

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

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

January 2021

Charlotte/South Sarasota Edition - Monthly

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OUT WITH THE BAD**

**CERVICAL CANCER**

**AWARENESS MONTH**

**WANT 20/20  
VISION FOR 2021?**

**WHY YOU SHOULDN'T PUT OFF  
YOUR EYE EXAM**

**HOW TO MAKE  
AND KEEP A  
NEW YEAR'S  
RESOLUTION**

**TO QUIT TOBACCO**

**GOALS FOR A  
HEALTHIER  
YOU IN 2021**



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Southwest Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

The screenshot shows the website's header with the magazine title and navigation links for different editions (Charlotte, Collier, Lee) and services (Advertise, Archives, Contact). The main content area features a large article on Skincancer with a photo of a woman, a section for 'Read Our Flip Book Version' with three magazine covers, and a 'Featured Article' titled 'The Other Side of Parkinson's Disease' with a photo of a man and child. A newsletter sign-up form is visible on the right side.



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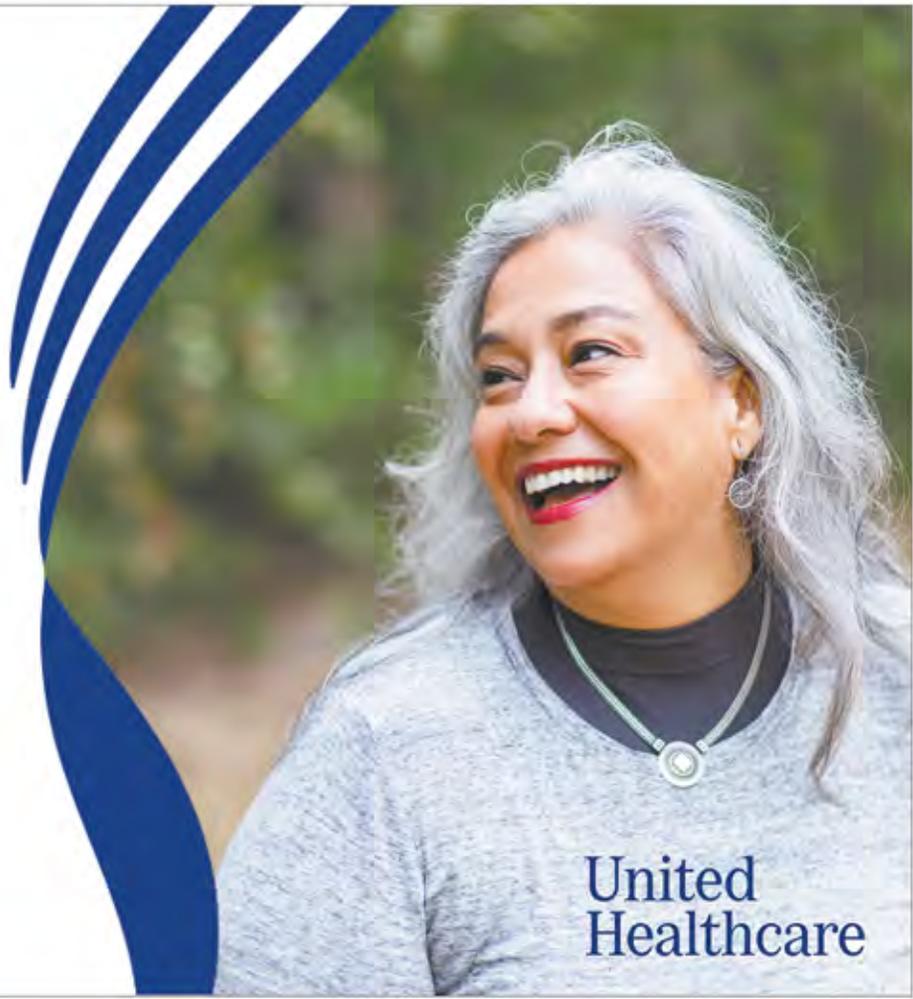
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### 4 New Facts About Your Feet & Ankles

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

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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



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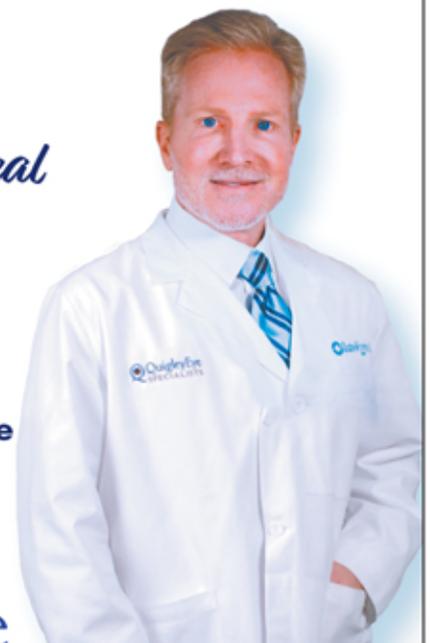
# Introducing **A SUPERIOR LASER FOR CATARACT SURGERY<sup>1</sup>**

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

# January is Cervical Cancer Awareness Month.

**Do not forget to encourage all the women in your life to follow up for their Pap smear and cervical cancer screening.**

One of the most impressive stories of cancer treatment advancement is that of cervical cancer. At the beginning of the 20th century, cervical cancer competed with breast cancer as the most common cancer in women. That changed drastically thanks to Dr. Papanicolau who immigrated from Greece and worked in the U.S.

In 1928, he noted that changes in the cells found in the vaginal smear could detect early cervical cancer. Furthermore, abnormal cells in the vaginal smear can predict the presence of premalignant changes in the cervix years before it turns into cancer. The introduction and widespread use of the Pap smear as a screening tool led to the gradual decline in cervical cancer incidence and mortality.

Currently, cervical cancer is not even one of top ten cancers in women in the U.S. Furthermore, in 1983, German Virologist Dr. Zur Hausen discovered that the HPV virus causes cervical cancer. Once the cause was identified, a vaccine was developed and first introduced in 2006. The vaccine prevents HPV infection and thus prevents the development of cervical cancer. The vaccine is approved for women and men up to age 45. Interestingly, cervical cancer is no longer a medical disease but a social challenge.

Most women who develop this cancer in the U.S. have no health insurance and thus no access to vaccination and screening that could have prevented cancer. During January, we want to raise awareness and bring extra attention to cervical cancer. It is essential to remember and encourage the women in your life to keep up with

their cervical cancer screening. Please contact your OBGYN or primary care provider to schedule your next cervical cancer screening.

**Fadi Abu Shahin, MD, FACOG, ABIHM**  
Florida Gynecologic  
Oncology



*Section Head, Gynecologic  
Oncology, Lee Health*

*Clinical Assistant Professor, Florida State  
University*

**Florida Gynecologic Oncology**

**Fadi Abu Shahin, MD; Edward Grendys, MD;  
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8931 Colonial Center Dr, # 400  
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# 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](http://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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# Want 20/20 Vision for 2021?

## Why You Shouldn't Put off Your Eye Exam

**W**hile many of us are glad to see the year 2020 be a thing of the past, is 2021 the year that you'll finally look into correcting your vision permanently? Imagine a world without visual limitations; no more glasses fogging up, forgetting your reading glasses, dealing with scratched lenses or struggling with contacts.

### Quigley Eye Specialists Uses High-End Lasers

Lasers for eye surgery use a complex system of mechanisms which create a single, powerful beam of light made up of one wavelength or color. This beam is then focused on the area of the eye requiring surgery. Different types of lasers can be used to treat different types of eye problems. At Quigley Eye Specialists we have a wide range of different types of lasers, allowing us to treat and resolve many different kinds of eye issues including cataracts, diseases of the vitreous, open-angle glaucoma, retinal disease, and diabetic and macular conditions.

### Benefits of Laser surgery

Laser surgery is focused, honing in on the exact area of the eye that is having the issue, allowing for more precise surgery and faster recovery. It can be performed with little to no pain, it's cost-effective, and no hospitalization is needed! The chances of infection are also greatly reduced thanks to this advanced technology.

### The Importance of Eye Exams

Eye examinations are critical, especially as we get older. Many disorders and diseases can be treated more effectively when diagnosed early. Quigley Eye Specialists' commitment is that you have a comfortable experience and thorough examination, which is why they go above and beyond to make sure you're treated like a guest in their home and are seen promptly and not kept waiting.

Your Eye Examination includes acuity testing (reading off of charts), preliminary tests to measure things like depth perception and eye muscle movements, and in some cases a dilated examination to get the full picture of what may be going on with your eyes.



### If you prefer glasses, Quigley Eye Specialists Have a Vast Selection Available

At the end of your eye exam with Quigley Eye Specialists, you may be given a current prescription for eyeglasses. If so, we have a full service optical shop with trained, professional opticians ready to help you select the perfect pair of frames and lenses that are competitively priced to fit any budget.

### 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.*



**All Charlotte County offices are offering a special: \$99 FOR A FULL EYE EXAMINATION**

Don't put off your eye exams! When it comes to vision loss or visual changes, it's imperative that individuals see an ophthalmologist to receive a proper diagnosis and treatment as early as possible for the best outcome. Many times, there are issues that patients were unaware of and some conditions like glaucoma macular degeneration can cause blindness.

If you're ready to see 20/20 (or better) into the new year, call Quigley Eye Specialists today!

For more information, call (855) 734-2020 or visit [www.QuigleyEye.com](http://www.QuigleyEye.com).



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# PLANTAR FASCIITIS

**T**he dreaded Heel Spur Syndrome or Heel Pain is a term that many are unfortunately familiar with. It sidelines elite and novice athletes, alike. Many want to know if their heel pain will ever go away and when they will be able to return to their prior activity level without the recurrence of this offending heel pain?

First, let's start with a basic understanding of plantar heel pain also known as plantar fasciitis (PF). Contrary to what a majority of people believe, it is not the bone spur that causes the pain. Rather, it is caused by damage to the plantar fascia. The plantar fascia is a thick-band in the bottom of your foot that provides arch support and shock absorption. Pain associated with PF is typically isolated to the plantar heel (where the plantar fascia inserts on the heel bone) and can occur in the arch region as the plantar fascia travels from the heel to the ball of your foot. Pain can be severe with your first step in the morning or after being seated for an extended period of time. The pain may improve with movement only to return again. If the pain has been present for a short time, it is mainly inflammatory and a strain of the fascia (acute phase). If the pain has been present longer than six months, it is no longer inflammatory but related to degenerative changes. Chronic scar formation is seen with micro-tears of the fascia in this latter stage.

As an active person or athlete there are many factors that you can control to prevent PF. For instance, your training program plays an integral role. You want a program that gradually increases your activity level. This includes both the length and intensity of your program. For example, if you are a long distance runner your weekly mileage should



gradually increase. Sudden increases greatly increase your risk of developing PF. In addition, one should consider the environment he or she is training in. Athletes should avoid or limit training on hard surfaces like asphalt or uneven terrain. Hills or other steep inclines should also be gradually incorporated rather than sudden changes in one's routine. When training, an individual's exercises should be strategically planned. Activities that are very demanding or have a higher risk of injury (if performed incorrectly) should be performed early in your workout. For example, box jumps have a high risk of Achilles injury and/or plantar fascia injury if done improperly. They are a great example of an exercise that should be performed early in your workout. Footwear is another important factor. A person's footwear should be the appropriate size and be specific for that sport or activity-taking place. Worn down shoes or insoles must never be used during any activity or sport related activity. My recommendation for athletes, especially long distance runners, is to alternate shoes and/or insoles, as well as, changing your footwear or insoles

every 6 months (this can vary depending on your activity level, sport, and how often a user alternates their insoles).

Incorporating recovery into one's training program is a preventative measure to aid in the prevention of PF. This include various myofascial release techniques like foam-rolling, hyper-volt, and massage. Stretching is another key component. A tight Achilles tendon directly contributes to developing heel pain. Routinely performing Achilles stretching exercises can significantly reduce the chances of developing heel pain and prevent recurrence. Finally, consideration of one's foot type is essential. For example, someone with flat feet should use some type of orthotics for arch support.

Awareness of potential causes of heel pain and the ability to manage the risks can greatly reduce the likely hood of developing PF and prevent recurrence. If you or someone you know develops heel pain, I highly recommend seeking professional treatment as soon as possible. A professional medical provider will be able to determine the exact cause of the heel pain. Once the etiology of the heel pain is determined, an appropriate treatment plan will be initiated specific to the patient's lifestyle, foot type, and designed around any sport related activity the patient is engaging in. The sooner professional treatment is given; the sooner the patient can return to their prior activity level.

## 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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# GOALS FOR A HEALTHIER YOU IN 2021

By Dr. Chris Mulvey, PT

**T**he Freshman 15 may be more myth than reality, but it's an expression that has stood strong for generations.

Unfortunately, 2020 introduced us to another phenomenon – the Quarantine 15... or more.

We didn't intend to gain weight, but it happened. COVID-19 forced us to spend more time at home, where we snacked, watched TV and generally just sat idle. With fitness centers and parks closed for a time, we couldn't get regular exercise. Many medical offices canceled routine, non-emergency visits, preventing us from our annual checkups.

Needless to say, our bodies didn't fare well in 2020. New year, new you.

We can start 2021 on the right foot. Don't make a New Year's resolution, though. Make a New You resolution.

A survey from YouGov, an international research firm, found that 50% of resolutions related to the desire to exercise more. Fitness is part of the equation, but New You resolutions should be about wellness. FYZICAL Therapy & Balance Centers defines wellness as the cornerstone of healthy living. Wellness bridges physiology, exercise and nutrition to help patients feel younger, live pain-free and achieve the pinnacle of healthy living. A New You resolution has four components.

## Exercise

Fitness centers sell more memberships in January than any other month. Unfortunately, many of those who join gyms are gone a month or two later.

Wellness centers, like those offered by FYZICAL, offer a medical approach to fitness. Personal trainers and physical therapists aren't focused on the vanity aspects of exercise, like building bigger biceps or reducing waistlines. Instead, they want patients to be healthy. That means different things to different people, and exactly why it is so important to have an individualized wellness plan.

## Lifestyle

Many individuals cut back or eliminate smoking and drinking alcohol as a resolution. That's a great start to living a healthier lifestyle.



There are so many other ways to living a healthy lifestyle, though. You can take a brisk walk after lunch or dinner, or take the stairs instead of the elevator. You can stand up and stretch for two minutes during commercial breaks. You can plan nutritious meals to make sure you're not scrambling at dinnertime. You can focus on good posture, which can prevent excess strain on muscles, joints and the spine, as well as increase productivity and enhance mood.

## Diet

Nutritional health is critically important as we age. Our metabolism can no longer quickly burn off that slice of pizza or cheesecake that we enjoyed. We all learned the food pyramid in elementary school, but many people go a meal, or an entire day, without a single vegetable or fruit touching their plates. Pay attention to the food groups. Food fuels our bodies, so skipping certain items is depriving your body of valuable vitamins, minerals and nutrients.

Food also contributes to medical issues. The role of sugar and carbs in relation to diabetes is well known, but other types of foods can trigger certain medical conditions, like heartburn, acid reflux and indigestion.

## Doctors

Physicians are our partners in health. Medical insurance covers wellness visits and regular checkups because they are effective at spotting potential issues before they become health problems.

Make annual appointments with these types of doctors: primary care physician, dentist, physical therapist, OBGYN or urologist, dermatologist, optometrist and otolaryngologist. Individuals with prior medical conditions, like cancer, high blood pressure or strokes, also should see specialists that treat these types of illnesses.

A New You resolution, one that you actually follow, offers the best way to love your life in 2021, and beyond.

## About the Author

Dr. Chris Mulvey, PT, is president for company clinics at FYZICAL Therapy & Balance Centers, which has 405 locations in 45 states. For more information, please visit [FYZICAL.com](http://FYZICAL.com).



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# Did you miss the Annual Enrollment Period for Medicare OR the Affordable Care Act Health insurance? You may still be able to enroll!

## SEP's "Special Election Periods" might save the day.

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

**Medicare AEP "Annual Enrollment Period" was October 15-December 7th for January 1st effective date. This applies to Medicare Advantage Plans and Part D Prescription Drug Plans.**

*If your current plan was Non-renewed –*

### 30.4.3 - SEPs for Non-renewals or Terminations

A SEP exists for members of MA plans that will be affected by plan or contract non-renewals and plan service area reductions that are effective January 1 of the contract year. In order to provide sufficient time for members to evaluate their options, the SEP begins December 8 and ends on the last day in February of the following year. Enrollment requests received from December 8 through December 31 will have an effective date of January 1. Enrollment requests received in January will have an effective date of February 1. Enrollment requests received in February will have an effective date of March 1.

### 30.5 – Medicare Advantage Open Enrollment Period (MA OEP)

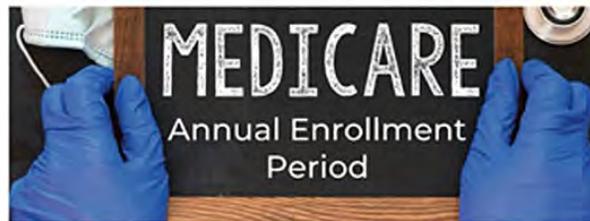
42 CFR 422.62(a)(3) (Rev. 2, Issued: August 12, 2020; Effective/Implementation: 01-01-2021) During the MA OEP, MA plan enrollees may enroll in another MA plan or disenroll from their MA plan and return to Original Medicare. Individuals may make only one election during the MA OEP.

**MA OEP occurs: January 1st to March 31st.** If you enrolled in a MA plan you may add or drop Part D coverage during the MA OEP. Individuals enrolled in either MA-PD or MA-only plans can switch to one of these 3 options:

\*Medicare Advantage with Part D \* Medicare Advantage with no Part D \* Original Medicare (with or without a stand-alone Part D plan)

The effective date for the MA OEP is the 1st of the month following receipt of the enrollment request.

Note: The MA OEP does not provide an opportunity for an individual enrolled in Original Medicare to join a MA Plan. It does not allow for Part D changes for individuals enrolled in Original Medicare, including those enrolled in stand-alone Part D plans. The MA OEP is not available for those enrolled in Medicare Savings Accounts or other Medicare health plan types (such as cost plans or PACE).



It is very important - Dropping a Medicare Advantage Plan to go back to Original Medicare does NOT guarantee you acceptance in a Medicare Supplement Plan that works together with Original Medicare. Medicare Supplements in this situation require medical qualifications unlike the original enrollment into Part B (you have 6-months from Part B effective). You can also qualify if you lose coverage due to a plan drop, moving out of the plan service area, loss of creditable employer group coverage. During the guarantee issue period you may not be entitled to all the companies Medicare Supplement Plans.

### COVID19 and Hurricane ETA is covered as an SEP

**The Market Place** - Since the 2021 Open Enrollment Period is over, you can now enroll in or change a Health Insurance Marketplace® plan only if you have a life event that qualifies you for a Special Enrollment Period.

### Life changes that can qualify you for a Special Enrollment Period.

\*Changes in household – marriage, had a baby, adopted a child, or placed a child for foster care. Divorce, legally separated and lost health insurance (must be losing coverage)

\*Change in residence – Moving to a new home in a new Zip code or county, Moving to the U.S. from a foreign county or US territory, If you're a student moving to or from the place you attend school, If you're a seasonal worker, moving to or from the place you both live and work, Moving to or from a shelter or other transitional housing.

\*Loss of Health Insurance - You may qualify for a Special Enrollment Period if you lose health coverage through your employer or the employer of a family member, including if you lose health coverage through a parent or guardian because you are no longer a dependent.

Losing individual health coverage for a plan or policy you bought yourself - You may qualify for a Special Enrollment Period if you lose individual health coverage if: Your plan discontinued (no longer exists), lose eligibility for a student health plan, lose eligibility for a plan because you no longer live in the plan's service area, an individual or group health plan coverage year is ending in the middle of the calendar year and you choose not to renew it, household income decreased, or you qualify for savings on a Marketplace plan.

Losing eligibility for Medicaid or CHIP -You may qualify for a Special Enrollment Period if you lose Medicaid or Children's Health Insurance Program (CHIP) coverage.

Losing coverage through a family member - You turn 26 (or the maximum dependent age allowed in your state, Florida is 30) and can no longer be on a parent's health plan- lose job-based health coverage through a family member's employer because that family member loses health coverage or coverage for dependents, lose health coverage through a spouse due to a divorce or legal separation, lose health coverage due to the death of a family member, lose health coverage through a parent or guardian because you're no longer a dependent.

**\*\*\* information provided cms.gov; medicare.gov, healthcare.gov and FEMA.gov**



**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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**\*We also do a complimentary homeowners review**

# Subspecialty Radiologists and Advanced Imaging Technology:

## Why This is Critical for Your Diagnosis

**T**his 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.<sup>1</sup> 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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# WILD LILY GRAND OPENING

## Just in Time For The *New Year!*

**H**ere at Wild Lily, our motto is “Beauty, Elevated”. Wild, an adjective describing ‘living or growing in the natural environment’, and Lily, a fresh flower symbolizing purity and modesty, our philosophy is to enhance your natural beauty in a way that’s refreshingly honest. This is why we are committed to excellence, not just in the services we offer, but in the staff that provides them. We want our clients to feel cool, confident, and at home within our space, and to return to their own refreshed and rejuvenated.

Wild Lily flourishes with compassion, attention to detail and results- it takes more than hard work to earn the trust of our clients. We individualize treatments based on each client and their personal beauty goals. Through our top of line treatments, including CryoSkin, Procell, Dysport, Botox, Restylane, Versa, and more, we are committed to providing our patients with quality results.

### TREATMENTS AND SERVICES TO GET YOU READY FOR THE NEW YEAR

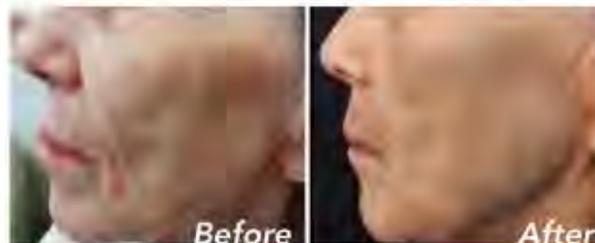
We offer multiple face and body aesthetic procedures and are always on the cutting-edge of innovative technology and new products. A few of our treatments that are perfect for holiday gift giving (*gifting yourself is important too*) and ideas to get your skin glowing, tighter and to give you that refreshed look that makes people say, you look amazing! It’s well known in psychology and scientific standards that when we look and feel good about our appearance, we are happier on the inside as well. That’s why we’re offering limited time specials for you and your loved ones.

### GIFT GIVING IDEAS AND MAJOR DISCOUNTS!

**Procell Therapy \$399** (regularly \$650)

#### Aging Skin and Procell Treatment

You age, visibly and invisibly, every day. Sun damage, internal inflammation, chemicals, and even gravity all work against the youthful vitality of your skin. As we get older, fewer regenerative stem cells survive to repair this constant damage. Procell is a microchanneling procedure.



#### How Does Microchanneling Stimulate Cellular Activity?

A single Procell treatment creates hundreds of thousands of microchannels. In response to each micro-injury, an inflammatory healing process begins which initiates the formation of new collagen. Over time, the repeated healing process improves the surface texture and the overall appearance of the skin.

#### How Do Stem Cells Assist Healing?

Human growth-factor serums derived from bone marrow mesenchymal stem cells are known to promote scarless healing with minimal inflammation. Application of serums immediately after microchanneling treatment enhances delivery and collagen growth.

### FREEZE AWAY BULGES AND INCHES

**CryoSkin \$350** (Buy 2 get 1 free for readers)

Reduce fat and lose inches. During CryoSlimming® treatments the skin is warmed then rapidly cooled. We recommend 3 – 6 sessions for best results. On average, people see 18.96% fat reduction in treated areas. Improve skin appearance. With CryoToning® treatments, cold temperatures boost collagen production, which tightens loose skin, reduces the appearance of cellulite, and improves the skin’s overall texture and appearance.

If you’re thinking about fitting into your holiday outfits, socializing via events and dinners or special moments with your significant other, the aesthetic results you want can be achieved. It’s important to take wellness and aesthetic procedures and view them as a way to boost your confidence, mood, and satisfaction. And who of us doesn’t need more of that right now?

## TREATMENTS & SERVICES

### Dermal Filler & Neurotoxins

- Versa
- Restylane
- Dysport
- Botox
- AquaGold

### CryoSkin Therapy

- CryoSkin Fat Reduction
- CryoSkin Double Chin Reduction
- CryoToning Cellulite Smoothing

### Facial Treatments

- Procell Therapy
- Hydrafacial
- Signature Glo Treatment
- Custom Facial
- Microdermabrasion
- Microneedling Rejuvenation
- Dermaplane (deep cleanse & hydration mask included)
- CryoToning Facial
- Glycolic Peel
- TCA Peel

### Add Ons

- Dermaplane
- HydroJelly Mask
- Extractions

If you’re ready to get started or want more information, call us today at 941.350.9008, or visit [wildlilymedspa.com](http://wildlilymedspa.com).

# WILD LILY

*Medspa*

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# In with the Good, Out with the Bad

Naples Soap Company

2021 is here, and it's time for a fresh start! We're all accustomed to making New Year's resolutions to lose weight, exercise more, eat healthier, give up bad habits and make other lifestyle changes. But, there's one health-related resolution that never makes the list: a pledge to take better care of your skin! It's surprising that skincare is often overlooked despite the fact that your skin is the largest organ of your body, and it serves as the most important barrier to keep the bad out and the good in.

So, what you can do to resolve to take better care of your skin? Let's start with avoiding the bad, then we'll recommend some good.

For years, Naples Soap Company has maintained a list of toxic and harmful ingredients they call "Badditives." Items on this list are harmful and toxic ingredients that they won't use in formulating their products, and they urge people to avoid using products containing these ingredients. Although the "Badditives" list is quite long, we're highlighting three nasty ingredients here that you should avoid.

## Triclosan

Check your medicine cabinet for anything that is labeled as antibacterial. Triclosan was commonly used in antibacterial products like hand sanitizers, antibacterial soaps, body washes and some cosmetics. However, in 2016, the FDA issued a rule stating that over-the-counter antiseptic wash products containing triclosan can no longer be marketed to consumers. Studies have shown that triclosan alters hormone regulation in animals, may contribute to antibiotic-resistant germs, and may be harmful to the immune system.

## Parabens (Methyl, Butyl, Ethyl, Propyl)

Parabens are a preservative that can be found in deodorants, lotions, shampoos and other face care products. Parabens disrupt the endocrine system and have been found in breast cancer tumors and may contribute to hormonal imbalances and reproductive issues.

## Phthalates

Found in fragrant lotions, nail polish, liquid body wash, hair spray and other products, phthalates are used as a lubricant or softener. They are known to be an endocrine disruptor that has been linked to breast cancer and reproductive issues. For some users, products made with phthalates can cause skin and eye irritation, nausea, dizziness, and vomiting.



## Let's Focus on the Good

Selected for their many health benefits, you'll find these three natural ingredients in many of the products offered by Naples Soap Company.

### Cocoa Butter

Cocoa Butter is used in over a third of the Naples Soap Company skin and hair care products. Cocoa Butter is derived from cocoa beans. It is high in fatty acids and helps hydrate the skin, create a protective barrier and improves elasticity. It works well to reduce stretch marks, smooth wrinkles and help calm skin conditions like eczema and psoriasis.

### Coconut Oil

Not only is coconut oil a great alternative for cooking, but it also does wonders for the skin. Made by extracting oil from coconuts, the fatty acids in coconut oil have been found to possess antimicrobial properties, reduce inflammation and help keep skin moisturized. Naples Soap Company uses this ingredient in their natural soaps, body oil, bath bombs, sea salt scrubs and other products.

### Vitamin E

In addition to eating a diet rich in vitamins, you should also look for products made with vitamins to support healthy skin. Vitamin E is a powerful antioxidant that is effective at reducing UV sun damage and free radicals. It is a fat-soluble nutrient with anti-inflammatory properties that help improve skin health and cell functions.

As we all look to put 2020 behind us, let's put the Badditives there, too. Read the labels of the products you use and focus on making better choices not only with your diet and exercise, but also with your daily skin and hair care routine. You'll see a transformation towards feeling better and looking better, too. Cheers to a new year!



**DEANNA WALLIN**  
Naples Soap Company  
Founder & CEO

In 2009, Deanna Wallin, Founder & CEO of Naples Soap Company, set out to create a line of skincare products designed for people with skin sensitivities. After personally suffering from psoriasis and eczema, she turned her experience as a former nurse and her passion for skincare into a successful business with locations throughout Florida and product distribution to hundreds of boutiques and spas across the country.



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



Find a Naples Soap Company store near you or visit [naplessoap.com](http://naplessoap.com).

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# Are You Still Having Trouble Hearing, Even with Hearing Aids?

By Dr. Noël Crosby, Au.D.



**D**o you wear hearing aids but still struggle to hear? Are you wondering if there is anything else that could help you hear better? You might be a cochlear implant candidate. Cochlear implants have come a long way in recent years and are making a difference in many people's lives, helping them reconnect to the world.

A cochlear implant is a small, complex electronic device that can help to provide a sense of sound to a person who is profoundly deaf or severely hard-of-hearing. The implant consists of an external portion that sits behind the ear and a second portion that is surgically placed under the skin.

## Signs that hearing aids may not be providing enough benefit

*With hearing aids, do you:*

- Have difficulty hearing conversations, especially with background noise?
- Often ask people to repeat themselves?
- Often misunderstand what people say?
- Have trouble hearing on the telephone?
- Turn up the volume on the TV louder than others in the room prefer?
- Feel people often mumble when they talk?
- Struggle to hear sounds of nature such as birds chirping or rain falling?
- Find yourself agreeing, smiling, or nodding during conversations when you're not sure what's been said?
- Regularly withdraw from conversations because it's too difficult to hear?
- Read lips to understand what people are saying?

If you answered "yes" to any of these questions, a cochlear implant might be the answer.

Come learn more about this amazing technology to determine if you or someone you know might be a candidate.

[Advancedhearingsolutions.net](http://Advancedhearingsolutions.net)



## Why you should see an Audiologist

If you are experiencing hearing loss, it's important to seek a qualified audiologist, because they are trained to get you the best outcome and resolution for your specific issue. If you've noticed that it's difficult to hear conversations in a noisy atmosphere, or you feel the need to adjust your television volume much higher than before, it's vital for you to have your hearing checked.

Perhaps you or your loved one keeps asking for people to repeat themselves, or you can't quite pick up where sounds are coming from; if this is the case, don't wait until your hearing loss gets any worse, schedule your appointment as soon as you possibly can.

## 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.

*Happy New Year from  
the staff at Advanced  
Hearing Solutions!*



*Advanced  
Hearing Solutions*  
Where Better Hearing Happens

**CALL THE OFFICE TODAY TO  
SCHEDULE YOUR COGNIVUE  
SCREENING AS PART OF  
YOUR HEARING EXAM.**

**941-474-8393**

**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.

# How to make—and keep—a New Year's resolution to quit tobacco.

It is no secret that most New Year's resolutions tend to fail before they even have a chance to "get off the ground". However, something about the "clean slate" that a new year brings inspires every one of us to try anyway. We think about all the positive changes we want to make in our lives, get off to a great start, but get sidetracked by the busy-ness and pressures of life and lose focus. Despite our failures, we vow to ourselves that we will "do better next year". The failure that many of us experience is often the result of failing to make a sustainable plan. Benjamin Franklin said it best when he said: "If you fail to plan, you are planning to fail!"

If you're planning to start off this new year tobacco-free, set yourself up for success by creating a plan, learning what it takes to quit and knowing what to expect from the process.<sup>3</sup>

When it comes to quitting and staying quit, you must have a plan.<sup>1</sup> Having a personalized plan will not only keep you on track, but it will also help get you through the challenging moments that will inevitably come your way. Here are six simple steps to create your quit plan that will set you up for success:<sup>4</sup>

**Step One: Mark your calendar.**

With New Year's coming up, now is a perfect time to quit tobacco for good. Start 2021 off on the right foot by cutting out the #1 preventable cause of death and disease in the United States: tobacco use.<sup>1</sup> Set your quit date, but also tell your friends and family your plans to quit and explain how they can help you. Quitting tobacco is easier when people in your life support you.<sup>4</sup>

**Step Two: Calculate your savings.**

Did you know a pack-a-day smoker can save over \$2,200 a year from quitting?<sup>4</sup> Cutting out tobacco use is an excellent way to build your savings back up now that the holidays are behind you.



**Step Three: Think about your reasons for quitting.**

Whether your main reason for quitting is related to health, money, family, job, or social stigma, you are making the right decision for your health and the health of those around you by quitting tobacco use. Knowing your reasons for why you want to quit can keep you motivated and on track, especially in the difficult moments.<sup>4</sup>

**Step Four: Know your triggers.**

Think about what things make you more likely to use tobacco, then develop strategies to keep you in control of those triggers.

**Step Five: Fight your cravings.**

When you get an urge to use tobacco, changing what you are doing or your physical location can make it easier to get your mind off of tobacco until the craving passes.

**Step Six: Set yourself up for success.**

Choose strategies and tools to help you quit. Gulfcoast South Area Health Education Center (GSAHEC), as part of the Tobacco Free Florida AHEC Cessation Program — offers free tobacco cessation classes that are available to help someone quit all forms of tobacco. These group cessation classes,

now held virtually, provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum or lozenges (if medically appropriate and while supplies last) are provided with the class. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist. Contact us today at 866-534-7909 or visit [www.tobaccofreeflorida.com/quityourway](http://www.tobaccofreeflorida.com/quityourway) to schedule a class or learn more about the program!

1 Tools to Quit: Area Health Education Center (AHEC) Cessation Program Participant Toolkit. Area Health Education Centers. 2018.

2 <https://www.lifehack.org/articles/lifestyle/10-reasons-why-new-years-resolutions-fail.html>

3 <https://www.verywellmind.com/tipsto-quit-smoking-for-new-years2824378>

4 <http://smokefree.gov/build-your-quit-plan>



## QUIT YOUR WAY

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

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

**Gulfcoast South Area Health Education Center**  
is offering free group quit classes virtually!

**Pre-registration required!**

Call 866-534-7909 to register.

You will be emailed a link to join by ZOOM conference via video or audio. Cessation groups cover all forms of tobacco.

Benefits include nicotine replacement patches, gum or lozenges  
(if medically appropriate for those 18 years of age or older)  
and participant workbook and materials.

More than **DOUBLES** your chances of success!

For more information, visit us at:  
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# You Are Only As Healthy As Your Cells

## Recharge Your Cells with PEMF (Pulsed ElectroMagnetic Field) Therapy

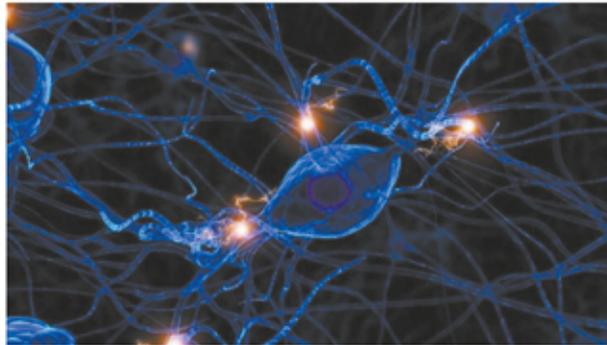
By Sheryl Hensel

**M**ost fluids in the body are electrolytes, which are ions (charged particles) dissolved in liquids. Therefore, it's easy to compare the human body to a large battery that generates electricity and needs to be charged from time to time.

**Did you know the body consists of approximately 75 trillion + cells? They all understand each other and function via electromagnetic impulses.**

Each cell is a sophisticated miniature power plant by itself. Therefore, all we truly are is ENERGY. Whenever one of these power plants shut down, trouble begins. Once a cell has lost 60% of its energy, it stops working and uses the remaining energy to survive. Immediately, healthy cells are taking over to do the job. This has an impact on our health.

Illness begins when more and more cells are affected by energy loss, and this often results in being prescribed medication from a doctor. Medication all too often covers up symptoms but doesn't cure the problem. There is a time and place where medicine is life-saving, but it won't recharge a weakened cell. It also won't resolve the root cause of the disease that is setting in. The energy-deprived cell does not crave a chemical; it simply needs to regain lost energy. It's good to know that cells can be "recharged" to health by exposing them to pulsed electromagnetic fields (PEMF) and that functions that were lost can recover.



PEMF has been proven to enhance circulation, improve blood supply, increase oxygen usage, improve hand-eye coordination, aids in quicker bone and wound healing, absorb nutrients, improve ATP production, and detoxify to the cellular level.

### The Biology of Energy

In biology, energy is often stored by cells in biomolecules, like carbohydrates (sugars) and lipids. The energy is released when these molecules have been oxidized during cellular respiration. The energy released from them when they are oxidized during cellular respiration is carried and transported by an energy-carrier molecule called ATP.

### Research and Findings, You Can Trust

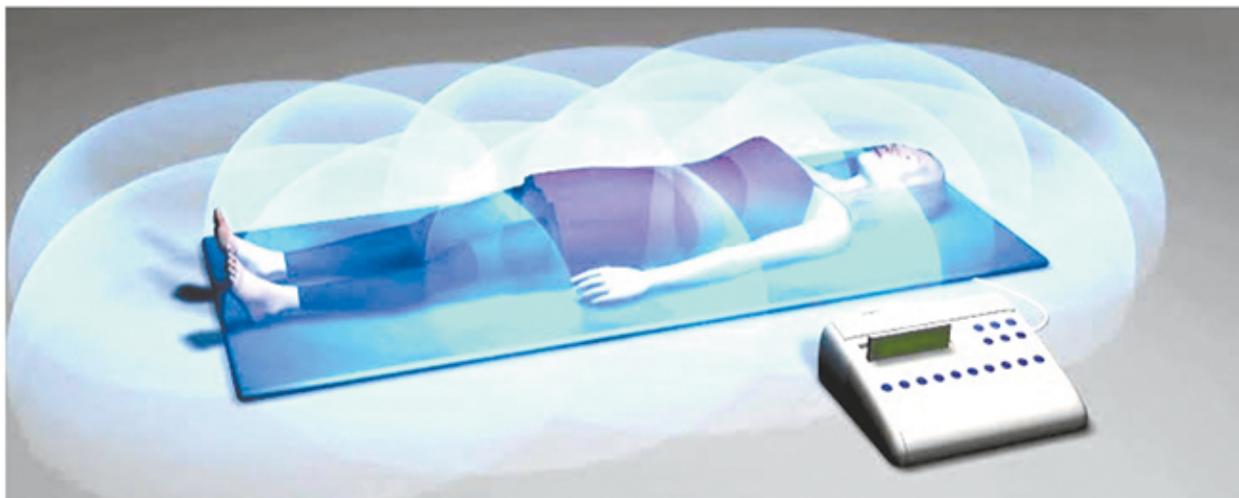
You may not know that Nikola Tesla discovered PEMF technology over 100 years ago, and NASA holds the patent. They used PEMF therapy to maintain the astronaut's health when they left earth's frequency, Schumann's Resonance. This technology has been around for a long time, and the company we work with has found a way to utilize that technology for home-usage.

Wellness Achievers works with a 25+-year-old company that has manufactured a device that helps your body get oxygen into the cells. We have a team of LifeStyle Consultants around the country but have made The Villages our home base. We do weekly presentations and training classes, so our customers have a complete understanding of how to best use the system. It is also possible to have a presentation in your home with friends and neighbors. The mat is also beneficial for your four legged friend from horses to dogs to cats. They love PEMF healing.

What makes Wellness Achievers stand out is our impeccable customer service. We pride ourselves in not only making sure you have the easiest setup experience but also get the best usage from your unit. You may find other companies and devices online, but they won't give you the personalized service that Wellness Achievers will provide.

### Our goal is to:

- \* Help you move towards optimal health
- \* Alleviate shoulder, back, knee, sciatic pain
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- \* Increase your stamina and quicken your recovery time
- \* Spend your quality time playing with your grandchildren and loved ones
- \* Help you live a longer life with less pain and medication



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*For more information, or to have your own personal presentation, leave a message for Sheryl @ 949-220-4900.*

*Someone will get back to you within 24 hours.*

# Numerous Buyers Are Interested in Purchasing a New or Second Home in 2021

**W**ith the effects of COVID-19 still pressing on our lifestyle choices and demands, many potential home buyers are no longer waiting for things to return to “normal” but rather have accepted that the new way we live is why they are looking to purchase homes now.

The interest rate has been extremely low, and although researchers predict an increase, that will still be nominal compared to years past. The inventory is still meager; throughout the entire country, with approximately only 500,000 homes available, but that number is expected to increase as well.

Many homeowners that have been on the fence about selling are ready to do so now. The reason or motive behind selling are unique to each individual, of course, but they are typically due to making a notable profit on home sales, moving into a larger, more spacious home, or for seniors, downsizing or moving into a senior community.

Supply and demand are thought to even out more in 2021 than we saw in 2020, for the sheer fact that people realize that working and spending time at home is not going to change much. Even though we are expected to see a significant amount of people getting the vaccine by the year's end, we still have a ways to go to see real change, which could take years. Despite this optimistic look, we as a country and the world are going to see the virtual opportunities arise and the true staying power of technological advances.



Bidding wars are still presumed to grow, so if you are interested in buying, you need to be prepared to purchase. You must know your price range, and it's optimal to have preapproval for your loan or funding. If you see a home you love, you don't want to miss out.

If you are interested in buying or selling, it's imperative that you seek out a realtor that knows the area, the comps in your area of interest, and one that can leverage potential buyers with specific needs and desires.

Realtor Denise Henry explains, “There is still an ongoing exodus from our country's large metropolitan cities. People that come to Charlotte county fall in love with our small-town feel, privacy, and the paradise of the beach, water, and year-round sunshine.”

When you're buying or selling, keeping the transition stress free is one of Denise's top priorities. She offers attentive knowledge, exemplary customer service, and well-rounded knowledgeable insight. With years of experience and a proven track record, Denise has repeat customers who regularly refer family and friends. When you're making life changes like buying or selling real estate, you should always consult and work with the best.

*Contact Denise Henry Today.*

**Denise Henry** GRI, RENE  
Broker Associate

**RE/MAX Hall of Fame Realtor**  
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# Defeat Gum Disease

**T**here is a silent oral disease affecting more than 80% of adults. Chances are you either have had or are currently battling periodontal (gum) disease. Unfortunately, in many cases, the disease goes undetected until painful symptoms begin occurring. At which time the disease and any adverse conditions have already set in. Because there are no early signs of periodontal disease, it often goes untreated until the physical symptoms surface and by then the concern is treatment not prevention. It is extremely important for everyone to have regular dental check ups at the recommended six month interval. Without these check ups and proper oral care, periodontal disease can silently cause not only oral health problems but can also contribute to other major health concerns.

Periodontal disease, also known as gum disease, is the chronic infection of the soft tissue around the teeth caused by plaque producing bacteria. The gums hold the teeth in place. As the gums become infected, they loosen their hold on the teeth and pockets are formed. These pockets collect debris and cause more infection and bone loss to the tooth. Gum disease is infectious and contagious. It can spread from tooth to tooth in the mouth and from one person's mouth to another through saliva.

As with other diseases, prevention is key to good oral health. It is important for everyone to practice diligent, thorough, and proper oral care by scheduling check ups every six months. At which time, your dentist will be able to detect and treat any signs of periodontal disease before symptoms begin to show and the damage is done. As mentioned earlier, most people do not know they have periodontal disease until they begin suffering from any combination of the following signs:

- Chronic bad breath
- Red or swollen gums
- Bleeding gums especially after tooth brushing
- Tender or sore gums
- Loose or shifting teeth
- Receding gums
- Sensitive teeth



If you have been diagnosed with periodontal disease, there are various treatment plans your dentist may recommend depending on the severity of your case. The most important action is meticulous at home daily oral care. Teeth must be brushed twice or more times each day for at least two minutes and flossed at least once per day. Other treatments include oral rinses, periodontal cleanings, and sometimes surgery.

Traditional periodontal surgery involves cutting and suturing of the gums and recovery time can be long and painful. With the advancement of modern laser technology, there is an alternative. Joseph H. Farag, DMD offers a better alternative for patients battling periodontal disease. Dr. Farag offers patients laser-assisted new attachment procedure (LANAP™) which is a no-cut, no-sew procedure to treat mild to advanced periodontal disease. The advancements in laser surgery techniques, have made treating periodontal faster and less painful. LANAP™ is much less invasive than traditional surgery, allowing patients to return to work the next day if desired.

Even with the benefits of LANAP™ it is obviously best to practice good oral care. The most important preventative measure to avoid the insidious gum disease is to take excellent care of your teeth. Proper cleaning at least twice a day is imperative. The goal is to keep the bacteria that cause the plaque at very low levels.

If your gums are painful, red, or swollen don't ignore the signs; make an appointment today that may save your teeth and gums. Treating periodontal disease sooner is always better than later.

## Benefits of LANAP™

**EASY** - LANAP™ is about as EASY as erasing a blackboard - unlike older techniques, there is no cutting and no suturing of the gums.

**MINIMAL DISCOMFORT** - Both during and post procedure, the patient experiences very minimal discomfort with LANAP™ than with prior standard surgery techniques.

**SHORTER PROCEDURE TIME** - It takes less time to complete LANAP™ than traditional surgery. Typically it takes is two 2-hour visits to the office and two follow up visits. Traditional surgery requires four sessions of about one hour each, with subsequent visits for suture removal and additional check-ups.

**LESS GUM LOSS** - LANAP™ minimizes the loss of gum tissue, traditional surgery often involves removing a significant amount of gum tissue. This tissue loss can lead to sensitive teeth since your roots are exposed. Also, if the treatment needs to be performed again in the future, you have not removed the bone and gums during the first LANAP™ treatment. Typically with LANAP™, any gum tissue shrinkage is actually due to reduced swelling of the area that was previously diseased and inflamed.

**SHORT RECOVERY** - Many patients fully recover from LANAP™ within 24 hours. In most cases, patients feel just fine post surgery and daily activities are not interrupted. On the other hand, recovery after traditional surgery can take up to 4 weeks during which patients can experience considerable pain and swelling.

**SAFE** - LANAP™ with the PerioLase is SAFE for patients with health concerns such as diabetes, heart disease, high blood pressure or those taking medications such as Coumadin or Cyclosporine.

**Dr. Joseph Farag - Port Charlotte Dentalcare**

**941.764.9555**

3441 Conway Blvd, Port Charlotte

www.Drfarag.com

# SmartCurve

RAVE (Radiology Associates of Venice, Englewood and Sarasota) were the first to offer the SmartCurve breast stabilization system, which is clinically proven to deliver a more comfortable mammogram without compromising image quality, workflow or dose, and the new Clarity HD high-resolution 3D™ imaging technology, which provides radiologists with the highest resolution 3D™ images to help identify cancers early. These innovations come as part of RAVE's ongoing commitment to superior breast cancer detection and providing an improved mammogram experience for our patients.

The technology increases diagnostic confidence with its exceptional images and has the potential to increase screening volume and compliance for the countless women who have reported avoiding regular mammograms due in large part to the fear of discomfort associated with breast compression.

The SmartCurve system and Clarity HD high-resolution 3D™ imaging technology are available exclusively with Hologic's Genius 3D Mammography exam, which is currently in use by RAVE and detects more invasive cancers, reduces false positives, and is FDA approved as superior, compared to conventional 2D mammography for all women, including those with dense breasts.

These new technologies not only enable us to improve the experience for our patients by providing them with a more comfortable mammogram they've been waiting for, but more importantly allow us to do so while maintaining clinical accuracy by providing our physicians with the industry's fastest, highest

resolution 3D™ images to accelerate screening and analysis said A.J. Vulgan, Director of Marketing and Physicians Liaison.

"Being able to arm doctors with the advanced ability to identify subtle lesions and fine calcifications and help pinpoint cancers in early stages, while also keeping patients more comfortable than ever before, is priceless," A.J. Vulgan, Director of Marketing and Physician Liaison added.



Traditional Mammograms:  
Flat and Uncomfortable



SmartCurve:  
Curved for Improved Comfort

The SmartCurve system features a proprietary curved surface that mirrors the shape of a woman's breast to reduce pinching and allow better distribution of force over the entire breast. In a recent clinical study comparing the SmartCurve breast stabilization system to traditional flat paddle compression, the SmartCurve system improved comfort in 93 percent of women who reported moderate to severe discomfort with standard compression. In addition, 95 percent of those surveyed would recommend facilities that use the system.

"We're excited to provide these breakthrough technologies for all of our patients and remain committed to offering the women of our community the most advanced breast care possible alongside an improved mammogram experience."

We will be adding 3D Mammography with the SmartCurve system to our Sarasota location in early 2019 to accommodate our current and future patients.



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

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# REGENERATING JOINT CARTILAGE: DO STEM CELLS REALLY WORK?

By Physicians Rehabilitation

**A**rticular cartilage provides a smooth cushioning between bones at the joints. When cartilage is damaged by injury or disease, bones can rub directly against each other, causing pain and inflammation, which can eventually result in arthritis. It progressively gets worse, so treating it is imperative.

## Can you regenerate joint cartilage?

Many orthopedic specialists will tell patients that cartilage cannot be regenerated due to outdated thinking and the hope that patients will succumb to surgery; however, stem cell therapy actually is proving to be an effective treatment for regeneration of tissue, including joint cartilage.

## Stem cell therapy

Stem cell therapy offers the opportunity to repair and heal worn out and damaged tissues naturally, without the need for surgery. Stem cells modulate the immune response to injury, regenerate musculoskeletal tissues and prevent tissue damage. The result is improved mobility, better quality of life and better outcomes.

Stem cells have the unique ability for self-renewal, and mesenchymal stem cells (MSCs) have the potential to differentiate into bone, cartilage, ligament and tendon tissues which the body uses to maintain, repair and rebuild tissue. MSCs can be obtained from bone, tendon, skin, adipose tissue, umbilical cord blood and amniotic fluid.

Studies have focused on the ability of stem cells to promote fracture healing, regenerate articular cartilage in degenerated joints, heal ligaments and tendon injuries, and more. Stem cells are used in lieu of surgery, to enhance nonsurgical treatments and to augment healing as part of the surgical procedure. The use of stem cells to regenerate tissues is called regenerative medicine.

## Stem Cell Therapy Details

MSCs work by replacing impaired and failing cells with healthy cells to heal and maintain damaged tissues. They naturally release anti-inflammatory chemicals that decrease inflammation and pain. MSCs create new blood cells to improve healing, especially in tissues with a poor blood supply including cartilage, tendons and ligaments. The result is tissue regeneration, pain relief, and improved function.

Stem cell therapy is the procedure that harnesses the regenerative capacity of naturally occurring stem cells and targets them to specific areas for renewal. We can



treat a diverse range of injuries and conditions with stem cell therapy. Stem cell therapy is regenerative joint preservation and is a vital and viable option to eliminate pain and restore function, safely and with low risk.

## Benefits of stem cell therapy

Stem cell therapy provides accelerated healing and pain relief that can last years, and in some cases, can permanently eliminate pain and disability. The goal is to reduce pain, improve function and eliminate the need for surgery. Stem cell therapy can reduce the need for extensive physical therapy and rehabilitation, usually needed after surgery or an injury.

Stem cell therapy can help prevent the onset of arthritis and help patients avoid joint replacement surgery. It is the only therapy that can halt the progression of osteoarthritis.

## Are Stem Cells Ideal for Everyone?

If you suffer with joint, tendon, or ligament pain or joint arthritis, and desire to improve your quality of life, and avoid invasive surgery and potential complications, stem cell therapy may be for you. Not everyone is a candidate for stem cell therapy. The only way to know if you are a good candidate is to schedule a consultation.

Each patient receives a complete evaluation to diagnose their condition, and determine their suitability for the treatment, including review of the patient's medical history and physical examination. Imaging studies will be necessary to rule out other possible diagnoses.



3380 Tamiami Trail, Unit C, Port Charlotte, FL 33952

855-276-5989 | [www.PhysiciansRehab.com](http://www.PhysiciansRehab.com)

Stem cell therapy can treat the following:

- osteoarthritis of the knee, hip, shoulder, wrist, ankle or elbow
- damaged cartilage and bone within a joint
- spine pain
- muscle, tendon and ligament tears
- labral injuries of the shoulder and hip, and
- other joint conditions that can benefit from stem cell therapy

## Treatment Can Be Maintained Over Time

Stem cell therapy can have significant lasting results, but in some cases, it is best to think of it as maintenance, much like an oil change. Don't wait until your arthritis or joint inflammation gets worse. It depends on the severity of the condition, but seeking treatment early is ideal, and it helps to maintain injections as recommended by an expert in regenerative medicine.

## What Our Patients Have to Say

*"My husband had treatment on both knees and a shoulder and had very good success at age 85. Caring professionals include injections and physical therapy."*—Sandi S.

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

*"When I first came here to Physicians Rehabilitation, my pain level was between a 9 and a 10, and now my pain level is next to nothing."*—Leann B.

## Physicians Rehabilitation

At Physicians Rehabilitation, every patient receives a customized treatment plan based on their needs and is designed to produce superior results. The health-restoring benefits improve quality of life and in some cases, patients can avoid surgical treatment and lengthy recovery.

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

For your convenience, we have offices in Fort Myers, Lady Lake, Naples, Port Charlotte and Sun City Center Florida. Contact us to learn about how stem cell therapy can restore your health.

**CALL PHYSICIANS REHABILITATION TODAY!**

# Lymphedema Must Not Be Ignored: Now a Mobile Treatment Service Comes to You

By James Ferrara, Lymphedema Therapist

**D**o You Have Lymphedema? Lymphedema is a build-up of lymphatic fluid throughout the body, and it is usually a secondary issue that arises after cancer treatment or lymph node removal; it can also be a critical indicator for individuals that an illness or adverse reaction is occurring in their bodies.

Lymphedema is a threatening disorder that needs to be treated and properly managed. The fluid must be safely guided through the body to remove the excess. Lymphedema can happen to anyone, but women are more susceptible to the disorder and often, are unfortunately underdiagnosed or misdiagnosed altogether. Lymphedema can cause physical debilitations and physiological distress.

Lymphedema disposes the affected area to an ongoing inflammatory process that, if untreated, can progress to skin fibrosis, adipose tissue accumulation, and further accumulation of fluid, causing disfiguring swelling, disability, and infections such as cellulitis.<sup>1</sup>

## WHAT IS THE TREATMENT FOR LYMPHEDEMA?

### Complete Decongestive Therapy

- 1. Manual Lymphatic Drainage (MLD)** — A manual technique to mobilize fluid in the lymph system that is very light and gentle.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5665410/>



- 2. Compression** — Low stretch compression bandages that help increase lymph flow by increasing resting and working pressures to decrease the lymphedema in the limb; this also assists the efficiency of the muscle pump to decrease lymphedema and prevents fluid from returning.
- 3. Skin Care** — Reduces the risk for infection and helps prevent dry skin from cracking.
- 4. Exercises** — Improves lymph flow and improves venous return.
- 5. Self-Care Management and Training** — Allows the patient to minimize spikes in fluid retention.

## YOU CAN GET TREATMENTS IN THE COMFORT OF YOUR HOME

Many people are concerned about visiting a medical office due to COVID-19. My services are unique in that we come to you via our Mobile Outpatient Occupational Therapy Services. You don't have to leave your home.

## MOBILE OUTPATIENT OCCUPATIONAL THERAPY SERVICES

### Lymphedema therapy

- Decrease lymphedema
- Promote wound healing
- Decrease fibrotic tissue hardening
- Increase functional mobility and quality of life
- Decrease swelling due to acute trauma
- Help reduce edema from chronic venous insufficiency

### Occupational Therapy

- Upper Extremity Orthopedic Injuries
- Work on ADL's
- Home Safety Evaluations
- Work On IADL's
- Strengthening
- Patient Education
- Functional Balance
- Transfer Training

Fluid and inflammation, whether lymphatic or venous, can be life-threatening. It's critical to speak to your doctor if you are experiencing any fluid retention in your body.

IF YOU ARE IN NEED OF LYMPHATIC THERAPY, CONTACT JAMES FERRARA'S MOBILE OUTPATIENT THERAPY TODAY AT 941-830-3749.

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# CARING FOR MY PET FOLLOWING MY DEATH OR INCAPACITY

By James W. Mallonee

**T**he holiday season has passed and with that comes the adoption of many animals from the local pet rescue centers. Once the pet comes home, it will have many years of life with its new owner. However, someday the pet owner may die and when that occurs, the adopted animal needs to be taken care of. This is where careful long-term planning is essential concerning the health, maintenance, shelter and feeding of the newly orphaned animal. However, careful planning prior to one's death can reduce this concern.

The simple solution is to find someone who is willing to step-in and take the animal in as a member of their home just as the decedent had previously provided. In almost all situations, a pet quickly becomes one of the family. Under common law, a pet is considered personal property of the owner in the same manner as furniture, automobiles or tools. Unlike furniture, the pet is a living thing requiring feeding, maintenance and shelter to protect it during its remaining life. The question becomes how can a pet be cared for and who is going to pay for its feeding and maintenance once its owner is deceased or incapacitated.

Because a pet is not person, it has no means of collecting a devise from a Will and taking such devise to a financial institution for investment purposes. As a result, the pet requires a person or entity to perform this function for it. The requirement for a person or entity to open a bank account for the pet means that the person or entity act as a trustee for the benefit of the pet. Remember that a trustee is a person or entity that holds legal title to property for the benefit of another and who may be charged with specific duties to manage that property. Thus, a trustee can be given the power and authority to protect an owner's pet following their death or incapacity.

This author often gets questions about whether a personal representative could act in the same manner as a trustee. Remember that a personal representative is a person or entity who manages the affairs of a decedent by marshalling their assets, paying debts and distributing the decedent's assets following death. A personal representative is generally not charged with the specific duty to manage the care and feeding of a pet for its remaining life. To manage the care and feeding of a decedent's pet for life, a trustee is the best solution.



What can you do to ensure that your pet is taken care of? In Florida, the only means of making certain that your pet will be cared for is to have a trust prepared in advance of your death. The trust would need to be specific to the animal through either Testamentary Trust or general trust instrument.

A Testamentary Trust is one that is created within a Will and comes into existence following the death of the Testator. Generally, the Trustee of a Testamentary Trust will receive a fixed amount of funds after a person's death to be used for the health, care, safety and feeding of an owner's pet; but, only after the Testator's death. The Trustee will take possession of funds and be directed to use such funds for the pet's shelter and care during its remaining life. Those duties can be split between a trustee of the funds and a caretaker who will provide the services necessary to care for the decedent's pet.

What happens if you become incapacitated during life? A Testamentary Trust may not be your best alternative in the event of incapacity. Should this happen, another means of making certain that your pet is cared for is to prepare a Trust instrument. A Trust can be used to make certain that your pet is cared for in the event you are unable to manage your pet due to incapacity caused by dementia, stroke or other life altering events. In such instances, your successor Trustee can take control of your pet and utilize the assets titled in the name of your Trust for the use and care of your pet.

The consequences of failing to institute a means to care for your pet during your life and following death may cause your pet to be delivered to others who may not care or love it in the same manner as you. Although this should not happen, it sometimes does causing the pet to eventually be abandoned or worse, mistreated.

If you are concerned about how your pet will be cared for following your death or incapacity, contact the attorney of your choice and discuss the options that are available to you. Remember that your pet cannot speak for itself and needs a voice to protect it in the event of your death or incapacity. By planning ahead, you can avoid later issues and moments of anxiety for you and your pet.

*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.*

**James W. Mallonee, P.A.**  
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Port Charlotte, FL 33953  
(941) 206-2223  
Facsimile (941) 206-2224

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# Medical Marijuana for the Average American

**C**hange in modern laws within the last 20 years has allowed marijuana to resurface and make waves in most states due to either full legalization or allowing it to be prescribed through medical means. Studies have come to fruition suggesting that access to marijuana has a direct inverse correlation to opioid usage and overdoses with the opioid overdose mortality rate between 1999 and 2010 being 21% lower than expected. Access to medical marijuana has also been linked to a drop in Medicare prescriptions for ailments such as chronic pain, anxiety, and depression. Anecdotally, many patients of ours are reducing or stopping their prescriptions that once held a grip on their day to day life. The answer for the age old question "How can one plant act as a blanket medicine for many illnesses?" is due to the wide variety of cannabinoids found throughout the plant. Cannabinoids are the compounds found within marijuana with a select few contributing to the psychoactive effects of the plant. THC and CBD are the most widely known and provide the majority of the relief with THC being the component known for the 'high' that also bestows analgesia, appetite stimulation, and sleep. While CBD is commonly known for its ability to help induce sleep and reduce inflammation.



These cannabinoids are the main two but there are still a huge list of others (and variations of the main two) such as CBN, CBG, CBC, and many more. New research is released everyday further cementing medical marijuana as a staple in our society, giving new life to a plant as old as history itself.

While medical marijuana may not be ideal for everybody, it has a solid track record of use over the last two millennia with modern scientific research to back it up thanks to a shift in legality. See if medical marijuana can benefit

you by calling or visiting one of our offices today and we can start taking the steps to provide relief from whichever obstacles life has thrown your way.

**Get Your Florida Medical Marijuana Card. Call Today!**

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# Activate Your Stem Cells!

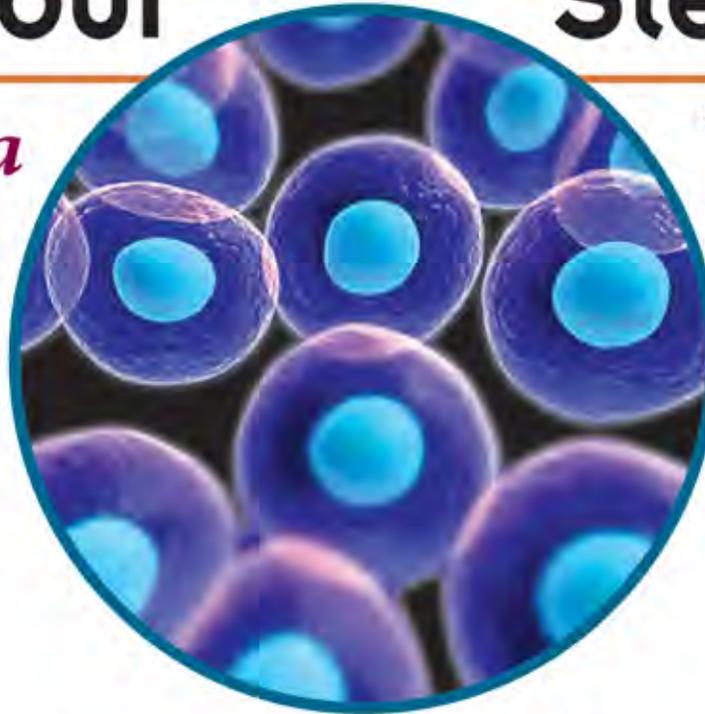
## *A Safe Way to a Healthier You*

**A**dult stem cells play a critical role in our overall health and longevity. In 2006 the *New England Journal of Medicine* stated that the number one indicator of wellness is directly correlated to the number of adult stem cells in the blood stream.

What are stem cells? They are cells with the potential to develop into any kind of cell needed. They have the incredible ability to heal and repair any organ or tissue. All stem cells share at least these two characteristics: they can make identical copies of themselves and, unlike other cells, either self-renew as stem cells or differentiate into other kinds of cells.

While our need for adult stem cells increases dramatically as we age, the older we get, the fewer of these are released into our bloodstream. A teenager has approximately 100 trillion cells in the body of which about one billion are circulating adult stem cells.

- At age 30 this number has dropped to 400 million (a 60% reduction)
- At age 50 this number has dropped to 250 million (a 75% reduction)
- At age 60 this number has dropped to 100 million (a 90% reduction)
- At age 80 this number has dropped to 50 million (a 95% reduction)



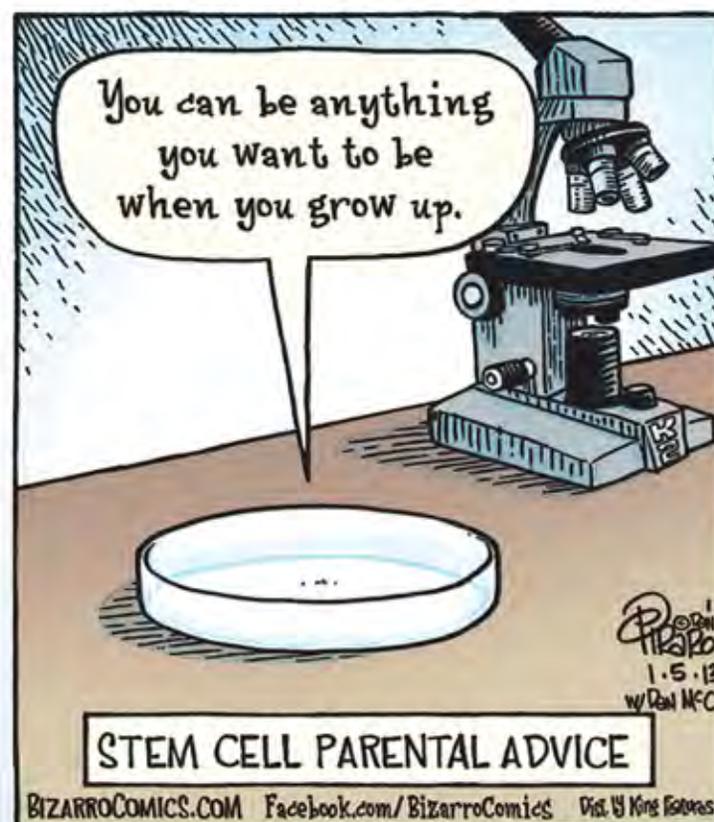
*Christine Meiner, M.Sc.*

“Stem cells have been proven to help your body treat, beat, and even heal some of our most chronic health conditions and life-threatening injuries. These powerful healing cells miraculously mold themselves to heal your body on a cellular level. The advancements in stem-cell therapy in the past two decades are completely rewriting what we think we know about human healing and the power of our own body to eradicate illness, injury and chronic conditions.”

Scientific and clinical research from around the world, over 6,400 studies, consistently show that adult stem cells can help combat almost any condition caused by the damage to the body’s cells by injury or aging.

### —*The Healing Miracle: The Truth About Stem Cells*

**T**here are hundreds of stemcell therapy clinics worldwide and over 500 in the US. These clinics offer interventions for sports injuries along with various conditions like autism, multiple sclerosis, COPD, cancer, and Alzheimer’s disease. As with other medical procedures, the results vary greatly. Stemcell therapy is still considered experimental and may not be covered by insurance. Increasing the number of circulating adult stem cells has the potential to regenerate areas in the body already damaged. Whether we have had an injury, illness, or are experiencing signs of aging, stem-cell activation can quickly transform our quality of life. Stem-cell therapy can be considered a regenerative therapy—rewinding our biological clock.



For More Information Contact Dr. Pamela Lewin at 352-208-3151

# Your Secret Weapon for the New Year

By Alex Anderson

In August of 1996, I was having breakfast with a pastor that I admired. He did not come from a privileged family, but his life was full of good things. He was very blessed in every way. He had started his church a year and a half earlier, and it was flourishing. He had a beautiful, healthy family. His finances were abundant. He was a VFR pilot and flew a twin engine Cessna to speaking engagements. There were many other things to admire about him as a person and as a Bible teacher.

As we talked that morning, I could not help myself, so I had to ask him how he had become so blessed. I had never met anyone, especially in ministry, quite as successful at such young age.

## Here is what he shared.

He said that when he was a struggling student in school to become a minister, the president of the school had personally mentored him...then he stopped in the middle of his story, looked at me and said something that completely surprised me. "But the real key to my success is something the president gave me. That one thing changed everything in my life. And since you asked I'll give it to you if you'll follow me to my office." I eagerly finished my coffee, got into my car and hurried to his office. I don't believe in magic but I do believe that God wants to bless our lives. What my friend gave me has caused my life to be blessed in every sense of the word, and so I want to give it to you as Your Secret Weapon for the New Year.

My friend called it, "His Daily Agreement with God." It's not fancy and not even grammatically correct, but the effects are powerful and have changed the lives of many people I have shared it with since then. It's a prayer that when used with even a little bit of faith touches the heart of God and He responds to it. You read it out loud twice (morning and evening) a day to God. Due to the limits of space...here is an excerpt (it's about three pages long). I renamed it.



## My Daily Agreement with God's Will for My Life

Father in heaven, thank you that you are establishing me in Christ Jesus. According to Philemon 1:6 – "that the confession of my faith may become effectual by my acknowledging every good thing which is in me in Christ Jesus.

20\_\_ is the best year of my life and today will be the greatest day of my life so far. During this year I will grow abundantly in every area of my life: Spiritually, Mentally, Physically, Emotionally, Socially, and Financially.

I know my Heavenly Father's voice and will hear no other. I am in His perfect will for my life. I am diligent to do my Father's will and speak only that which is pleasing to Him. I am a yielded vessel.

You, Holy Spirit, are my friend and you give me the power to overcome the evil tendencies of my flesh so that I can submit to the Lordship of Jesus Christ in spirit and indeed.

No matter what the circumstance I have the mind of Christ and operate in His wisdom and ability and the peace of God keeps my heart and mind through Christ Jesus. I ask and receive grace daily to walk in holiness.

I don't have cares; I have cast them all on the Lord. Peace, righteousness, security, and triumph over opposition are my heritage from the Lord Jesus. In the middle of all my thoughts is your comfort that cheers me up and makes me full of joy and happiness. I am always a happy person. I rely on the Greater One who indwells me to equip me for the job God has called me to do.

Jesus has redeemed me from the curse of the law. Heavenly Father you are continually delivering me from the hands of my adversary.

Because I am always living with you as the Highest of all my thoughts, I will live in your favor. When I am in trouble I can call on You and You will give me Your immediate attention and come to my aid with honor and deliver me with dignity. My Father in Heaven blesses me to be a blessing.

I have the righteousness of Christ, and when God the Father looks at me He sees Jesus. Father God will never leave nor forsake me. This gives me the power to keep myself calm in the face of temptation and of adversity.

Bless me indeed. I ask that your hand would be with me. Deliver me from evil, both temptation, and harm. Lord, Help me to be a second mile Christian. Help me to remember that I am not my flesh, because of the beautiful Lord Jesus Christ who is in me Who is my hope of Glory...

Let me know what God does this year as you pray this prayer. For me, it's been quite amazing!

To your spiritual health,  
**Alex E. Anderson**  
 Senior Associate Pastor

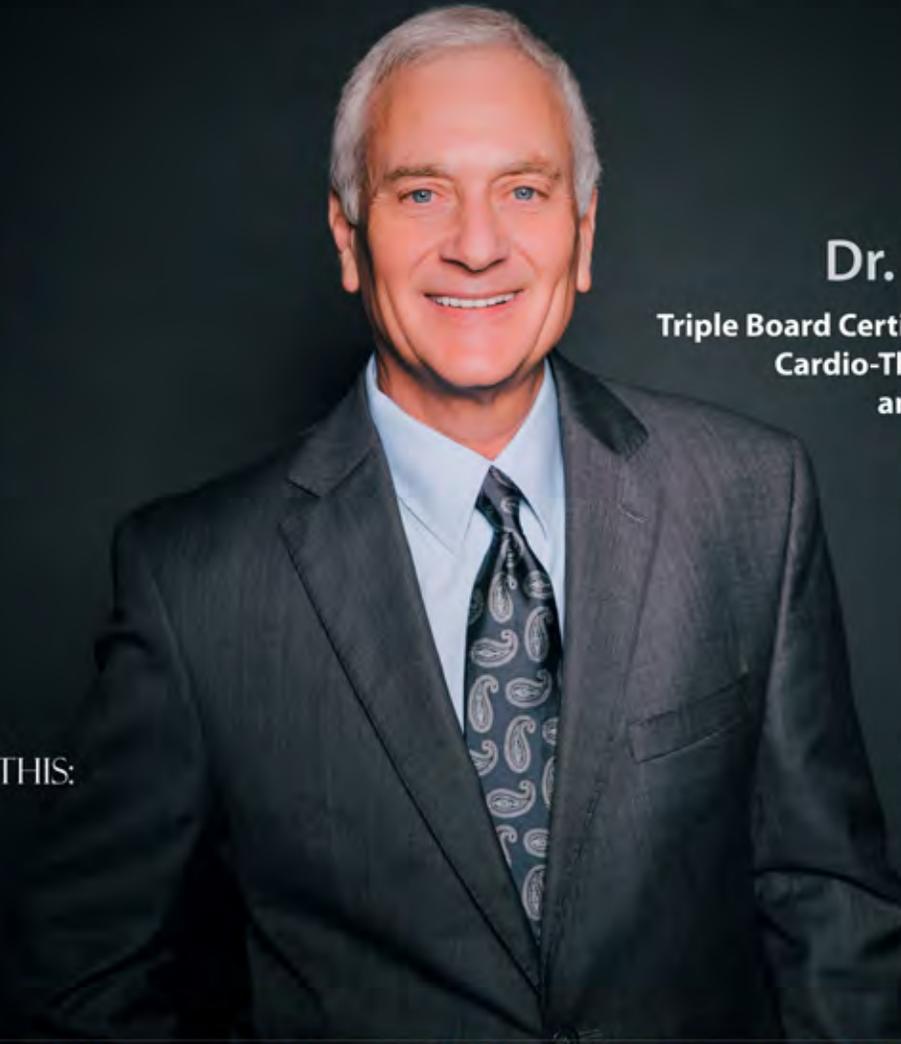
**P.S. HAPPY NEW!!** If you want the complete copy of *My Daily Agreement with God's Will for My Life*, I would be glad to email it to you.

Just go to [alexanderson.org](http://alexanderson.org)

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