

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

Health & Wellness[®] MAGAZINE

March 2021

Charlotte/South Sarasota Edition - Monthly

www.swfhealthandwellness.com

FREE

Save Your Vision

Tips from Quigley Eye Specialists

Include Good Nutrition

In Your Meal Planning

Keep Your Feet Healthy

From the Summer Heat

National Nutrition Month

Colonoscopies Save Lives.



*Minutes still
matter in an
emergency.*



Don't delay health care.

Chest pain, severe abdominal pain, headache, high fever and other emergencies often need fast medical care, so please don't delay getting care in an emergency. With limited entry points, screening for everyone, enhanced cleaning and social distancing, we are taking extra precautions to help keep our emergency rooms safe – and ready to care for you.

***Learn more at [ERCareAtBH.com](https://www.ERCareAtBH.com),
or call 911 in an emergency.***

[ERCareAtBH.com](https://www.ERCareAtBH.com)



Bayfront Health
Port Charlotte • Punta Gorda

Fighting cancer is personal.

Your treatment should be, too.



At GenesisCare, we treat individuals, not just the disease, which is why we offer personalized care that's designed around you. Meet our newest member of the GenesisCare (formerly 21st Century Oncology) team of physicians. We are proud to continue care for you and your family here in Charlotte and Sarasota counties.



Negar Golesorkhi, MD
Breast Surgical Oncologist

Dr. Golesorkhi is board certified and fellowship trained in breast surgical oncology. Her practice emphasizes individualized care tailored for each patient with breast diseases. She is certified in minimally invasive breast biopsies. For the appropriate case, she can perform a breast biopsy in the office.

She is passionate about remaining up to date with the latest technologies and breakthroughs in the treatment and prevention of breast diseases. She serves on many nationally recognized committees aimed at reducing and treating breast diseases. She enjoys participating in breast cancer educational events in her local communities. She has been in practice since 2009 originally in the Washington DC and Baltimore areas, being ranked "Top-Doc" in the Washingtonian and Northern Virginia magazines each year.

195 Center Rd, Ste B
Venice, FL 34285
Tel: (941) 492-6227

genesiscare.com/USA



For your medical imaging
*make your choice
 the best choice*
FOR YOU!

3D MAMMOGRAPHY
 3T MRI & 64 SLICE CT
 ULTRASOUND
 NUCLEAR MEDICINE
 PET / CT
 INTERVENTIONAL
 X-RAY & EKG
 DEXA



18300 MURDOCK CIRCLE, BLDG #15, PORT CHARLOTTE
 Office: 941-255-7950 | Scheduling: 941-255-7945
WWW.RADIOLOGYREGIONAL.COM

FREE DEMONSTRATION ON HOW PEMF CAN IMPROVE YOUR CELL HEALTH

How would it feel to have quicker recovery time from
 your sporting events AND have less pain?

Wellness Achievers can help, leave a message for
Sheryl @ 949-220-4900 and someone will return your call
 within 24 hours. Be sure to mention Health & Wellness article!

PEMF and Magnetic Resonance Stimulation (MRS) has been proven to:

- Regulates the autonomic nervous system
- Improves the respiratory volume due to improving respiratory muscle functioning
- Alleviates pain • Activates the immune system
- Stimulates the bone cartilage and improves bone density

Acts as an anti-inflammatory and regulating throughout the body

- Nerve recuperation • Improves wound healing
- Improves circulation • Reduces stress • Enhances endorphin, dopamine, serotonin production in the brain
- Regulates digestive activity
- Improves melatonin production which is important for sleep
- Improves the effects of medication due to improved metabolism and circulation
- Reduces the tendency of blood clot



Wellness Achievers

Call Today! 949-220-4900

Recognized Amongst
**American Top
 Podiatrists
 2010-2020**



Dr. Isin A. Mustafa,
 Foot & Ankle Surgeon
 DPM, MSHS, AACFAS
 3161 Harbor Blvd, Suite B
 Port Charlotte, FL 33952

(833) 366-8534 (FOOT LEG)



www.NaplesPodiatrist.com

SAME DAY / NEXT DAY
 APPOINTMENTS

HOURS: Mon-Fri 8am-5pm



HOME OF THE 3D LAPIPLASTY - SCARLESS BUNIONECTOMY

4 New Facts About Your Feet & Ankles

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

MEDICARE AND MOST PPO'S ACCEPCTED

*Moving
 Forward*

- 6 Bayfront Health Port Charlotte Surgeon Can Perform Coronary Artery Bypass Surgery on a Beating Heart
- 8 Save Your Vision: Tips from Quigley Eye Specialists
- 9 Keep Your Feet Healthy from the Summer Heat
- 10 Treating Venous Ulcers at Joyce Vein & Aesthetic Institute
- 11 Colorectal Cancer Month
- 12 Colonoscopies Save Lives: Are there Viable Alternatives?
- 14 Include Good Nutrition in Your Meal Planning
- 15 National Nutrition Month
- 16 Arthritic Knee Pain: Do You Really Need Surgery?
- 17 Direct Primary Care: The Doctor is Always In!
- 18 Signs & Symptoms of Hormone Imbalance
- 19 9 Ways to Prepare for a Virtual Showing
- 20 CBD Oil and Reduction of Tinnitus Related Anxiety and Sleep Problems
- 21 Lymphedema Must Not Be Ignored: Now a Mobile Treatment Service Comes to You
- 22 Defeat Gum Disease
- 23 Health Insurance: What You Need to Know!
- 24 Challenging Homestead Orders
- 25 10% THC Cap Proposal
- 26 What You Need to Know About Your Immune System
- 27 Spiritual Wellness: Maintaining Healthy Friendships

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR - Lisa Minic



Publishing • Advertising • Web Design • Graphic Design

239.588.1200

Southwest Florida's Health & Wellness Magazine can be found in over 600 Southwest Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Southwest Florida's Health&Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239.588.1200
Cristan@gwhizmarketing.com

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

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2021. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTHWEST FLORIDA'S Health & Wellness Magazine. SOUTHWEST FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTHWEST FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

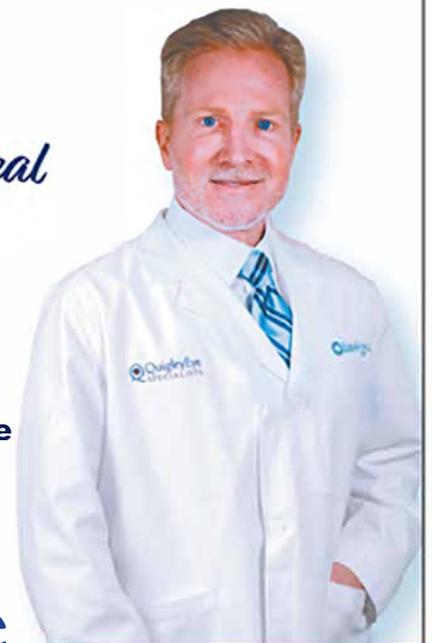
Introducing A SUPERIOR LASER FOR CATARACT SURGERY¹

Technology Leaders in Eye Care, Quigley Eye Specialists is proud to be the first and only private practice in Southwest Florida to offer patients the next generation laser for cataract surgery. Introducing the Catalys® Laser System. When compared to another leading laser, the Catalys was found to use less energy and demonstrated superior patient outcomes. (Khodabakhsh & Hobauer, 2018) ²

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

Our exceptional medical team specializes in

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



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

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

Schedule your cataract evaluation today!

239-360-9633

Visit QuigleyEye.com or any of our 8 Convenient Locations

BONITA SPRINGS | CAPE CORAL | FORT MYERS | LEHIGH
NAPLES | PORT CHARLOTTE | PUNTA GORDA | SUMMERLIN

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/>

Bayfront Health Port Charlotte Surgeon Can Perform Coronary Artery Bypass Surgery on a Beating Heart

Patients successfully undergo off-pump coronary artery bypass surgery, which can significantly reduce potential for side effects.

Edward Higgins is “feeling great” merely weeks after having coronary artery bypass surgery—a procedure that may have saved his life—at Bayfront Health Port Charlotte. Bayfront Health Port Charlotte is home to the longest running heart care program in Charlotte County.

“About three years ago, I began having difficulty breathing, not able to catch my breath,” said Higgins. “My doctor ordered a stress test and subsequently sent me to see Dr. Mejevoi who performed a cardiac cath and placed a stent.”

“Mr. Higgins was suffering from coronary artery disease, a narrowing of his artery, which I confirmed by cardiac catheterization,” said Nicolai Mejevoi, M.D., interventional cardiologist and independent member of the medical staff at Bayfront Health Port Charlotte. “At this time, I placed a stent, which is a small mesh tube that expands to help restore blood flow that was previously restricted. Once in place, the artery heals and the stent remains to provide support to the artery.”

Everything went well for the next few years until Higgins once again began having difficulty catching his breath. “It wasn’t as bad as it was three years ago, but noticeable. And I was feeling light headed. I often ride my bike twenty miles, no problem. But this one particular day, after about twelve miles in, I actually had to stop, get off, and lay down in the street.”



Patient: Edward Higgins



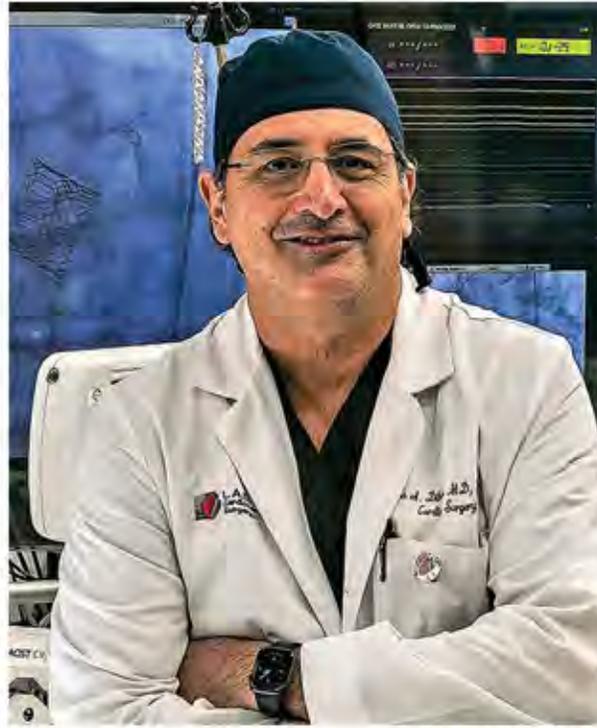
Dr. Nicolai Mejevoi

“Mr. Higgins was suffering from shortness of breath and lightheadedness for months, and a recent stress test suggested another diagnosis of coronary artery disease,” said Luis Dibos, M.D., cardiac surgeon and Chief of Cardiac Surgery at Bayfront Health Port Charlotte.

Confirmed by a subsequent cardiac catheterization, it was discovered that Higgins had a severe coronary artery blockage. At this time he was referred to Dibos who informed him that bypass surgery, also known as coronary artery bypass graft (CABG), would be the most effective in treating his blockages and adding years to his life.

“Although in his seventies, Mr. Higgins lived a fairly active lifestyle, and I knew that his risk for surgery was extremely low, with a predicted mortality of less than 0.5%,” said Dibos. “Multiple studies have shown that patency rates of the mammary artery in particular are excellent, with 90 percent of these bypasses being open up to 20 to 25 years. This is much better than any other therapy for coronary artery disease.”

CABG is a surgical procedure to restore optimal blood flow to a coronary artery that is obstructed or blocked. An incision is made in the chest and an



Dr. Luis Dibos

artery from the chest wall (linea) and/or vein from the leg is used to “bypass” the blocked artery and restore normal blood flow to the portion of the heart muscle which is supplied by the obstructed coronary artery.

Traditionally, this surgery is performed with the assistance of a heart-lung machine, which maintains life while allowing the heart’s beating to be stopped. However, Dibos performed Higgin’s procedure—as he does for about 75% to 80% of his CABG patients—off-pump, which is also known as “beating heart” surgery.

“This means that the heart-lung machine is not used, and the heart never stops beating,” said Dibos. “It reduces the post-operative length of stay in the hospital, and the incidence of neurologic complications such as stroke, kidney injury or even renal failure. And the need for blood transfusions is a lot less as well,” he adds.

Today, Higgins says “I feel great. I was out of the hospital in two days and have been attending cardiac rehab appointments to help improve my heart. I’m not riding my bike just yet but look forward to getting my doctor’s approval at my three month follow-up.”

Cardiac rehabilitation is a program led by a team of specially trained cardiac nurses, cardiac technologists, athletic trainers, physical, occupational and speech therapists, and dietitians. Participants work with members of the team to improve their strength, mobility, independence and quality of life.

“We are proud to be an area leader in cardiac care, with a team of surgeons, nurses, therapists and support staff that can help patients just like Mr. Higgins,” said Tara McCoy, Chief Executive Officer at Bayfront Health Port Charlotte and Punta Gorda.

To learn more about the heart care services at Bayfront Health Port Charlotte, visit <http://bit.ly/HeartCareAtBayfront>. To learn more about the CABG procedure, or to see if you may be a candidate, contact Bayfront’s Structural Heart Nurse Coordinator at 941-213-8299.



(941) 213-8299

www.BayfrontCharlotte.com

2500 Harbor Blvd., Port Charlotte, FL 33952

Bayfront Health Accepts most Major Insurance Plans

Save Your Vision: Tips from Quigley Eye Specialists

Most of us don't realize the importance of our vision until our eyesight seems to fade. It's not uncommon for presbyopia to overtake our nearsighted vision in our forties and beyond, but more important that diminished eyesight, there are several conditions that can lead to blindness if not caught early on. These include macular degeneration and glaucoma.

How can we protect our vision?

Eye Exams

The most important thing is to get regular eye examinations. Eye exams are not just about your vision strength, but during the exam, the ophthalmologist checks for many different eye health issues and disorders.

The retina is a layer of neural tissue in the back of the eye. Its three layers of cells contain synaptic interconnections between neurons, and it's responsible for brain communication, projecting photoreceptors, circadian rhythm regulation, light detection and neural plasticity.

The importance of the retina to a medical professional and researchers is that it's the only part of the central nervous system that can be visualized and studied directly. This is done via an ophthalmoscope. The information collected during the examination of the retinal pathway is important for helping to identify irregularities and brain function.

Sunglasses

Sunglasses don't have to cost a lot of money to provide adequate eye protection. As long as they are marked as "100 percent UV-blocking," these can be just as effective as more expensive options. Labels can sometimes be confusing. Some indicate sunglasses offer 100 percent protection from UVA/UVB radiation, others offer 100 percent UV 400 protection. Both block 100 percent of the sun's harmful radiation.¹

Quit Smoking

Smoking leads to macular degeneration and can also contribute to cataracts. Talk to your doctor about smoking cessation programs or find a way to quit. It's bad for your eyes, lungs, heart and offers no benefit to anyone.

Eat a Healthy Diet

Poor dietary habits can lead to retinal diseases and impairments. Our eyes need specific vitamins and nutrients just like the rest of our organs. These include, fruits and vegetables, leafy greens and cold-water fish. Researchers have found people on diets with higher levels of vitamins C and E, zinc, lutein, zeaxanthin, omega-3 fatty acids DHA and EPA are less likely to develop early and advanced AMD.²

The National Eye Institutes AREDS & AREDS2 studies

Researchers with the Age-Related Eye Disease Study (AREDS) reported in 2001 that a nutritional supplement called the AREDS formulation can reduce the risk of developing advanced age-related macular degeneration (AMD). The original AREDS formulation contains vitamin C, vitamin E, beta-carotene, zinc and copper.³

In 2006, the same research group, which is based at NIH's National Eye Institute, began a second study called AREDS2 to determine if they could improve the AREDS formulation. They tried adding omega-3 fatty acids, as well as the antioxidants lutein and zeaxanthin, which are in the same family of nutrients as beta-carotene. The researchers also tried substituting lutein and zeaxanthin for beta-carotene, which prior studies had associated with an increased risk of lung cancer in smokers. The study found that while omega-3 fatty acids had no effect on the formulation, lutein and zeaxanthin together appeared to be a safe and effective alternative to beta-carotene.³

Reference:

1. AAO, American Academy of Ophthalmology, Seven Myths About Sunglasses That Could Damage Your Vision July 24, 2020, <https://www.aao.org/newsroom/news-releases/detail/seven-myths-about-sunglasses-could-damage-vision>
2. AAO, American Academy of Ophthalmology 10 tips to save your vision, September 2015, <https://www.aao.org/eye-health/tips-prevention/top-10-tips-to-save-your-vision-2>
3. AAO, "Healthy Eyes," Vitamins, American Academy of Ophthalmology aao.org, 2019 <https://www.nei.nih.gov/areds2>

About Quigley Eye Specialists

Founded in 1988, Quigley Eye Specialists consists of more than 100 medical professionals, including surgeons, optometrists, retina specialists, and technicians. Offices are conveniently located throughout Southwest and Southeast Florida in Bonita Springs, Cape Coral, Coral Gables, Fort Myers, Lehigh Acres, Naples, North Port, Port Charlotte, Punta Gorda and Venice. Technology leaders in eye care, Quigley Eye Specialists is one of the nation's leading multi-specialty ophthalmology practices specializing in cataracts, laser cataract surgery, glaucoma, iLASIK, dry eye, eyelid surgery, retinal issues, corneal conditions, routine eye care and facial plastic surgery. 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. For more information or a full list of locations, visit QuigleyEye.com.



In Conclusion...

Protect your eyes from the sun and dangerous conditions or injury, eat healthy, consider supplementation, take breaks from screen time and most importantly, get your eye exams. It can save your vision!

**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.



(855) 734-2020 | www.QuigleyEye.com

2529 Tamiami Trail, Punta Gorda, FL 33950
2135 Tamiami Trail, Port Charlotte, FL 33948
20600 Veterans Blvd., Port Charlotte, FL 33954

KEEP YOUR FEET HEALTHY FROM THE SUMMER HEAT

Hot summer days are quickly approaching here in Southwest Florida. Leaving our seniors and diabetics at risk to heat related injuries. It's important for people especially one's living with diabetes to be aware of the risks associated with hot and humid weather conditions. As a diabetic or senior It's important to understand that any type of break in the skin can lead to potential infections and/or ulcerations. Diabetics are at a greater risk of complications related to foot infections or ulceration these include hospitalization, surgery and possible limb loss. Others with any type of loss of sensation or compromised blood flow are also at risk. Here are some tips to keep your feet healthy during these hot summer months.

Manage swelling

Swelling during these hot days can easily be managed with daily use of compression stockings. Compression is the best way to reduce swelling and avoid complications associated with chronic foot swelling.

Don't forget Sunscreen

Sunscreen is important all year, but during these hot days you will likely need to increase the frequency of application. **DON'T FORGET** to apply sunscreen to your feet. The skin on the top and bottom of your feet is very sensitive and can easily burn.

Keep them dry

Hot temperatures mean more sweating. Moisture buildup is inevitable in your shoes or between your



toes. Excess moisture can lead to blisters and breaks in the skin. Hot temperatures can also increase chances of developing a fungal infection of the nails or feet. Your local foot and ankle doctor can evaluate you for a fungal infection and provide you with recommendations for treatment. Furthermore, they can provide you with the best methods to keep excessive moisture at bay.

Avoid sandals or barefoot walking

Sandals or barefoot walking may be tempting during these hot summer days. However, sandal use can lead to dryness and cracking of the feet especially of the heels. Again, any break or cracks in the skin can lead to potential infections. Barefoot walking can increase your risk of puncture wounds, burns, and blisters from hot pavement or sand.

Just a few minutes of walking barefoot on a hot driveway, sidewalk or sand can badly burn the soles of a person's feet who has diminished sensation or no feeling in their feet which is very common in the Diabetic population. Anyone with any type of diminished sensation is at risk as well.

Don't skip your appointment

Schedule regular check-ups with your foot and ankle specialist who can help prevent these complications and provide you with recommendation to keeping your feet healthy. Also, don't forget to perform your own daily foot checks, if you notice anything suspicious make sure to schedule an appointment ASAP.

To learn more contact your local foot and ankle doctor.

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.



Virtual visits available now through skype.

We come to your screen!



Advanced Wound Care

For those living with chronic and acute wounds, FFLC specializes in wound care treatments.

FFLC uses the latest cell therapy products from Organogenesis resulting in quicker healing and better outcomes.

Latest Gout Treatment

Krystexxa helps by dissolving uric acid crystals in your big toe for pain-free living.

FFLC is a designated Krystexx Infusion Center



(833) 366-8534 (FOOT LEG)

• Easy Online Scheduling

• Same/Next Day Appointments Available

www.NaplesPodiatrist.com

3161 Harbor Blvd, Suite B, Port Charlotte, FL 33952

Treating Venous Ulcers at Joyce Vein & Aesthetic Institute

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

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

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



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

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

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

PATIENT TESTIMONIAL

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

Michael C.



Dr. Douglas H. Joyce, DO, FACOS, FACPh
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



941-575-0123
www.jvai.com

25092 Olympia Ave., Suite 500
Punta Gorda, FL 33950



March is Colorectal Cancer Awareness Month.

Colorectal cancer continues to be one of the top three most commonly diagnosed cancers and affects men and women equally according to the National Cancer Institute. One in nineteen people will have this diagnosis during their lifetime. Early detection with screening colonoscopy has been a key part of prevention which has led to a steady decline in cancer related deaths over the past 30 years.

COVID-19 has certainly had an effect on these gains due to the decline of in-person doctor visits and patients' uncertainty about maintaining their normal health screening examinations. Based on comparisons from 2019, screening efforts for colorectal cancer have declined by 86% in 2020. This is very concerning because we estimate that this decrease in screening could lead to over 4,000 unnecessary colon cancer deaths.

Colonoscopy is still the only procedure available to actually prevent colon cancer. It does this by finding and removing precancerous polyps before they grow into colon cancer. Polyps are small growths found in at least 25% of patients. You wouldn't know if you had any, because usually they don't give you any symptoms.

While the previous age of screening for average risk individuals used to be age 50, it is now advised by the American Cancer Society to begin screening at the age of 45. For patients who are considered high risk, such as those with a family history of colon cancer, screening begins at age 40 or even earlier.

If you have received a notice from your gastroenterologist or your colorectal surgeon reminding you that it is time for your colonoscopy, don't let COVID delays put you at increased risk for developing colorectal cancer. While colorectal cancer can be treated, early prevention by way of screening colonoscopy continues to be the key to success!



Left to right: Dr. Nagesh Rovipati, Dr. Jeff Neale, Dr. Valerie Dyke, Dr. Janette Gaw, Dr. Fia Yi - Board Certified Colorectal Surgeons



The Colorectal Institute
Tel: (239) 275-0728
thecolorectalinstitute.com

Radiation therapy for colorectal cancer

Radiation therapy uses high-energy x-rays to destroy cancer cells. Radiation may be used to treat many types of cancer, and this includes colorectal cancer. Colon cancer is typically treated with surgery and chemotherapy, but postoperative radiation therapy is an option in some patients if it is thought that some of the cancer had been left behind.

For patients with rectal cancer, most patients are treated with preoperative chemotherapy in conjunction with radiation therapy. The goal is for this up-front chemoradiation to reduce the size of the rectal tumor, which will enable a smaller surgery and decrease the likelihood for a permanent colostomy, and this has an obvious impact on quality of life.



Timothy Kerwin, MD
Physician, Radiation Oncologist

Another goal of radiation in these patients is to kill the cancer cells that may be in the lymph nodes within the pelvis. This strategy improves cure rates and decreases the chance for the cancer to spread or recur.

There are some patients who unfortunately have incurable colorectal cancer. In these patients who have had their cancer spread or metastasize, radiation therapy may be considered to eradicate these pockets of disease. For other patients with advanced disease who are too frail for curative treatment, radiation may be used to shrink the tumor or stop internal bleeding.

Regardless of the context in which radiation is used, your radiation oncology team will utilize state-of-the-art technology to maximize cure rates while minimizing side effects.

For more information, call (239) 593-3030 or visit genesiscare.com/USA.



Colonoscopies Save Lives: Are there Viable Alternatives?

When it comes to colorectal cancer, early diagnosis is critical because colon polyps go unnoticed most of the time. Polyps are cell growths on the lining of the colon or large intestine. If you have them, it's best to have them removed. Polyps don't turn cancerous in every case, but your risk of developing cancer increases with the type, number and size of colon polyps you have.

Colon polyps affect upwards of 200,000 people a year. Colon cancer is the third most common type of cancer in the United States. If caught early on, it can easily be treated. Typically, there are little to no signs or symptoms of colon polyps, so it's essential to have screenings on a regular basis. In 2018, the American Cancer Society updated screening guideline recommendations for persons at average risk to begin colon cancer screening at age 45. The previous recommendation was age 50.

Due to the preparation and the perceived reputation of the procedure, many people put off having a colonoscopy, but this is detrimental. It's imperative to be screened for colorectal polyps. If you're considering or currently rely on at home tests that you mail into a lab to check a sample of your stool, these have an extremely high false positive rate.

There is Another Way.

Virtual Colonoscopy

A virtual colonoscopy is a CT scan of the colon without the need for anesthesia or a colonoscope. A virtual colonoscopy captures intricate images of the colon lining and will show polyps or any irregularities. This test is highly accurate at finding polyps.

Procedure Details

A virtual colonoscopy procedure requires the same oral preparations as a traditional colonoscopy to clear stool from the colon. The procedure will begin by having air introduced into the colon through a small enema tip. This allows distention of the colon to enable the CT scanner to take detailed 3D images. The procedure requires you to lie comfortably on the scanning table first on your back and then on your stomach. The test takes approximately 15 to 20 minutes.

To speak with a Virtual Colonoscopy representative at Radiology Regional Center, call Monday-Friday 8:00 a.m. to 5:00 p.m. EST, 239.931.6399.

Accuracy of a Virtual Colonoscopy

Recent medical research, including studies published in the New England Journal of Medicine, suggest that Virtual Colonoscopy is nearly as accurate as the conventional Colonoscopy screening in detecting significant polyps. Researchers from the National CT Colonography Trial gathered results from 15 different medical facilities that showed that virtual colonoscopy was able to detect 90% of polyps 10 millimeters or more in diameter. That's the same accuracy reported for colonoscopy itself in other studies. Colonoscopy is, however, able to detect much smaller polyps.¹

Results

After your exam, a board-certified radiologist will review your CT images. As with other procedures offered at Radiology Regional, confidential reports will be generated and mailed to you within 3 business days. In the event of a positive test, the report will be sent to your referring physician at your request.

What if Polyps are Detected?

If the radiologist sees one or more polyps, you will be instructed to schedule a visit with a gastroenterologist that will perform a colonoscopy. During the colonoscopy, the polyps will be removed and tested for cancer. In some cases a sigmoidoscopy may be recommended.

Why should I go to Radiology Regional for this exam?

Radiology Regional has been providing high-quality diagnostic services in Southwest Florida for 50 years. The Center is owned and operated by an innovative and devoted group of board-certified radiologists educated at distinguished institutions such as Duke, Harvard and Mount Sinai. The skills required to interpret virtual studies are different from those required for conventional Colonoscopy. Virtual Colonoscopy requires a radiologist trained in reconstructing and interpreting the images from the CT scanner.

How much does a Virtual Colonoscopy cost and is it covered by insurance?

We are currently offering the Virtual Colonoscopy health screening at an introductory price of \$490. Since the Virtual Colonoscopy is a screening exam, it's not covered by Medicare or private insurance. Full payment is required at the time of service.

Source:

1. <https://www.cancer.gov/types/colorectal/research/virtual-colonoscopy-results-qa>

Why Radiology Regional?

Radiology Regional is a physician-owned, well-established imaging practice with over 30 board-certified radiologists that work closely with your doctor. You will get personalized service and expertise in a warm, comfortable environment, which is not always offered with a big group or hospital-owned organization. Radiology Regional also provides the newest technological advances. Their superior imaging equipment includes 3T wide-bore MRI, 256 Slice CT, 3D Mammography, Nuclear Medicine, PET Scans, and Siemens ultrasound. Radiology Regional is a premier diagnostic facility that takes pride in offering the highest quality healthcare to the community.

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

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

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

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)



18300 Murdock Circle, Building #15
Port Charlotte (Behind the Surgery Center)
WWW.RADIOLOGYREGIONAL.COM

We remain sensitive to coronavirus concerns and are dedicated to safely serving our cancer patients.



Your treatment. Our Journey.

A cancer diagnosis can feel unexpected, leaving you questioning what to do next. But, within 72 hours, Florida Cancer Specialists gives you and your family the comfort of a personalized treatment plan. Our experienced doctors and nurses provide immunotherapy, the latest technologies from clinical trials and targeted treatment based on your cancer's genomic profile. And with world-class care that's close to home, we're always here to make treatment simple and clear.

By your side – every step of the way.

Caring for patients at our four Port Charlotte, Venice & Englewood locations.

Lalit Aneja, MD
Alexander Glick, MD
Paul W. Gonter, MD
Kristen Gonter-Aubin, DO
Blessy Mathew Jacob, MD
Mehnaz Junagadhwalla, MD
Robin Lifton, MD

Christopher Lobo, MD
Noel A. Maun, MD, PhD
Ivor Percent, MD
Arsh Singh, MD
Andres O. Soriano, MD
Vance M. Wright-Browne, MD

*All required paperwork must be provided at time of referral.

NEWLY DIAGNOSED CANCER PATIENTS
SEEN WITHIN
72
HOURS*

ACCESS TO
85+
NATIONAL
CLINICAL TRIALS

 **FLORIDA CANCER**
SPECIALISTS
& Research Institute

FLCancer.com

Include Good Nutrition in Your Meal Planning

During this time of the COVID-19 pandemic, boosting your immunity is more important than ever. According to the Centers for Disease Control (CDC), people who have a well-balanced, nutritious diet tend to be healthier and have a stronger immune system with a lower risk of chronic illnesses and infectious diseases. Studies have even shown that a healthy diet can reduce your risk for some types of cancer.

WHAT FACTORS CAN AFFECT OUR IMMUNE SYSTEM?

There are a number of factors that can have a negative impact on our immune system, including aging, lifestyle choices, such as smoking and excessive alcohol, stress, chronic disease and poor diet. Some factors, such as aging, are beyond our control; however, when it comes to proper nutrition, we can make positive choices that will help boost immunity.

As we age, our immune system can become less effective; in many cases, this decline is worsened by poor nutrition. Research has also shown that a poor diet can result in obesity and actually increase one's risk for disease or chronic illness. Conversely, eating a variety of fresh, unprocessed, plant-based foods provides the vitamins, minerals, proteins and antioxidants your body needs to keep your immune system functioning at its highest level. Drinking enough water and cutting down on or avoiding sugar, fat and salt significantly lowers your risk of obesity, heart disease, stroke, diabetes and certain types of cancer.

CAN I STILL EAT THE FOODS I LOVE

Florida Cancer Specialists (FCS) has a team of 12 registered dietitians, all of whom have the CSO (Certified Specialist in Oncology Nutrition) certification, and who provide education, support and nutritional counseling for cancer patients, including how to adapt favorite family recipes to make them more healthy. They offer the following tips:

- Drink 8-10 glasses of water every day. Water is not only essential; it also helps you feel fuller. Often, if you are hankering for a snack, drinking a glass of water will quell or delay cravings.

- Eat fresh, unprocessed foods every day. These include fruits, vegetables, legumes (lentils, beans), nuts and whole grains.
- Raw vegetables are great for snacks and, if you just must have a dip, consider using hummus, guacamole or a dip made from low-fat yogurt, lentils, white beans or even nuts. You can find lots of great recipes on the Internet.
- Choose white meat and fish, which are generally lower in fat than red meat.
- Avoid trans fats, which are often found in processed food, fast food, fried food, frozen food, pies, cookies, etc.
- Eat less salt and sugar; choose healthy snacks such as fresh fruits and vegetables.

You can also adapt your favorite recipes by substituting healthier choices for the recipe ingredients.

HERE ARE SOME IDEAS TO GET YOU STARTED:

- Cream of Wild Rice Soup - Substitute blended white beans, instead of heavy cream, to provide thickness.
- Sweet Potato Casserole - Instead of canned sweet potatoes and marshmallows, use fresh sweet potatoes and honey with a touch of brown sugar and cinnamon.
- Ambrosia - Use pineapple, oranges, apples and bananas to provide lots of vitamin C; top with toasted almonds and coconut to make this a delicious, healthy dessert.
- Green Bean Casserole - Instead of canned cream of mushroom soup, sauté fresh mushrooms and make your own white sauce using skim milk.
- Lemon Cheesecake - Can be made with reduced-fat cream cheese; lemon zest adds lots of flavor and aroma.

- Pumpkin Mousse or Pudding - A delicious alternative to pie; sprinkle ginger snap crumbles on top for texture.

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

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

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



North Port

3085 Bobcat Village Center Road
North Port, FL 34288

Port Charlotte

22395 Edgewater Drive
Port Charlotte, FL 33980

Venice Island

901 South Tamiami Trail
Venice, FL 34285

Venice Healthpark

836 Sunset Lake Blvd,
Suite 101
Venice, FL 34292

Englewood

714 Doctors Drive
Englewood, FL 34223-3992

For more information, visit FLCancer.com

NATIONAL NUTRITION MONTH

March is National Nutrition Month and what exactly does that mean? Well, for starters it provides an opportunity for you to assess your current nutritional intake and health. How do you care and feed/fuel your body, your amazing organic machine? Before you think about that let's start with a basic explanation of nutrition.

The Encyclopedia Britannica defines nutrition as "the assimilation by living organisms of food materials that enable them to grow, maintain themselves and reproduce."

Since attempts to find a definition on the Academy of Nutrition and Dietetics and the American Medical Association failed, I looked on MedicineNet. They define nutrition as the "process of taking in food and using it for growth, metabolism, and repair. Nutritional stages are ingestion, digestion, absorption, transport, assimilation and excretion."

Your body, your weight and your health depend on what you choose to eat and drink. Nutrition is key!

The study of nutrition has been around for centuries; however, only in the last 100 years has the role of nutrition in complex non-communicable chronic diseases (diabetes, heart, obesity, renal and cancer) been studied at length. The first vitamin was chemically defined and isolated only in 1926 (thiamine)! It was synthesized in 1931 and called vitamin B1. Vitamin C was identified in 1931, 200 hundred years after a ship's surgeon (James Lind) realized that lemons worked for the treatment of sailors with scurvy. Between 1910 and 1950 the focus centered on the identification and synthesis of essential vitamins and minerals. This knowledge led to the prevention and treatment of nutritional deficiency related diseases such as rickets, scurvy and nutritional anemias (to name a few).

The Great Depression and World War II created fears of food shortages. It was at this time that the US government along with the British Medical Association and the League of Nations generated minimum recommended daily allowances (RDA). These were announced in 1941.



From the 1950's through the 1970's the discussion of sugar versus fat was all the rage. Calories became important. The development of processing foods at a low cost fortified with minerals and vitamins led to the rise of diet related non-communicable diseases.

From 1970 through the 1990s the push for the modernization of food processing and agriculture continued. What followed was a rise in type 2 diabetes, obesity and several cancers.

It has been a scary time from the 1990s to the present. With the growth of agribusiness and the increase of manufactured foods we have no idea what the long-term health issues will be. The way crops are planted (GMO vs Non-GMO), livestock are fed and housed, grain milling, etc. we must be even more mindful of nutrition and what we should feed ourselves and our loved ones. Do we want to live to eat or eat to live.

Nutritional advances have shown that diet patterns and foods rather than nutrient (vitamins) have more of an effect on non-communicable diseases.

Whether you are a vegetarian, vegan, pescatarian, flexitarian, paleo, keto, DDF*, PNP* – the message is this: less is more. Your mouth is NOT supposed to have a party at every meal. Eat to sustain life not reduce it.

What simple change can you make that will affect your health and your weight? Make Wednesdays and Fridays VEGAN days. Avoid all animal products from meat and cheese to eggs and yogurt. Focus on avocado toast or an apple with almond butter for breakfast, a salad with quinoa and chickpeas for lunch. How about brown rice pasta with marinara sauce, along with a salad for dinner? It is not that hard. Give your organic machine a break from heavy eating. Keep it simple.

Try it for the month of March. Who knows, it just might become a healthy habit and part of your 2021 lifestyle.

*DDF – Data Driven Fueling™

*PNP – Pancreatic Nutritional Program™

*Remember to consult with your physician before beginning any new way of eating especially if you are on medication!

Candice P. Rosen, R.N., B.S., M.S.W., C.H.C. is a health counselor and creator of the PNP and DDF. She is the author of *The Pancreatic Oath and Forget Dieting!* (available on Barnes & Noble and Amazon). She lives and has a private practice in Los Angeles. www.candicerosenrn.com

818-570-7204

@candicerosenrn (twitter & instagram)
<https://www.facebook.com/candicerosenRN>

Candice Rosen,
Health Counseling





ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

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

What is Osteoarthritis (OA) of the Knee?

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

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

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

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

Knee Replacement Surgery is Permanent

Starting with a more conservative approach is a better choice. Knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis. Physicians Rehabilitation has an effective knee program that entails several non-invasive treatments that can alleviate pain, increase weight bearing and strength, and regenerate tissue.

Physicians Rehabilitation's Knee Therapy Program Includes:

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

Viscosupplementation

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

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

Stem Cells (Not all Are Equal)

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

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

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

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

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

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

No-Cost, No-Obligation Consultations

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

CALL PHYSICIANS REHABILITATION TODAY!



3380 Tamiami Trail, Unit C, Port Charlotte, FL 33952
855-276-5989 | www.PhysiciansRehab.com



DIRECT PRIMARY CARE THE DOCTOR IS ALWAYS IN!

By Michele Gero, MD

Can you imagine calling your doctor and getting a same-day appointment for your urgent needs? What about sending a picture by text to your doctor, discussing diagnosis and developing a treatment plan without ever leaving your home? Can you imagine not being rushed when you see your doctor, with the ability to address multiple concerns in the same visit? Direct Primary Care makes all this possible.

Direct Primary Care (DPC) is a growing model of healthcare delivery where the patients contract directly with their doctor for their primary care services for only a monthly fee. Doctors wanting to practice more personalized and comprehensive medicine without the burden of dealing with insurance in a traditional fee-for-service system are choosing this model of care for their patients. The freedom and ability to truly care for my patients drew me to Direct Primary Care in 2018. I had been feeling increasingly torn between providing an exceptional level of care and the burdens of administration from my hospital owned practice. Not to mention, the requirements of the insurance companies and the cost that kept a lot of my patients from accessing healthcare the way they needed.

When I decided to become a physician, it was to become a partner in the health care and goals of my patients by helping them live long and healthy lives.



Unfortunately, that cannot be achieved in 5 or 10 minute visits. In my practice, Aspire Direct Primary Care, appointment lengths are 30-60 minutes long, allowing me to take the time that is necessary to know my patients and work with them to be healthy and stay healthy. Like most DPC offices, I am on call 24/7/365 for my patients. They can contact me via text message, phone or email. I can even come in to see patients in the evening or weekends, so I can try to keep them out of the ER or urgent center.

DPC practices have patients with all types of insurance and those patients without insurance as well. We work within all budgets to provide exceptional healthcare to our patients and families. Often times saving money for our patients because we are able to manage illness

before complications occur. Prices are based on age, and at my office, children are \$25 per month with a parent membership.

Adults range from \$55 to \$100 per month depending on age. Additionally, like most DPC offices, we have contracts with local companies that provide greatly reduced prices on imaging and laboratory testing for our patients. Aspire DPC patients pay about \$50 for a set of yearly screening bloodwork, compared to the \$700 that most insurances bill. Furthermore, DPC patients save on the cost of prescriptions that can be dispensed through their physician office. At Aspire DPC, I have kept several of my Medicare patients out of the "donut hole" by filling their prescriptions in our office at significant savings over their contracted insurance prices at the pharmacy.

Direct Primary Care is a model of care that allows me to practice medicine that benefits my patients the most. At Aspire DPC, I am able to provide the level of care that I would provide my family with the luxury of time and personalization. Additionally, I can save them money and assist them in accessing the often confusing healthcare system in the U.S. I truly feel DPC is the way primary care should be delivered – direct primary care is modern medicine with an old-fashioned delivery.

Dr. Gero graduated from SUNY Upstate Medical University in 2001 with her MD and completed her residency training there as well in 2004. Her office, Aspire Direct Primary Care, is located at 415 Commercial Ct, Ste. C in Venice FL.

She can be reached at (941) 800-1630 or aspiredpc@gmail.com

**No Drugs. No Surgery.
Simply Relief from Knee Pain.**

Call **TODAY** to schedule your **NO COST** consultation! That may be just what you need to change your life for the better.



www.PhysiciansRehab.com

Our goal is to decrease the inflammation, promote healing, and eliminate your pain.

We are Medicare providers and accept most insurance plans.

Stem Cell Therapy | Orthopedics | Osteoarthritis Treatments | Physical Therapy | Platelet Rich Plasma | Spinal Decompression

**6 LOCATIONS SERVING FLORIDA
(855) 276-5989**

3380 Tamiami Trail, Unit C, Port Charlotte, FL 33952
6150 Diamond Centre Court, Bldg.100, Fort Myers, FL 33912
413 Del Prado Blvd. S., Suite 201, Cape Coral, FL 33990
5668 Strand Court, Naples, FL 34110
The Villages 733 CR 466, Lady Lake, FL 32159
The Villages 4076 E SR 44, Wildwood, FL 34785



*Advanced
Hearing Solutions*

Where Better Hearing Happens

HEARING AIDS • HEARING AID REPAIRS
DIAGNOSTIC HEARING SERVICES
TINNITUS EVALUATION & TREATMENT

CALL FOR A FREE CONSULTATION!

941-474-8393

655 S. Indiana Ave., Englewood
Also Boca Grande Health Clinic Annex

AdvancedHearingSolutions.net



Noël Crosby
Doctor of Audiology



Karen Draper
Doctor of Audiology

Signs & Symptoms of Hormone Imbalance

What Are the Signs and Symptoms of Low Testosterone and Hormonal Imbalance in Men?

A low level of testosterone in a man means more than just a low sex drive or erectile dysfunction (ED). Hormones are important for regulating most major bodily processes, so a hormone imbalance can affect a wide range of bodily functions.

Symptoms consistent with low testosterone and other cases of hormonal imbalance include:

- Low sex drive
- Erectile Dysfunction (ED)
- Chronic fatigue
- Loss of muscle mass
- Increased body fat
- Mood changes
- Lower mental capacity
- Depression
- Irritability
- Brain Fog
- Decreased bone mass

Additionally, studies have shown there are some conditions that are consistent with low levels of testosterone including:

- Diabetes
- Cardiovascular Disease
- Depression
- Stress
- Anxiety
- High Cholesterol

What Are the Signs and Symptoms of Hormonal Imbalance in Women?

Hormonal imbalances occur when there is too much or too little of a hormone in the bloodstream. Because of their essential role in the body, even the smallest hormone imbalance can cause side effects throughout the body. You may have low estradiol if you are experiencing symptoms of menopause. An increase in UTIs, depression or painful intercourse may also indicate a hormone imbalance in women.

There are a variety of symptoms of hormone imbalance in women including:

- Fatigue
- Night Sweats
- Hot flashes
- Decreased sex drive
- Insomnia
- Irritability
- Anxiety
- Depression
- Cold hands and feet
- Weight gain

BioTE[®] Medical was developed to alleviate the myriad of issues that can arise from hormone imbalance. BioTE[®] Medical only provides bioidentical hormone replacement pellet therapy to those suffering from a hormonal imbalance. Every pellet we make is customized for each individual patient's needs, and we use hormones similar to those found in the human body, which avoid the unwanted side effects of synthetic hormones. These pellets are subcutaneously inserted in a quick, painless insertion, then they dissolve into the body, keeping hormone levels consistent throughout the day and avoiding the rollercoaster effects from other forms of hormone therapy.

Extend vitality by contacting your RAVE's Interventional Radiology Department, a certified BioTE Medical provider.

Identify with the Symptoms of Hormonal Imbalance, What Do I Do Next?

- A RAVE Medical Provider will test your current hormone levels.
- Based on a hormone consultation and a review of your blood panel, your provider will determine if you are a candidate for bioidentical hormone therapy.
- Immediately after your consultation, or a day in the future, your pellet insertion will be completed.



Why BioTE?

1 Million + Insertions

BioTE Medical has performed over one million pellet insertions, making us one of the leaders in bioidentical hormone replacement therapy, or BHRT.

Dr. Charles Gordon and Dr. Josiah Bancroft, III are providers of BioTe Medical pellets and nutraceuticals call to schedule your consultation today with our Interventional Department.



www.raverad.com

VENICE

512-516 S. Nokomis Ave

Venice, FL 34285

941-488-7781

Hours: 8:00am-5:00pm

ENGLEWOOD

900 Pine Street

Englewood, FL 34223

941-475-5471

Hours: 8:00am-5:00pm

SARASOTA

3501 Cattlemen Road

Sarasota, FL 34223

941-342-RAVE (7283)

Hours: 8:00am-5:00pm

9 Ways to Prepare for a Virtual Showing

Tomorrow's market will likely be a mix of in-person and virtual showings. Here's how you can make the best of your virtual showing.

1: Declutter. Clutter is a major distraction when buyers are viewing a home. You want them to focus on all the great features of the house, not look at the stack of mail cluttering the kitchen counter.

2: Depersonalize. Remove items like framed family photos and memorabilia. It's hard for a buyer to picture living in the home if they see photos of you everywhere.

3: Remove all signs of your pet. In the same way that you should depersonalize, tuck away your pet's toys, bowl and bed. Not everyone is a pet person.

4: Turn on lights and open doors. To minimize the surfaces your Realtor® is touching, turn on all the lights and open all doors before your Realtor walks through to livestream or film your home.

5: Open blinds. Natural light is an essential when filming a home. Open the blinds and let as much light in as possible so the camera picks up all the beautiful details of each room.



6: Plan the route around the house. If you're showing the home without a Realtor present, be sure to work with your agent to plan a clear route around the home that shows off each room and is clear of trip hazards.

7: Think about your prospective buyer. If your Realtor is doing the showing, be sure to tell them some personal stories or unique details about the home so they can relay it in the livestream or video.

8: Tackle outdoor spaces. Prune any overgrown landscaping, cut back tree branches and mow the lawn.

9: Clean up the front entrance. The walkway to your property and the front entrance are your home's first impression. Power wash outside, touch up paint in the entryway and clear out any dirt and grime that has collected around the edges.

BOMBAERT / GETTYIMAGES.COM
Source: Florida Realtors®

Contact Denise Henry Today.

Denise Henry GRI, RENE
Broker Associate

RE/MAX Hall of Fame Realtor
RE/MAX Anchor Realty

3941 Tamiami Trail #3121
Punta Gorda, FL 33950

Call or Text **941-628-0856**
denisehenry40@comcast.net
dhenry.remax.com

Welcome to Punta Gorgeous!



Denise Henry, Broker Associate | RE/MAX Anchor Realty
941.628.0856 | denisehenry40@comcast.net



It's your Choice.
3D Mammography

Radiology Associates of
Venice, Englewood
and Sarasota

Call to schedule **941-488-7781**



OWN YOUR PIECE OF PARADISE!



RE/MAX®

Denise Henry GRI, RENE
Broker/Associate

3941 Tamiami Trail Suite 3121
Punta Gorda, FL 33950

(941) 628-0856

dhenry.remax.com
denisehenry40@comcast.net

License #BK 3085228





CBD Oil and Reduction of Tinnitus Related Anxiety and Sleep Problems....

By Dr. Noël Crosby, Au.D.

Tinnitus is the hearing of sound when no external sound is present. While often described as a ringing, it may also sound like a clicking, hiss or roaring. Rarely, unclear voices or music are heard. The sound may be soft or loud, low pitched or high pitched and appear to be coming from one ear or both. Most of the time, it comes on gradually. In some people, the sound causes depression or anxiety and can interfere with concentration. Tinnitus is not a disease but a symptom that can result from a number of underlying causes. One of the most common causes is noise-induced hearing loss. Other causes include ear infections, disease of the heart or blood vessels, Ménière's disease, brain tumors, emotional stress, exposure to certain medications, a previous head injury, car wax and other disorders.

Tinnitus can vary from moderate to a highly painful condition, and its sufferers are often desperately seeking relief from it. Such noise can be infrequent or continuous and differs in loudness. In rare situations, the thumping sound synchronizes with your heart-beat which is called pulsatile tinnitus. Many tinnitus cases have a prior hearing deficit problem due to inner ear damage either from injury, age factor, or vulnerability to loud sound or noise.

CBD oil has immense possibilities to treat some types of tinnitus symptoms by reducing the anxiety and sleep problems associated with it. CBD can also promote overall wellness. The oil works in conjunction with the body's autoimmune system and has no known side-effects at this time. This natural plant compound is versatile in its applications as it can be ingested by various methods as well as topically in the form of salves, lotions and creams. Since CBD acts on the endocannabinoid receptors, it also treats a range of different conditions that may trouble the user, while being utilized to treat tinnitus symptoms. There is an enormous amount of information available about CBD hemp oil, with some of this information not necessarily accurate.



What makes some CBD better than others?

Some of the more common conditions that hemp CBD oil may improve are:

- Tinnitus symptoms
- Chronic pain and inflammation
- Joint pain
- Sleep disorders and insomnia
- Anxiety, stress, and depression
- Skin conditions
- Weaker immune system
- Chronic diseases

CBD oil should not be used to replace your current medications and you should always consult with your physician before deciding to try CBD oil.

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

941-474-8393



*Advanced
Hearing Solutions*
Where Better Hearing Happens

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.

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

By James Ferrara, Lymphedema Therapist

Do 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.¹

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

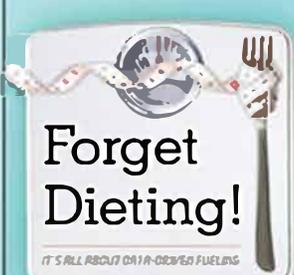
- Upper Extremity Orthopedic Injuries
- Work on ADL's
- Home Safety Evaluations
- Work On IADL's
- Strengthening
- Patient Education
- Functional Balance
- Transfer Training

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.

TO FIND OUT MORE, PLEASE VISIT
JAMESFERRARALYMPHEDEMA.COM.

CANDICE P. ROSEN



Forget Dieting!

IT'S ALL ABOUT DATA-DRIVEN FUELING

Order Your Copy Today!

Barnes & Noble, Amazon

<http://candicerosenrn.com>
candicerosenrn@gmail.com

JAMES FERRARA LYMPHEDEMA THERAPIST

MANUALLY RESTORING FUNCTIONAL INDEPENDENCE

MOBILE OUTPATIENT OCCUPATIONAL THERAPY

Call **941-830-3749** for your **FREE** Consultation.



LYMPHEDEMA THERAPY

- Treat Lymphedema
- Reduce Edema from:
- Chronic Venous Insufficiency
- Acute Trauma
- Promotes Wound Healing

OCCUPATIONAL THERAPY

- Ortho Upper Extremity Injuries
- Functional Balance
- Home Evaluations
- Adls, Transfer Training
- Generalized Strengthening

Accept Medicare Part B and Private Pay. For all other Insurances, we are out of network and will check the patients insurance for coverage/cost. Many only have a co-pay.

Defeat Gum Disease

There 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



Health Insurance

What you need to know!

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

2020 was certainly a trying year for all of us with COVID19 changing the way we live, work and even who we meet. Health Insurance is often looked at as a bill that is optional and not necessary. Really? Why would you not consider your health and life not the most important thing? If you become terminally ill you might not be around much longer so that new car, all the channels on your TV become less important to not at all. Some of the reasons I hear people do not get insurance is, it is too confusing, how do I know what I need, it costs too much for as little that it covers, I never hit my deductible, it cost too much, and I am healthy. Everything costs too much if there is no presumed value!

All the answers could be so simple if you work with an agent, and I always recommend that you, see them and get to know them, check them out. Why? Just because someone has a license does not always mean they are good at what they do or have your best interest at heart. Most of the time (99%) there is no charge to you for insurance professional assistance and the cost is the same as if you did it all yourself. Did you ever go online and then get bombarded with e-mails and phone calls? If you talked to any of those people that called, and you bought something from them. Would they be available if you have a question? Can you reach them directly? What if they sold you the wrong thing, now what? These are just some of the reasons you should work with a trusted professional. We do advertise but 85% of our business comes from client referrals. Our clients remain our clients.

Medicare – Generally when you turn 65 you are eligible for Medicare, once you have worked 40 quarters roughly 10 years there is no cost for Medicare Part “A” Part A covers Hospitals, Skilled Nursing, Home Health & Hospice. Medicare Part B you can choose to take at 65 or you can hold off if you are still working and have credible coverage. Also, if you then want Part B later there is a special enrollment period Jan-March, and the earliest effective date is July. If you did not have group health insurance that is considered qualified, you would have a late enrollment penalty for each month you did not have Part B & Part D and that penalty will last monthly for the rest of your life. Part B covers, doctors, imaging, blood work, ambulance, durable medical equipment, etc. Part D is a Medicare Drug Plan and covers medications. During your initial enrollment period it is very important to understand your options! Medicare Supplements are NOT guaranteed. You can purchase them during your 1st 6-month of Medicare Part B being effective. There are a lot of things you need to know. Again, work with an agent you can trust! 2021 Annual Enrollment Period was 10/15-12/07 for 1/1/2021 effective date. But did you know that Jan 1-March 31, there is an Open Enrollment Period that you can make one change and that change will be effective the 1st of the next month? Example you bought a Part C Advantage Plan HMO and do not like the referral process. You can change to another Part C Advantage Plan; you can also go back to Original Medicare and purchase a stand-alone drug plan. But before you go back to original Medicare make sure you get approved by a Medicare Supplement that works

with Original Medicare before enrolling in a drug plan. Remember I said a Medicare Supplement is NOT guaranteed enrollment. **Very important:** when you move you need to know your options. Can you keep the same plan, do you need to make a change and what does that look like in your situation?

Individual/Family Health Insurance – Being young and healthy does not mean you do not need health insurance. Do you know anyone that knew when they were going to be diagnosed with cancer, or when they were going to have a heart attack or even a serious accident? I do not, it happens, and insurance is there to help you get the care you need and limit your financial exposure. What are your insurance options, and what is best for you? Employer Group Coverage, Individual Medically Underwritten Health Insurance, Medicaid, or the Government Market Place Guaranteed Issue Health Insurance. There is a lot to know about the differences as well as the cost. The monthly premium should not be your only consideration. *You do not know what you do not know* so ask the experts that do know about all of them and can help educate and guide you thru the enrollment process. When it comes to medically underwritten plans most of them you can enroll all year long, but you can also be denied based on underwriting. The Market Place Has Opened up a Special Enrollment Period this year due to COVID February 15- May 15th, 2021. There are some carriers that have joined the Market Place this year that DO NOT have all the local hospitals in network, so be careful when making choices.

Logical Insurance Solutions is a SWFL Insurance Broker that works with most of the carriers, we are happy to help you through the maze. This is what we do daily, it is second nature to us. We offer virtual seminars, one on one WebEx, phone and in person appointments.

To learn more about your options call to schedule an appointment: Logical Insurance Solutions for all your insurance needs - Dee Merritt info@logicalinsurance.com www.Logicalinsurance.com 239-362-0855

Beautiful Smiles Begin Here



Dr. Joseph Farag
UF Graduate

We Offer:

- Implant & Reconstructive Dentistry
- Cosmetic Dentistry
- Personal Care
- Aesthetic Dentures & Partials
- Metal Free Fillings
- Single Appointment Crowns
- Dental Cleanings
- Laser Gum Surgery

New Patients Welcome



Port Charlotte Dentalcare

CALL TODAY: 941-764-9555

3441 Conway Blvd · Port Charlotte

hours: Mon-Thurs 8am-5pm, Fri by appointment



FREE
Consultation
For Laser Gum Therapy

For treatment of sore & bleeding gums, loose teeth and bad breath.
Limited time offer. New patients only.

Port Charlotte Dentalcare · 764-9555

With this coupon. Not valid with other offers or prior services. Limited time offer.

FREE
Consultation
For Dental Implants

Limited time offer. New patients only.

Port Charlotte Dentalcare · 764-9555

With this coupon. Not valid with other offers or prior services. Limited time offer.

Medical Insurance how does it work? What do I need? What do I qualify for? Where do I go? Confused? We can help!

The Answer:

Logical Insurance Solutions: We have a proven track record with the leading insurance companies in the industry. We educate consumers on their options and guiding them through the process of plan selection. This allows peace of mind to make the most educated and informed decision. Medicare is our specialty we can walk you through the government maze with ease.

Call for your personal consultation.

We also handle:

- Medicare Supplement/Medicare Advantage Plans
- Individual/Family Health Insurance
- Employer Group Plans
- Employer Plan vs. Medicare
- Life • Disability • Annuities • Long Term Care • Home Owners Insurance



239-362-0855
www.Logicalinsurance.com
info@logicalinsurance.com

Logical
Insurance
Solutions USA



CHALLENGING HOMESTEAD ORDERS

By James W. Mallonee

When a Florida citizen dies, his or her permanent Florida residence passes to their lineal descendants when there is no Will. This magical event occurs at the moment of death. If the person who passes has a Will, then the beneficiaries named in the Will are normally the recipients of the decedent's permanent residence. The permanent residence is generally recognized as the decedent's homestead.

As a result of a person's homestead passing at the moment of death, it cannot come under the jurisdiction of a probate court because it is outside the confines of the estate proceedings. What that means is that the homestead property is not a probate asset. However, to assure the beneficiaries that it is free of creditor claims, a petition is presented to the court requesting that it rule such property be recognized as homestead and thus free from the claims of creditors (with some exceptions).

The determination of homestead status is a proceeding for the purposes of only determining if the property is truly homestead protected property and not to convey title to such property. In those situations where homestead property is owned by a husband and wife, upon the death of one of the parties, the rules for homestead determination by a court of law is invalid. The reason for this is that the property is owned as tenants by the entireties and upon the death of either the husband or wife, the property passes by operation of law to the survivor of the them without any court proceeding.

So, what is this challenging of a homestead order all about? The issue involved ownership of property held as tenants by the entireties and a mortgage obtained following a deceased spouse's death. It all started following a spouse's death, the surviving spouse sought and filed a petition to the court to determine the homestead status of the couple's property. Naturally, the court issued an order indicating that the property descended to the surviving spouse and was free of creditor claims.

The surviving spouse then obtained a mortgage from Quicken Loans. The surviving spouse eventually passed and the descendants of the surviving



spouse filed a lawsuit to quiet title regarding the effect the homestead order filed in the previous spouse's estate had upon Quicken Loans mortgage against the surviving spouse's homestead property. Apparently, the court's order read that the surviving spouse only obtained a life estate with a vested remainder to the surviving descendants. Thus, the argument was that Quicken Loans only possessed an interest in the surviving spouse's life estate which terminated upon the surviving spouse's death. As a result, the surviving children argued that Quicken's mortgage was no longer valid.

Quicken argued that the court for the initial spouse that died had no jurisdiction over the property because it was property held by the husband and wife which created a tenants by the entireties interest and thus was invalid. The court did determine that the property was held as husband and wife creating the tenants by entireties interest and at the death of the first spouse, the property moved by operation of law to the survivor; no determination of homestead status was ever necessary. This caused the initial determination of the homestead order to be invalidated.

Quicken Loans argued (and correctly so) the consequences of the court's order creating the life estate interest in the property was incorrect because the property was held as husband and wife, creating the tenants by the entireties interest. It should never have been adjudicated by the probate court because it was not a probate asset nor did it ever enter into the court's jurisdiction.

The message to learn from this situation is that third parties can challenge probate orders determining homestead status. This ability to challenge should only occur if at the death of one of the spouses, the property is held as husband and wife and an order is issued determining how the property will pass to the surviving spouse. It is this order that can be invalidated by third parties because it never came under the jurisdiction of the court. In essence, these events should never have happened.

If you are not sure how your permanent Florida property is held, contact the attorney of your choice and ask that very question. The determination of the legal interest you hold could possibly result in an undesirable outcome following your death.

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.

946 Tamiami Trail, #206 871 Venetia Bay Blvd., #225
 Port Charlotte, FL 33953 Venice, FL 34285
 (941) 206-2223 (941) 207-2223
 Facsimile (941) 206-2224

10% THC CAP PROPOSAL

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

Rep. Jose Oliva is proposing a hard limit on the percentage of THC allowed in all medical marijuana products; a leap back from the current progression in the program. Cited from a UK study done in the 1950's, Oliva is quoted saying "We're seeing different strains now in Europe that are 100 times stronger, and we're starting to learn that this has some schizophrenic results, especially in young, developing brains." Every year we see similar policies trying to trek its way into senate and undermine Florida's already strict medical program and Florida marijuana cardholders see this as an uphill battle they're willing to fight for. Patients across social media outlets cannot stress enough how much this could negatively affect them as well as the dispensaries



revenue. The bottom line is that this proposal will not benefit anybody in the marijuana industry from the patients all the way to the top executives at places like Trulieve.

While these initiatives have not slowed down yet, it is very important to note that most of these laws have not made it past the House and should not be a major concern to current card holders. Despite this, it is important to stay up to date with the current direction of Florida's ballooning marijuana industry although this particular proposal shouldn't worry any medical card holders anytime soon.

**CERTIFIED
MARIJUANA
DOCTORS**

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

Port Charlotte - 941-208-3444

Cape Coral - 239-236-5311

Naples - 239-317-3300

www.cmmdr.com

LAW OFFICES OF
JAMES W. MALLONEE, P.A.

WILLS, TRUSTS, PROBATE,
GUARDIANSHIP AND REAL ESTATE



SERVING SARASOTA, CHARLOTTE, DESOTO AND LEE COUNTIES

LOCATIONS

946 Tamiami Trail, #206, Port Charlotte, FL 33953

871 Venetia Bay Blvd., #225, Venice, FL 34285

Phone Number: 941-207-2223 Sarasota County

941-206-2223 Charlotte County

www.jameswmallonee.com

**GET YOUR
MEDICAL
MARIJUANA
CARD**

**CERTIFIED
MARIJUANA
DOCTORS**

GUARANTEED
TO GET YOUR CARD

DRY FLOWER, VAPES, TINCTURES, CREAMS, PILLS,
MEDICAL MARIJUANA AVAILABLE IN ALL FORMS!

Cape Coral - 239-236-5311

Port Charlotte - 941-208-3444

Naples - 239-317-3300

**OR YOU PAY
NOTHING**

WWW.SMOKINGMARIJUANADOCTORS.COM

OPEN 9 AM TO 5 PM | M TO F
LICENSE NUMBER 039874

What You Need to Know About Your IMMUNE SYSTEM

By Sheryl Hensel

As long as your immune system is running smoothly, you don't even notice it's there or think about what it's doing.

What happens when it doesn't work properly? Diseases like Colorectal Cancer, Endometriosis, Kidney Disease, Vision Impairments, and Brain Disorders to name a few start to set in.

The role of an immune system is to protect your body against harmful substances, germs, bacteria, viruses, parasites, and cell changes that could make your body sick. It also recognizes and neutralizes harmful substances from the environment, like radioactive frequencies from your smart devices.

What are you doing to equip your system with the tools to fight it? We aren't living in the same world our grandparents and great grandparents lived in. They didn't have the assaults against their body that we have today. The ground was left to build minerals back before crops were planted again. The air and water wasn't riddled with toxins and pesticides. The list is long comparing the differences in just our environment alone, not to mention stress levels. They weren't surrounded by cement or driving for hours every day in a car. Being sedentary just wasn't part of their lifestyle. Times are very different and we need to be proactive in preventing our immune system from breaking down.

Imagine sitting at a table with 6 people and you're the only one whose body doesn't subside to the nasty germ roaming around. Why is it that some people exposed to the same germ get sick and some don't? They have a strong immune system and that doesn't happen by chance.

The innate immune system, which you are born with, recognizes an invader and immediately goes into action. The cells of this immune system surround and engulf the invader. The invader is killed inside the immune system cells.

The adaptive immune system, which your body develops as it is exposed to things, produces cells (antibodies) to protect your body from a specific invader. Once the body has come into contact with a



disease-causing germ for the first time, it usually stores information about the germ and how to fight it. Then, if it comes into contact with the germ again, it recognizes the germ straight away and can start fighting it faster.

How do you help your immune system be as optimal as it can be?

Are you getting 8 hours of sleep? Are you drinking water, many recommend half your weight in ounces? Is your food organic, nutritionally dense, vegetables full of color? Do you get 30 minutes of exercise a day? These are a few things that you can do to support your immune system and help build healthy cells. There are also things that decline cellular health and provide a greater opportunity for disease to develop. Are you eating processed and high sugar foods? Do you cook with a microwave? Are you in constant stress? Are you taking medication? Are you sitting for long periods of time? Are you constantly around smart devices or wifi? There are so many things in our lives today that harm our immune systems that our ancestors never had to worry about.

Are you going to do the things your body really needs to be optimally healthy? For many of us, the answer is no. As much as we know eating sugar is bad for us, we often partake in too much at times. We know smoking has been linked to cancer yet it isn't just that easy to quit. Most of us know what needs to be done to take weight off and keep it off, yet our nation's obesity rates are sky rocketing. What we know and what we do are often two different things.

That is why it's so important to support your cell health. Without cell health disease is likely to invade your body. Remember from last month's article, once a cell has lost 60% of its energy, it stops working and uses the remaining energy to survive. Magnetic resonance stimulation (MRS) may indeed come to the rescue therapeutically and/or preventatively, acting as a "whole body battery recharger". We know that cells that are oxygenated can do battle easier in your body than a depleted cell. Prevention is much less expensive and less painful than disease. Give yourself the gift of cell health this year and start 2021 off with a step in the right direction. Living a quality life with your well-earned time left is the name of the game, not sitting in doctor's offices.

If you'd like to learn more about how our PEMF devices can help you eliminate, or greatly alleviate, your pain contact Sheryl at (949) 220-4900. Please leave a message and someone will return your call within 24 hours. We do have weekly presentations.

ONE FREE 15 MINUTE MAT SESSION DURING THE MONTH OF MARCH.

Located in U2 New U Browtique & Spa.
4313 E. CR 466,
The Villages.

LEAVE A MESSAGE AT
949-220-4900.

PEMF MAT IS A HOME USE DEVICE



Wellness Achievers

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.

Maintaining Healthy Friendships

By Pastor Timothy Neptune

In last month's article we talked about the importance of investing in our relationships with our friends. In this article I want to share with you four steps to building and maintaining healthy friendships.

The first step is to realize that you really do **NEED** friends.

Solomon, the wisest man that ever lived said, *"As iron sharpens iron, so one person sharpens another."* Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, *"A man who has friends must himself be friendly..."* Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

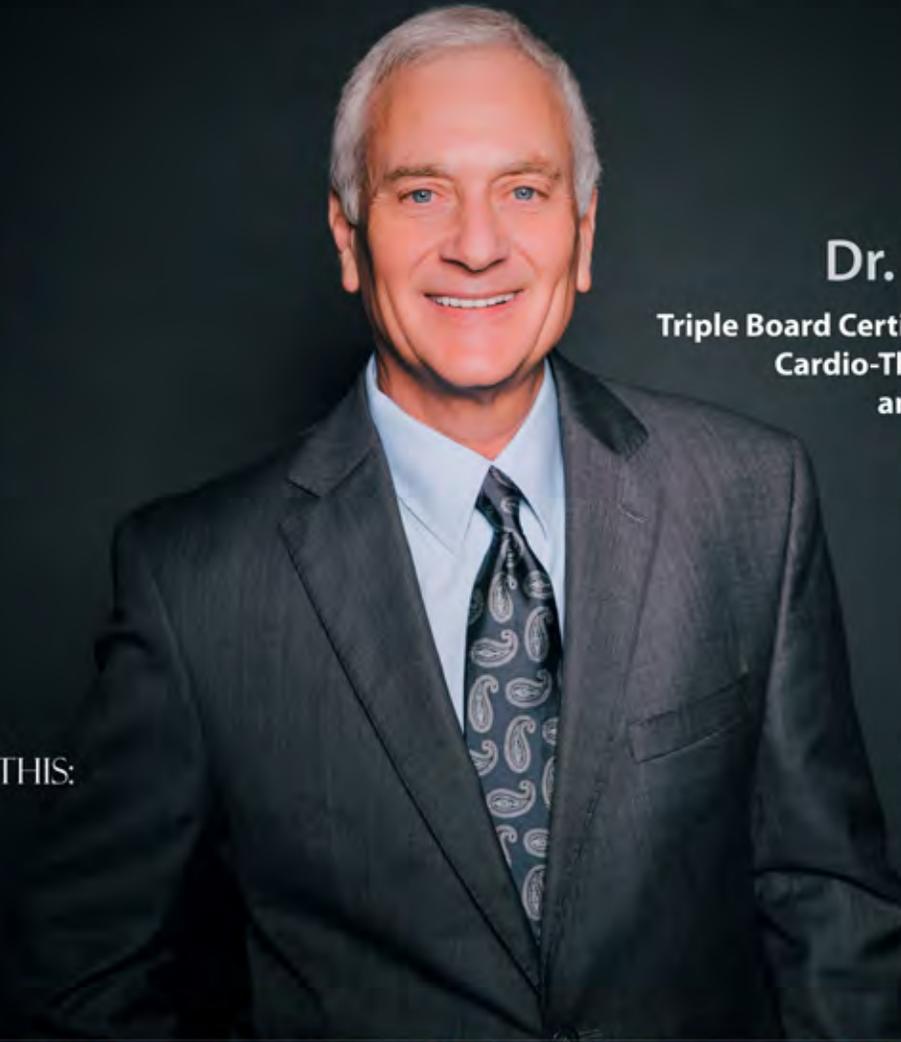
If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

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

CHANGE YOUR LEGS, CHANGE YOUR LIFE!

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

CALL JOYCE VEIN & AESTHETIC INSTITUTE TO SCHEDULE A CONSULTATION



Dr. Douglas Joyce

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

IF YOUR LEGS LOOK LIKE THIS:

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

IF YOUR LEGS FEEL LIKE THIS:

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



(941) 575-0123

JVAI.COM

25092 OLYMPIA AVE
PUNTA GORDA FL 33950