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Health & Wellness[®] MAGAZINE

April 2021

Charlotte/South Sarasota Edition - Monthly

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FREE  

PARKINSON'S DISEASE AWARENESS MONTH

PD TREATMENT
CENTER OF SWFL
INVITES YOU TO:
**OUR LIVE
PROGRAM**

Ramon A. Gil, M.D.
Diplomate American Board of
Psychiatry and Neurology



Parkinson's Disease
Treatment Center
OF SOUTHWEST FLORIDA

**2021 PARKINSON'S DISEASE
AWARENESS MONTH SYMPOSIUM**

Friday • April 30, 2021

12:00 pm to 5:30 pm

Charlotte Harbor Event and Conference Center

Photo Credit: Charlie Curry

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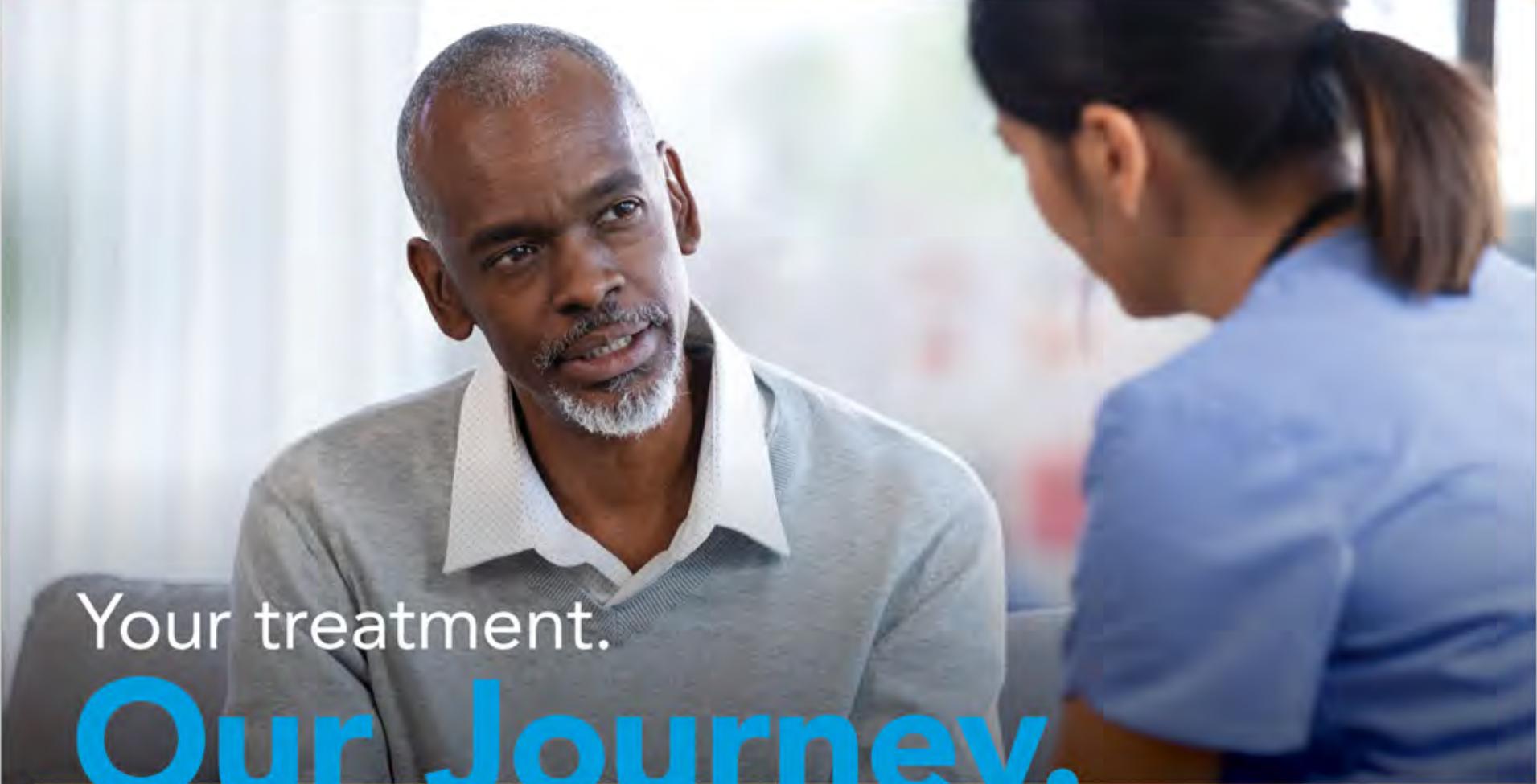
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Negar Golesorkhi, MD
Breast Surgical Oncologist

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.

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



APRIL, PARKINSON'S DISEASE AWARENESS MONTH "PD TREATMENT CENTER OF SWFL". OUR LIVE PROGRAM

By Ramon A. Gil, M.D., Medical Director, Parkinson's Disease Treatment Center of SWFL

Dear Friends:

The Chinese called 2020: "Year of the Rat". In their culture, this animal represents "fertility, reproduction and wealth". For mankind 2020 will be a year "which will live in infamy". Others have called it: "The Year of the Zoom". Well, I do not know about you all, but this is now 2021 and we need to work together to bring our lives back to normal.

The Parkinson's Disease Treatment Center of SWFL, in partnership with the Charlotte County Medical Society, is proud and excited to bring you LIVE our 2021 PARKINSON'S DISEASE AWARENESS MONTH SYMPOSIUM. This event will take place on Friday, April 30, 2021 from 12 noon to 5:30 pm at the "Charlotte Harbor Event and Conference Center", in Punta Gorda, FL.

As in previous years (but not 2020) our program will bring to the audience the latest information about this disease and ways in which we can all optimize the quality of life of those affected, along with their caregivers.

We will hear from Ms. Anissa Mitchell, Vice President, Programs, at the Parkinson's and Movement Disorder Alliance (PMD Alliance), an independent national organization dedicated to serve the more than 40 million Americans affected by these disorders. She will address the audience sharing her thoughts about how we can work together to overcome the challenges imposed by PD and related disorders, utilizing the benefits of an organization like PMD Alliance.

Tyan Aleshire and Rachel Klasmeyer, certified clinical research coordinators from our site (Parkinson's Disease Treatment Center of SWFL), will provide a brief review of the process of clinical research and the benefits and importance of participating in clinical trials, as well as clarifying a lot of misconceptions that many of you have.

This will probably be the first time that you attend a presentation reviewing dental care in patients with Parkinson's Disease. There is more than what you may think connecting your brain with your digestive system. Your mouth is the entry to the rather complex "gut-brain axis". Sara Maltese, D.M.D. will provide you with most useful information in terms of how to improve your dental health and prevent complications that may lead to periodontal disease and tooth loss.




2021 PARKINSON'S DISEASE AWARENESS MONTH SYMPOSIUM

Friday • April 30, 2021 12:00 pm to 5:30 pm

Charlotte Harbor Event and Conference Center

75 Taylor Street, Punta Gorda, FL

Guest Speaker:
Ramon Rodriguez, MD
Professor of Medicine (Neurology) at University of Central Florida, Orlando, FL
Medical Director, "Neurology One", Orlando, FL

Special Guest:
Anissa Mitchell, LCSW
Vice President, Programs
Parkinson & Movement Disorder Alliance

Other Faculty Members Include:
Mabel Lopez, PhD
Neuropsychologist
Director, Mind and Brain Care, Fort Myers, FL
Sara Maltese, D.M.D.
Dental Office of Dunedin, Dunedin, FL
Tyan Aleshire, CCRC and Rachel Klasmeyer, CCRC
Clinical Research Coordinators
Parkinson's Disease Treatment Center of SWFL
Ramon A. Gil, MD
Program Director and Medical Director
Parkinson's Disease Treatment Center of SWFL

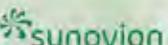
AGENDA

12:00 pm to 12:45 pm Registration and light lunch/refreshments
12:45 pm Opening Remarks
12:50 pm to 1:10 pm Anissa Mitchell, LCSW
1:10 pm to 1:40 pm Participating in Clinical Research T. Aleshire and R. Klasmeyer
1:40 pm to 2:25 pm OHI* for Parkinson's Disease patients Dr. Maltese
2:25 pm to 3:00 pm Mood and Cognitive Problems in Parkinson's Disease Dr. Lopez
3:00 pm to 3:20 pm Break
3:20 pm to 4:00 pm 10 tips to better manage your Parkinson's Disease Dr. Gil
4:00 pm to 5:00 pm Current drugs and the busy Pipeline for Parkinson's Disease Dr. Rodriguez
5:00 pm to 5:30 pm Q's and A's Faculty

*Oral Hygiene Instructions

FREE ADMISSION... Seating is limited...
***CDC Guidelines will be followed.**

To register or for more information, contact office@parkinsonsfl.com or call 941-743-4987

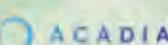













Photo: LIVE Program - January 2021



Dr. Mabel Lopez is a neuropsychologist trained at University of Florida in Gainesville. This is one of the most prestigious surgical centers for PD and other movement disorders, and as such, during her training and all along her career, Dr. Lopez has been very involved in the evaluation and treatment of patients like you. She will share information about mood and cognitive disorders often affecting patients with PD. Her approach is rather interesting, as it focuses for the most part, in non-pharmacologic interventions and lifestyle changes that will result in a much better and brighter future.

The title of my presentation in this symposium speaks by itself: *"10 tips to better manage your Parkinson's Disease"*. I look forward to providing you with practical tips to help you improve the outcome of your treatment and, working along with your physicians to find ways to improve even more your quality of life. The answers to questions such as: "Do I really have PD?", "Which medications should I avoid and why?", "What should I do when I find myself hospitalized?" are critical for you and your family members and could certainly help you to prevent problems.

Our guest speaker is Dr. Ramon Rodriguez. He was trained at the University of Florida, in Gainesville, where (after finishing his fellowship in Movement Disorders) was named Associate Professor and occupied this position for 7 years. Subsequently he moved to Orlando where he became Professor of Medicine at the University of Central Florida and now in private practice, as the medical director of "Neurology One". We asked Dr. Rodriguez to bring us not only a brief review of the latest medical treatment for PD, but even more exciting: a review of the busy "pipeline" for new drugs with different approaches to treat PD being currently investigated.

Thanks to our sponsors, this program is FREE. "Social Distancing" and other CDC guidelines will be followed; therefore, seating is limited.

We encourage you to register early. Please contact us at office@parkinsonsfl.com or call 941-743-4987.

We hope to see you in our upcoming educational program this coming Friday, April 30.

Ramon A. Gil, M.D.

- Diplomate American Board of Psychiatry and Neurology
- Diplomate American Board of Internal Medicine
- Former Clinical Associate National Parkinson Foundation
- Medical Director and Founder, Parkinson's Disease Treatment Center of SWFL

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Are You Experiencing DRY EYE SYNDROME?



By Darren Morchesky, O.D., Board Certified Optometric Physician

Do you ever feel like your eyes are dry, gritty and it's difficult to make tears naturally? Are you relying on moisturizing eye drop to get you through the workday, or perhaps, like thousands of people, you wake up in the middle of the night and cannot blink tears your eyes due to the dryness and irritation or, worse, can't open your eyes without rubbing them? Dry eye syndrome is a complex disorder, and usually, it stems from either a blockage of the tear ducts or inflammation.

Moisturizing drops might seem like a good idea, but in some cases, these can make the disorder worse. Most eye drops contain chemicals and preservatives that irritate the eyes and make them more prone to dryness.

Furthermore, some of these drops can disrupt the aqueous and lipid layer's tear and oil production. Once there is an imbalance of these, the tears will hyper accelerate and evaporate before being able to moisturize the eye naturally.

If these issues are left unaddressed, it can lead to epithelial damage and vision loss.

The following information is provided by the American Ophthalmology Association:

Diagnosis

Dry eyes can be diagnosed through a comprehensive eye examination. Testing with emphasis on the evaluation of the quantity and quality of tears produced by the eyes may include:

- Patient history to determine the patient's symptoms and to note any general health problems, medications or environmental factors that may be contributing to the dry eye problem.
- External examination of the eye, including lid structure and blink dynamics.
- Evaluation of the eyelids and cornea using bright light and magnification.
- Measurement of the quantity and quality of tears for any abnormalities. Special dyes may be put in the eyes to better observe tear flow and to highlight any changes to the outer surface of the eye caused by insufficient tears.
- With the information obtained from testing, a doctor of optometry can determine if you have dry eyes and advise you on treatment options.

Source:
1. AAO, "Healthy Eyes," Vitamins, American Academy of Ophthalmology aao.org, 2019 - <https://www.nei.nih.gov/areds2>

Treatment

Treatments for dry eyes aim to restore or maintain the normal amount of tears in the eye to minimize dryness and related discomfort and to maintain eye health. Dry eyes can be a chronic condition, but a doctor of optometry can prescribe treatment to keep your eyes healthy and comfortable and to prevent your vision from being affected. The primary approaches used to manage and treat dry eyes include adding tears using over-the-counter artificial tear solutions, conserving tears, increasing tear production, and treating the inflammation of the eyelids or eye surface that contributes to the dry eyes.

- Adding tears. Mild cases of dry eyes can often be managed using over-the-counter artificial tear solutions. These can be used as often as needed to supplement natural tear production. Preservative-free artificial tear solutions are recommended because they contain fewer additives, which can further irritate the eyes. People with dry eyes that don't respond to artificial tears alone will need to take additional steps to treat their dry eyes.
- Conserving tears. Keeping natural tears in the eyes longer can reduce the symptoms of dry eyes. This can be done by blocking the tear ducts through which the tears normally drain. The tear ducts can be blocked with tiny silicone or gel-like plugs that can be removed if needed. Or a surgical procedure can permanently close the tear ducts. In either case, the goal is to keep the available tears in the eye longer to reduce problems related to dry eyes.
- Increasing tear production. A doctor of optometry can prescribe eye drops that increase tear production. Taking an omega-3 fatty acid nutritional supplement may also help.
- Treating the contributing eyelid or ocular surface inflammation. A doctor of optometry might recommend prescription eye drops or ointments, warm compresses and lid massage, or eyelid cleaners to help decrease inflammation around the surface of the eyes.
- Prevention

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.

You can take the following steps to reduce symptoms of dry eyes:

- Remember to blink regularly when reading or staring at a computer screen for long periods of time.
- Increase the humidity in the air at work and at home.
- Wear sunglasses outdoors, particularly those with wraparound frames, to reduce exposure to drying winds and the sun.
- Nutritional supplements containing essential fatty acids may help decrease dry eye symptoms in some people. Ask your doctor if taking dietary supplements could help your dry eye problems.
- Avoiding becoming dehydrated by drinking plenty of water (8 to 10 glasses) each day.
- Avoid air getting blown in your eyes by directing car heaters away from your face.
- Avoid environments that are drier than normal, such as deserts, airplanes, and places at high altitudes.

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

Don't put off you 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.



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20600 Veterans Blvd., Port Charlotte, FL 33954

Screenings Help Detect Head, Neck and Oral Cancers at Early Stages

While not as common as some other types of malignancies, oral cavity and oropharyngeal (head and neck) cancers can often be discovered during routine screening exams by a dentist, medical doctor, dental hygienist, or even by self-exam. During the pandemic, many people have chosen to delay or even skip routine screening exams that can detect these cancers at an early stage, when they are more easily treatable. This has resulted in some people being diagnosed with cancers that are more advanced and more difficult to treat. It is extremely important not to skip regular screening exams with your dentist or primary care physician.

Oral, head, neck and throat cancers account for about 4% of cancers in the U.S. and are more than twice as common among men than women, according to the National Cancer Institute. Most of these cancers begin in squamous cells, which are cells that line moist surfaces, such as those inside the mouth, nose, sinuses and throat. Salivary gland cancer, another category of head and neck cancer, has many different forms because these glands are made up of many different types of cells that can become malignant. As you might suspect, tobacco use, heavy alcohol use, and infection with human papillomavirus (HPV) increase the risk of many types of head and neck cancer.

One of the factors that can increase your risk of oral cancer is tobacco usage of any kind; this includes cigarettes, cigars, pipes, chewing tobacco and snuff, among others. Heavy alcohol use and excessive sun exposure to your lips can also increase your risk. In recent years, there has also been a rise in cases of oropharyngeal cancer linked to infection with human papilloma virus (HPV) in Caucasian men and women.

According to the American Cancer Society, some of the early warning signs and symptoms can include:

- A sore in the mouth that does not heal (most common symptom)
- Pain in the mouth that doesn't go away (also very common)



- A lump or thickening in the cheek
- A white or red patch on the gums, tongue, tonsil, or lining of the mouth
- A sore throat or a feeling that something is caught in the throat that doesn't go away
- Trouble chewing or swallowing
- Trouble moving the jaw or tongue
- Numbness of the tongue or other area of the mouth
- Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
- Loosening of the teeth or pain around the teeth or jaw
- Voice changes
- A lump or mass in the neck
- Weight loss
- Constant bad breath

Of course, many of these symptoms can also indicate conditions other than cancer; that is why it is so important to get regular dental and physical checkups. See your dentist or medical doctor right away if any of these symptoms lasts for more than two weeks.

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Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, including an in-house specialty pharmacy, an in-house pathology lab, financial counselors at every location and 24/7 access to Care Managers, who help deliver the most advanced and personalized care in your local community.



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For more information, visit FLCancer.com

Bayfront Health Punta Gorda Offers Monoclonal Antibody Infusion Therapy

Bayfront Health Punta Gorda is offering monoclonal antibody therapies for the treatment of some cases of COVID-19



“For certain individuals recently diagnosed with COVID-19, monoclonal antibody therapy may help prevent hospitalization or worsening symptoms,” said Simon Grinshteyn, M.D., FAPWHc, BC-ADM, family medicine provider with Bayfront Health Medical Group. “The infusion consists of man-made antibodies that mirror the antibodies of patients that recovered from the COVID-19 virus. The research is showing that this therapy may limit the amount of the virus in the body; therefore, helping symptoms improve sooner.”

Monoclonal antibody therapy is approved for certain patients who:

- Have positive results of direct SARS-CoV-2 viral testing,
- Are experiencing mild to moderate COVID-19 symptoms, and
- Are at high-risk for COVID-19 symptoms progressing to severe levels.

High risk is defined as patients who meet at least one of the following criteria in addition to meeting the previous criteria:

- Are 65 years or older
- Have a body mass index (BMI) of 35 or higher
- Have diabetes, chronic kidney disease, or a immunosuppressive disease
- Are currently taking immunosuppressive medication
- Are 55 years or older and have heart disease, hypertension (high blood pressure), or a chronic respiratory disease

Bayfront Health Punta Gorda is administering this one-time treatment twice a week. A physician order is required and appointments can only be made by an active physician on Medical Staff at Bayfront Health Punta Gorda.

To learn more about this treatment and how Bayfront Health is taking extraordinary measures to provide COVID-safe care, visit <https://www.bayfrontcharlotte.com/covid-19>

NEED A PHYSICIAN?

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Simon Grinshteyn, M.D., FAPWHc, BC-ADM, is board certified in both family medicine and advanced diabetes management, with additional certification in wound management and hyperbaric medicine. He provides preventive and diagnostic care for acute and chronic illnesses, with special interests in advanced diabetes care and hypertension management. His goal is to help patients achieve optimum health.



Fatin Albezargan, M.D., is board certified in family medicine. She enjoys all aspects of preventive care and the management of chronic diseases, helping your entire family achieve and maintain good health.



Luis Casanova, M.D., is a board certified internist that treats a wide range of illnesses and chronic diseases that most often affect adults and the elderly population.



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Do You Have A Wound That Will Not Heal?

Chronic wounds affect 8.2 million patients annually. With an aging population and the increase incidents of diabetes and obesity, this number is expected to rise. If left untreated, chronic wounds become more severe, which not only affects quality of life but can also lead to limb loss.

We had a chance to sit down with Family Foot & Leg Center's Dr. Mustafa to discuss chronic wounds. Dr. Mustafa is one of several experts at FFLC who have vast knowledge and experience in advanced wound care.

Wounds vary from patient to patient, but when should you have your wound be seen by a doctor? There are a lot of variables that can determine when you should seek medical treatment for wounds. In general, anyone who is considered high risk for developing infections should seek treatment immediately. High risk individuals include, but are not limited to, anyone with diabetes, compromised immune system, ESRD, obesity, active smoker, taking corticosteroids like prednisone, chronic edema/venous insufficiency, on a blood thinner, or have a history of poor circulation/ blood flow.

Additionally, if you experience trauma causing a laceration that is deeper than a quarter inch in length, the object that cut you was dirty or was rusty, bone, tendon or fat is exposed, the cut is over a joint, or if the bleeding won't stop, you should seek treatment immediately as well.

For anyone, if your wound is not showing improvement in a week or two at max or signs of infection are noted, you should seek immediate treatment. Signs of infection include redness around the wound or redness spreading up the limb, fever/chills, pus or drainage, foul odor, warm or heat from the affected area, or increased pain. If in doubt, it is better to have your wound looked at than wait. The longer a wound is present, the more likely you could develop a severe limb threatening infection. Once the infection spreads to the tendon and/ or bone the greater the risk of limb loss.

What qualities do you and your colleagues bring to patients that make your practice different? We take the time getting to know our patients. Getting to know the full history of our patients allows us to determine the best course of treatment and

care that encompasses every aspect of their conditions allowing us to treat the problem from all angles.



It's important to understand that treating wounds takes advanced training. Not all physicians or podiatric physicians are trained in wound care, especially complex wounds. Here at Family Foot & Leg Center, we are all trained in advanced wound care and have access to the most up-to-date modalities (such as skin grafts derived from stem cells). Our comprehensive portfolio of regenerative medicine products that we use allow us to support patients from early in the wound healing process through to wound closure, regardless of wound type.

When medical providers are struggling with healing a wound, they refer their patients to Family Foot & Leg Center for our expertise in advanced wound care. By working in tandem with your primary care and specialist (cardiovascular, infectious disease, etc.) doctors, we can arrive at the best outcome.

What is the main thing you would like patients to know about chronic wounds?

First and foremost, it is important to be able to get in and see your doctor as soon as possible, especially when facing a time-sensitive condition such as a chronic wound. Many amputations could have been prevented if patients sought medical care sooner.

Family Foot & Leg Center offers same day or next day appointments. Scheduling an appointment is easy through our call center or online through our website.

Lastly, is there anything else a patient should know about your practice?

Our doctors are award-winning, board-certified, and highly trained. We treat all conditions of the foot and ankle in addition to being an advanced wound care center.

Patients should also know that we accept the majority of insurance plans. Providing convenient quality care is essential to our practice, regardless of a patient's condition, big or small. With multiple locations throughout Southwest Florida, it's easy to get an appointment close to your work or home.

Isin Mustafa DPM, MSHS, AACFAS

For more information, you may contact Dr. Isin Mustafa at Family Foot & Leg Center at (239) 430 - 3668 (FOOT). Family Foot & Leg Center has 8 locations throughout Collier, Lee, & Charlotte Counties to quickly resolve all your foot and ankle problems.



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Port Charlotte, FL 33952

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Your wound healing experts



At Family Foot & Leg Center, we specialize in the treatment of wounds that are difficult to heal. We use advanced wound healing technologies to help keep patients out of the hospital and onto healing.

Our patients experience:

- Faster recovery time
- Better results
- Improved long-term outlook
- Optimal quality of life

If you have a foot, ankle, or leg wound, do not delay. See us at any of our locations throughout Collier, Lee, and Charlotte Counties.

Virtual Appointments Available!



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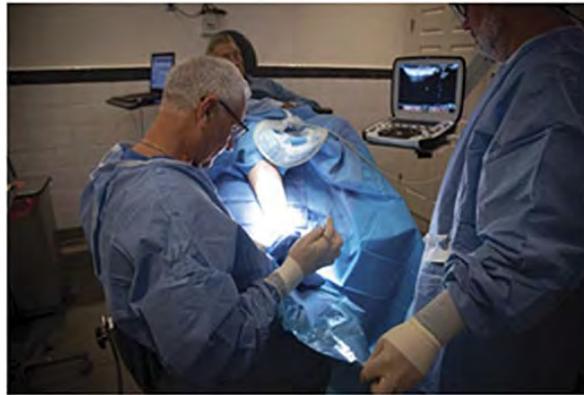


Treating Venous Ulcers at Joyce Vein & Aesthetic Institute

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

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

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



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

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

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

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



ATTENTION LADIES: Have You Put Off Your Annual Screenings?

If you skipped your mammogram or DEXA or any other diagnostic screening due to the pandemic, or just being too busy, now is the time to make those appointments. Physicians agree that you shouldn't wait any longer because certain cancers and disorders can proliferate and spread rapidly, and early diagnosis is critical for treatment. In 2021, an estimated 281,550 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 49,290 new cases of non-invasive (in situ) breast cancer.¹

RADIOLOGY REGIONAL OFFERS ADVANCED SCREENING OPTIONS SUCH AS 3D MAMMOGRAMS AND UPRIGHT 3D STEREOTACTIC BIOPSY.

3D Mammography

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

DON'T WAIT

A small investment of your time can help save your life. The breast cancer survival rates in the U.S. are 80-90% if caught in the first stage due to advanced care. However, the diagnosis in later stages drastically drops the survival rate to 24%. It's essential to schedule your mammogram tests regularly, and if you feel a lump, please contact your physician immediately.

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

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

Radiology Regional's Advanced 3D Biopsy System

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



About the 3D Affirm® Breast Biopsy Guidance System

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

Superior Imaging

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

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

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

Interventional Biopsy

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

WE BRING MAMMOGRAPHY TO YOU!

Radiology Regional's comprehensive women's imaging services include Mobile Mammography. Our Mobile Mammo coaches travel to businesses, health clinics, shopping plazas and other locations and events for on-site mammograms, providing an alternative way for women to complete their annual breast screening mammogram. Each of our two Mobile Mammo coaches offers convenient, mammogram service in a soothing, comfortable environment.

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

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

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

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

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

Source:

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

https://www.breastcancer.org/symptoms/understand_bc/statistics



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

You have a choice where you have your imaging performed - choose Radiology Regional today!

Parkinson's Disease Awareness Month: Neuro Challenge Foundation for Parkinson's Offers Comprehensive Educational and Therapeutic Support

Nearly 1 million people in the U.S. have Parkinson's Disease (PD), a chronic and progressive disorder. 100,000 Americans are diagnosed with PD each year, and 15% of those are under the age of 50, which is called "young-onset." As of yet, there is still no cure for Parkinson's disease. The treatments available are medications, which help alleviate symptoms, and a high emphasis is placed on a healthy diet, exercise, and mobility training, but for those with the disorder and their caregivers, a well-respected foundation for Parkinson's specializes in comprehensive support.

Neuro Challenge Foundation for Parkinson's is dedicated to improving the quality of life of people with Parkinson's and their caregivers. Those affected by Parkinson's disease can live a life of wellness with hope for the future.

Neuro Challenge Foundation for Parkinson's (NCF) is a non-profit organization that originated in Sarasota in 2008. Neuro Challenge provides more than 45 monthly educational, therapeutic and support programs to people with Parkinson's and their caregivers. Currently all programs and services are available online. Neuro Challenge is working on a plan to return to community-based programs in the near future.

In addition, NCF offers individualized care advising via phone or video chat, community resource referrals, semi-annual Distinguished Speakers Series events, an annual Parkinson's Symposium, and the Neuro Challenge Network. NCF serves more than 3,000 people annually and provides all programs and services at no charge.

**PLEASE JOIN NEURO CHALLENGE
FOR THEIR HIGHLY-REGARDED
PARKINSON'S EXPO**

Neuro Challenge Foundation's signature annually held, day-long event was created in 2018 to educate, engage and empower the Parkinson's community. The Expo features several presenters who are nationally renowned Parkinson's experts. More than 1,400 people attended the Parkinson's Expo in 2020 making it the largest event of its kind in the country.



**The 4th Annual PARKINSON'S EXPO
is going VIRTUAL!**

**Join us on June 12, 2021 from any location!
Register at NeuroChallenge.org/Expo.**

**There is no charge to attend the expo thanks to
generous support of donors, partners and
sponsors - like you.**

The Expo will comprehensively address the needs of people with PD and their caregivers by offering high-quality, important information presented by nationally renowned experts in the field. The Expo will also feature interactive demonstrations and a myriad of resources.

Please consider partnering with Neuro Challenge to support the Parkinson's community at the Parkinson's Expo.

Please visit Neurochallenge.org/Expo to learn more.

**To connect with a thriving community of
support and resources contact Neuro
Challenge Foundation for Parkinson's at
(941) 926-6413 or visit NeuroChallenge.org**

Administrative Office & Mailing Address
722 Apex Road Unit A
Sarasota, FL 34240

Community Offices
SARASOTA
5880 Rand Blvd.
Sarasota, FL 34238

NORTH PORT
5600 Peace River Road
North Port, FL 34287

BRADENTON
3639 Cortez Road West, Suites 160 &170
Bradenton, FL 34210

MORE ABOUT NEURO CHALLENGE

Neuro Challenge for Parkinson's is a local 501(C)(3) non-profit organization dedicated to improving the quality of life of people with Parkinson's and their caregivers, today.

Care Advisors – The Neuro Challenge Care Advisor helps people with Parkinson's and their caregivers navigate the complexities of managing the disease by providing individualized support and community resource referrals for boxing, cycling, movement and yoga classes, voice therapy, art therapy, and more.

Monthly Educational and Support Programs – Care Advisors coordinate and facilitate, along with partners, monthly virtual and community-based programs. Participants in these programs gain valuable information and have the opportunity to meet others also facing the journey with Parkinson's while being enveloped in a community of caring and support.

Distinguished Speakers Series (DSS) – Semi-Annually held mid-sized events (100-200 attendees) that typically feature two local speakers presenting on various topics that are important to the Parkinson's community. DSS events are currently held in Manatee, Charlotte, Pinellas, Highlands, and Marion counties.

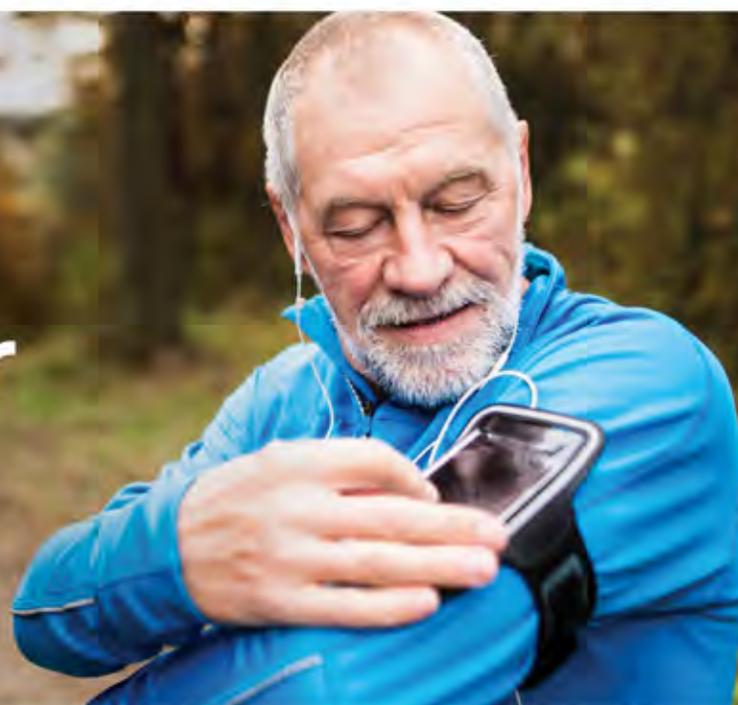
The Annual Parkinson's Symposium – The Symposium is held in partnership with the Sarasota Memorial Health Care System. The Symposium features presentations from Parkinson's experts with a special presentation from their partner. The Symposium has a capacity crowd each year of 550 attendees.

The Parkinson's Expo – Neuro Challenge Foundation's signature annually held, day-long event created to educate, engage and empower the Parkinson's community. The Expo features several presenters who are nationally renowned Parkinson's experts. NCH Expos is the largest Parkinson's Disease event in the country.

 **Neuro Challenge**
Foundation for Parkinson's

A Better Approach to Parkinson's

April is Head and Neck Cancer Awareness Month



Head and neck cancers are a collective group of cancers that usually begin in the squamous cells that line the moist, mucosal surfaces inside the head and neck. This includes the mouth or oral cavity, the nose and sinuses, throat or pharynx, voice or larynx, and the upper esophagus.

There are an estimated 60,000 cases of head and neck cancer diagnosed in the United States each year. This represents approximately 3 percent of all cancers in the United States.

Alcohol and tobacco use, including smokeless or chewing tobacco, are the two most common risk factors for head and neck cancers. Infection with cancer-causing types of human papillomavirus or HPV, is also a risk factor for some types of head and neck cancers, particularly those that involve the tonsils or the base of the tongue.

The symptoms of head and neck cancer depend on the site of the cancer but can include a lump or sore that does not heal, unusual pain or bleeding in the mouth, a sore throat that does not go away, difficulty or pain with swallowing, and a change in or hoarseness of voice.

The treatment plan for an individual patient depends on a number of factors, including the location of the tumor, the stage of the cancer, and the person's age and general health. Treatment for head and neck cancer can include surgery, radiation therapy, chemotherapy, or a combination of these treatment modalities. Early stage cancer typically can be treated with a single modality such as surgery or radiation therapy. More advanced cancers typically require treatment with multiple modalities to cure the disease. The chance of cure is better with earlier stage cancers and this is why screenings for head and neck cancer are so important.



Scott Larson, MD
Head & Neck Oncologic Surgeon

4571 Colonial Blvd, Suite 210
Fort Myers, FL 33966
Tel: (239) 333-0772

genesiscare.com/USA



The Herbal Treatment Of Sleep Apnea

Sleep apnea is one of the most common sleep disturbance problems in America. It ruins the sleep of 25 million Americans with likely millions more un-diagnosed sufferers. The condition prevents the sleeper from entering REM and Delta sleep causing them to become anxious, cantankerous and tired during the day. There are very serious health consequences of prolonged sleep disturbance and deprivation.

When diagnosed, the patient is told to lose weight, drink less alcohol and quit smoking. Beyond that, surgery is offered, though it is painful and has provided only limited success. Dental mouth-pieces can be difficult to sleep with and long-term effects on tooth alignment are questionable. Another common option is CPAP. This is a forced air mask, worn during sleep, that insures proper inhalation. Experience has shown that 60% of patients are not able to tolerate the mask and ultimately discontinue using the equipment. Some users develop respiratory infections from the mask. Finally, there is an herbal and natural approach that we can explore.

Cause of the condition:

Before we evaluate the “solutions”, let’s consider what is causing the condition. When we begin to fall asleep, we move from stage one (drowsiness) into stage two sleep. Stage two sleep, is the transition stage before entering REM (rapid eye movement). REM sleep is where we dream. Dreaming is critical to a good nights sleep. When we enter stage two sleep in preparation for dreaming, muscular activity is inhibited (blocked). It is called “reduction of muscle tonus”. This is a function that occurs primarily to keep the dreamer from physically acting out the movements of their dreams.

The first problem is that the inhibition of signals from the brain tends (inadvertently) to reduce the signal that tells the diaphragm to breathe. In some individuals, upon entering stage 2 sleep, the breathing will actually come to a stop (Sleep Apnea means *cessation of breathing*).



As our breathing becomes shallower, the blood oxygen level drops and the carbon dioxide levels rise. In a young and healthy individual, this would elicit stronger and deeper breathing from the physiological control system that regulates these activities. In an older individual the respiration reduces in intensity and the blood oxygenation drops. This is where the safety back-up system comes in. When the blood gas levels get too far imbalanced, the brain intervenes and causes the body to make a large and immediate inhalation. This causes a large pressure differential in the pharynx and literally sucks the sagging-soft palate into the airway. This obstructs the air flow and causes a loud “SNORT” partially or fully awakening the subject. Most times, the subject is not fully awakened and thus isn’t aware that this is even happening. It still disturbs their sleep enough so that they return to stage 1 sleep.

Upon awakening or returning to stage 1 sleep, the inhibition causing the reduction of muscle tonus for entry into stage two sleep is released and respiration begins again in a somewhat normal manner. As the subject starts to drift off to sleep again, they move into stage two, the muscle tonus drops, the soft palate sags, the signal to the diaphragm diminish and the cycle repeats. The resulting snorting awakenings typically occur every 1 to 5 minutes or so.

The Solution:

If your breathing was sufficiently deep enough, then you would not make a rapid inhalation, suck your soft palate into the airway and snort; disturbing your sleep.

The appropriate solution is to accentuate (increase) the ability of the brain to communicate with the diaphragm so that you breathe deeply and steadily throughout the night.

Sure it is beneficial to strengthen the muscles of the soft palate. Yes it is advantageous to reduce muscular tension in the neck. Both of these things will make a noticeable improvement in the condition. In fact some foods like wheat products and cheese should not be eaten near to bed time as they can cause congestion which aggravates the condition. However; the most dramatic impact can be made by the administration of just a few common herbs.

Lobellia, when used in small doses, acts as a respiratory stimulant. It has been used for thousands of years to treat respiratory conditions. This herb, when taken before bed, can *actually increase* the quiescent level of respiration sufficiently so as to avert the dangerous drop in blood oxygen level that occurs upon muscular inhibition. It can maintain deep steady breathing throughout the stage 2 sleep period.

Thyme has traditionally been used to enhance pleural activity. It actually improves the ability of the lungs to exchanges CO2 for oxygen and makes an excellent contribution to maintaining sufficient respiratory amplitude. To round out the combination, Chamomile aids the subject in relaxing and Cramp Bark helps the upper trapezius muscles to relax.

This combination of herbs taken before bed has been demonstrated to relieve sleep apnea in most cases.



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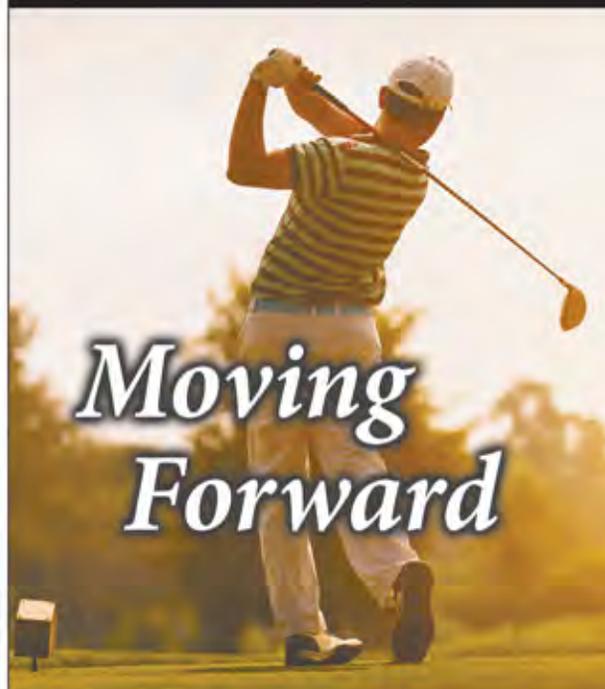
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- 2 Diabetic infections kill more people than breast cancer and AIDS. If diabetic, must see us now.
- 3 Ingrown toenails can lead to bone infection; we treat them fast.
- 4 Top pickleball injuries seen include foot fractures from ankle sprains.

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ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

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

What is Osteoarthritis (OA) of the Knee?

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

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

Osteoarthritis develops slowly, and 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!



3417 Tamiami Trail Unit A, Port Charlotte, FL 33952
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SLIP AND FALL TIPS

By Charles Etgen - Certified Aging in place consultant

Falls are the second leading cause of accidents in the home and account for 8.9 million trips to the emergency room every year. Fortunately, most are preventable. With a few simple changes around the house, you can reduce your risk greatly. According to the National Safety Council there are lots of preventative measures that you can take to reduce your risk of becoming a statistic. Key problem areas include stairs and under lit, wet or cluttered areas.

1. KEEP THAT FLOOR CLEAN AND CLEAR

Clean up messes, spills and debris immediately. Clean up the things that naturally clutter the floor. Newspapers, books, shoes should all be put away. Reduce the clutter and you won't have to tap dance so much.

2. BANISH THE CORDS

Tie up those computer cords and television cords and modem cords and... All those cords can cause a nasty fall. Draw them together and tie them off.

3. NON-SKID AREA

Use throw rugs and a non-skid bottom in areas that can be slippery such as kitchens and bathrooms. Consider putting down a permanent non-skid surface that can't be removed.

4. LET THERE BE LIGHT

Upgrade the lower wattage bulbs to higher ones so you can see where you are stepping. Install night lights along whatever hallways or rooms you may use at night.

5. KEEP A STURDY STEP-STOOL AROUND

in case you need to reach higher shelves. Better yet keep your most used items shoulder height.

6. BATHROOM SAFETY

Most likely the worst room in the house is the bathroom. We have already discussed a few things you can do but what about the tub? That's a big step and for a lot of people a dangerous one. Consider these solutions: You can replace your tub with a walk-in shower or you can opt for a solution growing in popularity called The TubCut™. Here the existing tub is cut and a section is removed. Pieces are fit into place converting your tub into a walk-in shower and can be done in one day with no demolition. A Permanent Non skid surface on the



floor of the tub and a few Safety Grab bars in the tub area as well as by the toilet these installations at the very least should be applied in the bathroom.

"The TubCut™ is custom fitted to each tub and gives a finished look, is weight bearing and reversible," said Paul Echavarria of Access Designs. "We have been installing TubCuts™ for decades and we have dealers throughout out the USA & Canada."

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Barti Contracting, Inc is a contracting firm out of Cape Coral, Florida. We specialize in both commercial and residential from large remodels to new home construction. Ron and Michelle, husband and wife team, started Barti with the hopes of bringing your dream home to life. Whether you need a kitchen upgrade, addition or full remodel, we do it all.

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Testimonials:

"Ronnie is meticulous to details and his work is impeccable. I had my master bathroom gutted and am very happy with the results. His wife Michelle was so helpful in organizing the details and keeping me informed when the next steps were going to happen. I am extremely pleased and will have other contracting jobs by this company. They are a fun couple and dedicated to their company."—Kathy K.

"Barti Contracting is a wonderful family run company. Ron and Michelle and their employees are professional, honest and go beyond the norm to accommodate their customers. The quality of their work is of the highest order and this praise comes from a perfectionist. I was so happy with the extensive remodeling of my recently purchased condo. They also accommodated me when I had last minute requests and other projects."—Belle H.

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Cannabis & Coronavirus

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

What this entails for the future of the industry will ultimately be within the hands of the state of Florida with many hoping tele-medicine is here to stay past the April 15th deadline. Those who are bedridden or unable to go out in public collectively breathed a sigh of relief despite the temporary nature of it all. This opens up the question if telemedicine could be a permanent option in the small percentage of cases and possibly hail an increase in demand for being a card holder as it will open up a completely untapped demographic. The convenience being the obvious factor in this but meeting at some point down the middle seems crucial to those wanting to become a cardholder and are unable to be in public disregarding the current situation with the virus. Regardless, as we all go through the unknowns of this novel coronavirus, let's continue to observe the way this industry reacts to this unfortunate scenario (from 6 feet away, of course).



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BACK PAIN NOW HAS ADVANCED SOLUTIONS

Every Year, nearly 200,000 people are diagnosed with spinal compression, which causes significant pain in the spine and surrounding back muscular structure. Osteoporosis usually causes spinal compression and mostly affects the aging population, but can also be attributed to other diseases of the bone, cancers, tumors, long-term steroid use, herniated discs, and arthritis.

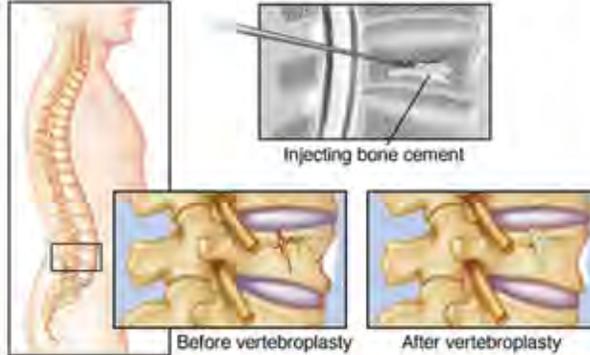
While there are treatment options for spinal compression, like physical therapy, anti-inflammatory, and pain medications, these choices usually offer only temporary relief from the discomfort associated with the disorder.

Individuals suffering from spinal compression have a difficult time bending, lifting, carrying heavy objects, and sleeping as the pain affects their daily activities and lifestyle, inhibiting their abilities and quality of life.

Vertebroplasty

The physical symptoms of spinal compression are a hunched-over, slouching appearances, and a shorter stature, as the spine shrinks. The good news is there is an effective treatment called Vertebroplasty that shows promising results for many patients that have undergone the procedure.

Vertebroplasty is a minimally invasive procedure performed under image-guided fluoroscopy. During the procedure, the physician will inject an orthopedic medical-grade cement-like material into the affected vertebrae to build the bony portion backup, allowing it to support the spine strongly. Additionally, sometimes a balloon will be inserted in between the vertebrae and injected with the same cement if there is not enough of the patient's natural bone present.



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Vertebroplasty will create a stable fulcrum for the spine and relieve the supporting muscles that have tightened up while working in overdrive trying to protect the back from further injury. Approximately 75% of patients report a more pain-free lifestyle, regained flexibility, and mobility.

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RAVE, Radiology Associates of Venice & Englewood, understands the importance of providing the best technology and the most advanced diagnostic tools for their patients, and their physicians are experts in Vertebroplasty.

RAVE is a radiology practice, which has been active for over 30 years. They currently consist of 10 board certified radiologists, many of which have postgraduate fellowships with subspecialty training, all of whom have years of full-time experience. There are over 90 health care professions working with RAVE to provide the best possible radiologic services in Sarasota County. In addition to their personnel, they have some of the best radiologic imaging devices available. Superior visualization makes your

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What Your Untreated Hearing Loss is doing to YOUR Brain...



By Dr. Noël Crosby, Au.D.

Hearing loss is a fact of life for more than 48 million Americans. According to the Hearing Loss Association of America, this fact may increase the risk of cognitive problems and even dementia. "The general perception is that hearing loss is a relatively inconsequential part of aging," says Frank Lin, an otologist and epidemiologist at Johns Hopkins University in Baltimore. He also says that "recent findings suggest that it may play a much more important role in brain health than we've previously thought."

As part of the Baltimore Longitudinal Study of Aging, 126 participants underwent yearly magnetic resonance imaging (MRI) to track brain changes for up to 10 years. Each also had complete physicals at the time of their first MRI in 1994, including hearing tests. At the beginning, 75 had normal hearing, and 51 had impaired hearing, with at least a 25-decibel loss. After analyzing their MRIs over the following years, Lin and his colleagues, say those participants whose hearing was already impaired at the start of the study had accelerated rates of brain atrophy compared to those with normal hearing. Overall, the scientists report that those with impaired hearing, lost more than an additional cubic centimeter of brain tissue each year compared with those with normal hearing. Those with impaired hearing also had significantly more shrinkage in particular regions, including the superior, middle and inferior temporal gyri; the brain structures that are responsible for processing sound and speech. If you want to address hearing loss well," Lin says, "you want to do it sooner rather than later. If hearing loss is potentially contributing to these differences we're seeing on an MRI, you want to treat it before any brain structural changes take place."

The brain becomes smaller with age; however, the shrinkage seems to be more rapid in older adults with hearing loss, according to the results of a study by researchers from Johns Hopkins and the National Institute on Aging. Their findings add to a growing list of health consequences associated with hearing loss, including increased risk of dementia, falls, hospitalizations, and diminished physical and mental health overall.

P. Murali Doraiswamy, M.D., a professor of psychiatry and medicine at Duke University School of Medicine and coauthor of The Alzheimer's Action Plan, says that while the link between hearing loss and milder cognitive problems has been questioned by some, it is becoming increasingly accepted. "Every doctor knows that hearing loss can result in cognitive problems, but they still don't focus on it as a priority when they evaluate someone with suspected dementia — which is a big missed opportunity. The benefits of correcting hearing loss on cognition are twice as large as the benefits from any cognitive-enhancing drugs now on the market. It should be the first thing we focus on."

There also was a study done at the University of Colorado's Department of Speech Language and Hearing Science that looked at how neuroplasticity affects how the brain adapts to hearing loss. Neuroplasticity is the brain's ability to change at any age. Conventional thinking used to view the brain as static and unable to change; we now know that this is not the case. In the case of hearing loss, the part of the brain devoted to hearing can actually become reorganized, i.e. reassigned to other functions. The study was designed to answer two questions: How does the brain adapt to hearing loss and what are the resulting implications? The researchers found that when hearing loss occurs, areas of the brain devoted to other senses such as vision or touch will actually take over the areas of the brain which normally process hearing. This is a phenomenon called cross-modal cortical reorganization; essentially, the brain adapts to a hearing loss by rewiring itself. This can have a very serious detrimental effect on cognition.

Hearing loss system significantly reduces the brain's ability to process sound, this can then affect a person's ability to understand speech. Even a mild hearing loss can cause the hearing areas of the brain to become weaker. What can happen next is that the areas of the brain that are necessary for higher level thinking compensate for the weaker areas. They essentially take over for hearing, which leaves them unavailable to do their primary job.

This compensatory brain reorganization could explain why age related hearing loss is strongly correlated with dementia. This should be taken seriously, even in the early stages of hearing loss, the brain begins to reorganize.

Finally, it also seems very likely that hearing loss, which tends to isolate people from others has long been recognized as a risk factor for cognitive decline and dementia.

If you have hearing loss, it makes sense to get it treated as early as possible. It is widely believed that less than 15 to 20 percent of those with a clinically significant hearing loss use hearing aids. Early treatment for hearing loss could prevent long term cognitive issues down the road. The solution could be as simple as an early hearing loss screening program for adults.

Advanced Hearing Solutions is now performing computerized cognitive screening as part of a function hearing assessment. Call today to find out more!

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8 Dos and Don'ts of Owning a Vacation Rental

Are you considering a vacation home purchase that will produce valuable rental income when you're not using the property? If so, check out these dos and don'ts to get the most out of your financial investment.



DO: Create a financial plan.

This will help you predict the potential revenue and expense of owning a rental property.

DO: Work with a knowledgeable Realtor® when buying. A good agent can help you find a property in a good location with the best rental potential.

DO: Get to know your home.

Carefully check all parts of the home and repair and replace items that need it.

DO: Choose a property manager carefully.

Check their reputation in the area, then ask how they'll: Maintain the home so it stays in

good condition, communicate with you and maximize your revenue.

DON'T: Ignore preventive maintenance.

It's better to fix or replace that aging water heater or HVAC system now than have it break during a renter's stay.

DO: Be strategic about using the home yourself.

If your goal is to maximize rental income, stick to planning your stay during the off season.

DO: Plan to reinvest in the home.

Figure you may have to spend 1% of the property value each year on maintenance.

DO: Be realistic about pricing.

Research area rental rates and don't overprice. Your ultimate goal is to make a reasonable profit and that will require a high occupancy rate.

Sources: *entrepreneur.com, sfgate.com, Morris Invest, blogs.netintegrity.net*

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RIGHT TO TRUST INFORMATION

By James W. Mallonee

Clients often come to the office and ask about having a trust drawn up for them. My reply is generally why do you think you need a trust? The prominent answer is to avoid probate, but in reality, the responsive explanation is you won't. There is another thought that should be taken into consideration about avoiding a trust and that is the information that the beneficiaries will be entitled to seeing that you may not want them to have access too.

Florida's trust code gives to the qualified beneficiaries (those persons who are next in line to receive trust assets) the right to information concerning the trust the moment it becomes irrevocable. Irrevocability is generally caused by the death of the grantor or resignation of such person who is also serving as the trust's Trustee.

The sharing of trust asset information with the qualified beneficiaries is not required provided the original grantor remains serving as Trustee. So what information are the qualified beneficiaries entitled to review and see?

Upon the death of the Grantor or resignation of the Grantor serving as Trustee, the qualified beneficiaries are entitled to the following by statute:

1. Notice of the successor Trustee;
2. Notice of the creation of an irrevocable trust (caused by the death of a Grantor or resignation of the Trustee), and a right to copies of the trust;
3. Receipt of an immediate inventory and accounting on at least an annual basis;

Although the above may not seem difficult to produce, the problem this author has incurred is the appointed successor Trustee is unaware of their responsibility to provide the information. This lack of awareness is either caused by the successor Trustee taking over the responsibility of the Trust without being educated on what is expected of them. This eventually leads to litigation or anger among the qualified beneficiaries who believe they may be getting less of a fair deal. Consider the following real-life example:

Mom and Dad prepare a "joint trust" where both are the Grantors and Trustees. Mom dies and Dad is left as the remaining Trustee. The trust terms contain a paragraph that says once one of the Grantor's should die, the Trust becomes irrevocable. Mom had the paragraph added to the trust to avoid Dad from taking up with another female and sharing the trust assets with her while the natural children of Mom and Dad might possibly lose estate assets to the new female partner.

Because the trust is irrevocable, Dad has to provide trust information to the qualified beneficiaries (children) and start providing them with an accounting. In addition, should Dad elect to use the trust assets for any major purchase (e.g. real estate, vehicles, gifts for the female partner or their expenses) he has to expose who the purchase was for and why. The qualified beneficiaries have a right to question the validity of the purchase or investment based on the standards provided in the Trust (health, education, maintenance and support). If the purchase or investment is unreasonable, the Trustee (the original Grantor with Mom) could be sanctioned for such purchase and investment.

In the authors situation, Dad (who is quite elderly) did take up with a partner. At Mom's death, Dad did not seek the advice of an attorney, but simply kept his everyday life style like nothing had changed. The children immediately took up adverse positions because of the fear that the partner would reduce their inheritance to nothing. Naturally this boiled over to litigation which continues to this day after 3 years and no end in sight until Dad passes. Could this have been avoided? Possibly.

One way of avoiding this problem is to have separate Mom and Dad trusts as opposed to the Joint Trust. At Mom's death, all of the assets of her estate would pass to Dad's trust. Because Dad remains alive and is the Trustee, he is not required to account to the qualified beneficiaries. He could take up with a partner and continue to enjoy life without the fear of being hauled into court every time one of the children thinks they might lose out on their inheritance. Imagine the level of distrust and animosity now taking place within the family.

What solutions to this mess could have been instituted by the children? As a group, they could have requested Dad to consider granting one of the children to be a co-trustee or possibly a trust protector following Mom's death. As co-trustee, they would have knowledge of how the estate funds are being used and accounted for. As a trust protector, they would have the ability to view the activities of how Dad was utilizing the remaining trust funds and if absurd activities were occurring to stop them. Another solution might have been when the trusts were being created to have included in Mom's trust a separate trust paying Dad the income for his use and at his eventual death, the principal being paid out to the children. Either one of the suggestions would have worked and litigation could have been avoided.

If you are concerned about how your assets might be transferred following your death, contact the attorney of your choice and have that discussion. Litigation over arguing family members is no fun and the only winners are going to be the attorneys. Think about it.

This article is intended for informational use only and is not for purposes of providing legal advice or association of a lawyer - client relationship.

James W. Mallonee (Jim Mallonee) is a graduate with a B.A. degree from the University of South Florida and a Master of Science degree from Rollins College in Winter Park, Florida. He obtained his Juris Doctorate from the University of the Pacific, McGeorge School of Law in Sacramento, California. Prior to returning to Florida to practice law, Mr. Mallonee was employed by Intel Corporation for 22 years in such locations as New Jersey, Florida and California.

In addition to being a member of the Florida Bar since 2003, Mr. Mallonee serves on the Charlotte Community Foundation Committee for asset allocation and teaches Business Law at State College of Florida. Mr. Mallonee is also on the Board of Directors for the Military Heritage Museum located in Charlotte County, Florida.

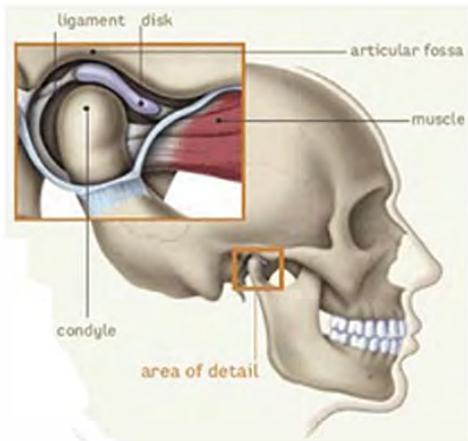
His firm practices law in the following areas: Probate, Wills & Trusts, Guardianships, and Litigation in the areas of Real Estate, Guardianships and Estates. The firm has two locations in Venice and Port Charlotte, Florida.

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The Daily “Grind”

By Dr. Joseph Farag

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



Treatment Options

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

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

Patients who present with TMD should also have an occlusal analysis

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

Relaxation Techniques May Help Alleviate TMJ Symptoms

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

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



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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-Mar), and the earliest effective date is July (if you did not have group coverage).



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 without medical underwriting. There are a lot of things you need to know. Again, work with an agent you can trust! 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?

We offer Free Medicare Seminars both online and in person, please e-mail info@logicalinsurance.com to register. Classes include Applying for Medicare; Special Enrollment Periods; Late Enrollment Penalties; Low income/Medicaid.

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.

Life Insurance – Is the only life insurance you have through your employer? Most employer group life coverage is not portable, what that means when you leave your employment you will lose your coverage. Apply for life insurance as young as possible while you still do not have health issues. Life insurance has many great benefits. Did you know that some policies grow in cash value that you can use when you need it? So, no you do not need to die to use your life insurance. There are many different types, and we can probably find an option that would work for you!

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:

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When You Are At Your Wits End

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

23Others went out on the sea in ships; they were merchants on the mighty waters. 24They saw the works of the LORD, his wonderful deeds in the deep. 25For he spoke and stirred up a tempest that lifted high the waves. 26They mounted up to the heavens and went down to the depths; in their peril their courage melted away. 27They reeled and staggered like drunken men; they were at their wits' end. 28Then they cried out to the LORD in their trouble, and he brought them out of their distress. 29He stilled the storm to a whisper; the waves of the sea were hushed. 30They were glad when it grew calm, and he guided them to their desired haven. 31Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

There first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.



And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.

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.

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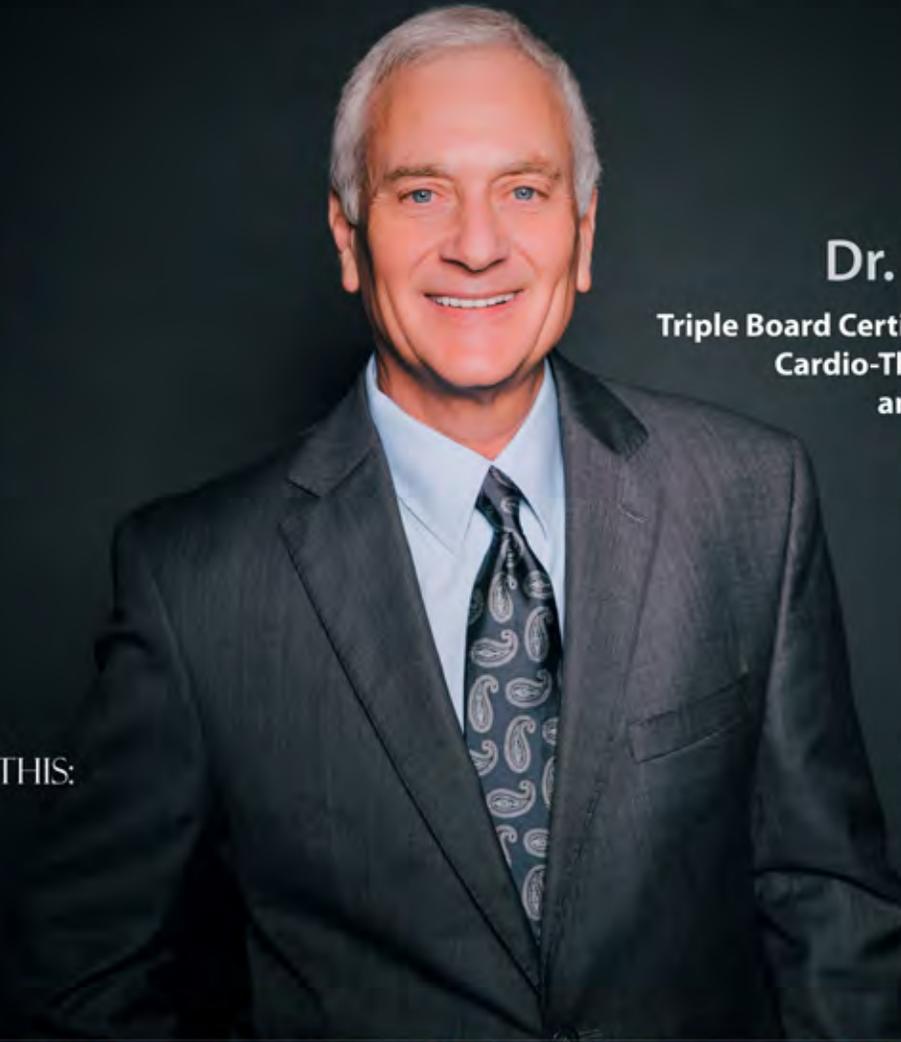
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