation is critical for maintaining health. Eating more plants is vital for optimal health. If you add gardening as a means to get those foods, you'll reap multiple health benefits."

**Call to schedule your appointment today.**



**Estevan Del Castillo, MD, MBA, Family Medicine**

Dr. Del Castillo was raised in Charlotte County, Florida. He completed his residency training in Family Medicine at Stony Brook University, School of Medicine in New York. At Stony Brook, his main campus was Southampton where his residency training focused on Social Medicine. He worked in two clinics Hudson River Healthcare and Westhampton Primary Care, both of which are Patient Centered Medical Homes which emphasize patient care, coordination and communication.

Dr. Del Castillo attained both his Doctor of Medicine and Master of Business Administration in Multi-sector Health Management at St. George's University, School of Medicine. At St. George's University he served as President-elect of the Clinical Research Society. Dr. Del Castillo has clinic experience in South Miami working with a Nephrologist/Internist.

Dr. Del Castillo is fluent in English and Spanish.

# 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.



**21st Century Oncology**  
A GenesisCare company



**GenesisCare**



**Alex Hnatov, MD, FRCPC**  
Board-Certified Radiation Oncologist  
3175 Harbor Boulevard, Port Charlotte, FL 33952  
Visit [21co.com](http://21co.com) or call 941.627.6465 to schedule an appointment.

# RADIOLOGY REGIONAL OFFERS THE LATEST ADVANCEMENTS IN BREAST CANCER DIAGNOSIS AND BIOPSY

Breast cancer affects both men and women. In the United States, it's expected that approximately 330,000 new cases will be diagnosed this year. Consequently, breast cancer is the second leading cause of death after heart disease in women. And here locally, in the state of Florida, nearly 16,000 new cases of breast cancer are diagnosed each year.

## Screening

A small investment of your time can help save your life. Early breast cancer diagnosis is what spares lives and offers longevity. Physicians cannot stress the importance of getting regular mammograms as well as doing self-breast examinations enough. The breast cancer survival rates in the U.S. are 80-90% if caught in the first stage due to advanced care. However, the diagnosis in later stages drastically drops the survival rate to 24%. It's essential to schedule your mammogram tests regularly, and if you feel a lump, please contact your physician immediately.

Mammograms have helped diagnose breast cancer early and eliminate metastasizing cancer and deaths; however, not all breast cancer is detected with traditional mammography. Additional breast cancer symptoms are lumps in the breast or underarm, pain, nipple discharge, or a physical change in the appearance of the breast or nipple. If you have any of those symptoms, your doctor will order you an advanced imaging test.

Early diagnosis saves lives, and it is critical for treating any cancer effectively. Regular screenings are imperative, as are self-diagnoses. If you notice any changes, making an appointment with your physician is vital.

## Radiology Regional's Advanced 3D Biopsy System

Radiology Regional offers the latest, advanced testing for their patients when there is an abnormality that calls for biopsy of the breast tissue. With Hologic Affirm® 3D Biopsy testing, the patient is comfortably seated in a comprehensive machine that provides the most precise biopsy procedure. Additionally, this system allows the fusion of both imaging and interventional purposes.

## About the 3D Affirm® Breast Biopsy Guidance System

This innovative interventional tool provides advanced breast health via the Affirm breast biopsy guidance system. This system enables 3D™ breast biopsies using the same imaging equipment as for mammography exams. It also includes a lateral arm upright biopsy accessory that allows for even more flexibility to access challenging lesion locations.



## Superior Imaging

With the 3D™ biopsy option, Radiology Regional practitioners can pinpoint subtle, tiny lesions and faint calcifications.

The use of this groundbreaking 3D™ imaging technology to perform breast biopsies offers these key advantages:

- Target lesions, including those visible only in tomosynthesis images.
- Streamlines procedure steps and speeds targeting, resulting in shorter patient procedure time.
- Reduces patient dose, as fewer exposures are required.

## Interventional Biopsy

The system transitions from screening to interventional procedures to biopsy a wide spectrum of patients in a comfortable, seated position.

**DID YOU KNOW THAT PATIENTS HAVE A CHOICE WHERE THEIR IMAGING IS DONE?**

Source:  
<https://www.hologic.com/hologic-products/breast-skeletal/affirm-breast-biopsy-guidance-system>

## Why Radiology Regional?

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.

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!

Contact Radiology Regional today at  
(941) 255-7945, (239) 425-4678 (Español)



[WWW.RADIOLOGYREGIONAL.COM](http://WWW.RADIOLOGYREGIONAL.COM)

# DON'T PLAY THROUGH PAIN

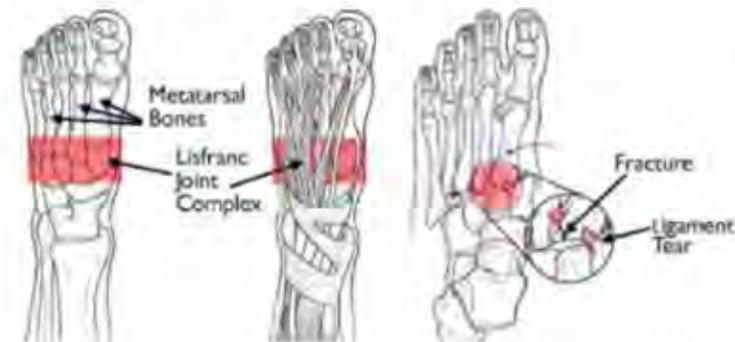
**A**s an athlete you have dedicated many hours to your sport and when an injury occurs many continue to play despite the presence of pain. Unfortunately, playing through an injury can make treatment and recovery more difficult as well lead to lifelong complications. To ensure proper recovery it is imperative that athletes seek a prompt diagnosis so an appropriate treatment plan can be implemented.

Athletes often don't realize how serious an injury can be and the long term effects of not seeking prompt treatment. Often they think if they can bear weight on the affected foot or ankle than its ok to rush back into competition. They don't realize, there are serious injuries that one can on occasion walk on. For example, it is possible to walk on some Lisfranc injuries. Untreated Lisfranc injuries can result in severe long-term complications like chronic pain, osteoarthritis and even foot deformities. Sometime this injury is mistaken for an "ankle sprain" by athletes and ignored.



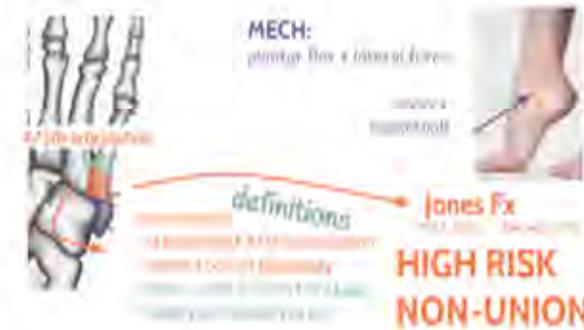
Lisfranc injuries occur in the midfoot where the long bones of the foot (metatarsals) connect to the bones in the arch region (tarsal bones) with ligaments. Lisfranc injuries result if bones in the midfoot are broken or ligaments that support the midfoot are torn. Injuries most often occur due to motor vehicle accidents where the foot is jammed into the floor or to athletes when their foot is planted and twisted (axial load applied to a plantar flexed foot). They can also result from direct trauma (when a heavy object is dropped on the foot). They can even occur by simply missing the last step on the stairs. Symptoms of a Lisfranc injury may include swelling, pain at the midfoot, inability to bear weight, bruising (near the arch region), and widening of the foot (dislocation).

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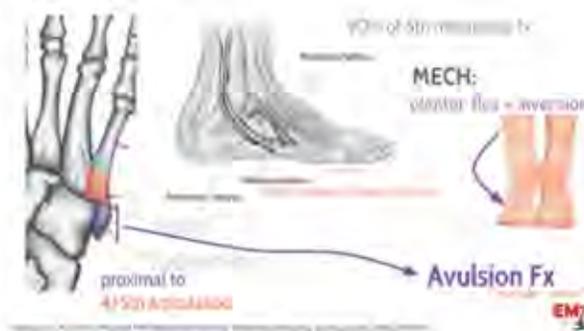
The Lisfranc joint complex includes the bones and ligaments that connect the midfoot and forefoot. Lisfranc injuries include ligament strains and tears, as well as fractures and dislocations of bone (far right).

### Jones Fracture:



Another common injury that is often overlooked are fractures of the fifth metatarsal. These injuries can occur with ankle sprains or the athlete may think it is just a sprain. Common fractures at the base of the 5th metatarsal bone include: Avulsion and Jones fractures. In an avulsion fracture, a small piece of bone is pulled off by a tendon or ligament. This type of fracture can occur after abnormal rolling of the ankle. They are often overlooked when they occur with an ankle sprain. Jones fractures occur in a small area of the fifth metatarsal that receives less blood. Due to the lack of blood flow they can be difficult to heal. They can occur from either a stress fracture (a tiny hairline break that occurs over time) or an acute (sudden) break. Overuse, repetitive stress or trauma can all result in creating a Jones fracture. They are less common and more difficult to treat than avulsion fractures.

### Avulsion Fracture:



Other types of fractures can occur in the fifth metatarsal as well. Examples include midshaft fractures, which usually result from trauma or twisting, and fractures of the metatarsal head and neck. Symptoms may include pain, swelling, tenderness on the outside of the foot, bruising, and difficult walking.

Playing through pain is never recommended for anyone (athletes and non-athletes). If you experience pain during physical activity or sustain an injury seek treatment immediately. A foot and ankle specialist can determine the best course of treatment for the specific injury and return you back to your sport pain free.

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# Freedom Rehab Aquatic Therapy and Balance Center: The History and Resourcefulness of Their Center

Owner and founder Brenda VanSalisbury was inspired to take her occupational therapy career and make it into a venture that would benefit patients in on a whole new level. Recently we caught up with her to find out why she created Freedom Rehab Aquatic Therapy and Balance Center and how she overcame several obstacles at its inception and more recently, COVID-19 mandated issues.

"I had been an Occupational Therapist for over 15 years and not fulfilled in my job. My wheels began turning on what I could do that was different and didn't offer a pay cut as my present options did. So while on vacation with my husband, I told him my idea. I told him I wanted to open an aquatic therapy business and run it from our home. He looked me dead in the eyes and said, 'Over my dead body! Not happening, not up for discussion!' So, of course, I opened an aquatic therapy business and ran it from my home! LOL.

"I was in heaven, I was in warm water in the sunshine all day, and I couldn't believe that my patients who had been plagued by pain for decades, were getting better, doing more, and living with less pain than they ever thought was possible. In fact, my patients were so happy that they couldn't wait to tell their friends, family, and doctors.

"I had a stack of informative brochures on my table, and I couldn't keep them stacked. My community rallied around me and offered tremendous support and encouragement. Within six months, I had too much work and had to hire my first employee. Then it became two, then three, and so on, and my business continued to grow. We were so busy, in fact, that I had to hire someone to valet the cars because I had nine in my widened driveway, and it was like a puzzle.

One day I had 32 people come to my house! Fast forward over 1.4 million dollars in revenue later, and the city of North Port shut my home business down. This was December of 2019. So, we ended up leasing space at the port charlotte YMCA. The YMCA staff were lovely to us, but the members did not take kindly to the intrusion in their pool. The water was 85 degrees and not the 93 we were used to. We knew we had to find a place of our own.

"In January, I entered into a contract on what seemed like the perfect solution. It was a former model home with a pool. Set up just like my house, which the patients would say was intimate and spa-like. Perfect, we thought. We were given a march closing date. We figured we could hang on that long. March came, and my loan was nowhere near being ready. Then COVID-19 hit, and the YMCA shut down, and the bank stopped all work on my loan. So, now, I've got no pool to do business and care for patients. I am someone who can think on their feet, so within two weeks, I had two commercials, a print ad, a radio spot, a Facebook ad, and a new landing page with an updated website all promoting my new homecare business, Outpatient on Wheels.

"We were unique in that we were an outpatient clinic in the home and not a home health agency; therefore, the patient did not have to meet the stringent requirements such as homebound status as they had to with the home health agencies. We were doing aquatic therapy at their pool if they had one, and if they didn't, we would work on balance, gait, and general conditioning. Although this was only a small portion of my regular revenue, it kept my head above water. I tried not to feel too sorry for myself because I knew that businesses all over were closing their doors for good and that most of the country was out of work. I still had a business, so I held on to that to stay positive.

"I used my time well and created a new program for my business that is a land-based balance training program called Freedom From Falls, which is designed to increase safety and reduce the risks of falls. I do not close on the loan until June 3rd. The building had carpet, and I needed to put a new sink and install a ramp. Pretty simple, we felt. We set an opening date of July 6th.

"After I closed, I began the process of getting the county documents in order, such as a change of occupancy, which I needed to get my business license. The application for the change of occupancy got rejected. To make an extremely long and dramatic story short, the prior owner never brought the property up to commercial standards, and it was zoned a residential use property. It is now our job to

do this. We had to hire an engineer, architect, and general contractor to bring the property up to ADA standards. Getting to the initial permitting stage took months. So during this time, I and my COO Naomi Stiwich, who I refer to as my right-hand man, decided we would call our past patients and invite them to our opening and return as patients. This is in the heat of the coronavirus, so we don't have high expectations. We got 107 patients to give us a resounding yes to opening week, more than a dozen snowbirds saying yes when they got back to town, and a very healthy maybe list almost 40 people long.

"In the meantime, our humble Outpatient on Wheels had grown to triple what it was when we started. So now we are in the home stretch. We expect to open October 19th. We have good reasons for this optimism, so we are planning on it. The community that rallied around me five years ago rallied around me again. Not only did I need them, but they also needed me. It had always been that way, and now when I open my doors, we can be reunited with our tribe. Of course, we have some changes due to the virus now. Everyone will wear a mask and have their temperature checks, and there will be six feet apart stations in the pool. We still have room for more patients, so we are inviting a new tribe to join us and help Freedom Rehab Aquatic Therapy and Balance Center bring the much-needed pain relief, strength, and delight as we have always done. We can't wait for our bright future! Patients should call our clinic and see if they are a good fit for our program. One of our therapists is also a massage therapist, so we are giving gift certificates to her as a thank you for our new tribe. Freedom Rehab Aquatic Therapy has only just begun the most exciting chapter of its history. Although I've had a very long road, my gut tells me everything will work out, and I will have my happy ending. P.S, my grumpy husband George is now Freedom's biggest fan!"

To schedule your appointment, please contact  
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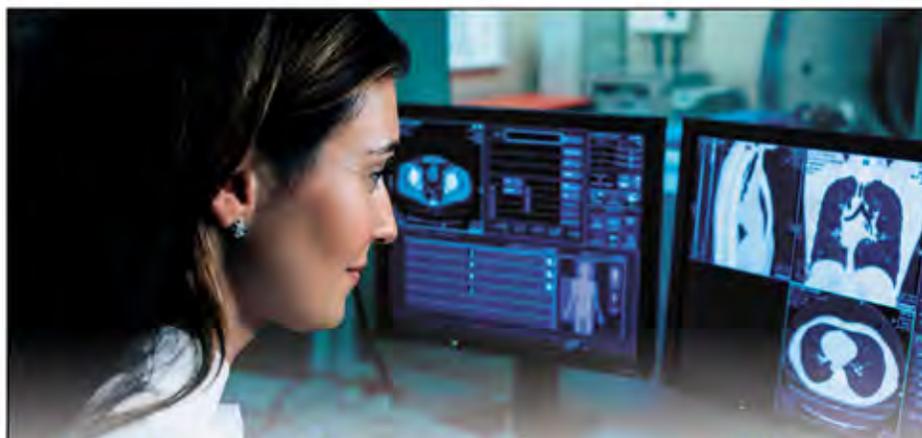
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# Spider Veins - Cosmetic Concern or Tip of the ICEBERG



## Q&A

with Dr. Joseph G. Magnant

### Q. What are Spider Veins?

A. Spider veins are fine thread-like veins found on the skin surface, which are commonly seen in the thighs or calves. Large purple clusters of spider veins are referred to as telangiectasia and may be fed by deeper blue veins. Spider veins & telangiectasia may be a sign of underlying vein disease, especially when found below the knee and around the ankle. Treatment of straight forward cosmetic spider veins is best accomplished with a nearly painless procedure called sclerotherapy, where a special medication is injected directly into the spider veins through a tiny needle. The medication causes inflammation of the lining of the veins and subsequent closure of the veins and absorption by the body, which may take weeks to months.

### Q. What causes spider veins in the legs?

A. Spider veins can occur anywhere on the legs and may be related to the valves inside the veins not working properly. Spider veins on the nose or face are often the result of excessive sun exposure or alcohol consumption. Direct trauma to an area of the thigh or leg might also result in spider veins.

### Q. Can spider veins cause pain in the legs?

A. Although spider veins are rarely painful, they may be uncomfortable or ache when associated with underlying venous disease. In cases where there is associated discomfort or pain, a thorough venous evaluation, including a diagnostic ultrasound, should be considered.



### Q. How do you treat spider veins?

A. Although there are a variety of homeopathic remedies proposed such as Horse Chestnut extract, Witch Hazel and others, the medically proven and most commonly accepted treatment for spider veins is a procedure called sclerotherapy, with injection of liquid medication which safely irritates the vein wall & causes the vein to close off.

### Q. What causes varicose veins?

A. Weakness in the valves in your leg veins can prevent blood from flowing normally and contribute to varicose veins or spider veins. Your heart pumps blood filled with oxygen and nutrients through your arteries to your whole body. The venous blood in the legs must return against the force of gravity. When the check valves in your leg veins fail to close tightly, pressure builds up in the leg veins resulting in spider veins, varicose veins and other more advanced signs of venous disease such as swelling, skin discoloration, dermatitis, bleeding or ulceration.

### Q. What happens if varicose veins are left untreated?

A. If left uninvestigated and untreated, venous insufficiency, may eventually result in excess blood leaking into the tissues of the leg. Patients may experience painful swelling and inflammation as well as pigmentation and thickening of the skin of the lower legs, which is known as stasis pigmentation or stasis dermatitis. The most advanced complications of untreated venous disease are venous bleeding or venous ulceration.

### Q. Can spider veins turn into varicose veins?

A. Spider veins are the mildest physical sign of venous insufficiency. Next on the continuum of vein disease is a telangiectasia, which is a cluster of spider veins. Varicose veins are the next most advanced physical sign on the spectrum of vein disease signs. Although, spider veins do not necessarily "turn into" varicose veins, if vein disease is not diagnosed and treated with appropriate treatment, the physical signs of venous disease usually progress over time.

### Q: I have had spider vein treatment in the past with sclerotherapy, but the treatment did not seem to work and the veins came back?

A. While there are no guarantees that spider vein injections will work long term, injection sclerotherapy by an expert with Asclera (polidocanol) usually yields excellent results. If you have been frustrated by the incomplete response of your spider vein therapy, it may be best to consider a thorough vein investigation including diagnostic ultrasonography to rule-out a deeper vein problem. There might be an underlying issue such as leaky valves which requires correction with a minimally invasive sealing procedure (endovenous ablation) or ultrasound guided foam sclerotherapy with Asclera or Varithena to achieve the resolution of spider veins you are seeking.



### Q. Will compression stockings help spider & varicose veins?

A. Compression hose or stockings are the first line of conservative therapy in the management of vein disease. They will not prevent the development of spider veins or varicose veins but they will help with the symptoms of vein disease and slow down the progression of the disease. They function as a supportive mechanism applying external pressure to counteract the pressure from the leaky veins within the leg. Compression hose should be worn during the waking hours when one is up on their feet sitting or standing, and taken off prior to bedtime.

### Q. What type of doctor should I see for my spider veins?

A. Your best choice is an experienced Board-Certified Vascular Surgeon or a physician with board certification by the American Vein and Lymphatic Society whose practice is dedicated and focused on the modern evaluation and management of venous disease. Inquire regarding their experience, number of years in practice, number of procedures performed and which procedures they offer for vein therapy. The final check should be through a reliable online review site such as Healthgrades.com or Vitals.com and your primary care physician.

### Q. Are spider veins hereditary?

A. Yes, venous disease is inherited, included in which are spider veins. Approximately 50% of females and 33% of males will develop spider veins during their lifetime.

### Q. Is exercise beneficial for varicose veins?

A. Exercise, including running, is usually a good thing for your veins. "Exercise is always good for the circulation," emphasizes Dr. Magnant. "Walking, using elliptical machines, performing pool exercises or running leads to more calf-muscle pump activity and more blood returning to the heart and less pooling of blood in the calves."



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# ROLE OF PHYSICAL THERAPIST EVOLVES, EXPANDS

By Dr. Chris Mulvey, PT

**P**hysical therapists examine patients and develop treatment plans to improve their ability to move, reduce or manage pain, restore function and prevent disability. That's the job description straight from the American Physical Therapy Association.

For individuals who have suffered an injury, either through sports, a vehicle accident or fall, physical therapy is an extremely important step in their recovery journey. However, those conditions often are the only reason that people consult with a physical therapist.

At FYZICAL Therapy & Balance Centers, the range of conditions treated through physical therapy is seemingly endless. Therapists treat patients with chronic conditions like arthritis, back pain, carpal tunnel syndrome, overuse injuries, muscle weakness and more. They also treat patients who have experienced concussions, undergone amputations or have suffered hearing loss.

## Across FYZICAL locations, physical therapists provide a range of services, including:

- Balance therapy: to enhance sensory and motor aspects of balance through strengthening and sensory organization techniques.
- Vestibular therapy: to improve the vestibular system located in the inner ear to eliminate dizziness and improve balance.
- Orthopedic therapy: to treat dysfunctions involving muscles, bones, joints, tendons and ligaments.
- Post-surgical rehabilitation: to treat an orthopedic dysfunction after surgery.
- Neurological rehabilitation: physical therapy for the treatment of various neurological conditions, including Parkinson's disease, stroke, concussion, multiple sclerosis and other conditions.
- Pelvic health therapy: designed specifically for the pelvic area for problems including incontinence and pelvic pain.
- Hand therapy: to restore mobility and function of the hand while reducing pain.
- Work and Auto injuries: physical therapy designed to treat various injuries related to workers compensation and automobile accidents.
- Other specialty treatments like laser therapy, massage therapy, dry needling and aquatics therapy.



Many people underestimate, or perhaps are unaware of, the capabilities of physical therapists. The main goal is to optimize overall health and wellness so patients can love their life.

October is National Physical Therapy Month, an opportunity to raise awareness and appreciation for the field of physical therapy. Below are four surprising facts about physical therapists:

### Most physical therapists are doctors

At one time, physical therapists only needed a bachelor's or master's degree to be credentialed. Now, they must earn a Doctor of Physical Therapy, or DPT, to call themselves a physical therapist. DPT graduates must complete both didactic and patient-facing clinical training.

### The origins of physical therapy date back more than 2,000 years

Hippocrates and Galenus are said to be the first practitioners of physical therapy, with the modern version appearing in the 1800s. It became widely recognized in America as a treatment method for injured military personnel during World War I. In fact, the American Physical Therapy Association will celebrate its 100th anniversary in 2021.

### Physical therapy is one of America's fastest-growing occupations

The U.S. Department of Labor estimates that employment of physical therapists will grow by 18%

over the next decade, a rate that far exceeds the average for all occupations. The forecasted gain is attributed to aging Baby Boomers. In 2019, there were 258,200 physical therapists in America, according to the labor department. Charlotte County actually has the highest ratio of physical therapists to the general population in all of America, with nearly five per 1,000 residents.

### Physician referrals are not required

Unlike many specialists, patients do not need a referral from their primary care physician to see a physical therapist. A quick consultation can determine whether a physical therapy location has the staff expertise to treat a specific condition. Note: some insurance policies may require a physician referral to cover costs of a visit.

### 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](http://Fyzical.com).



# iLASIK—All You Ever Wanted to Know

**iLASIK** 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, iLASIK 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 iLASIK team at The Q LASIK & MED SPA will consist of Dr. Duane Wiggins and Dr. Emmanuel Kai-Lewis who are both highly experienced iLASIK and refractive surgeons. Board certified ophthalmologist and fellowship trained iLASIK surgeon, Dr. Wiggins brings more than 20 years of experience in iLASIK 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 iLASIK, 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 iLASIK 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 iLASIK stand for?

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

## What part of the eye is treated?

iLASIK 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 iLASIK, 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 iLASIK 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 iLASIK?

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

## Who should not have iLASIK?

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

## What if I had a prior iLASIK 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 iLASIK 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 iLASIK procedure itself.

## Are there other options than iLASIK?

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 iLASIK procedures.

## What is the next step?

If you are considering iLASIK, 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 iLASIK 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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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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# Transforming the Mammography Patient Experience - Introducing the SmartCurve™ Breast Stabilization System

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**W**ith pain being the number one complaint during mammograms, this fear of pain prevents many women from making regular breast imaging appointments a priority. Not only can this have a negative impact on patient volume and satisfaction scores, but it can put women at risk of a cancer being missed, or diagnosed at a more advanced stage.

With improved comfort, the SmartCurve™ system was designed to address this challenge and provide a better patient experience for women during their mammograms

Breast pain experienced during a mammogram is directly related to the time spent under compression and the pressure distribution on the breast, two factors that must be addressed to improve the mammography experience. The SmartCurve system features a proprietary curved surface that mirrors the shape of a woman's breast to reduce pinching and allow better distribution of force over the entire breast. The system also features proprietary image processing algorithms that ensure the preservation of image quality and accuracy. The SmartCurve system, combined with the fastest 3D™ mammogram available, makes the Genius exam the obvious choice for women wanting a more accurate exam that is also more comfortable.

In a recent clinical study comparing the SmartCurve breast stabilization system to a traditional flat paddle compression, the SmartCurve system improved comfort in 93 percent of women who reported moderate to severe discomfort with standard compression. In addition, 95 percent of those surveyed would recommend facilities that use the system. While not all women will be a candidate for the SmartCurve system we are able to accommodate a majority of women and breast sizes, and is used with Hologic's MammoPad® breast cushion for even greater comfort.



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In addition to providing women with increased comfort and the accuracy they have come to expect from RAVE and the Genius exam, the SmartCurve system's image processing algorithm ensures there is no change in positioning or workflow for radiologists and technologists administering the exam. It allows RAVE Radiologist to be confident they are offering patients an improved experience while maintaining efficiency within their facilities.

Sheryl Crow, Genius exam spokeswoman, said, "I've already been telling women that the Genius exam is the best option for their annual screening. Now that it's also a more comfortable exam thanks to the SmartCurve system, I'm urging women everywhere to stop making excuses and ask their doctors about the Genius exam today."



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# The Link Between Hearing Loss and the Increased Risk of Dementia is Significant:

Advanced Hearing Solutions Provides an Innovative Cognitive Test to Measure Results

By Dr. Noël Crosby, Au.D.

**C**ognitive decline and dementia can have a large impact on an individual, on caregivers and society, and the financial costs of cognitive decline and dementia are a major source of concern; however, there is cause for optimism because of potentially modifiable risks for cognitive decline. The recently published Lancet Commission report suggests that the treatment of hearing loss in midlife is the number one modifiable risk factor for reducing the onset of cognitive decline. Because cognitive decline precedes dementia, an understanding of how to curb this decline could help reduce the risk of dementia.

Studies that measured hearing, found an increased risk of dementia per 10 dB of the worsening of a hearing loss. One further possibility is that hearing impairment results in increased compensatory mental effort to perform cognitive tasks such as remembering sequences of spoken digits. This compensatory effort may use up limited cognitive resources resulting in an apparent decrease in cognition (the cognitive load effect). It takes the average person 7 – 10 years from when they begin experiencing hearing loss to seeking treatment. That is 7 -10 years of a brain working overtime, no wonder hearing loss is linked to cognitive decline.

The great news is the increasing evidence that treatment in the form of hearing aids will improve quality of life, increase social engagement and also more evidence that hearing aid use may have a positive impact on the performance of cognitive measures. Wearing a hearing aid might not prevent dementia, but if the onset of functional impairment could even be delayed by only a few years for some people, this would be a significant achievement.

If treating hearing loss can improve cognition or at the very least stabilize the rate of cognitive decline, why would anyone with any type of hearing loss not seek treatment. Now that the world knows that hearing loss can contribute to decreased cognition, it follows that in my office I now use Cognivue. this is an FDA cleared computerized test that can screen



for early signs of Alzheimer's and other cognitive impairments. I am finding that information provided by the Cognivue screening device provides me with valuable information that allows me to better treat hearing loss.

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- 2. Testing different aspects of cognition** – Cognivue tests various parts of cognition to give you an idea of exactly what effects are happening and what are the best ways to counteract them. Cognivue tests Motor Control, Visual Processing, Perception, and Memory.
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for more information about Cognivue or to  
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**About Advanced Hearing Solutions** — Using the latest and most sophisticated technology, we determine if you have hearing loss--and, if you do, we determine the degree and type of hearing loss. If your hearing loss requires medical or surgical intervention, we can refer you to a physician (otologist or neurologist) for appropriate treatment. If your type of hearing loss can best be treated with the use of hearing aids and/or other assistive listening devices (which is true in the great majority of cases), we can select any of a wide range of hearing devices and custom fit them to your ear, programmed to augment your hearing at those frequency levels where your hearing loss is greatest.

# Hope PACE: A Lifeline for Seniors

## Innovative Program Offers All-Inclusive Care and Services

Hope PACE®, a Program of All-Inclusive Care for the Elderly, provides Southwest Florida seniors with the coordinated and comprehensive care needed to age in place, wherever they call home.

With a mission of maintaining quality of life and mobility for Lee, Collier and Charlotte county residents at risk for nursing home placement, Hope's team develops an individualized plan of care that is customized for each participant's needs and practical challenges.

Throughout the pandemic, Hope has maintained an excellent level of clinical care in fully equipped, state-of-the-art Hope PACE Care Centers, where participants continue to receive medical and dental care, laboratory and diagnostic services, as well as care from specialists. Occupational, physical and speech therapy are available for those with special needs. Personal care, prescription drugs, and medical supplies are also included.

Free transportation is provided to the Care Center where the Hope PACE program offers nutritious meals and the opportunity to socialize and make new friends. When Covid-19 permits, activities are planned throughout the day that address each person's body, mind, and spirit. Gentle exercise helps keep bodies in motion, while trivia and word games help keep participants' minds active as well.



**Hope PACE participants ride to the Care Center in colorful Hope Mobiles that provide safe, convenient transportation at no charge for those who enroll.**

The creative arts are integrated into the program through crafts and performances by visiting musicians.

Hope PACE recently received a heartwarming letter of gratitude from Gladys Jarvis of Fort Myers, who shared: *"This note is to let you know your program is working well. I am 80 years old, do not drive anymore, but do not feel alone or lost because I have Hope PACE and the wonderful angels giving me help with cleaning and shopping. Through this whole mess of the coronavirus pandemic, we have felt VERY comforted having you all only a phone call away. Many of our friends who do not belong to PACE tell us of the problems of not getting their doctor for answers or even unable to get their meds. Someone from PACE has called me every week checking to make sure all is fine or asking if I need anything. Some friends have even felt stranded, but not us PACE members. Bless you all for taking such good care of us. We don't feel forgotten."*

Hope PACE is truly unique from other health care programs by using an innovative, personal approach to ensure seniors receive the care and comfort they deserve. Engagement and interaction are extremely important for aging adults, and PACE provides extra special opportunities for connection. The program is often considered an emotional lifeline by many people in Southwest Florida.

Hope PACE Centers are located in Cape Coral, Fort Myers, Lehigh Acres, Naples, and Port Charlotte. To be eligible to enroll in Hope PACE, which is free of charge for participants with dual Medicare and Medicaid coverage, you must be at least 55 years old and a Lee, Collier or Charlotte county resident. You must also have health problems that qualify you for nursing home care. Visit [www.HopePACE.org](http://www.HopePACE.org) or call 239-985-6400 to learn more about Hope PACE's all-inclusive care.

# A SPECIALIZED KNEE PROGRAM HELPS PATIENTS AVOID SURGERY AND ACHIEVE REAL RESULTS

By Physicians Rehabilitation

**H**ave you been suffering from knee pain that just won't go away no matter how much ibuprofen you take? With knee arthritis, the cartilage breaks down and wears away leaving the bones to rub together, which causes pain, swelling, and stiffness, and limited range of motion in the affected joints.

When patients have "bone on bone" degeneration, they often are told that surgery is the only answer. At Physicians Rehabilitation, our goal is to give you the best chance of preventing knee replacement surgery and to get you out of pain and living your life again!

With knee replacement surgery, it's permanent. Starting with a more conservative approach is a better choice. Knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis.

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Viscosupplementation is a gel like substance that is very similar to the synovial fluid in our joints, which reduces inflammation and increases cushioning and lubrication of your knees immediately. This treatment protocol is used to treat the symptoms associated with arthritis.

Viscosupplementation (also known as hyaluronic acid injection) involves injecting a lubricating fluid into the knee joint to promote more comfortable knee movement, reduce friction in the joint, and slow the progression of arthritis. This treatment is also commonly paired with physical therapy to help strengthen the joint and improve range of motion. At Physicians Rehabilitation, we perform viscosupplementation with the guidance of advanced fluoroscopic technology to achieve enhanced precision and provide our patients with optimal results. Viscosupplementation is considered to be a safe procedure, with only a small percentage of patients reporting mild side effects.

Viscosupplementation is among our knee pain treatment options at Physicians Rehabilitation. Other treatments we offer in the specialized knee program are:

- Stem Cell Therapy
- PRP (Platelet Rich Plasma)
- Physical therapy
- Bracing
- Rehabilitation
- Supplementation and more



*PRP therapy is a fast and painless procedure. All treatments are performed in office and take approximately one to two hours, including preparation and recovery time. In fact, most people return to their jobs or usual activities right after the procedure.*

We are a leading provider of nonsurgical orthopedic solutions in the Florida. We cater to patients of all ages and lifestyles who are at their wit's end with symptoms of osteoarthritis and other debilitating joint conditions. If you're ready to find meaningful relief from your knee pain, we encourage you to consult with our board-certified physicians about your nonsurgical treatment options – even if other doctors have told you that surgery is the only answer.

Contact Physicians Rehabilitation today to learn more about viscosupplementation and its role in our knee pain relief program. Our team proudly serves patients throughout Florida. If you have any questions about our approach to treatment, physicians, or accepted forms of payment, please don't hesitate to give us a call.

*Don't just take our word for it, hear what our patients have to say!*



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## Patient Testimonials

### Try the Shots First!

"If you're thinking about getting your knee replaced you may as well try the shots first...the three shot series I had back in Boston didn't do a whole lot...but this program afforded me the ability to walk longer and further...the pain is pretty much gone..."

*David C. – Florida*

### I Didn't Want Another Knee Surgery!

"Pain level coming in was an 8, going out a 1. I had my left knee operated on and I didn't want to go through that pain anymore, so I wanted to try something different...getting in and out of the car, walking stairs was a catastrophe...Now I'm hitting the golf ball better than before..."

*Andrew F. – Florida*

### Time to Take Care of My Knee Pain!

"I always had pain because as a child I was very klutzy and I always fell down and landed on my left knee, which hurt me on and off over the years, but I was accustomed to it...so I came here and it was wonderful, no more pain..."

*Margaret M. – Florida*

### NO-COST, NO-OBLIGATION CONSULTATIONS

Physicians rehabilitation will answer all of your questions in a warm, friendly environment. Once complete, you will know exactly what your treatment options are and if Viscosupplementation therapy and our specialized rehab program is right for you.

You can learn more about us at [PhysiciansRehabilitation.com](http://PhysiciansRehabilitation.com). This is a very common condition and highly sought after treatment, There are a limited number of spots available for the NO-COST NO-OBLIGATION consultation, so be sure to reserve your space now! Call **855-276-5989** today.

### Does Insurance Cover This Treatment?

Most major insurances and Medicare will pay for Viscosupplementation treatment.

If you have knee pain that keeps you awake, keeps you from doing certain activities, like going up and down stairs, stop masking your pain with harmful ibuprofen or addictive pain medications and schedule your NO-COST, NO-OBLIGATION consultation today. CALL 855-276-5989.



# HOMESTEAD RENTAL DOES NOT MEAN LOSS OF ITS PROTECTION

By James W. Mallonee

The usual understanding of Florida's Constitutional Homestead Protection was that the property being declared as protected homestead against creditors could not be rented. However, that orthodox myth has been busted in the case entitled Anderson v. Letosky from the Second District Court of Appeals.

While it is true that an entire residence cannot be rented out and continue to enjoy its homestead protection; there is nothing in the constitution stating that portions of the homestead property can't. The question before the court was whether a decedent's four-bedroom homestead property would continue to remain exempted from creditor claims if three of the four bedrooms were rented out. The court determined that the entire property could continue to remain exempt from creditor claims.

In this case the owner rented three of the four bedrooms to separate tenants. The owner lived in the fourth bedroom while collecting rent from the other three persons. The owner of the property subsequently died and at death the decedent had racked up \$38,551 dollars in judgment liens. The judgment creditor filed their lien in the estate proceedings and was attempting to collect on the liens from the sale of the residential property. The argument for exemption ensued by the heirs with the creditor claiming that at least 75% of the residence (the three bedrooms out of four) did not qualify for the exemption. The trial court agreed with the creditor and the case was appealed to the Second District Court of Appeal for review.

In its analysis, the Second District Court of Appeal turned to the 1992 case of First Leasing & Funding of Florida, Inc. v. Fiedler, which analyzed similar facts as the present case; but, in Fiedler, the property in question was a triplex and not a single-family dwelling. The Court's analysis involved if a fractional portion of a decedent's homestead is rented out, would the decedent lose their homestead protection to the entire property. The court also analyzed whether a decedent's homestead protection could be severed from the remainder (allowing for a fractional exemption).



After reviewing the Fiedler case, the Court reasoned that a homestead property cannot be severed by renting out a fractional number of bedrooms without destroying its utility as a single-family dwelling. As stated before, the Fiedler case involved a triplex property where each tenant had their own functioning unit. The difference is that duplex or triplex properties are fully functioning residences versus a single family dwelling as one functioning unit. It did not matter that it involved one roof. The Fiedler court reasoned that the homestead protection did not apply except for the decedent's property because it was a triplex. In this case, the residence is not a duplex with separate functioning units, but is a single residence all under one roof.

The message to be learned is that a person's homestead property may be rented out as long as the rented portions are not standalone and fully functional like a duplex unit. Therefore, the Court is saying to its citizens, that if you are stretched for cash, you could rent out portions of your single-family residential homestead (bedrooms) to any person and continue to enjoy the guaranteed protection from creditor claims under Article X, Section 4 of Florida's Constitution. This is good news for those persons who may need additional income to survive during this Covid-19 pandemic period.

If you are considering renting out rooms connected to your primary residence, contact the attorney of your choice and discuss whether or not your residence will continue to enjoy its exemption from creditor claims. Doing so may give you the green light to collect additional income while enjoying creditor protection; but remember, you must continue to intend to reside in at least one of the bedrooms.

*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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# Medical Marijuana Delivery: A New Booming Sector in The Industry

**A**s of the lockdown, medical marijuana delivery and contact-free pick up services have seen a huge rise in popularity. The state of Florida saw a 40% increase in medical marijuana sales with delivery focused dispensaries such as One Plant potentially reaching even higher numbers. With the looming uncertainty of things returning to normal, many patients have stocked up on products as this also limits exposure by reducing the number of visits to the dispensaries. Most dispensaries have had delivery services for some time now, and that option was mostly used by those either too far from the dispensary or those who are homebound. But this sentiment has shifted, and the majority are resorting to safer, contact-free options such as this and taking advantage of telemedicine to recertify over the phone.

Unfortunately, while convenient, it does leave patients limited as they cannot go and drive to the storefront and mostly have to abide to the delivery window. To address this, dispensaries such as Grow Healthy have shown a game changing service with delivery times as short as a couple hours; now making it as quick and simple as ordering a pizza. As new standards are set through the upcoming months, time will tell whether or not the delivery sector will continue to see the same amount of growth within the industry as we enter uncharted territory.

## Why is Medical Marijuana so Effective and in Demand?

The endocannabinoid system (ECS) is a group of endogenous cannabinoid receptors located in the mammalian brain and throughout the central and

peripheral nervous systems, consisting of neuromodulatory lipids and their receptors. The endocannabinoid system can be found in nearly any mammal with a vertebrae. The endocannabinoid system is involved in regulating many key bodily processes, including blood pressure, immunity, stress, inflammation, neurotoxicity, and digestive functions. The endocannabinoid system within the human body is a network of cell receptors that respond to key molecules found in marijuana – THC and CBD in particular. CB1 receptors are most densely concentrated in parts of the brain and central nervous system, and less densely found throughout the rest of the body. CB2 receptors, on the other hand, are less densely located in the brain regions, and more concentrated in the peripheral nervous system and organs. The mapping of these receptors fits well with the diverse range of symptoms and conditions that are found to respond positively to medical marijuana.

In addition to regulating neuronal excitability and inflammation in pain circuits, the endocannabinoid system has been shown to play a regulatory role in movement, appetite, hypothalamic-pituitary-adrenal axis modulation, immunomodulation, mood, blood pressure, bone density, tumor surveillance,

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neuroprotection and reproduction. The endocannabinoid system has also been shown to affect sensory perception, cardiac output, cerebral blood flow and intraocular pressure.

## How to Become a Patient

You must first be Certified by a Licensed and Certified Marijuana Doctor who will provide a patient number for you to order your Medical Marijuana Card from the State of Florida Department of Health Office of Medical Marijuana Use.

**Patients with a qualifying medical condition can become a Florida Medical Marijuana Patient in two easy steps:**

1. Fill out the form above, or call us at (844) 420-7277 or call one of our Local Offices: Certified Medical Marijuana Doctors Offices
2. Once you are certified by one of the Medical Marijuana Doctors you will receive an email link to order your medical marijuana card from the State of Florida.

## Florida's Qualifying Conditions

- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Seizures
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Crohn's disease
- Parkinson's disease
- Multiple sclerosis (MS)
- Chronic nonmalignant pain caused by a qualifying medical condition or that originates from a qualifying medical condition and persists beyond the usual course of that qualifying medical condition
- Patients can be considered for alternative disorders

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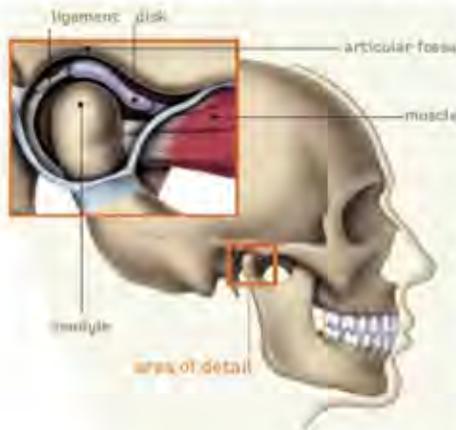
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# The Daily "Grind"

By Dr. Joseph Farag

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



## Treatment Options

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

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

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

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

## Relaxation Techniques May Help Alleviate TMJ Symptoms

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

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



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# Cancer.

By Paula Swift, CHTP

**J**ust one word evokes a diverse response. Whether you've experienced it yourself, or walked alongside others through their crisis, fear, anger and sadness tend to dominate. So, it might sound strange when some will remark this time in their life to be the best event that ever happened to them. I am one of them.

When I reflect on my own experience with breast cancer, I find that there is one common ground with others who also claim that cancer was one of the best things that happened in their life. And it all comes down to faith. With varying beliefs and religious practices, there is always a foundation of faith in a higher, greater power, with the majority having a very personalized relationship with God. There is incredible beauty found in each individual as their faith grows, and their spirit and life begin to flourish with profound discoveries and meaning, regardless of what their body might be doing.

Upon receiving that phone call from my doctor to confirm my cancer diagnosis, I wasn't quite sure how to feel. My immediate prayer was that God would bring to me the right people who would support me in the way that He wanted for me. He answered that prayer immediately that very night with a dear friend. I knew in my heart that I wanted to take a different direction than the standard medical protocol, and she was my first cheerleader,



offering the beginning of what would be a long road of research and education that continues even today. I set my heart and eyes on my ultimate Healer, my Creator, my Heavenly Father, for this direction. And the intimacy with Him grew exponentially as He offered comfort and guidance.

Sunday morning following the diagnosis, I was on my way to church at a very early hour. During the quiet, 20 minute drive during sunrise, I was asking Him how will I know which protocol He wanted me to do. His voice was so clear that it was nearly audible with my human ears, "I've got this, Paula. I've got you". Okay, okay, I get it, Lord. One step at a time it will be. From then on, those words were repeated countless times throughout my healing and the more I allowed the time and space to listen, the more I heard His

voice and the more I recognized when His Spirit was moving me. It became very clear that the path He was leading me on was for the sole purpose of serving Him and serving others.

Reflecting on my healing experience and life since, the joy and peace that have filled my soul exceeds all I've ever known prior. The intimacy with my Heavenly Father continues to grow closer in ways that my heart had yearned for throughout my lifetime as a believer. When focus continues to be with Him, fear does not prevail and pain has purpose. It is because of all He continues to teach me, and His overflowing unconditional love, that I am able to live my life serving others seeking whole healing of their body and spirit. Healing comes in many ways and sometimes it is not on this side of heaven. But healing the spirit is eternal, and we recognize that our days in this body are temporary, it sets our sights to what is forever. And that is where the adventure really begins!

LIVING FROM CANCER

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