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Health & Wellness[®] MAGAZINE

December 2020

Charlotte/South Sarasota Edition - Monthly

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I'm Dee Merritt, a licensed sales agent in Southwest Florida. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs. **Take advantage of my knowledge and experience to:**

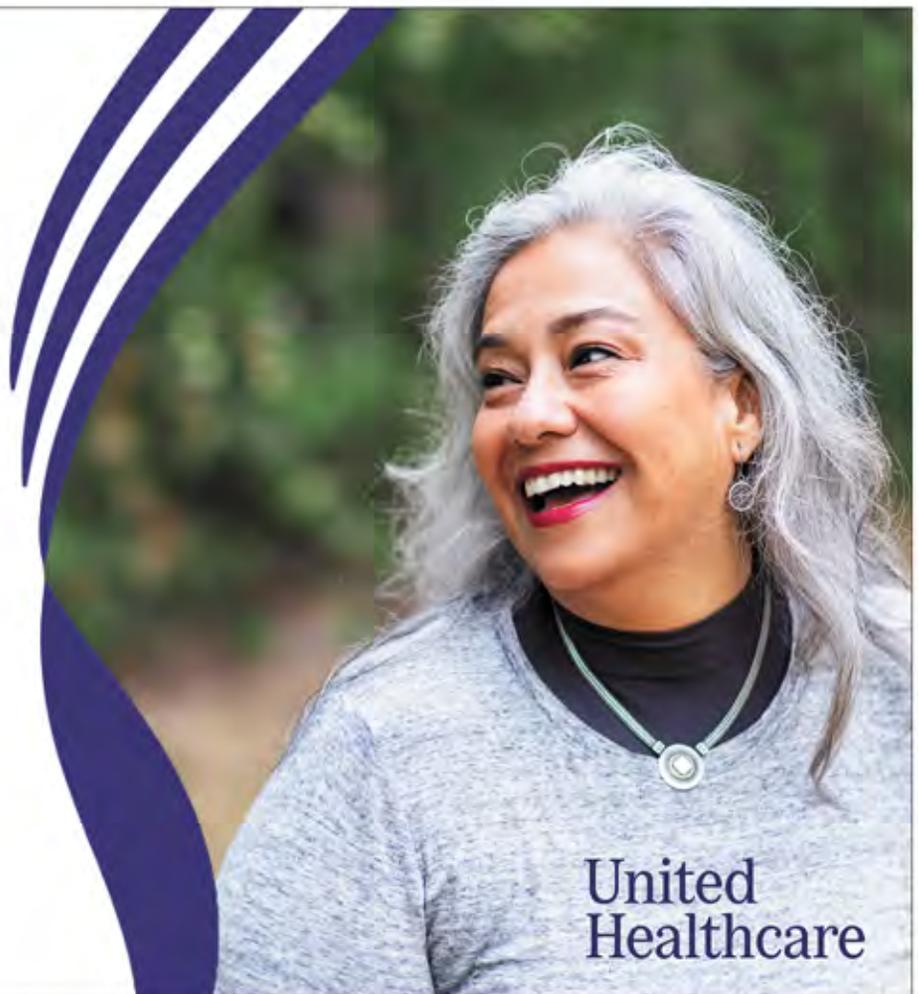
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I look forward to helping you explore your Medicare options so you can enroll in a plan with confidence.

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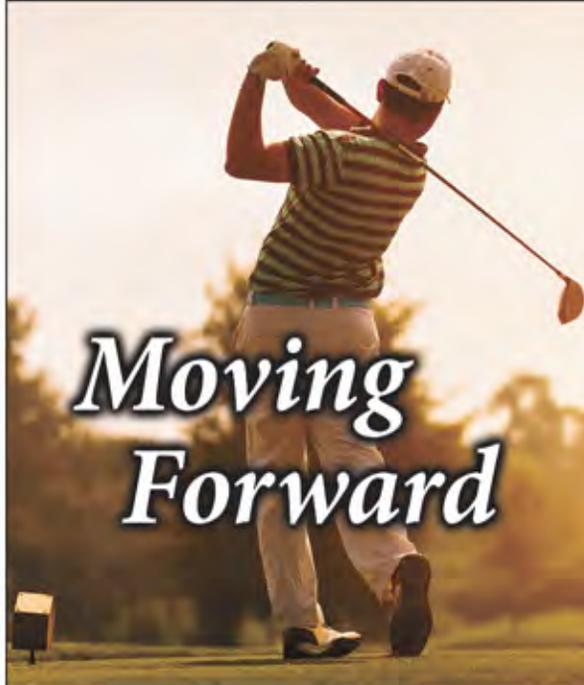
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Health & Wellness MAGAZINE

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• HAPPY NEW YEAR •



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CONTACT US
 OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
 cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
 sonny@gwhizmarketing.com

EDITOR - Lisa Minic



Publishing • Advertising • Web Design • Graphic Design
239.588.1200

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 Cristan@gwhizmarketing.com

G WHIZ Marketing, LLC | 1630 Caxambas Court | Marco Island, Florida 34145

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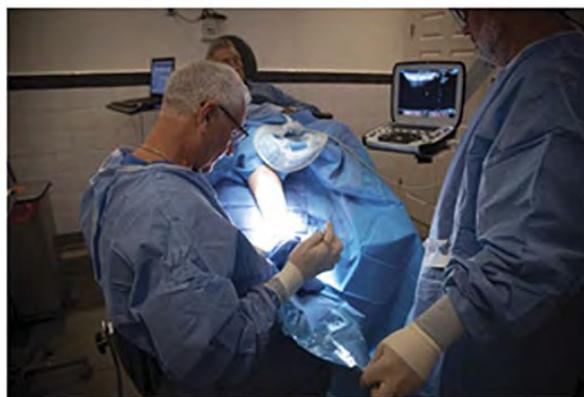
1. A 2018 study that compared the Catalys with another leading laser concluded that the Catalys demonstrated superior outcomes in terms of the patient experience, completeness of capsulotomy and ease of cortex removal. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6087026/>
 2. In addition to the 2018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

Treating Venous Ulcers at Joyce Vein & Aesthetic Institute

Venous dysfunction in the legs can lead to painful chronic skin ulcers that will not heal. To resolve this kind of problem correctly, there's only one solution: consult someone with extensive expertise in the field like Douglas H. Joyce, DO, founder of Joyce Vein & Aesthetic Institute in Punta Gorda.

"There are two systems of veins in the leg," explains Dr. Joyce. "The main system, in the middle of the muscles, is called the deep system. The other system is made up of all the veins you see under your skin, and are called the superficial veins. These two systems are connected by perforator veins. If you picture a ladder, with the superficial system being the left rail and the deep system being the right rail, the perforator veins are the rungs on the ladder going across between the two sides. The superficial side of the ladder is under low pressure, and the deep system side is under high pressure. Each perforator vein has a one-way valve. When you relax, the perforator valves open, and blood passively drains from the superficial into the deep system. When you walk, the deep system is compressed, generating the high pressure that returns blood back to the heart against gravity. All the valves in the perforators snap shut, so that the high pressure blood does not move out to the skin veins. "When perforator veins malfunction, each leg movement causes blood to flow backward at high pressure into the superficial system. This increases the pressure in the superficial system dramatically causing damage to the delicate superficial veins and skin. We call this problem chronic venous insufficiency and it is the cause of venous ulcers. Severe intractable ulcers can make life nearly unbearable. Patients suffer with painful, draining wounds which will not heal despite skin grafts and compression. The answer is to remove the reasons for the increased skin vein pressure by treating the dysfunctional perforator veins themselves."

Dr. Joyce has developed a non-invasive laser treatment called single needle ablation to accomplish this. Done in the office setting this procedure is performed through a small needle stick and takes



less than fifteen minutes. "Combined with our other venous laser treatments, we can reverse serious venous disease and heal "untreatable" ulcers that have been present on some cases for over a decade," states Dr. Joyce.

"It's tremendously rewarding to help these patients," adds Dr. Joyce. "Relatively few physicians treat this level of venous disease. We are pleased to be able to provide this care through The Ulcer Center at JVAI, not only to residents of Florida, but also to others who travel from around the country and even overseas to benefit from these procedures.

For more information and to schedule an appointment, call Dr. Joyce at 941-575-0123 or visit www.jvai.com

PATIENT TESTIMONIAL

I saw my leg had a little ulcer. It is not going away unless you fix it internally. Dr. Joyce understands this disease. He is always interested in you the patient. I was eager to come here because I wanted it done and I wanted it done right.

Michael C.



Dr. Douglas H. Joyce, DO, FACOS, FACP
Cardiovascular & Thoracic Surgery

SPECIALITY

Triple Board Certified Phlebology (Venous Disease) Cardio-Thoracic & Vascular Surgery, and General Surgery

DEGREES

Bachelor and Masters of Science The University of Michigan, Ann Arbor

Doctorate Michigan State University, College of Osteopathic Medicine, East Lansing

Diplomate American College of Phlebology
American College of Osteopathic Surgeons International College of Surgeons

TRAINING

Internship and Surgical Residency Lansing General Hospital, MI

Surgical Fellowship Cardiovascular Thoracic Surgery, Cleveland Clinic Foundation, OH Special Fellow, Department of Cardiopulmonary Perfusion, Cleveland Clinic Foundation, OH Special Fellow, Congenital and Adult Cardiovascular-Thoracic Surgery, Deborah Heart and Lung Center, Browns Mills, NJ

Former Assistant Clinical Professor of Surgery Department of Osteopathic Medicine, Michigan State University College of Osteopathic Medicine UMDNJ-Robert Wood Johnson Medical School, New Brunswick, NJ



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Self-Care Gifts for the Holidays

Naples Soap Company

If there has ever been a time to give gifts to help you or your loved ones to relax - 2020 is undoubtedly it. It's been a crazy year that has felt like it will never end. We've been consumed by the headlines in the midst of a global pandemic, natural disasters, economic instability and overall unrest. To think of self-care and relaxation at a time like this seems almost trivial. However, it's during times like these when we need it the most.



Stress in America™ 2020: A National Mental Health Crisis, conducted by *The Harris Poll* on behalf of *American Psychological Association*, found that nearly 8 in 10 adults (78%) say the coronavirus pandemic is a significant source of stress in their lives, while 3 in 5 (60%) say the number of issues America faces is overwhelming to them. If your stress is consuming your daily life, seek the advice of a professional. However, if you are looking for simple ways to help you and your loved ones unwind, release tension and calm the mind, here are a few simple self-care gift suggestions for everyone on your list.

Natural Essential Oils

Aromatherapy is a simple, convenient, and non-invasive way to naturally relieve stress. Oils derived from plants such as lavender, lemongrass, and patchouli have been used for thousands of years to cure ailments including stress and tension. A study conducted by the *International Journal of Nursing Practice* found that nurses who pinned small bottles containing 3% lavender oil on their clothes reported a significant reduction in stress symptoms over the placebo group.

To incorporate essential oils into your daily routine, try using a home diffuser to fill your surroundings with your preferred scent or apply a small amount of essential oils to your pillowcase or sheets. For direct application, look for roll-on blends that mix pure essential oils with a carrier oil that can be applied directly to areas of the skin like your temples, behind the ears or on your wrists.

Relaxing Baths

It's hard to imagine that a bath can have health benefits, but it's true! Taking a warm bath can reduce your blood pressure, relieve muscle tension, improve blood circulation, reduce headaches and help you fall asleep faster. If you want to increase the benefits, enhance your experience with a high-quality bath bomb. Read the ingredients and look for Epsom salt to help reduce tension, skin moisturizers like shea butter and cocoa butter, and calming natural essential oils like lavender, rose, bergamot, chamomile, and lemon. If you aren't a bath taker, a hot shower can provide similar health benefits. Try adding essential oils to your steamy shower with the addition of a shower bomb or an essential oil shower diffuser.



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DEANNA WALLIN
Naples Soap Company
Founder & CEO

The Importance of Self-Care

If the idea of self-care is foreign to you, here are a few pointers.

First, forget the guilt. Self-care is not indulgent – it's imperative. It gives people the chance to rest and recharge so that they can be more productive and present.

Second, know that self-care is different for everyone. Whether it's a walk on the beach, a tough workout, or a 20-minute face mask, self-care can be experienced in many ways.

Third, self-care is something you need to schedule. Block out "me time" on your calendar. If you wait until a spare moment rolls around, it will never happen.

Fourth, put away the Facebook feed, turn off the television, and remove the distractions. Remember, self-care is about focusing on you and nothing else.

If there was ever a time to refocus your energy towards self-care, this is it! "Me time" will nourish your body and mind and the health benefits can be profound.

www.naplessoap.com



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

www.Logicalinsurance.com
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Dee@Logicalinsurance.com

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Prendiville Facial Plastic Surgery Joins Quigley Eye Specialists

Facial Plastic Surgeon Dr. Stephen Prendiville and his staff have joined Quigley Eye Specialists as part of the new cosmetic surgery division. Dr. Prendiville is now the medical director of the new division that also includes the Assuage Luxury Spa in Fort Myers and The QILASIK and Med Spa in Naples that was founded in 2013.



“Dr. Prendiville has an excellent reputation and is the only double board-certified facial plastic surgeon in Fort Myers. We are expanding our service offering to include refractive surgery, such as LASIK, and facial cosmetic surgery. Dr. Prendiville’s experience, surgical skills and leadership make his practice the perfect fit for Quigley Eye Specialists,” said Dr. Thomas Quigley, founder of Quigley Eye Specialists.

Dr. Prendiville and his staff will continue to see patients at his Fort Myers office at 9407 Cypress Lake Drive. The phone number of 239-437-3900 will remain the same. No operational changes are planned at this time.

“Working together is a logical next step in our growth,” Dr. Prendiville said. “We serve similar populations that want to look good, feel good about themselves and see their best.”

The office of Dr. Stephen Prendiville joins five other Lee County practices under Quigley Eye Specialists ownership as well as four offices in Collier and Charlotte counties.

Double-Board Certified

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. He has performed more than 5,000 surgical procedures.

He is recognized nationally as a facelift expert with more than 20 articles published in medical journals and he has served as guest editor for Facial Plastic Surgery Clinics of North America.



Honored as an Elite Inductee

Dr. Prendiville is one of only 10 doctors in the U.S. to be honored as an Elite Inductee into the RealSelf 100 and RealSelf 500 Hall of Fame for excellent patient service and his willingness to answer patient inquiries on the RealSelf website, which is the leading online community that helps people make confident choices in elective cosmetic procedures. To achieve Elite Inductee status, surgeons must be among the top 1 percent of more than 1,000 surgeons reviewed.

Dr. Prendiville is the past president and secretary/treasurer of the Florida Society of Facial Plastic Surgery, an association consisting of 250 facial plastic surgeons in the state.

He graduated with his M.D. degree with high honors from Georgetown University School of Medicine in Washington, D.C., and served his residency at Georgetown University.

He was awarded a Fellowship in Facial Plastic and Reconstructive Surgery at St. Louis University in Missouri, where he was a clinical instructor in the St. Louis University Department of Otolaryngology.

Quigley Eye Specialists, founded in 1988, consists of more than 70 medical professionals, including surgeons, optometrists, retina specialists and technicians. Offices are conveniently located throughout Southwest Florida in Fort Myers, Cape Coral, Lehigh Acres, Bonita Springs, Naples, Port Charlotte and Punta Gorda.

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

About Quigley Eye Specialists

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. As the number one choice for cataract treatment in Southwest Florida, Quigley Eye Specialists is committed to providing the highest level of quality eye care and service to the community. The practice has served the region for more than 30 years and offers patients convenient locations throughout Southwest Florida including Bonita Springs, Cape Coral, Fort Myers, Lehigh Acres, Naples, Port Charlotte and Punta Gorda.



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TIPS TO PREVENT FALLS IN A HOUSE FULL OF HOLIDAY DECORATIONS

By Dr. Chris Mulvey, PT

The Internet is full of videos, memes and movie clips showing holiday decorating mishaps – people falling off ladders, tripping on gifts and tumbling into Christmas trees.

Although it's easy to get into the Christmas spirit while decorating, it's also easy to get injured.

During the holiday season each year, emergency departments nationwide treat an average of 13,000 to 15,000 patients for decorating-related injuries, according to data from the U.S. Consumer Product Safety Commission. Falls are the most common holiday mishaps requiring a hospital visit. People fall from ladders stringing lights onto a home's roofline, stretching to perfectly place ornaments onto the tree and retrieving heavy boxes of decorations from storage.

Seniors already face a high risk for falling – one in three seniors suffers a serious fall each year, according to federal data – and holiday decorations pose additional safety concerns as homes transform into winter wonderlands at year's end.

To minimize fall risks for yourself, and seniors, this holiday season, consider these eight decorating tips:

- **Exterior lights:** Stringing lights onto the roofline or around palm trees is dangerous. Utilize inflatables, net lights on shrubs and laser projectors to light up a home's exterior.
- **Ladders:** Don't use them. Ladders are meant for reaching vertical, but hanging ornaments or lights on a tree or gutters requires horizontal reach. That's how you get hurt. Consider asking an older child or tall friend to place a star or angel atop the tree; you'll stay safe and they'll enjoy helping.



- **Extension cords and light strands:** The Christmas tree, music boxes and other holiday decorations requiring electricity should be placed near outlets. Cords create trip hazards and are especially dangerous for curious children and pets.
- **Gifts:** It's a blessing to have a bounty of gifts beneath the Christmas tree, but presents and gift bags can pose trip hazards. All gifts should fit under the tree and out of walking paths.
- **Lighting:** Sipping a cup of hot cocoa in a living room lit only by candles and colorful Christmas lights is nostalgic, but many falls happen in poorly lit environments. Enjoy the sights and sounds of the holiday season with the lights on.
- **Storage boxes:** Holiday decorations often are stored on high shelves in the garage or closet. Ask for assistance to move heavy boxes. Also, while decorations are on display, storage bins and boxes should be returned to their original spot in the garage or closet.
- **Holiday parties:** Consider your guests. Evening gatherings in the backyard aren't ideal because of low lighting and uneven surfaces.

- **Package deliveries:** Many families are forgoing holiday travel this year and mailing gifts to loved ones. Consider the weight of gifts for recipients and whether they'll be able to safely handle the package.

Decorating for the holidays is a family tradition, and many seniors continue the tradition long after their children grow up and move out. Perhaps it's time to start a new tradition by offering to help parents, grandparents and older neighbors put up their holiday displays. It will help keep them safe and they'll certainly appreciate the extra set of hands and spirited conversation.

Why is a physical therapist writing about holiday decorating safety tips? FYZICAL Therapy & Balance Centers has a robust fall-risk assessment program that includes an analysis of the home environment. Among the most common trip hazards for seniors are clutter along hallways and stairs, poor lighting, cracks in sidewalks, exposed tree roots and improper footwear. Certain medications also can cause dizziness or sleepiness that can lead to stability problems, as well as poor vision and hearing.

It's important to think about falling before you're on the way down.

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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www.fyzicalswfl.com

BREAKTHROUGH TREATMENTS IN WOUND CARE

Advanced therapies in the treatment of complicated diabetic and non-diabetic foot wounds are helping save limbs and improve the quality of life for individuals plagued by wounds that just won't heal. Specifically, for the diabetic population, impaired healing of wounds often leads to frequent hospitalizations, increased health care costs and limb loss. Advanced wound healing therapies are now offered at Family Foot and Leg center.

Foot ulcers develop in about 15 % of the 25 million American's living with diabetes. These foot ulcers can lead to serious complications including infection, osteomyelitis (bone infection), decreased quality of life and limb loss. Today's advanced treatment options help stimulate wound healing in people who would likely not be able to heal these wounds on their own. These advanced treatments are critical in the diabetic population who frequently have poor circulation, nerve damage and impaired immune response which all negatively affect the body's ability to heal wounds.

One ground breaking therapy is the use of stem cells. Stem cells are undifferentiated cells found in blood, bone marrow and other human tissue. Stem cells have the ability to develop into many different types of cells. When applied directly to a wound, stem cells can help the body grow new tissue in order to heal the wound. The use of stem cells in diabetic related foot wounds has shown favorable results when looking at time to wound closure, number of treatments needed, and number of adverse events related to the wound. At FFLC we have seen extraordinary results with the use of stem cells for non-healing wounds. One example of such a graft is Affinity. Affinity is a graft with fresh, not frozen, mesenchymal stem cells. It can be applied directly to wounds. Even wounds with bone or tendon exposure. It is easily accessible in the office setting. Your provider will have the graft delivered prior to being applied to your wound in the office setting. The process is quick, easy and painless. Multiple treatment will likely be required.



Another advanced wound healing therapy is the use of negative pressure wound therapy (NPWT). This consists of a wound dressing with an air tight seal and a drainage tube connected to a suction device. The suction enables healthy new tissue to grow. This device can also be combine with stem cells and other types of grafts.

If you or someone you know has a wound that has been present for a long time or is showing slow progress make sure to schedule an appointment with Family Foot and Leg center immediately. The longer you wait for treatment, there is a greater risk of limb loss. Your physician will evaluate you and

determine why your wound is not healing. They can then develop a treatment plan with advance wound healing therapies if indicated. To learn more contact Family Foot and Leg center, in Port Charlotte.

Isin Mustafa

DPM, MSHS, AACFAS

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



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Mistletoe: It's not just for kissing under

Root Causes is proud to announce that we are now offering Mistletoe injections and IV's to address various conditions Like Lyme and Epstein Barr, cancer treatment side effects, and several other conditions.

There is a lot of research on the effectiveness of mistletoe and various conditions and illnesses. We are working with Believe Big and we are excited to offer this therapy that is very well established in Europe and in integrative medicine in the US, and it is now becoming mainstream.

The following information is provided by The American Cancer Society:

What is mistletoe?

Mistletoe is a semiparasitic plant that grows on trees, such as apple, oak, maple, elm, pine, and birch. It has been used for hundreds of years to treat medical conditions such as epilepsy, hypertension, headaches, menopausal symptoms, infertility, arthritis, and rheumatism.

Mistletoe is one of the most widely studied complementary and alternative medicine therapies for cancer. In Europe, mistletoe extracts are among the most prescribed therapies for cancer patients.

Immunity Issues

With issues like Epstein Barr, Rheumatoid arthritis, and other autoimmune disorders, mistletoe helps to calm the immune system.

Immunity Details

Adaptive and innate immunity are essential to how your body protects you against foreign invaders. Your adaptive immunity is within your tissues and has memory as to how if fought off infections and illnesses from the past. Your innate immunity is how well your body fights off a new infection by utilizing antimicrobial and host defense peptides. T Cells are lymphocyte immune cells or white blood cells that originate from our bone marrow and help fight off pathogens. These T Cells work directly with B cells to create y-shaped antibodies (immunoglobulin) that connect to the pathogen and destroy it. The problem is that many people have a weakened immune system that is not able to fight



off these pathogens. The other issue is that many of us are in a hyper-state of inflammation and our own antibodies start attacking our healthy organs and tissue. This is the basis of autoimmune dysfunction. 1

Cytokines are a diverse group of small proteins that are secreted by cells for the purpose of intercellular signaling and communication. Specific cytokines have autocrine, paracrine, and/or endocrine activity and, through receptor binding, can elicit a variety of responses, depending upon the cytokine and the target cell. Among the many functions of cytokines are the control of cell proliferation and differentiation and the regulation of angiogenesis and immune and inflammatory responses. 2

How are mistletoe extracts given?

At Root Causes Holistic Health & Medicine, mistletoe extracts are usually given by intravenous or IV Injection.

If you are interested in mistletoe injections or other IV nutrients, please call us today at (239) 347-9234.

References:

1. Mobilizing peptides in immunity. Nat Chem Biol 9, 747 (2013). <https://doi.org/10.1038/nchembio.1409>
2. Alirezai M, Kembal, C. Short-term fasting induces profound neuronal autophagy. Autophagy. 2010 Aug 16; 6(6): 702-710. Published online 2010 Aug 14. doi: 10.4161/auto.6.6.12376 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3106288/>

Root Causes Holistic Health & Medicine

Root Causes Holistic Health and Medicine is committed to helping you achieve optimal health. Our mission is to find the root cause of your symptoms and help you achieve wellness through correcting any contributing factors that can be corrected. We look at you as a whole person, and not just a collection of symptoms to be corrected. We strive for balance and wellness through lifestyle management, nutrition and naturally occurring compounds and therapies whenever possible.



Doreen DeStefano, NhD, APRN

Dr. DeStefano came to Fort Myers in the early 1980's, leaving and coming back again several times until finally settling here in 2001. She has a lifelong background in health and wellness that began in middle school when she started running.

Dr. DeStefano is also a lifelong student. She holds a bachelor's degree in nursing, and another in exercise physiology. She has a Masters (ABT) in criminology, a Master's in public business administration and a Master's in nursing. She holds a doctorate in natural health and is a licensed Advanced Practice Registered Nurse. She holds numerous licenses and certifications from advanced practice training. She continues to attend educational seminars in integrative and functional medicine twice a year to stay abreast of the most recent, cutting edge therapies available.

Her practice is centered on naturopathic principles that include healing the whole person on various levels and avoiding pharmaceutical intervention unless absolutely necessary. She believes your health is within your control. Her goal is to help you achieve maximum health.



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Subspecialty Radiologists and Advanced Imaging Technology:

Why This is Critical for Your Diagnosis

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

Radiology Regional

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

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

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

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



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

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



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NON-INVASIVE TREATMENT FOR CHRONIC PAIN

REGENERATIVE MEDICINE

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

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

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

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

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

MAYO CLINIC



We are excited to announce that regenerative medicine has been endorsed as a new field of academic rank at Mayo Clinic - the first addition to academic rank at Mayo in three years.



AESTHETICS - NONSURGICAL FACELIFT

When you think of lifting and sculpting the face, does your mind immediately conjure up notions of incisions and sutures via plastic surgery? The truth is, face lifts are not as popular as they used to be, and that's mostly due to the viable alternative options that are readily available.

We can do so many things that are much less invasive and more cost effective that will give us those augmented results that make us look younger and can help to restore our confidence level.

What are facial fillers?

Cheek fillers are injections that raise the volume of the area above and around your cheekbones. This provides the illusion of a more defined bone structure. By injecting volume under your skin layer, cheek fillers can also smooth out wrinkles and fine lines.

How long they last

Depending on the type that you choose, cheek fillers can last anywhere from 6 months to 2 years before results are no longer noticeable. The dermal filler material eventually dissolves and metabolizes into your skin tissue.

PERIPHERAL NEUROPATHY

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



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

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

Patient Testimonial:

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

Patient Testimonial:

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



Dr. Johnson After Losing 20 lbs

SPOT FAT REDUCTION

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

HOW DOES IT WORK?

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



SHOCKWAVE THERAPY FOR CHRONIC JOINT PAIN / ED

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

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

Shockwave Therapy is also FDA approved for the treatment of **Plantar Fasciitis**.

Erectile Dysfunction might well be the "canary in a coal mine" of men's health, indicating that men need to "metaphorically evacuate" before they develop life-threatening disorders; Coronary Artery Disease, Cardiovascular and Myocardial Infarction.

More than half of all men 40 to 70 years of age have experienced erectile dysfunction — "an inability to attain or maintain an erection sufficient for sexual performance" — according to the Massachusetts Male Aging Study.

Some other factors that affect ED are smoking history, blood pressure, body mass index, A1c, and obesity.

CHIROPRACTIC TREATMENT

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

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

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

Is the Activator Method right for you?

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



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

Patient Testimonial:

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

— Rebecca M.



HANCOCK HEALTHCARE GROUP

New Name and Expanded Services

Formerly **Cape Coral Chiropractic and Massage Center** is now the Hancock Healthcare Group offering many Medical Services and Chiropractic Treatments

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Holiday Gifting—Aesthetics Procedures & Treatments Are On The List!

Looking our best during the holidays and into the New Year is on many peoples minds. Do you want the benefits of a TCA Peel without the peeling and long healing process? This is especially important to many people during the holidays or when events are coming up. Who wants to be red and peeling for days on end?

There is another option—PRX-T33 is a bio-revitalizer that stimulates deeper layers without irritating the epidermis (outer layer) and it requires little to no downtime, so you can look your best and see results immediately.

How it Works

Collagen is what gives our skin that plump, youthful appearance, but it can be difficult to stimulate collagen production as we age. PRX-T33 is formulated with trichloroacetic acid, which increases the growth of fibroblasts in the skin and therefore, stimulates collagen production.

PRX-T33 also contains hydrogen peroxide, which permeates the layers of the skin with oxygen and preps it to increase dermal receptors. Along with peroxide, kojic acid is a key component of the procedure, as it eliminates and suppresses melanin production, which helps with recurring melasma or discoloration.

PRX-T33 Helps with the Following:

- Skin tightening and toning
- Melasma
- Hyperpigmentation
- Smoothing
- Reducing Scars
- Sun damage
- Acne
- Gives youthful, plump refreshed appearance

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GIFT OF BEAUTY
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Mes Amies Medical Spa – Combining Beauty, Science and Unparalleled Customer Service

Mes Amies Medical Spa, is a new concept in wellness combining beauty, science and unparalleled customer service. Our mission is to bring South West Florida the latest and best non-invasive cosmetic procedures.

With each complimentary consultation, our clients are given an insightful, no-obligation look at what treatments they would most benefit from and the results to be expected. We offer highly trained, licensed professionals to deliver these outcomes.

Whether you are looking to address a specific condition or simply want to get away and relax, you've come to the right place. Our professionals understand how important it is for you to look and feel your best and will treat you with care and respect from the moment you walk through the door. Continuing education is a priority at Mes Amies Medical Spa; we have been personally trained by Dr Zein Obagi.

Mes Amies Medical Spa, LLC is committed to helping you look and feel your personal best by providing the highest level of medical grade cosmetic procedures. Each of our services is carefully designed to fit your unique needs, and our highly experienced staff is ready to support you every step of the way. Reach out today to learn more.

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3D MAMMOGRAPHY

As technology advances, understanding medical exams and procedures becomes more complex. The quality of services provided is an important consideration.

The American Cancer Society endorses mammography, along with yearly physical examinations and monthly self-examinations, as the most effective means of detecting breast cancer at its earliest and most treatable stage. Generally, mammography can reveal benign and cancerous growths before you or your physician can feel them. If detected at the earliest stage, breast cancer has a five-year survival rate of over 95 percent, as small breast cancers are more treatable and can be removed before they spread to other parts of the body.

Breast cancer is the most common form of cancer in American women. Unfortunately, 70% of women have no identifying risk factors. The American Cancer Society recommends mammography as a life saving tool for screening women without symptoms for breast cancer. And 3D Mammography specifically is becoming the preferred choice for physicians in Southwest Florida. With over 30 years of experience and 10 Board Certified Radiologists, Radiology Associates of Venice & Englewood (RAVE) is proud to offer 3D Mammography to our patients.

What is 3D Mammography?

3D mammography is a revolutionary state of the art technology approved by the FDA in February 2011, which gives radiologists the ability to view inside the breast layer by layer, helping to see the fine details more clearly by minimizing overlapping tissue. During a 3D mammogram, multiple low-dose images known as "slices" of the breast are acquired at different angles. With 3D technology, the radiologist can view a mammogram in a way never before possible.

Is 3D a separate exam or part of my usual mammogram?

The 3D exam is a separate procedure that is performed at the same time as your regular mammogram.

What is the cost and will my insurance cover the 3D exam?

Medicare does cover 3D mammography. Even though 3D mammography is FDA approved and covered by Medicare, most private insurance companies are not yet reimbursing for this exam. However, RAVE has never charged the patient the additional 3D portion of the exam if their insurance doesn't cover it.



"The Radiologists of RAVE include the additional 3D imaging regardless of payment because it's in the best interest of patient care, so there is never an additional charge." (Philip Mihm, M.D. RAVE Radiologist)

What are the benefits?

FEWER MAMMOGRAM CALLBACKS for additional mammography – 3D mammography helps distinguish harmless abnormalities from real cancers, leading to fewer callbacks for additional mammography and less anxiety for women. With 3D mammography, RAVE radiologists have reduced patient callback rates by 20-30 percent.

Doctors and scientists agree that early detection is the best defense against breast cancer. 3D mammography has been shown in clinical studies to be more accurate than conventional mammography alone by detecting cancers earlier. This new technology increases breast cancer detection by 38%. It's truly an important component in the screening process.

After 3D Mammography, if continued tests and imaging are needed, RAVE uses state-of-the-art technology, including MRI guided breast biopsies and the Philips 3T wide bore MRI that allows our radiologists to view the breasts in a higher resolution, enabling us to have even more clarity within the breasts. RAVE has been performing MRI breast imaging for over 15 years and with Wide Bore technology, it allows us to accommodate most any sized patient comfortably. With the Philips 3T wide bore MRI, we are able to cut down on the amount of time it takes for the patient to be scanned. Most Breast MRI's take 30 minutes or less, allowing the patient to go on with their day with little disruption.

How long will it take?

The exam will take about 4 seconds longer per view while in compression than the 2D mammography.

How much radiation will I be exposed to?

It varies from person to person and is roughly equivalent to film/screen mammography. The amount of radiation is below government safety standards.

What if my doctor did not mention 3D Mammography to me?

3D is an optional service at this time and elected by the patient. Many physicians know about our new 3D technology and the feedback we have received has been very positive. If you need additional information to help you make this decision, please visit www.RaveRad.com.

Why is RAVE Radiology offering 3D Mammography?

RAVE prides itself on offering the highest quality care for our patients. Our radiologists believe strongly that 3D mammography will benefit our patients.

How can I schedule an appointment for 3D Mammography?

Schedule your appointment by calling (941) 488-7781 (Venice Office). Coming to Sarasota in 2019. We will have 3D Mammography and Xray.



www.raverad.com

VENICE

512-516 S. Nokomis Ave
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SARASOTA

3501 Cattlemen Road
Sarasota, FL 34223
941-342-RAVE (7283)
Hours: 8:00am-5:00pm



Don't Let Hearing Loss Diminish Holiday Cheer!

By Dr. Noël Crosby, Au.D.

The happy chaos that accompanies the holiday season is welcomed by millions of people all over the world. But for those with hearing loss, the seasonal festivities and accompanying hoopla can mean a much more difficult listening environment... one that is confusing, frustrating... even depressing.

I am a firm believer that no one should miss out on a single moment of holiday cheer! Life, friendships and family are meant to be celebrated every chance you get. That is why I have come up with a few tips that are designed to make this holiday season the best it can be.

Tip #1: Make an appointment with your audiologist.

- If you are a current hearing aid wearer, schedule an appointment now to have your hearing aids cleaned and checked to make sure they are functioning well and are programmed correctly. If you have a spare, back-up set of hearing aids, make sure they are also in working order. And don't forget to stock up on batteries.
- If you do not wear hearing aids but are not hearing as well as you once did, schedule an appointment now to have your hearing checked. Don't delay making an appointment because you don't want to wear hearing aids. Often hearing loss is caused by an abundance of earwax. Once the earwax is removed, your hearing will improve.

Tip #2: Crowded, noisy environments make hearing difficult for everyone, even if you do not have hearing loss. Plan ahead for office parties, concerts or other large group functions.

- If you are having a conversation with another person, try to go to another room or quieter area to talk.
- Keep away from the middle of the room. Instead, have the person to whom you are talking sit down or stand with his or her back to the wall. By following this simple tip, adaptive dual microphones in hearing aids can more easily focus on the sounds you want to hear while reducing or eliminating irritating and distracting background noise.

Tip #3: Eating out also requires a little planning.

- Plan your trips to restaurants with small groups. That way the conversation will be easier for everyone...even those without hearing loss.

- Arrive early so you can request a table that is away from the kitchen or service area.
- Reduce background noise by choosing a booth in a corner if possible. This location will help the advanced technology in your hearing aids do what it is designed to do more effectively.

Tip #4: Be assertive with friends and family at family gatherings.

- It is up to you to take charge of your listening environment. Don't pretend you are hearing when you are not. It will only make you seem out of touch.
- If you struggle to hear the voices of small children, explain to them you want to hear everything they have to say and try to have the conversation in a quieter area of the room that goes for all conversations with adults too.

Tip #5: Prepare for vacation travel.

- If you are travelling by air arrive at the airport early. If you struggle to understand the public address system at the airport, alert the airline desk personnel at your gate that you cannot hear the boarding announcements well. Request that they personally notify you. Sit near the personnel counter.
- Make sure you have an adequate supply of batteries with you, in case you get stranded.
- Try to avoid taking your hearing aids out while on the plane, but if you must do so, make sure you take the time to put them away. Do not let them lay in your lap or on your lap tray, otherwise they may be lost when you de-board.
- When staying overnight in a hotel, ask the hotel if they have a hotel kit for the hearing impaired. These kits typically include:
 - Visual smoke detector, door knock signaler and phone alert
 - Portable phone amplifier
 - Tactile vibrator alarm clock
 - TTY (teletext)
 - Closed caption converter

Tip #6: Gift Giving and Wish List options make holiday giving easy.

- Assistive Listening Devices (ALDs) can make good gifts for hearing aid users and non-users alike.

Perhaps you or a loved one would enjoy a wireless TV listening device that will let the person with hearing loss comfortably hear the television without having to worry about the volume being too loud for others. Amplified telephones and alerting device are also great gifts.

- Not sure what to give? Gift Certificates are available for purchase throughout the holiday season at Advanced Hearing Solutions.

Happy Holidays from the staff at Advanced Hearing Solutions!



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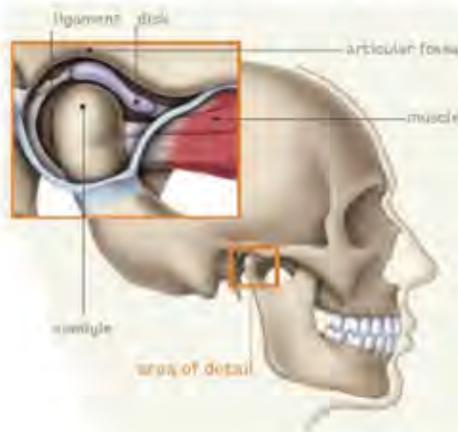
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About Advanced Hearing Solutions — Using the latest and most sophisticated technology, we determine if you have hearing loss—and, if you do, we determine the degree and type of hearing loss. If your hearing loss requires medical or surgical intervention, 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.

The Daily “Grind”

By Dr. Joseph Farag

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

By Physicians Rehabilitation

Walking, standing and exercising put a lot of strain on our knees. For example, a person that weighs 150 lbs. walking up a flight of stairs will put approximately 500 lbs. of pressure on their knees with each step. Not only is the knee one of the most intricate of all the joints in the body, but they are also the most susceptible to arthritis. Multiple types of arthritis affect the knees, but osteoarthritis is by far the number one type that surpasses all others.

What is Osteoarthritis (OA) of the Knee?

Positioned between the three bones of the knee (the femur, tibia, and patella) the articular cartilage provides a smooth gliding surface and acts as a shock absorber. This cartilage is smooth and resilient but susceptible to wear and tear. Once the cartilage begins to break down it is difficult to stop and often the cartilage breaks down completely and wears away. This can cause soreness, swelling, and stiffness, and it is the beginning stages of osteoarthritis, or bone rubbing against bone, which in turn causes bone spurs and a great deal of discomfort.

Articular cartilage has no blood supply. The cells that make the cartilage are nourished by the synovial fluid, and hydrostatic pressure of the joint influences the health and pathological condition of arthritis. The wear and tear process can be slowed often by weight reduction, strengthening the muscles surrounding the joints, and by minimizing or reducing activities that put excessive weight on the knee joints. However, there are well-known non-invasive treatments that have helped numerous people regenerate knee joint function and tissue.

Osteoarthritis develops slowly, and often the pain becomes worse with time. This type of arthritis is also known as degenerative joint disease, because it is often associated with the aging process. But occasionally, this process can also affect younger people too. The pain can be debilitating and interfere with daily activities, affect your ability to work and create limited range of motion in your life.

MANY PHYSICIANS WILL RECOMMEND SURGERY, BUT DO YOU REALLY NEED IT?

Knee Replacement Surgery is 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. Physicians Rehabilitation has an effective knee program that entails several non-invasive treatments that can alleviate pain, increase weight bearing and strength, and regenerate tissue.

Physicians Rehabilitation's Knee Therapy Program Includes:

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

Viscosupplementation

Viscosupplementation is an FDA approved, guided, hyaluronic acid injection. It 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.

Stem Cells (Not all Are Equal)

The stem cells are precisely injected into the injured region under ultrasound-guided imaging. These stem cells immediately begin to assist in the normal healing process to regenerate tissue growth, and signal repair to the damaged area.

Our own stem cells are not enough due to limitations, which are usually due to aging, or severe injuries; stem cells from other sources increase platelets in the blood,

which travels to the injured area to increase healing more effectively. Many healthcare providers are supplying patients with inferior stem cells that do not work as well as pluripotent stem cells. The pluripotent cells come from umbilical cord donors and produce active cells that are full of nutrients, minerals, amino acids, and proteins and have the ability to reproduce and regenerate new cells throughout the body. Umbilical cord stem cells are one of the most powerful stem cells available because they have the potential to develop into any cell found in the human body.

Pluripotent stem cells can be used to treat and replenish areas of the entire body from head to toe. Stem cells work wonders in repairing and regenerating damaged tissue, and the human body completely accepts them. They offer anti-inflammatory, as well as immunomodulatory effects, which helps modulate the body's immune responses. No embryonic tissues or tissue from aborted fetuses are ever used. The umbilical cord stem cells are obtained through aseptic recovery technique from full-term delivered babies from a healthy mother.

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.

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.

Physicians Rehabilitation

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.

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.

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Recreational Marijuana Vs. Medical Marijuana

Recreational Marijuana is unregulated, and the ratios of THC, CBD and terpenes is also not standardized or stable. Recreational marijuana is typically used to evoke a mood-altering "high" and not necessarily used for medical ailments or treatment. In the state of Florida, recreational marijuana use is illegal.

Medical Marijuana is highly regulated by the government. It is under great scrutiny to deliver and prove it's levels of THC, CBD and terpenes. These ratios in medical marijuana can be adjusted specifically by a certified and licensed medical marijuana physician's dosage and ratio request, as some formulations are better suited for specific disease states, symptoms and conditions.

Intake Methods

The state of Florida allows medical marijuana to be dispensed and used in these forms:

- Creams • Edibles • Oils • Patches • Smoking
- Sprays • Suppositories • Tinctures • Vaping

Governor Desantis signed a bill recently allowing the ban on smokable marijuana to finally be lifted in the state of Florida. Certain dispensaries in the area are now legally able to give patients the green leafy flower that so many individuals have been waiting for.

What are the Benefits of Smokable Marijuana?

Both cannabis oil and smokable marijuana offer health benefits, and in many cases, they both treat or alleviate symptoms of the same disorder. But what about smokable marijuana specifically? What are the perks, and who do they help the most?

Having the full entourage effect of the whole plant-based form of medical marijuana is ideal for many patients with terminal illnesses like cancer, dementia, Parkinson's disease, epilepsy, PTSD, and chronic infections. The entourage effect is the plant's natural combination of CBD, THC and Terpenes.

Both using cannabis oil and smoking marijuana yield different medical benefits. Smoking cannabis has been useful in treating diseases like glaucoma and nausea. It can be used to alleviate chronic pain and may even help reduce the size or stop the growth of cancer, as well as stop the progression of Alzheimer's disease. Cannabis oil is also used to treat cancer and nausea, but it can also improve sleep, protect the skin, combat stress and anxiety and promote heart health. Both may be used to treat symptoms of post-traumatic stress disorder (PTSD), headaches and migraines. They may also be used to combat the symptoms of multiple sclerosis and premenstrual syndrome. Typically, the oil contains concentrated cannabinoid profiles for more potency, but many primarily include cannabidiol (CBD), which does not get people high. For this reason, some states allow children to take advantage of CBD oils for certain illnesses and conditions.

Get Your Florida Medical Marijuana Card. Call Today!

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Florida Marijuana Law's Qualifying Conditions Include

Currently, there are 12 medical conditions explicitly defined in the Florida medical marijuana initiative. However, the Florida marijuana law also states that any medical condition in which the medical marijuana doctor believes that the medical use of marijuana would likely outweigh the potential health risks for a patient may be used as criteria when certifying a patient for the Florida MM program.

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*

In addition, Amendment 2 allows physicians the authorization to recommend the Florida Medical Marijuana Card to patients who have been diagnosed with "a similar or other debilitating medical condition."

Getting Medical Marijuana

You must visit a Physician that is licensed to recommend medical marijuana. To legally purchase and consume medical marijuana in Florida, a patient must have one of the specific qualifying medical conditions regulated by the government or have a medical condition that is deemed as appropriate.

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A POSSIBLE BENEFIT FROM COMMUNITY PROPERTY OWNERSHIP AND FLORIDA LAW

By James W. Mallonee

As you may know there are States within the United States union that have community property statutes that may seem odd to Floridians. The majority of those States are in the Western portion of the United States (e.g. California, Arizona, Oregon, Washington, Idaho including Texas). Community property is generally viewed to be a husband and wife (or possibly unmarried partners) with assets purchased by them during marriage to be owned 50/50 by each, regardless of who provided the funds. However, this does not hold true for property that is inherited provided the inherited property is not comingled with the partner and cannot be traced to the inherited funds.

Florida will recognize community property from another State upon the death of one of the couples. This is not a well-recognized or understood fact in Florida; however, as more and more individuals begin moving to Florida from a community property State, the reality of Florida's recognizing community property becomes more prolific. What that could mean to you will become apparent using the following example.

Suppose you marry in Georgia and the person you are marrying has a child from a previous relationship. Because of changes in career you elect to move to California (a community property State). While living in California you purchase property using the husband's non-inherited funds to do so. You continue to live in California for five years, and then move to Florida after selling the California residence. The sold residence had a profit of \$100,000.00. It is estimated that other property purchased in California is equal to \$20,000.00 for a total of \$120,000.00.

The couple purchases a vacation home in Florida for \$120,000.00. After fifteen years of living in Florida, the husband dies. You would think that the California community property rule would not be in effect, but it is. Under the community property rules of California, the property proceeds are split 50/50. Assume the husband had no Will which makes his estate intestate. In Florida when there is a child from a previous relationship, the spouse would receive 50% of the estate and the surviving child from the husband's previous marriage would receive the other 50%.



But wait, because \$120,000.00 came from California, the value of the funds is split 50/50, making the Wife eligible for her 50% (or \$60,000.00) to keep as her own. The other 50% (\$60K) goes into the probate estate and is split according Florida law. The Wife in effect will receive an additional \$30,000.00 (1/2 of \$60K) and the child from a previous relationship will receive the other \$30,000.00. In essence the Wife gets her community property share of 50% up front before the other portion goes into probate. The Wife shall receive \$90,000.00 (\$60K + \$30K from the probate estate). If Florida's community property statute did not exist, the Wife would have only received \$60K and the child from a previous relationship would receive the other \$60K. This amounts to a huge benefit to the Wife.

What is interesting in this scenario is that it does not matter that the couple lived in Florida for 15 years or 15 days. If money is brought into Florida from a community property State, it is subject to Florida's community property statute. However, be aware that there are some gotcha's which include: you may have to trace what money from a community property State was used and for what. Failure to trace the funds to being community property can eliminate the ability to invoke the rule. The other gotcha is that the person claiming the community property rule is viewed as a creditor to the estate. As a result, the spouse claiming community property would have to file a timely claim against the estate. Failure to do so will eliminate the ability to collect.

Other gotcha's include marital agreements, homestead or property held as tenants by the entirety. If any of the aforementioned situations arise in Florida, then the community property assets in question will not be considered.

If you and your spouse resided in a State where community property was the law and you move to Florida, you should speak to the attorney of your choice about this unique statute and what it means to your situation. This is especially true if you have children from a previous relationship. Know what could possibly happen at the death of either you or your spouse should someone take a stand on community property.

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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Chefs For Seniors Nutrition Tips

In 2013, Nathan Allman started Chefs for Seniors with his Father Barrett, a long time restaurant owner. Chefs for seniors makes customized meals for the week in their clients home while offering companionship and nutrition safety checks.

Nathan Allman explained, "My father and I started cooking for clients in the Madison, Wisconsin area ourselves, but quickly realized that we'd tapped into a real need in the community. We were soon hiring chefs and expanding to new markets. We now have franchises operating throughout the country and have served thousands of clients. I've seen firsthand the impact proper nutrition has had on our client's lives."

Nutrition Tips for Seniors

For older adults, proper nutrition is especially important for maintaining or improving health and overall well-being. While everyone's exact dietary needs are different and should be discussed with a healthcare professional, the following nutrition tips are some of the best practices for seniors.

Portion Control

To reach or stay at a healthy weight, how much you eat is almost as important as what you eat.

Aging causes changes in metabolism and activity levels. Seniors typically have a slower metabolism, which means the body doesn't digest food and absorb nutrients as quickly. Therefore, seniors don't need to eat as much, but should focus on the nutrient density of their food choices.

It's important to eat healthy foods to ward off disease and illness. We have an epidemic of diabetes in our society, along with cardiovascular disease and cancer.

Healthy Eating Tips

- Eat less sugar
- Limit sodium
- Eat plenty of vegetables and fruit
- Eat calcium-rich foods
- Eat breakfast
- Eat more protein
- Add beans, nuts and seeds to your diet
- Ask your provider about the best diet for you

There is no one diet that is right for everyone. Diets should be custom tailored to your specific needs.

About Chefs for Seniors

As individuals age, shopping and preparing meals can become a difficult task. With so many other issues to worry about such as being a caregiver, suffering from arthritis, or other disorders that limit mobility, cooking is one thing that many seniors wish they didn't have to do. Chefs For Seniors is a welcomed answer for many that want nutritious, flavorful foods custom-prepared right in the comfort of your home by a licensed chef that not only provides gourmet-style meals, but also compassionate companionship. They also have specialty meals for low sodium, low fat, and other dietary needs.

The company's local professional chefs prepare affordable meals for the week in the home using the freshest ingredients, while offering a fun interactive experience. Chefs for Seniors is a private meal preparation service which specializes in providing companionship with the chefs preparing the meals in the home of the client. Clients select meals from a regional menu which can be customized to the client's dietary preferences and needs. The process aims to be an affordable option for seniors who may want fresh home-cooked meals, but who may be physically unable to cook the meals for themselves.

Professionally Prepared Meals and Clean Up!

Chefs for Seniors offers rotating menu options, which includes select Chef creations inspired by the region. Clients select their desired meal in advance, allowing the chef to shop and prepare the meals on the designated cooking day. Chefs prepare the meals between two to two and a half hours. And an added benefit is that after the meal is prepared and stored according to the client's preferences, the chefs clean before leaving the house.

The price of our services are region-specific and depends on your individual needs. Our goal is to provide an affordable solution that seniors can use long-term. We offer three different service packages to meet a variety of needs: Standard, Custom, and Non-Standard. Some Long Term Health Insurance Policies may cover certain in-home services like Chefs For Seniors. During a 2-hour home visit, your personal chef will prepare 4 different entrées and 10-12 individually-packaged servings of meals. The exact number of servings depending on your appetite and the types of meals ordered and serving sizes can be adjusted with your chef.

Most clients have their personal chef visit their home every week, although some choose to schedule services every 2 weeks or 2x per week. We can work within your budget, appetite, and needs.

What if I Have a Special Diet or Dietary Concerns?

We can accommodate most dietary concerns and diets. Our chefs and menus are particularly well-suited for low-sodium, diabetic friendly, gluten-free, Kosher, and renal diet meals. We also take inspiration from the DASH Diet (Dietary Approach To Stopping Hypertension), when designing our weekly menu rotations. Our Custom Package is well suited for clients with less common diets or dietary concerns.

You don't have to be a senior to enjoy the professional chef prepared foods! Contact Chefs For Seniors today at 239-776-1758 to find out more.

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It's A Wonderful Life

By Pastor Timothy Neptune

Every year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?" Mine is Frank Capra's *It's A Wonderful Life*.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even be difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine what you are going to love. To have a wonderful life, you start by having an attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... how am I going to live? To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.

The third issue to settle is...who are you going to help? If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.



When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.



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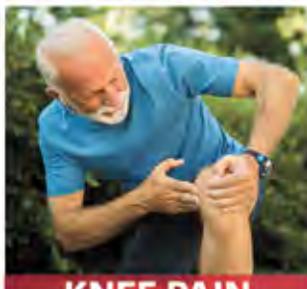
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QUALITY CELLS FROM FDA APPROVED LAB.

TESTIMONY:

I have suffered with left hip pain for over two years. I tried wearing a brace which gave me a little relief, but after standing for a while, the pain would always come back. Dr. Johnson told me about the new procedures he is now offering at his clinic utilizing Regenerative Medicine and recommended I have the Stem Cell treatment to repair the degeneration in my hip. I did the treatment on a Wednesday and by Friday I was pain free! I didn't have any down time or rehab exercises to do and was amazed at the results. I am starting to have pain in my right hip and will have the same treatment done there before it gets any worse. - Yami T.

Shock Wave Therapy

PLANTAR FASCIITIS

- Chronic Joint Pain
- Erectile Dysfunction

Intelect® Focus Shockwave
Certified Provider



FDA Approved for
Plantar Fasciitis

A non-invasive treatment,
proven effective to help pain
relief due to plantar fasciitis*



Treatments

- Stem Cells, PRP, Exosomes
- Low Force Adjusting
- Laser Light Therapy - Body Sculpting
- Neuropathy Pain Treatment
- Non-Surgical Facelift - Botox/Fillers
- Massage Therapy
- Shockwave Treatment
- Blue Light Teeth Whitening
(Teeth Whitening included with any
aesthetics over \$500) - \$125 value

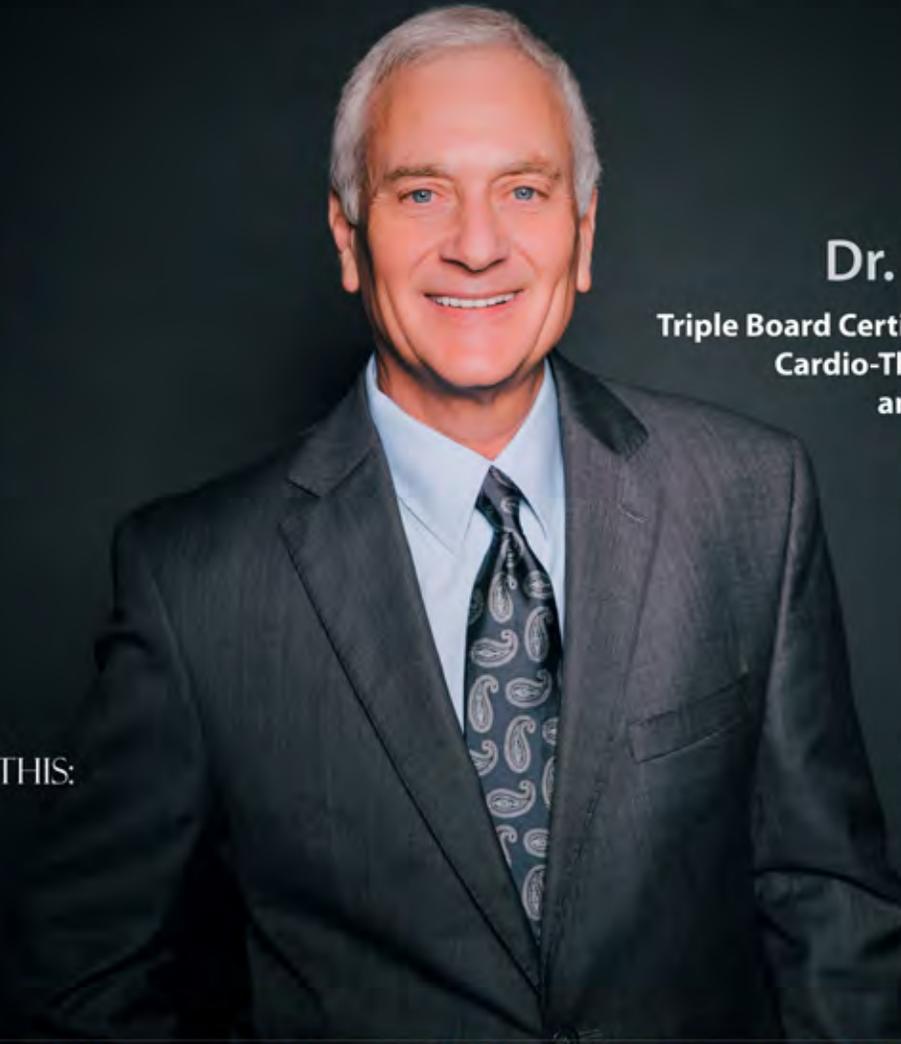
Health Conditions

- Erectile Dysfunction
- Headaches
- Low Back Pain
- Mid Back Pain
- Neck Pain
- Sports Injuries
- Chronic Muscle and Joint Pain
- Sciatica
- Plantar Fasciitis
- Tendonitis
- Shoulder/Hip/Knee Pain
- Hair Loss

CHANGE YOUR LEGS, CHANGE YOUR LIFE!

“I KNOW THIS DISEASE, LET ME HELP YOU REMOVE IT FROM YOUR LIFE.”

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Triple Board Certified Phlebology (Venous Disease),
Cardio-Thoracic & Vascular Surgery
and General Surgery

IF YOUR LEGS LOOK LIKE THIS:

- VARICOSE VEINS
- SORES/ULCERS
- DISCOLORATION
- SPIDER VEINS

IF YOUR LEGS FEEL LIKE THIS:

- TIRED, HEAVY, RESTLESS
- ITCHY
- ACHY
- SWOLLEN



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