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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
Freedom Rehab Aquatic Therapy and Balance
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Lung Cancer & COVID-19

According to the American Cancer Society, lung cancer is the leading cause of cancer deaths in the United States, with more people dying of lung cancer in a year than from breast, prostate, colorectal and brain cancers combined. It is the second most common cancer in both men and women, ranking just behind prostate and breast cancer, respectively.

IMPACT OF COVID-19

While the COVID-19 pandemic has affected just about every aspect of our lives to some degree, cancer screening, diagnosis and treatment have been highly impacted. Many have chosen to delay cancer screenings and, in some cases, cancer surgeries and treatments because they do not want to risk going to a doctor's office or hospital and being exposed to the virus. It's a concern that is understandable because cancer patients, especially those who are in active treatment, are extremely vulnerable to COVID-19 due to their compromised immune systems.

Lung cancer patients, in particular, tend to be older and have a variety of underlying conditions. They are not necessarily more susceptible to the virus, but if they get it, they are more likely to have more severe complications, according to a recent study conducted at Memorial Sloan Kettering Cancer Center in New York and published in June 2020 in the *Annals of Oncology**. The study reported that 62% of the lung cancer patients were hospitalized and 25% died. Severity of the disease was suspected to be linked to how much or how long the patient was smoking or had smoked. Because of this increased risk, lung cancer patients should be extremely vigilant about taking precautions to prevent the disease.

* <https://doi.org/10.1016/j.annonc.2020.06.007>

EARLY DETECTION SAVES LIVES

Although there have been some real advances in the treatment of lung cancer, the average five-year survival rate for lung cancer in the U.S. is only 19%, unless it is detected early. If the disease is detected early, while it is still localized within the lungs, the five-year survival rate soars to 61%. So, your chances of surviving lung cancer are three times greater when it is detected early.



Smoking remains the greatest risk factor for lung cancer with approximately 85% of all cases of lung cancer occurring in people who are smokers or have smoked in the past.

Unfortunately, only about 15% of all lung cancer cases are diagnosed at an early stage. Why? Because often in the early stages there are no real symptoms. That is one of the reasons why regular screenings are so important – especially if you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years.

IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade, including the development of medications known as targeted therapies, which interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment more effective and safer for patients.

LUNG CANCER RESEARCH INVESTIGATES MANY POSSIBILITIES

Many clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective. Especially important for older patients who may have other health problems, doctors are studying these combinations to discover if treatment outcomes can be further improved. Sometimes, chemotherapy is also being used in combination with some targeted therapies and has been shown to improve survival rates.

There is still much research needed to develop even more effective treatments for lung cancer; however, today many more people are surviving the disease than ever before.

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a network of expert, Board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state in nearly 100 locations. FCS is on the leading edge of clinical trial research, which provides patients access to the newest, most innovative treatments.

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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Diabetes MUST be Treated and Carefully Monitored

Dr. Estuardo Aroca | Millennium Physician Group

About Diabetes

Over 30 million people in the U.S. have diabetes, and 84 million are considered prediabetic. That's one-third of the US population affected by this metabolic disease!

There are two primary forms of the disease, known as type I and II; while both are equally dangerous, type II is, the most common and is often called adult-onset diabetes because it develops later in life.

How It Happens

Glucose is the byproduct of the breakdown of the sugar and carbohydrates that we eat. Glucose is an essential nutrient that powers the cells in your body. However, a hormone in the blood called insulin is also critical to our body's cells, as insulin is needed to absorb the glucose and use it for energy. With diabetes, the body doesn't make enough insulin, or the body can't use the produced insulin (insulin resistance), and in some cases, both happen simultaneously.

Type II Diabetes Complications

- Heart Disease
- Vascular disease
- Neuropathy
- Kidney disease
- Skin Conditions
- Stroke
- Vision loss and disorders
- Amputations
- Non-Healing ulcers
- Alzheimer's and Dementia

Diabetes and Comorbidities

As mentioned, individuals with diabetes often have comorbidities such as low vision, kidney disease, hyperlipidemia, and a very life-threatening condition—cardiovascular disease also ranks high on the list. This is why numerous people with diabetes have heart attacks and strokes.

The Diabetes and Cardiovascular Link

High blood sugar and cardiovascular disease have more in common than most people are aware of. In our country, nearly 30 million people have diabetes, and a vast majority of our population unknowingly has what's known as prediabetes, which quickly escalates into the disease within a short amount of time.

High blood glucose and cardiovascular disease are very closely associated because of many risk factors contributing to what's known as metabolic syndrome.

Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant, causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders.

Insulin is a hormone that helps move sugar into the blood for energy; in the case of an insulin-resistant person, they have too much sugar, and the body cannot adequately utilize the source. This leads to weight gain, obesity, and, subsequently, a more sedentary lifestyle. Leptin is a hormone that helps regulate body weight by sending signals to the hypothalamus in the brain. When the signals are damaged, the body becomes leptin resistant, and a person may often feel extremely hungry and irritable, which contributes to a vicious cycle of overeating foods that are high in sugar and unhealthy fats.

Inflammation

In recent years, metabolic syndrome has become a commonly identified risk factor for cardiovascular disease because a vast number of Americans are overweight, and their bodies become inflamed; this inflammatory response affects their vascular structures. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes a hardening of the arteries.

Unfortunately, Sugar has become a major staple in the American diet. The normal fasting blood sugar levels should be around 70-99 mg/dl. The normal A1C, which measures the blood glucose level, should be below 5.7%. With diabetes and even prediabetes, these levels are at an unhealthy height and can be very hard to lower without major intervention with medication, exercise, dietary changes, and a lifestyle overhaul.

Metabolic Syndrome is caused by high lipid counts, high blood sugar, being overweight, eating a poor diet (sugar cravings), abdominal fat, high blood pressure (greater than 130/85 mmHg), and a lack of exercise. The risks associated are heart disease, diabetes, and stroke. Once you have metabolic syndrome, you must lose weight, lower your lipid levels, and reduce hypertension, and combat stress. At this point, merely lowering your blood glucose is not enough. This is precisely the reason why so many people with diabetes that reduce their blood sugar still are at high risk for cardiac episodes.

It's critical to maintain your blood sugar and insulin levels and to visit your doctor for check-ups and diagnostics regularly.



Estuardo Aroca, D.O.
Family Medicine

Estuardo Aroca, D.O., completed his Doctor of Osteopathic Medicine studies at the New York College of Osteopathic Medicine. He then completed his residency in Family Medicine at the Wyckoff

Heights Medical Center in Brooklyn, New York.

With over 20 years of experience as a physician, in settings ranging from home health to inpatient and outpatient care, Dr. Aroca has developed treatment plans unique to a wide array of patient needs.

Dr. Aroca is a member of the American Osteopathic Association, American College of Osteopathic Physicians, and the American Academy of Family Medicine, and is also fluent in Spanish.

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The Q iLASIK & MED SPA Grand Opening

Technology leaders in eye care, Quigley Eye Specialists, is one of the nation's leading multispecialty ophthalmology practices specializing in cataracts, laser cataract surgery, glaucoma, LASIK, dry eye, eyelid surgery, retinal issues, corneal conditions, and routine eye care. They recently added an aesthetic and cosmetic center aptly referred to as "The Q" to their 14 eye care locations and numerous specialties and services.

Quigley Eye Specialists opened the first-of-its-kind iLasik and medical spa in Naples on October 5th, which provides advanced aesthetic services, the area's first dry eye spa, and the new iLasik procedure all under one roof. Board-certified and fellowship-trained facial plastic surgeon Dr. Stephen Prendiville was appointed Medical Director.

Aesthetic and Cosmetic Services

The luxurious 2,000 square-foot iLASIK & Medspa offers advanced anti-aging procedures including leading-edge lasers, facial contouring, injectables, medical facials, and peels as well as the new Virtue RF Micro-Needling that stimulates the production of collagen to reduce fine lines and wrinkles. Dr. Prendiville also offers consultations for surgical procedures such as facelifts, neck lifts, rhinoplasty, brow lifts, and eyelid surgery.

NOVEMBER IS HEALTHY SKIN MONTH

Along with surgical and injectable procedures, The Q offers cutting-edge facial rejuvenation techniques. Two of those innovative procedures are receiving notable news due to their remarkable results and regenerative levels with little to no downtime.

Hydrafacial

HydraFacial uses a unique, patented Vortex-Fusion delivery system to exfoliate, extract, and hydrate skin, and the spiral design delivers painless extractions. Only HydraFacial uses patented technology to cleanse, extract, and hydrate. HydraFacial super serums are made with nourishing ingredients that create an instantly gratifying glow in just 30 minutes with three steps:

STEP 1 - CLEANSE + PEEL: Uncover a new layer of skin with gentle exfoliation and relaxing resurfacing.

Step 2 - EXTRACT + HYDRATE: Remove debris from pores with painless suction. Nourish with intense moisturizers that quench skin.

Step 3 - FUSE + PROTECT: Saturate the skin's surface with antioxidants and peptides to maximize your glow.

VIRTUE RF

VIRTUE RF is a truly ageless radio frequency (RF), micro-needling procedure. It is used as a preventative and a corrective treatment for patients of varying ages, skin goals and skin damage. It can also be used on light to dark skin types.



One of the many benefits of RF microneedling is that the collagen you build is your own so results are natural, immediate and will continue to improve with time. It can take up to 4-6 weeks until the full benefits are apparent.

Microneedling works by applying sterile microneedles deep into the dermis of the skin. These needles

1. create microscopic channels deep within the dermis to stimulate the natural production of collagen and
2. deliver radio-frequency heat energy at the desired depths to promote remodeling of collagen and elastin that tightens and lifts the skin.

THE Q'S NOVEMBER GRAND OPENING INCLUDES SPECIALS AND GIVE AWAYS

The grand opening will be celebrated with a month-long celebration in November with tours offered every Wednesday and Thursday with prizes, giveaways, and drawings for free products, services, and a free iLasik procedure to correct near-sightedness or far-sightedness valued at \$3,500.

All COVID precautions will be observed during the tours, including social distancing, limited attendance and face masks.



iLASIK & MED SPA
675 Piper Blvd., Naples, FL 34110
239-466-2020 | www.quigleyeye.com

Dr. Prendiville explained, "The Q iLASIK & MED SPA is the first med spa to offer aesthetic injectables such as fillers, Botox, and laser treatments, in addition to offering iLASIK, a dry eye spa and a range of other elective services. One of the greatest concerns for aesthetic patients is to receive the best treatments available based on their activity level, social life, and future goals. Comprehensive aesthetic consultations will help prospective patients look good, look natural, and feel good."

Contact the Q Today

Located at 675 Piper Boulevard in North Naples next to the Quigley Eye Specialists ophthalmology clinic, The Q iLASIK & MED SPA is accepting appointments and offering early booking specials by calling 239-329-theQ.

For more information, call 239-466-2020 or visit QuigleyEye.com.

Sources:
<https://hydratfacial.com/the-treatment/>
<https://virtuerf.com/learn/>



Dr. Stephen Prendiville

Dr. Prendiville is the only Fellowship-trained facial plastic surgeon in Fort Myers who is certified by both the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology – Head and Neck Surgery. Dr. Prendiville graduated with his M.D. degree with high honors (Alpha Omega Alpha) from Georgetown University School of Medicine in Washington, D.C., and served his residency at Georgetown University. Awarded a Fellowship in Facial Plastic and Reconstructive Surgery at St. Louis University in Missouri, Dr. Prendiville was a clinical instructor in the St. Louis University Department of Otolaryngology.

Dr. Prendiville is recognized nationally as a facelift expert with more than 20 articles published in medical journals and has served as guest editor for Facial Plastic Surgery Clinics of North America. His interests include all areas of minimally invasive and surgical areas of facial plastic and reconstructive surgery. He has been in practice in SWFL for 20 years.

In 2015, Dr. Prendiville was selected as one of 100 doctors in the nation to receive the prestigious "RealSelf 100 Award" from RealSelf, the leading online community that helps people make confident choices in elective cosmetic procedures. Dr. Prendiville has a particular interest in facial rejuvenation techniques, particularly facelift surgery, injectable fillers, and in Rhinoplasty surgery.

Woman Finds Relief from Debilitating **PAINFUL SPINE FRACTURE** Thanks to Balloons and Cement

Nancy is one of more than 10 million Americans with osteoporosis, a disease marked by porous, brittle bones that can break more easily than healthy bones. Women over 50 have a 1-in-2 chance of breaking a bone due to osteoporosis.¹

Osteoporosis is sometimes called a “silent disease” because it has no symptoms before a fracture occurs.² That’s what happened to Nancy.

“I was walking in a parking lot, and I stepped on something that tripped me up,” says Nancy, 73, “and I fell very hard.”

The fall caused Nancy severe pain that seemed to radiate from her spine around to her chest and down through her legs.

“It was hard to pinpoint exactly,” she says, “but it seemed to be more in my spine.”

When the pain didn’t go away after a few days, Nancy visited an urgent care clinic.

“They said it was bruised ribs. They took an X-ray, but not of my spine. They put me on some muscle relaxers, which didn’t really help much.”

The pain never went away – in fact, it kept getting worse.

“I couldn’t walk, I couldn’t do anything, I was basically house-bound and couch-bound, I couldn’t drive, nothing.”

Nancy says she finally broke down and told her husband to take her to the emergency room.

“I said, ‘Please, X-ray my spine!’”

The ER doctors found the source of Nancy’s unrelenting pain: a compression fracture of her T9 vertebra – in other words, a broken back.

Vertebral compression fractures, or VCFs, like Nancy’s are the most common broken bone caused by osteoporosis. They occur more than 800,000 times a year in the U.S.³

Nancy went to see an interventional radiologist who ordered an MRI to get a better look at Nancy’s spine.



Because her fracture was still acute and her pain was a 10 out of 10, the radiologist recommended she undergo Balloon Kyphoplasty (BKP).

Balloon Kyphoplasty is a minimally invasive procedure for the treatment of spinal fractures due to osteoporosis, cancer, or non-cancerous tumors.³ The radiologist punctured Nancy’s back with a needle to insert a tiny balloon into the damaged vertebra. He then used a pump to inflate the balloon and restore the original height of the vertebra. Then he injected acrylic bone cement into the balloon to create an internal cast to repair the fracture.

The procedure takes only about an hour. It typically requires only local anesthesia, and it’s often done on an outpatient basis in a clinic or office.

Medtronic developed balloon kyphoplasty, a minimally invasive procedure that reduces and stabilizes VCF related to osteoporosis, cancer or non-cancerous tumors. Since the initial technology launched in 1998, Medtronic has developed better balloons, an improved cement delivery system and added access tools shown to reduce hand radiation exposure for the surgeon. Over the years, studies comparing balloon kyphoplasty to non-surgical management have shown balloon kyphoplasty produced better pain relief and quality of life for patients with acute VCF compared to patients treated with non-surgical management.⁴⁻⁶

Although the complication rate for BKP is low, as with most surgical procedures, serious adverse events, some of which can be fatal, can occur, including heart attack, cardiac arrest (heart stops beating), stroke, and embolism (blood, fat, or cement that migrates to the lungs or heart). Other risks include infection; leakage of bone cement into the muscle and tissue surrounding the spinal cord and nerve injury that can, in rare instances, cause paralysis; leakage of bone cement into the blood vessels resulting in damage to the blood vessels, lungs, and/or heart.³

Nancy said she had a dramatic improvement in her pain.

“I was able to exercise in the pool, and I was able to drive again and resume my normal activities: grocery shop, the usual. I would absolutely recommend Balloon Kyphoplasty to someone who needs it.”

References:

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UC202106233EN VCF Patient Stoty Buffalo, NY FY21

Learn more:

www.kyphoplasty.com

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DIABETIC FOOT INFECTIONS AND PREVENTING AMPUTATION



The prevalence of diabetes in the United States continues rising at an alarming rate. According to the CDC an estimated 30.3 million people have been diagnosed with diabetes and is expected to exceed half a billion by 2030. With this increasing trend of diabetes, comes a rise in lower extremity amputations. The majority of these lower extremity amputations are in fact preventable. Unfortunately, a large portion of the diabetic population are not receiving proper preventative foot care or performing daily steps to prevent infections and/or amputation. Furthermore, when they do have a wound they are not receiving appropriate care by a wound care specialist.

The first step is the diagnosis of diabetes. Once diagnosed with diabetes routine follow up with your PCP is imperative to have your blood sugars under control. Next, is finding a podiatrist for routine care who can also educate you on preventative measures. Regular foot screenings can be life-saving and limb saving for the diabetic population. Your Podiatrist will also screen for other risk factors that can contribute to the development of diabetic foot infections and/or amputations. The good news is that many of these risk factors are preventable or

controllable. Some common risk factors include high blood sugars, high blood pressure, smoking, calluses/corns, foot deformity, poor blood flow, history of ulcers or previous amputations, vision loss, kidney disease and neuropathy. Working together with you, your PCP and other medical professionals, we can significantly reduce your risk of amputation.

Ulcers are a primary cause leading to the development of complicated foot infections, hospitalization and amputation. Many of these ulcers start as a simple callous. As a diabetic with some degree of neuropathy, you may not feel a callous progressing into an open wound. You may also not notice early signs of infection. Without prompt treatment, this unnoticed wound or infection can quickly deepen to the level of bone or progress to a limb threatening infection requiring hospitalization and likely amputation. This is why routine foot screenings are so important for the diabetic population. Once a wound is present, it is important to see a podiatrist who specializes in wound care. In order to reduce the risk of amputation, you will require weekly visits with wound debridement's, immobilization, and possible advanced wound care techniques including the use of grafts/stem cells.

Performing self-inspection also plays a huge role in prevention. Self-inspection is something you can do daily to reduce your risk of limb loss. You will want to check your feet daily for blisters, cuts, sores, redness, swelling or any other abnormal changes.

Make sure to also look between your toes. Use white socks, white socks make it easier to notice blood or drainage. This will help you notice that something is wrong. You also want to wear socks that hold moisture away from the skin like cotton or special acrylic fibers, not nylon. Avoid socks with seams that irritate your skin. You can also turn your socks inside out, so the seam is on directly on your skin. If you can't reach your feet, ask someone to help or try using a foot mirror. Don't try to remove calluses or other foot lesions yourself. Avoid going barefoot. Don't use worn down shoes, shoes that are too small or too narrow for your foot. Don't smoke or quit smoking if you do, smoking impairs circulation.

If you notice anything abnormal, contact your podiatrist right away or other medical provider. Also, make sure to attend your routine foot screenings when scheduled as well as follow-ups with your PCP or medical provided. Together, we can change lives by saving limbs.

Isin Mustafa

DPM, MSHS, AACFAS

For more information, you may contact Dr. Isin Mustafa at Family Foot & Leg Center at (239) 430-6338 (FOOT). 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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Health Insurance – Medicare 2021 Annual Enrollment

October 15 – December 7th; Individual/Family Open Enrollment

November 1st – December 15th both January 1st, 2021 Effective Dates

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 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).

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:

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Logical Insurance Solutions

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RESTORING PELVIC HEALTH CAN CREATE A WHOLE NEW YOU

By Dr. Chris Mulvey, PT

Primary care physicians often refer patients with bladder control issues to urologists.

For issues like urine leakage, frequent urination, constipation or painful urination, urologists can recommend prescription medications or even surgery to relieve the problem.

However, there may be a non-surgical, non-drug option to consider – physical therapy.

November is Bladder Health Month, and FYZICAL Therapy & Balance Centers are helping patients understand how its Pelvic Health and Wellness Program will help them love their life.

First, it's important to understand basic anatomy. An individual's pelvic floor is comprised of skin, muscles, ligaments, connective tissue, nerves, blood vessels and organs in the pelvis. The pelvic floor supports the bladder, rectum and pelvic organs, so a pelvic floor disorder can create a variety of common bladder control problems, including:

- **Urinary incontinence:** The unintentional urine leakage of any amount, at any time.
- **Urinary urgency:** A sudden, strong urge to urinate that is difficult to defer.
- **Urinary frequency:** Having to urinate more than eight times in 24 hours.
- **Nocturia:** Being awoken more than once per night to urinate.
- **Difficulty emptying the bladder:** Inability to completely empty the bladder or having a very slow stream.
- **Pelvic organ prolapse:** A cystocele, or "dropped bladder," where ligaments holding the bladder begin to sag.

Pelvic floor disorders are common and affect both men and women of all ages. About 35% of women and 25% of men experience some form of bladder control issues. Many individuals are embarrassed to seek help, but fail to consider how much their lives



can improve after being treated. They can laugh, exercise and enjoy sex without fear of urine leakage. They can enjoy a good night's sleep without waking every two or three hours. They can enjoy nature, long drives and movie nights without having to scramble to find a restroom.

Risk factors for incontinence include obesity, diabetes, neurological disease, smoking and age. The latter is particularly concerning. Seniors are more likely to develop bladder issues, including nocturia. When the urge to urinate arises, their bodies are half-asleep and it's dark as they walk toward the bathroom. Numerous research studies have shown that seniors' risks of falling increase dramatically the more times they use the bathroom at night.

At FYZICAL, physical therapists and physical therapist assistants can outline a series of exercises to strengthen muscles around the pelvic floor. Biofeedback can help retrain and reeducate the pelvic floor. Another option is electrical stimulation, which sends mild electric currents to nerves, a process that helps strengthen pelvic muscles and the lower back.

Slouching or sitting too long can put pressure on the bladder, so maintaining proper posture can have an impact on how often an individual urinates.

Pelvic floor disorders can create uncomfortable, embarrassing symptoms. After just a few visits to a physical therapist, though, a majority of patients report that symptoms have declined. There is no reason to let your bladder control your life.

About the Author

Dr. Chris Mulvey, PT, is president for company clinics at FYZICAL Therapy & Balance Centers, which has 405 locations in 45 states. For more information, please visit Fyzical.com.





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One-third of cancer patients are left with inadequate treatment or undermanaged pain control because standard treatments have failed.¹

If you are suffering from pain caused by bone tumors, and standard treatments are not effective or are not a good option for you, talk to your oncologist about alternative treatment options, such as OsteoCool™ radiofrequency ablation.

OsteoCool™ is a minimally invasive treatment for painful bone tumors that uses heat to intentionally dry out and kill cancerous cells.

As with most procedures, there are risks. Damage to surrounding tissue may occur. If you have a tumor in the cervical spine (neck), this procedure may not be right for you.

Talk to your doctor about your treatment options and the best therapy for you.

Learn more: medtronic.com/learnaboutosteoocool

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1. Anselmetti, et al. Treatment of Extraspinal Painful Bone Metastases with Percutaneous Cementoplasty: A Prospective Study of 50 Patients. Cardiovasc Intervent Radiol. 2008;31:1165-1173.

Radiology Regional Provides Low Dose CT Lung Cancer Screenings

The second most common form of cancer in both men and women is lung cancer. According to the American Cancer Society, lung cancer (both small cell and non-small cell) is the second most common cancer in both men and women (not counting skin cancer).¹ In men, prostate cancer is more common, while in women breast cancer is more common.¹ Despite these grim statistics, close to 500,000 people have at some point in their lives been diagnosed with lung cancer, and yet they are alive and well with full remission. This is predominantly because their cancers were caught early through lung cancer screenings.

Although non-smokers often get lung cancer, lung cancer screenings are very important for smokers and former smokers, especially those 55-75 years of age. This is due to the prevalence of lung cancer seen in this population. The screenings are also vital for individuals exposed to carcinogens, or those that show signs and symptoms of lung disorders.

The Importance of CT Lung Screenings

CT lung screenings are a non-invasive CT scan that can detect abnormalities and lung cancer in earlier, more curable stages. CT Lung Screening is far more accurate in finding lung tumors than a chest x-ray, the traditional diagnostic tool. It can find lung cancers as small as a grain of rice compared to a chest x-ray, which detects them when they are roughly the size of a quarter.

Low dose CT scans are advantageous in identifying and screening for lung cancers. If lung cancers are found in the early stages, the treatment options and outcomes are much more successful. Because low dose CT scans can detect very small masses in the lungs, by detecting cancerous tumors at an early stage, an individual's survival rate may be significantly improved.

Source:

1. <https://www.cancer.org/cancer/lung-cancer/about/key-statistics.html>



How Much Radiation is Used?

CT Lung Screening is a low-dose procedure, using less than 3 mGy. This radiation amount is equivalent to what you receive naturally from the earth in less than six months. The National Cancer Institute assesses the risk of not having the exam is 400% greater than the radiation risk.

Radiology Regional offers cutting-edge technology; the Siemens 64-Slice CT provides 60% less radiation and impeccable imaging, which allows for earlier detection of tiny tumors and malformations. It's an incomparable tool in the diagnosis of lung cancer (available at the Port Charlotte location).



WWW.RADIOLOGYREGIONAL.COM

Radiology Regional Offers Advanced CT Lung Screening for the Detection of Cancer Called Ultrafast

The Ultrafast Screening of the Lungs is a non-invasive CT scan that can detect abnormalities and lung cancer in its earlier, more curable stages using a new technique called helical low-dose CT scanning.

Early detection is critical for lung cancer diagnosis and recovery. It can significantly increase your survival rate and save your life!

Is This Exam Covered by Insurance?

Medicare and most insurance companies are now covering this exam for eligible, "high-risk" patients once per year as part of their preventative services offerings. Check with your insurance provider for specific coverage information.

Who is Eligible?

You are eligible if you meet ALL of the following criteria:

- Between the ages of 55-77
- Show no signs or symptoms of lung cancer
- Current smokers or have quit within the past 15 years
- Smoked the equivalent of one pack per day for 30 years

You will need an order from your healthcare provider.

I Don't Have Insurance. Can I Still Get This Exam?

Of course! We offer the exam to self-pay patients for only \$245 at the time of service.

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

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 Regional has a high-resolution prostate MRI protocol to find small prostate cancers, a dynamic MRI to diagnose pelvic organ prolapse, MRI protocol technique to accurately stage rectal cancer for surgical planning, specific protocols to best evaluate the ovaries and uterus and MRI technique to focus on the bones and muscles. 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/IAC 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.

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The Great American Smokeout

On November 19th of this year Gulfcoast South Area Health Education Center (GSAHEC) will celebrate another Great American Smokeout®, a national holiday hosted by the American Cancer Society that provides an opportunity for people who smoke to commit to healthy, smoke-free lives: not just for a day, but year round. The Great American Smokeout® also provides an opportunity for individuals, community groups, businesses, healthcare providers, and others to encourage people to plan to quit on the date, or plan in advance and initiate a smoking cessation plan on the day of the event. This event not only challenges people to stop smoking, but it also educates people about the many tools they can use to help them quit and stay quit.¹

Despite what you may think, it is never too late to quit smoking. In fact, you can experience several benefits of quitting smoking within minutes of cessation and can enjoy the benefits of quitting for years to come. As soon as a person quits, his or her body begins to heal:²

- 20 minutes after quitting: heart rate and blood pressure drop
- 12 hours after quitting: the carbon monoxide level in blood drops to normal
- 2 weeks to 3 months after quitting: blood circulation improves and lung function increases
- 1 to 9 months after quitting: coughing and shortness of breath decrease. Structures in the lungs begin to heal and clean the lungs, reducing that person's risk of infection. This is critical in fighting illnesses that threaten lung health, such as bronchitis and COVID.
- 1 year after quitting: the risk of coronary heart diseases is half that of someone who smokes. Risk of heart attack decreases significantly.
- 5 years after quitting: risk of mouth, throat, esophagus, and bladder cancer is cut in half. Cervical cancer risk is now that of a nonsmoker. Risk of stroke falls to that of a non-smoker after 2-5 years.
- 10 years after quitting: risk of dying from lung cancer is half that of a smoker.
- 15 years after quitting: risk of coronary heart disease is the same as a nonsmoker.



Along with these great benefits, quitting smoking also reduces the risk of diabetes and improves the health of blood vessels, the heart and the lungs.²

If you or a loved one are looking to quit smoking (or all tobacco use), or if you want to promote The Great American Smokeout® to your business, community groups, or patients, many free resources are available to help someone quit! GSAHEC offers free cessation classes—sponsored by the Florida Department of Health's Tobacco Free Florida program—that are available to help someone quit all forms of tobacco. These virtual cessation classes provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum or lozenges (if medically appropriate and while supplies last) are provided with the class. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist. Contact us today at 866-534-7909 or visit www.ahectobacco.com to schedule a class or learn more about the program!

¹ <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/history-of-the-great-american-smokeout.html>

² <https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html>



QUIT YOUR WAY

Quitting tobacco isn't easy. Finding help should be.

In the wake of the COVID-19 pandemic, quitting is more important than ever! Let us help you get the support you need from the comfort of your own home.

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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.

Cognitive 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.

Cognivue has many benefits including:

- 1. Quick and painless** – Cognivue can be done in my office in 15 minutes and gives you the results almost immediately. If you need further testing, I can refer you to a professional whose specialty is cognitive health.
- 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.
- 3. Simple score** – Once the test is completed, you get an easy to understand score with cutoffs to help you understand your level of risk and cognitive impairment.

*Please contact us at 941-474-8393 or
info@advancedhearingsolutions.net
for more information about Cognivue or to
schedule your screening.*

<https://youtu.be/X-tAb-Um5n0>
<http://earbrain.com>

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YOUR HEARING EXAM.**

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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.

EARLY DETECTION SAVES LIVES:

WHAT YOU SHOULD KNOW ABOUT THE LATEST LIFE-SAVING TECHNOLOGY

The best way to conquer, fight and overcome any disease state is to have early diagnostic testing at the onset of symptoms, or as a preventative measure. Individuals with high-risk factors for coronary artery disease, or certain cancers are highly encouraged to have annual screenings for their specific disease states potentials.

RAVE RADIOLOGY

At RAVE Radiology, they put your health at the forefront of their mission, by investing in the latest most up to date technology available. RAVE, Radiology Associates of Venice & Englewood understand the importance of providing the best methods and the most advanced diagnostic tools for their patients.

RAVE is a radiology practice, which has been active for over 30 years. They currently consist of 10 board-certified radiologists, many of which have postgraduate fellowships with subspecialty training, all of whom have years of full-time experience. There are over 90 healthcare professions working with RAVE to provide the best possible radiologic services in Sarasota County. In addition to their personnel, they have some of the best radiologic imaging devices available. Superior visualization makes your diagnoses accurate and timely, preventing potentially dangerous delays in initiation of your therapy. At RAVE, you can have confidence you're getting top-notch professional assistance in your diagnosis and care.

CRITICAL CARDIAC TESTING

Cardiac Scoring is a Non-Invasive CT Scan of the heart, which calculates the risk of developing Coronary Artery Disease by measuring the amount of calcified plaque in the coronary arteries.

LEADING LUNG DISEASE DIAGNOSTIC TOOLS

CT Lung Screening: If you have been a heavy smoker, then you are at significantly increased risk of developing lung cancer. CT can find small lung nodules that might be cancer before any other test can detect them. If you are between the ages of 55 and 75, then national experts recommend you undergo low dose CT screening for lung cancer. These recommendations come from many groups of medical experts including the National Lung Screening Trial Research Team, the American College of Chest Physicians, and American Society of Clinical Oncology.

RAVE is committed to you and your family's health. If you wish to undergo a lung cancer screening, you should ask your doctor to order it, or you can contact RAVE directly to schedule an appointment.

THE DIFFERENCE BETWEEN MRI AND CT SCANS

MRI uses a strong magnetic field, radio waves and a computer. This enables MRI to make very detailed pictures of bone, organs, soft tissues and any other body structures. Differences between normal and abnormal tissue is often clearer on an MRI image than a CT.

CT uses a very thin unique X-ray beam to produce detailed, cross-sectional views of the area being studied. CT is often the preferred method of diagnosing causes of pain and many different forms of cancer.

KNOW YOUR RISK FACTORS

CARDIAC

- Smoking
- Atherosclerosis
- Family History
- Shortness of Breath
- Lethargy
- Chest pain
- Leg pain

LUNG

- Smoking
- Pollutants
- Asthma
- COPD
- Frequent Coughing
- Shortness of Breath and more...

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- Digital Mammography
- Nuclear Medicine
- Ultrasound
- Osteoporosis (Bone Density/DEXA) Evaluation
- Diagnostic Radiology/X-ray
- Non-invasive Vascular Testing



To find out if you're a candidate for CT Lung Cancer Screening, you can use the Lung Cancer Risk Calculator at <http://www.shouldiscreen.com>.

For more information on early diagnostic testing and screenings, please visit their website at www.RaveRad.com



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SARASOTA

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Hours: 8:00am-5:00pm

Cannabis & Coronavirus

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

What this entails for the future of the industry will ultimately be within the hands of the state of Florida with many hoping tele-medicine is here to stay past the April 15th deadline. Those who are bedridden or unable to go out in public collectively breathed a sigh of relief despite the temporary nature of it all.



This opens up the question if telemedicine could be a permanent option in the small percentage of cases and possibly hail an increase in demand for being a card holder as it will open up a completely untapped demographic. The convenience being the obvious factor in this but meeting at some point down the middle seems crucial to those wanting to become a cardholder and are unable to be in public disregarding the current situation with the virus. Regardless, as we all go through the unknowns of this novel coronavirus, let's

continue to observe the way this industry reacts to this unfortunate scenario (from 6 feet away, of course).

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CAN REGENERATIVE MEDICINE RELIEVE YOUR SHOULDER PAIN?

By Physicians Rehabilitation

If you suffer from shoulder pain due to injury, degeneration or disease, you know that most physicians will tell you there are two options, medications such as narcotics, or steroids (which are addictive and risky), or surgery, which is often unnecessary. While surgery may be needed with severe cases, it is permanent, and it often fails to relieve the underlying cause.

The purpose of Regenerative medicine is it to utilize the body's own ability to regenerate cells and tissues that have been damaged back to full functionality. When used in orthopedics, the goal is to regenerate soft tissues, cartilage, muscles, and tendons. Regenerative Medicine should be the first recommendation, and in many cases it is the only treatment necessary when dealing with muscle strains, tears. When it comes to joint dysfunction or tears such as with shoulder conditions, physical therapy is also extremely beneficial as an add on treatment.

What causes shoulder pain?

- Degenerative disorders (osteoarthritis and rheumatoid arthritis)
- Inflammation
- Trauma
- Cartilage and/or tendon tears
- Muscle tears or sprains
- Rotator cuff injuries
- Frozen/ Impinged shoulder
- Dislocated shoulder

The shoulder is made up of three bones, the humerus (arm), scapula (upper back), and the clavicle (collarbone). The glenoid socket houses the upper ball of the humerus bone and the central joint that connects everything together is the AC or acromioclavicular. And just like with any articulating joint it has synovial sacks (bursas) with synovial fluid and cartilage, which allow for a smooth, gliding functionality of the bones within a joint.

AT PHYSICIANS REHABILITATION THE TWO PRIMARY REGENERATIVE MEDICAL THERAPEUTICS FOR SHOULDER DISORDERS ARE VISCOSUPPLEMENTATION AND PLATELET RICH PLASMA (PRP) THERAPIES.

Often times with shoulder conditions such as osteoarthritis, the synovial fluid and cartilage become damaged and degenerate to where there many not be any at all.

Viscosupplementation

Viscosupplementation is an injectable substance that mimics the synovial fluid found naturally in the joint. Synovial fluid is a high concentration of Hyaluronic Acid (HA) and is used to help protect the joint, act as a cushion and protector against damage and most importantly acts as a lubricant to enable smooth function of the joint. As you age, your body supplements with less Hyaluronic Acid (synovial fluid) and an increasingly less viscous Hyaluronic Acid replaces your thick and very well lubricating HA. This lack of fluid creates dried out joints which leads to cartilage, tissue, muscle, and bone breakdown – leading to Osteoarthritis and making it easier to have tissue and muscle damage within and around the joint.

The procedure can be done in our office and only takes a few minutes. After locally numbing your shoulder, the procedure is monitored under a fluoroscopic image, which is a live X-ray. This allows us to see the inside of your joint while it is in motion and during the injection process. Using the fluoroscope the practitioner will have the ability to see exactly where the Hyaluronic Acid is being placed to make sure it is in the joint space – because if it is not, it will do NO GOOD! You'll receive approximately five injections at one week apart. The results of the cartilage enhancement will last for around six months or longer. Physicians Rehabilitation has become the expert on providing great results when this process is paired with physical therapy. Many of our patients report feeling pain relief immediately, while others cumulatively see results within a few short weeks.

Another issue with shoulder conditions is soft tissue, tendon, cartilage, and muscle damage. PRP can help to heal damaged tissue and also regenerate the injured cells while recruiting more new repairing cells and stem cells to repair at a much faster rate.

PRP (Platelet-Rich Plasma)

Fortunately for our patients today, advances in science have allowed us to find new and targeted approaches to treating degeneration and injuries. Platelet-rich plasma or PRP is an "autologous blood therapy" that uses a patient's own blood components to stimulate a healing response in damaged tissues. PRP provides an alternative to surgery by promoting safe and natural healing by spiking your bodies natural ability to heal by using your own growth factors and proteins in your blood!



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Research studies and clinical practice have shown PRP therapy to be very effective at relieving pain and returning patients to their normal lives. Both ultrasound and MRI images have shown definitive tissue repair after PRP therapy, confirming the healing process. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

How Does PRP Therapy Work?

To prepare the PRP injection, blood is drawn from the patient (only 10cc/1 tube per injection) and is spun in a centrifuge so that it is separated into its four components: red blood cells, white blood cells, platelets and plasma. At that point, the Platelet Rich Plasma layer is removed from the top layer and prepared for injection. This forms a solution of plasma containing platelets, growth factors, growth hormones, cytokines and proteins for healing - which is then injected into and around the point of injury, jumpstarting and significantly strengthening and boosting the body's natural healing cascade. PRP uses the patient's own blood thereby eliminating any chance of rejection response and greatly minimizes the likelihood of infection.

PATIENT TESTIMONIALS

"I was thinking about buying a walker when I came there. After 2 month I was dancing Tango and Jive again (I'm a ballroom dance instructor). Excellent people working there and excellent help. Thank you so much." —Thilo

"Today, I walked without a limp for the first time in more than a year! I had the PRP treatment done about a week ago now...for the first time in MORE THAN A YEAR, I was able to walk without my limp, and I'm SO thrilled. Cycling, hiking, LIVING, here I come!!! Watch out world, I'm back!" —Sharene

Physicians Rehabilitation

Physicians Rehabilitation is a patient-focused practice that provides comprehensive care to eliminate your pain non-surgically. We evaluate each patient and implement an individual care plan specifically designed to alleviate your pain and dysfunction. Trained and licensed providers, with years of clinical experience, work together to provide this plan of care that addresses the specific concerns and problems of each patient. Our clinical care providers are able to employ a wide variety of physical modalities by utilizing state-of-the-art tools.

Our goal is to identify the source of your pain, promote healing and eliminate your pain. We begin by giving you a thorough examination and quickly address outward symptoms of pain, such as inflammation, while gathering medical history and evaluating your symptoms to get to the root of your pain and dysfunction. Our therapists have found that these advanced technologies, along with a specialized physical therapy program specific to the individual condition, makes for extremely successful pain relief treatments.

CALL PHYSICIANS REHABILITATION TODAY!

ALL-IN-ONE Dental Visit with CEREC

By Dr. Joseph Farag

New technologies are making our lives simpler and easier everyday and dentistry has certainly not been left behind. Thanks to a great new system called CEREC, you can now have a high-tech smile in a single visit.

In days gone by, you may have needed to visit the dentist two or three times to have a quality, white ceramic restoration. The dentist would need to take a special impression to make a plaster model for the dental laboratory to generate an extra replica of your tooth in order to hand-make your porcelain restoration. The craftsmanship of the laboratory technician is highly regarded, but generally requires a minimum turn-around time of two weeks, leaving you to function with a temporary, generally plastic, restoration.

Instead of multiple dentist appointments and weeks for a complete restoration, CEREC allows the dentist to achieve the same, if not better, results in a single visit. CEREC is an acronym for Chairside Economical Restoration of Esthetic Ceramics. Translated, it means that a dentist can economically restore damaged teeth in a single appointment using high-quality ceramic material that matches. CEREC uses the latest Computer-Aided Design and Manufacture (CAD-CAM) technology incorporating a camera, computer and milling machine in one instrument to give you perfect, white fillings, veneers or crowns, all in a fraction of the time it used to take.

Here's how it works.

Once your dentist determines that CEREC is the correct course of treatment, your visit will begin by preparing the tooth. Any decay, if present, is removed, leaving as much possible of your healthy tooth to support the CEREC restoration. Next, your dentist will use a specially designed electronic camera that makes a digital 3D model of your tooth in seconds.

You can then watch your dentist design your new restoration on a computer screen, right beside the dental chair using the 3D image created by the camera. The virtual filling is then transferred into reality, again using CEREC. A solid block of porcelain ceramic is inserted into the CEREC milling unit. Special tools then sculpt your restoration to the finest detail based on the restoration designed on the CEREC computer.

The perfect-fit restoration is completed and placed in your mouth with the whole process only taking around an hour! CEREC fillings are natural looking, smooth, white and hard-wearing, just like the enamel surface of the rest of our teeth. The ceramic material is biocompatible and is not effected by hot or cold.

The office of Dr. Joseph Farag offers CEREC restoration. For more details and CEREC or to schedule an appointment for a check-up please call (941) 764-9555 today.

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Before and after: CEREC restorations look and feel better than amalgam (above and gold (below), and can be completed in a single appointment



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COVID-19 AND YOUR ESTATE PLANNING DOCUMENTS

By James W. Mallonee

In the last six months there have been many situations involving families who have come to this author's office to ask what to do when one of their loved ones has succumbed to the COVID virus without any instructions on how to handle their estate or health needs. This is a recurring real-life problem, but the solution is really simple by asking one question from the attorney of your choice; what do I need in case I get sick and do not recover? The basics are a Healthcare Surrogate, Living Will, Durable Power of Attorney and a Testamentary Document.

Each one of these documents involves your decision on who to appoint to make decisions for you in the event you cannot as well as dispose of your estate following death. Think of it as appointing agents who will have exclusive authority to make a decision for you in the event you cannot.

Healthcare Surrogate. This document gives your agents the authority over your healthcare needs. Your medical doctor and staff will be able to communicate with your agents on what is happening to your health and what is best for you given your condition. They will also be given the ability to apply for insurance coverage and review your healthcare records in order to make a properly informed decision involving next step health needs.

Different States have different laws on the formalities of this instrument. Florida only requires that there be two witnesses and the maker's signature acknowledged by a notary public. One of the witnesses cannot be associated with the maker by blood or descent. Other states may only require one witness and the acknowledgement of the maker's signature by a notary public. The attorney you choose to review your documents can review your forms (assuming you are coming from another State) and immediately tell you if your out-of-state Healthcare Surrogate meets the formalities of Florida Law.

Living Will. This document gives your agents the ability to initiate the termination of life (usually referred to as pulling the plug) if there is no possible recovery from the medical condition you



are suffering from. In most cases the medical team overseeing your care will inform your agent that there is nothing else they can do and give options such as removal of a feeding or ventilation tube.

Florida only requires two witnesses and no notary public acknowledgement. The Living Will (sometimes referred to as an Advanced Directive) must have instructions on what to do should the person

be in a terminal, end stage or persistent vegetative condition. In Florida, the Healthcare Surrogate and Living Will can be combined into a single document. Other States may require that they be separate instruments with different formalities when it comes to signing the forms. Once again check with the attorney of your choice to review your out of State forms.

Durable Power of Attorney. This document generally gives your agent the authority to manage your financial and contract matters. It allows your agents to pay bills, make investment decisions, prepare for such things as selling your property, applying for Medicaid and new government programs you become eligible for to name a few. It is generally considered the most powerful instrument you will possess while alive. Without this instrument, your loved ones would not be able to manage your residential property because they would not be in a position to pay your electric, water, mortgage, insurance and other miscellaneous bills you might incur while lying in a hospital bed. Although it is true, your family members could pay those bills using their own money, but just how long will that go on before it becomes economically unwise to continue.

The person you select as your Durable Power of Attorney agent must be of impeccable honesty because you are giving them the right to invade your assets without the law overseeing their acts. However, if you want court intervention, then in that case consider getting a volunteer guardianship. A discussion involving a volunteer guardianship is outside the scope of this article, but is worth discussing with the attorney of your choice.

A Durable Power of Attorney requires certain formalities in Florida such as two witnesses and your signature acknowledged by a notary public. Florida law uses the term that it must be executed in the same manner as a deed. Other States do not follow this formality and because of that your out of State Durable Power of Attorney may not be

useful at your local bank or for real property transfers. Check with the attorney of your choice to have your out of State document reviewed to be sure it will be honored in Florida.

Testamentary Documents. These documents consist of a Trust or Will. Generally speaking, you should consider a Trust to be operable during life and after death. A Will on the other hand only becomes operable following death. Which is a better instrument will be dependent on what you are trying to accomplish. In a majority of cases, the Will is the better one economically but lacks the authority to care for your assets while you are alive should you be hospitalized for extended periods of time.

If you are hospitalized for long periods of time (such as a COVID case), a Trust might be the better instrument because it would give your successor Trustee the ability to step into your shoes and manage your trust titled property. Think of it as a Durable Power of Attorney, but only for those assets titled in the name of the Trust. Any asset that is not titled in the name of the trust will rely on your Durable Power of Attorney agent to manage those assets (e.g. cars, boats, airplanes, purchase of new property).

As you can see being prepared in the event a worse case situation to your health should occur is invaluable. If you are concerned about your health and the "what if" question might happen to you requiring hospitalization for multiple days, talk to an attorney of your choice about a solution to manage your property and person – especially the payment of monthly recurring bills and healthcare decisions.

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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How Stress Affects the Skin

Naples Soap Company

Many people have been under a great deal of stress recently. With all of the adverse health disorders associated with psychological stress and anxiety, people often overlook the impact that stress can have on the skin. Recent research has confirmed skin is both an immediate stress perceiver and a target of stress responses.¹ As the largest organ of the body, skin serves as a barrier and plays an essential role in immune functions by maintaining homeostasis between the external environment and internal tissues.¹

From temperature, PH balance to oil production, and inflammation, the central nervous system communicates with the skin and can cause irritations and imbalance. For example, during acute and ongoing/uncontrolled stress, many people will have more breakouts, rashes, hives, fever blisters, flares of rosacea, or eczema. Stress can even cause the skin to become colder, secrete more sebaceous oil, or become dry and cracked. Controlling anxiety is crucial for your overall health and wellbeing, as well as your skin.

Controlling Stress

Some of the things that can help control stress are breathing techniques, meditation, exercising, reading, or journaling. You can even see a therapist online, in the privacy of your own home. However, if you've got uncontrolled anxiety, it's imperative to talk to your physician about your treatment options.

Time for Self Care

Sometimes, just performing a little self care at home can do wonders for stress relief. Enjoying a warm bath, taking an aromatic steamy shower, or performing a home pedicure, can help you re-center and refocus your thoughts and divert your attention away from what is making you anxious.

Caring for Skin that Is Showing Signs of Stress

If you are experiencing blemishes or dry patches, pay attention to the products you are putting on your skin. Everything that touches our skin penetrates our body, bloodstream, and organs. It's essential to look for products made with natural ingredients and stave off chemical-laden products as much as possible.

No Chemicals—Toxins and chemicals like triclosan, sodium lauryl sulfate, sodium laureth sulfate, formaldehyde, phthalates, and parabens are harmful carcinogens, allergens, and pore-clogging ingredients that are absorbed directly into your skin and into the body.

These can create an unhealthy environment and cause adverse reactions and damage. Even more dangerous, some of these chemicals and toxins are absorbed directly into the lymph nodes and bloodstream, which causes disease states and disorders to arise. Look for products that are free from these harsh chemicals and try to avoid synthetic fragrances, harmful dyes, and preservatives.

Natural Ingredients Are More Synergistic— Seek out products with ingredients such as cocoa butter, shea butter, coconut oil, olive oil, hemp seed oil, fruit seed oils, and Pro Vitamins. Your skin will look and feel better when choosing products made with natural and organic ingredients.

Naples Soap Company

Deanna Wallin, founder and CEO of Naples Soap Company, personally suffered from psoriasis and eczema, two skin conditions commonly know to be exacerbated by stress.

Deanna explains, "Having been a nurse, I understood the effects harsh commercial chemicals can have on the body. Reading labels of products and researching common ingredients in cosmetic and beauty products was a real eye-opener. I began using natural products myself and on my daughter, who was also diagnosed with eczema. Before long, we saw amazing results. The combination of better skincare products and our efforts to try to reduce the stress in our lives has made a tremendous difference with our skin."

There are so many options to help you with your skin concerns and to help you simply relax.

From the body butters to bath bombs, Naples Soap Company has plenty of self care suggestions to help you relax and de-stress. And, you can feel great about the products you are putting on your skin.

To find out more, please visit naplessoap.com, or stop by one of their 10 stores located throughout Florida.



DEANNA WALLIN
Naples Soap Company
Founder & CEO

There are so many options to help you with your skin concerns or to simply help you relax.

From the body butter to their shampoo, when you step into one of their stores, all of the products invigorating scents, health benefits, and beauty are mesmerizing. Since launching Naples Soap Company over a decade ago, the company is now in eleven retail locations in Florida to serve you.

To find out more, please visit naplessoap.com, or stop by one of their stores.



www.naplessoap.com



Reference:
1. Y. Chen, Brain-Skin Connection: Stress, Inflammation and Skin Aging, *Inflamm Allergy Drug Targets*, 2014 Jun; 13(3): 177-190. Published online 2014 Jun. doi: 10.2174/1871528113666140523104422. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4082169/>

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What's Your Diet?

By Pastor Roger P. Felipe

Weight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.

McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.

Roger P. Felipe is the Discipleship 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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Built from the ground up specifically for cataract surgery, the Catalys is more gentle on the eye and opens the door to laser cataract surgery for patients with glaucoma. If you suffer from cataracts or any other eye condition, **call Quigley Eye Specialists today.**

Our exceptional medical team specializes in

- Dry Eye
- Laser Cataract Surgery
- Glaucoma
- Bladeless Eyelid Surgery
- Cornea
- Routine Eye care
- LASIK
- Retina



**Quigley Eye
SPECIALISTS**
YOUR EYES, OUR PASSION!

Duane A. Wiggins, MD
Board Certified Ophthalmologist
Cataract & Refractive Surgeon

Schedule your cataract evaluation today!

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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. <http://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 dispensed energy and photocoagulation power needed in comparison to the Catalys group. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077266/>



**Fighting
cancer is
personal.**
Your treatment
should be, too.

We are bringing forward new technologies that will transform cancer care creating modern, effective and safe treatments designed around you. And we are proud to offer Ethos™ therapy, exclusively at GenesisCare, the first of its kind in the state of Florida. Experience world-class cancer care, close to home.

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