

CENTRAL FLORIDA'S

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October 2016

Marion Edition - Monthly

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### CONTACT US

Owner  
**Cristan Gensing**  
[cristan@gwhizmarketing.com](mailto:cristan@gwhizmarketing.com)

CREATIVE DIRECTOR  
**Sonny Gensing**  
[sonny@gwhizmarketing.com](mailto:sonny@gwhizmarketing.com)

EDITOR - Lisa Minic



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[cristan@gwhizmarketing.com](mailto:cristan@gwhizmarketing.com)

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# BREAST CANCER AWARENESS MONTH

By Amanda M. Burns, M.D.  
Munroe General Surgery, General and Breast Surgery

**B**reast cancer affects almost 250,000 women in the United States each year, and countless other women are diagnosed with precancerous lesions that undergo an extensive workup and treatment regimen. It is not just the women diagnosed with breast cancer who are affected, the family, friends, and loved ones of those courageous women are also impacted by the diagnosis – everyone's life is changed with those two words...Breast Cancer. And so, as we enter October and its vast array of pink memorials, ribbons, walks, and various other means of recognition, let us take this moment to discuss breast cancer and the options women in Marion County and Northern-Central Florida have in terms of treatment strategies.

Breast cancer is the second most common cause of cancer, second only to skin cancer. It is the second most common cause of cancer related death, after lung cancer, in woman. The average woman has a 1 in 8 chance of developing breast cancer during her lifetime – pretty staggering statistics, especially when you consider that the odds of getting arthritis are almost equal at 1 in 7. It is not only women who are affected, an average of 2000 men are diagnosed with breast cancer annually. While these statistics are quite harrowing, there is some great news. The survival rate from breast cancer is drastically improving. Women who are diagnosed with early stage breast cancer have a nearly 100% survival rate! While that number does decrease as the cancer grows and becomes more involved, the average rate of survival when considering all patients newly diagnosed with breast cancer, all stages combined, is nearly 98%. Because of the high survival rate among women with early breast cancers, we have strived to further develop our screening modalities. It is why we have pushed for better coverage of women to allow them to have better access to physicians and various diagnostic studies. This is why we paint our town pink, if only for one month, to help educate woman on the importance of early screening and diagnosis.





Treatment strategies for women are now based on a Multimodality Approach. Gone are the days where a single physician, often times the surgeon, dictated the plan and treatment strategy for the patient. Today, it is a collaborative effort that involves input from everyone involved, as well as the goals and wishes of the patient. Most women will have a team of physicians, including a surgeon, medical oncologist, radiation oncologist, as well as a pathologist. These physicians meet on a regular basis to discuss each patient. Each member of the team is able to give his or her input and ideas. If two heads are better than one, then a large group of trained physicians, working with the woman's best interest in mind, is an even better option.

But what options do women have once met with the diagnosis of breast cancer? Historically, women were only given a single choice – a total mastectomy. As recently as 40 years ago, the mastectomy women underwent was a debilitating, disfiguring procedure. The entire breast was removed, including all of the overlying skin as well as the underlying muscle of your chest wall, and all of the lymph nodes under your arm were removed. At the time, this was our only option due to the treatment modalities we were limited to. Fortunately, this type of procedure is no longer done. Thanks in part to the great advances in chemotherapy and radiation therapy, women today are offered much less brutal mastectomies. For the majority of these women, reconstruction can be accomplished at the time of the initial surgery. Additionally, one of the newer techniques I am pleased to bring to Ocala is the Nipple Sparing Mastectomy, where the entire breast tissue is removed but the overlying skin, in addition to the nipple, are maintained. After reconstruction, the woman has essentially her own breast back, with nearly hidden scars and a great cosmetic result.

One of my passions; however, is Breast Conservation Therapy (BCT). This treatment modality, available to most women with a diagnosis of breast cancer as well as precancerous lesions, works to lessen the impact of surgery on the woman. With BCT, also referred to as a lumpectomy or partial mastectomy, the cancer or precancerous lesion is removed with a small portion of healthy breast tissue. The remaining breast tissue is preserved, and often times there is little change in the breast shape or overall appearance. One of the techniques I have vast experience in is the idea of a minimally invasive approach, or hidden scar technique. Using special equipment, we are able to lessen the cosmetic and ultimately emotional impact of surgery by hiding the scar either underneath the breast or around the nipple. The majority of women who undergo BCT do not require any additional surgery for cosmetic reconstruction,

and the scar is nearly invisible once fully healed. This is a great option for many women, and is as effective a treatment for the cure of breast cancer as a mastectomy. Unfortunately the number of Breast Conservation Therapy surgeries is far less compared to the number of mastectomies performed each year. While ultimately this is a woman's choice whether or not she undergoes mastectomy or BCT, many women are uninformed about the option of breast conservation, as well as the effectiveness of this surgical option in the treatment of breast cancer. One of my goals is to help educate the women of Marion County and Northern-Central Florida about all of their options for cancer cure, including the various techniques for mastectomy as well as the idea of Breast Conservation Therapy.

So if you or your loved one is unfortunately facing the journey in the fight against breast cancer, know that your options are not limited to a single surgical technique. Your physicians and surgeons will be working together, with input from the patient, in regards to what options are best. And through this collaboration we will be providing you or your loved one with not only the best surgical treatment to provide you with a cancer cure, but also the best cosmetic option based on your wishes and desires. I am so excited to be bringing these various techniques to Ocala, as well as my unique perspective to the women of Northern-Central Florida and Marion County. My hope is that my patients are informed about the treatment of breast cancer and that they play an active and important role in their care. And hopefully one day, soon, we will find a cure to this far too common disease.

**Dr. Amanda Burns** is a General and Breast Surgeon at Munroe Regional Medical Center. Her office is located within the Women's Imaging Center. She can be reached at 352-671-1202, and is currently accepting patients and can offer next day appointments. She can also be reached by email at [amanda\\_burns@munroregional.com](mailto:amanda_burns@munroregional.com). If you have any questions, comments, or concerns please do not hesitate to call or email.



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#### Perform a monthly self-examination

Women should perform a self breast-exam each month and any changes or abnormalities should be discussed with a doctor or physician.

##### 1) In the Shower

Using the pads of your fingers, move around your entire breast in a circular pattern moving from the outside to the center, checking the entire breast and armpit



area. Check both breasts each month feeling for any lump, thickening, or hardened knot. Notice any changes and get lumps evaluated by your healthcare provider.

##### 2) In Front of a Mirror

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.



##### 3) Lying Down

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head.



Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

Source: [Nationalbreastcancer.org](http://Nationalbreastcancer.org)  
Cancer.org



# Regain Your Mobility for A Better Quality of Life

## ACCELERATED KNEE REPLACEMENT RECOVERY NOW AVAILABLE IN FLORIDA!

If your knee has been damaged by injury or one of the three most common causes of chronic knee pain (osteoarthritis, rheumatoid arthritis, and post-traumatic arthritis) it may be hard for you to do simple things such as walking, climbing stairs or doing your favorite outdoor activities. You may even begin to experience pain while you are sitting or lying down. Joint replacement surgery is a safe and effective procedure to relieve pain, correct leg deformity, and help you resume normal activities.

Knee replacement surgery was first performed in the U.S. in 1968. Since then, improvements in surgical materials and techniques have greatly increased its effectiveness and safety in the operating room. According to the Agency for Healthcare Research and Quality, and the Journal of the American Medical Association more than 600,000 knee replacements are performed each year in the United States.

Whether you have just begun exploring treatment options or have already decided to have total knee replacement surgery, the information presented here will assist you in achieving a safe, less painful, and more efficient recovery in the privacy of your own home.

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Physical therapy is famously painful for total knee patients; the primary methods of therapy have not been updated in a generation and deliver mediocre results. Knee pain, stiffness and swelling can last for weeks if not months. Every knee replacement patient must work through these challenges to get back to activities of daily living, like doing housework, playing with grandchildren or getting back on the golf course.

Until now your only choices for recovery were traditional manual physical therapy or a, now discredited, recovery tool called the continuous passive motion machine (CPM). After 10 years of research and years of clinical trials there is a new in-home tool that is vastly superior to convention recovery programs. Introducing the X10 Knee Recovery System™.



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not often mention, you will regain control of your leg muscles—preparing you for strengthening exercises. These exercises work every major leg muscle, and in doing so, they even more rapidly remove the fluid from your knee accelerating your recovery.

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# DO YOU KNOW YOUR TESTOSTERONE LEVEL?

**T**ired? Are your endurance and strength declining? Have you noticed a decline in your sexual function and less interest in your sex life?

Every man could answer “yes” to at least one of these questions after age 40. Common symptoms of low testosterone can also result from a myriad of lifestyle, social, emotional, and behavioral issues.

It is a provider’s goal to “treat the whole patient,” so we strive to identify and address the underlying cause of symptoms and provide treatment options using a multi-dimensional approach. For decades, it was believed low testosterone was responsible for the above ... but not much else. Physicians were taught a decline testosterone was “normal” as men aged.

These beliefs have substantially changed in the last five years.

We now know a condition known as “metabolic syndrome” is intimately linked to low testosterone. Metabolic syndrome is a constellation of diabetes (or insulin resistance), hypertension, elevated triglycerides (fat levels in the blood), abdominal obesity and low testosterone. It’s estimated as many as 25 percent to 45 percent of American men over 40 may have metabolic syndrome and therefore a significantly elevated risk of stroke and heart attack.

How testosterone interacts with obesity, diabetes and cholesterol is not fully understood. It is also unclear whether low testosterone is the cause of the increased risk or it is involved in some other way. Clearly, low testosterone is more than simply a factor in declining strength and sexual performance.

Testosterone is essential for male development, libido and erectile function. Because of the success of medications such as Viagra in treating erectile dysfunction, low



testosterone is often overlooked. However, low testosterone is a common cause of poor or declining response from ED medications and should always be considered when evaluating ED. Testosterone replacement may be all that’s required to restore sexual function.

The good news is that managing low testosterone is easier and simpler than ever before. There is a multitude of choices for medical management of testosterone replacement therapy and includes treatment

with patient instructed self-injections, pellets, creams, gels, and patches. Testosterone replacement therapy is a maintenance therapy that requires every individual, along with the help of their provider, to consider which treatment options would be best suited to ensure treatment success. Long-acting testosterone pellets are a great option for those patients that do not want the hassle of daily or weekly applications. The pellets are about the size of a grain of rice and placed under the skin in the hip area, about where the corner of your pants back pocket is located, during a simple office procedure every three months.

Managing testosterone levels requires a thorough knowledge of treatment risks and benefits. Men with an enlarged prostate may be at greater risk for obstruction of the urine flow. Baseline levels should be checked in the early morning as levels normally decline in late afternoon or evening.

A thorough physical examination and additional blood tests are also important to evaluate low testosterone levels. Urologists specialize in evaluating and treating low testosterone, prostate disease, voiding, erection and testicular health, all of which can be influenced by testosterone levels. Additionally, testosterone treatment should be considered only if prostate cancer is not present.

Identifying low testosterone is as simple as a blood test. Modern management includes a variety of treatment options to fit every man’s needs. It is important for men to know their testosterone level and be informed of the treatment modalities available to them. Normal testosterone levels can be an important aspect of maximizing longevity and maintaining quality of life.

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### Ravi Sandrapaty, MD



Dr. Ravi Sandrapaty has a special interest in IMRT, IGRT, SRS, and HDR brachytherapy (including the 5 day MammoSite / Contura / SAVI for breast cancer). He is a recipient of the Patients' Choice award by Vitals.com. He is on staff at 5 hospitals, serving Marion and Citrus Counties. He is an active member of ACR, ASTRO, ACRO, AMA, FMA, FRS, and MCMS. He was chosen to serve on the Item Writing Committee for the ABR's certifying examinations.

### David McFaddin, MD



Dr. McFaddin has been specializing in breast cancer surgeries for 31 years. He received his Doctor of Medicine from University of South Florida. He fulfilled his internship at Fitzsimons Army Medical Center in Denver, Colorado, and completed his residency at Tripler Army Medical Center in Honolulu, Hawaii. He is a Fellow of the American College of Surgeons, a Diplomate of the American Board of Surgery, a Member of the American Society of Breast Surgeons, and participates in the Mastery of Breast Surgery Program.





# Vaccines and Stem Cells: Secret Weapons in the Fight Against Lung Disease

By Cameron Kennerly - Staff Writer

Once a year around the end of October, the U.S. will enter flu season, sparking millions of parents and grandparents to pull their children kicking and screaming all the way to the doctor's office. Although any needle is an unwelcomed one, we tolerate these injections because at our hearts, we just want to be healthy. However, what is often unknown—or worse neglected—is that seniors have an inherently weaker immune system, leading to increased rates of medical complications and death from viruses like the flu—particularly those suffering from lung disease such as chronic obstructive pulmonary disease (COPD), pulmonary fibrosis and emphysema.

Although many of these deaths are preventable, fortunately, the answer is simple: get vaccinated.

The relationship between vaccines and health cannot be understated, particularly for seniors suffering from respiratory illness, who are inherently at a higher risk of illness. For those who live with a debilitating lung disease, exacerbations or flare-ups can be both physically and mentally exhausting. Exacerbations further lung degeneration, and when coupled with fatigue and a consistent shortness of breath, chronic lung disease is an extraordinarily difficult disease to live with. Throw in the flu and these factors produce a potentially lethal combination.

Although flu shots are known to reduce flu-related hospital admissions by up to 77%, when it comes to combating lung disease, there are few options available that directly address more than disease symptoms. However, as medicine has continued to advance, stem cell therapy and clinics such as the Lung Institute ([lunginstitute.com](http://lunginstitute.com)) have come to the forefront as a method of treatment.



Like the flu vaccine, stem cell therapy has begun to revolutionize the treatment of respiratory illness.

With a success rate of 83% over three years of operation under the highest safety standards, the Lung Institute has been able to increase the quality of life for over 2,500 patients. Using stem cells as the body's natural repair mechanism, stem cell therapy serves to promote healing from within, reduce lung inflammation, dilate airways and works to improve quality of life and pulmonary function in those with chronic respiratory illnesses.

Emerging from a time when epidemics wiped out a significant percentage of the population every century, science has taken humanity into

a golden era of medicine and personal healthcare. Although neither the flu nor chronic lung disease possess a known cure, through the combination of vaccines and stem cell therapy, it's possible to dramatically affect the lives—and lifespan—of one of our nation's most susceptible demographic.

If you or a loved one suffer from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at 800-921-4631 or visit [lunginstitute.com/Health](http://lunginstitute.com/Health) to find out if you qualify for these new treatments.





Coach Jimmy K

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DENAS PCM 6 is a superior advanced SCENAR device that is a compact portable solution that fits in your hand at home or on the go. No special medical education is required for effective use of the device. Denas technology helps you overcome acute or chronic health issues and restore body's lost functions from conditions that started years ago. The DENAS PCM 6 has many natural healing capabilities without the use of drugs.



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proven results in hospitals and clinics throughout Russia, Europe, and the United Kingdom. Russian experience demonstrates SCENAR effectiveness in close to 90% of all patients treated, with full healing noted in two out of every three patients, and significant improvement and recovery in the rest. DENAS SCENAR is now available so you can enjoy the benefits of this affordable pain relief device that is Drug free, safe & effective.

### Recommended by Chiropractors

Hi I just wanted to drop a quick thank you to Coach Jimmy K. The products his store offers and the superior service is unparalleled. Denas products are world renown for quality and innovation. Feel confident in your purchase from Coach Jimmy K. I have used these products with great success in my practice. I also teach Acupuncture and these devices are great for acupuncture without needles. These products are excellent for practitioners and easy to understand for personal use at home. They work great, provide amazing results and save the Doctor's time.

*Dr. Timothy Ramos Sr, BS, DiHom, Lac, FIAMA, DC  
- Alabama*

### The Vertebra 2 - Worlds Most Advanced Device for Chronic Back Pain & Injuries

Utilizing 48 separate electrodes the Vertebra 2 pulses random frequencies into the spinal vertebrae while continually reading the body's reaction through a biofeedback program. This helps release neuropeptides and endorphins that helps the body repair internal issues without the use of drugs or invasive surgery. The perimeter electrodes work to help internal organs to regenerate, repair and return to a homeostasis balance. There are 5 different programs to choose from and is user friendly for both professional and personal use. Praised by Chiropractors and Acupuncturist worldwide for the amazing results they have achieved using the Vertebra 2.



### OMI PEMF Therapy a Healthier Body

Oxford Medical Instruments (OMI) PEMF Therapy System is an affordable home use and professional device. This system utilizes the same pulsed electromagnetic field technology as the more expensive systems like the Medithera, QRS, Bemer and IMRS2000 and is just as effective at a fraction of the cost thus saving you thousands of dollars over the other PEMF companies that pay MLM distributors high sales commissions. (OMI) PEMF Therapy Systems are available as a Full Body Mat, PulsePad or Therapy Ring.



### Benefits of PEMF

Magnetic fields are also known to stimulate the acupuncture meridians and are even more beneficial than the therapy itself. They can stimulate the endorphins & bring about hormonal changes in the body. Magnetic fields cause a lot of activities occur simultaneously at the cellular levels within the body. However, even the body decides the activity that needs to take place immediately and ignores the rest. The body decides what needs to happen within the body and what not during the healing process.

The magnetic fields offer several benefits to the body during the treatment process. They reduce the muscle tension, stimulate the immune system, improve circulation, improve the cell function, detoxify the body, improve sleep, enhance the rate of nutrient uptake, balance the endocrine systems, balance acupuncture meridians, reduce stress, reduce inflammation and also regenerate tissues within the body.

*For more Information about The OMI PEMF Systems and the DENAS PCM 6 call Coach Jimmy K and staff at 503-395-4142.*



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**E**ating nutritious food, exercising regularly, and maintaining a healthy body weight are important for a balanced and active lifestyle. However, many individuals who are at or close to their ideal weight discover that even with adherence to a strict diet and exercise routine, stubborn pockets of fat remain. Often located on the hips, thighs, abdomen, flanks, and chin, these fatty deposits may even be the result of genetic predisposition rather than excess consumption or inactivity. To assist our patients in treating these areas of concern, Lifestyle Solutions MedSpa offers FDA-cleared, non-surgical CoolSculpting® treatments that can help to re-contour the body and reduce excess fat.

CoolSculpting is a revolutionary, non-invasive contouring treatment that freezes stubborn fat, which then is naturally eliminated from your body. This clinically proven procedure selectively reduces fat layers in problem areas using a patented cooling technology. CoolSculpting requires no needles, no special diet, no supplements, no surgery, and most importantly, no downtime. It's safe, FDA-cleared, effective, and does exactly what it is supposed to do. CoolSculpting gently cools unwanted fat cells in the body to induce a natural, controlled elimination of fat cells. This reduces bulges in treated areas of the body without harming surrounding tissue.

**Key Benefits of CoolSculpting:**  
It involves no needles, surgery or downtime.

Since the CoolSculpting Procedure is non-invasive, patients can resume daily activities including work and exercise, immediately following treatment.

#### It's safe.

CoolSculpting patients can sit or lie comfortably and read, work on their laptop or even nap during the procedure. The procedure is performed in a medical office setting, under the supervision of a physician specializing in cosmetic procedures. CoolSculpting is safe because the delivery of precise cooling affects only targeted fat cells, leaving adjacent tissue unharmed and intact.

#### It's convenient.

Procedures last about one to two hours, so treatments can easily be performed during a lunch hour or without major disruption to the day.

#### The results are dramatic.

Patients can expect to start seeing results in as little as three to four weeks with maximum results obtained within three to four months following treatments.

#### How CoolSculpting Works

During the procedure, a non-invasive applicator delivers precisely controlled cooling to the treatment area to specifically target underlying fat, leaving surface skin tissue unaffected. When fat cells are exposed to extreme cold, a process of natural removal is triggered, which gradually reduces the thickness of the fat layer. The result is a visible reduction in fat bulges.

Each CoolSculpting procedure results in undeniable reduction of fat in the treated areas, and patients can start to see results as soon as three weeks following treatment, with the most dramatic results occurring over a period of two to four months in most patients.

This non-invasive approach uses no needles, incisions, or other invasive measures, and the procedure generally requires little to no downtime. Furthermore, CoolSculpting® is designed to focus energy deep within the skin, leaving the surrounding tissue unharmed. In most cases, a single CoolSculpting® treatment to each area can provide effective results, although individual experience may vary and more treatments may be required to obtain ideal results.

Your time is important to us, and if you're considering treating more than one area for instance either both flanks or thighs we offer Dual-Sculpting at no additional charge. A second CoolSculpting® machine allows us to address multiple areas of concern in half the time, helping to increase efficiency and improve your overall experience. Our skilled aesthetics team can help patients develop a customized procedure plan that addresses their individual concerns and cosmetic goals.

Of note, we offer the latest FDA-cleared CoolSculpting technology which targets that undesirable "double chin" and is producing very rewarding results all without surgery or downtime!

*For more information, or to schedule a consultation, call Lifestyle Solutions MedSpa at 352-368-2148 today! The only thing you've got to lose is stubborn fat!*

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# Annual Screening Mammograms Prevent Advanced Breast Cancer

Dr. Amanda Aulls

**A**pproximately 230,000 women in the US will be diagnosed with breast cancer by the end of the year. Three million women currently have a history of invasive breast cancer. Twenty percent of women diagnosed with breast cancer are under 50. Forty percent are over 65. **Most importantly, 60% of women are diagnosed with early stage disease currently, and of those diagnosed early their chances of survival increases up to 98%.**

What's the big deal about screening---well, if you don't screen for it, you often don't find it at an early stage and therefore may miss the opportunity to cure it.

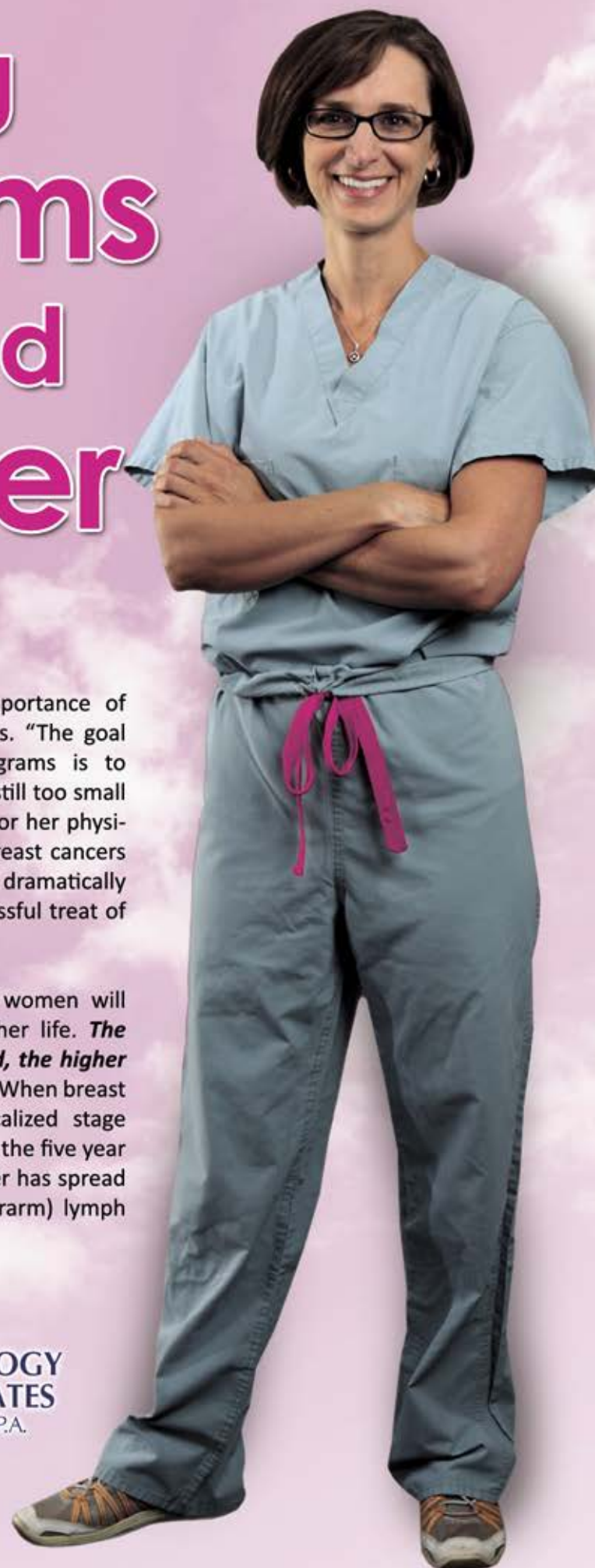
When asked about her patients' compliance to the recommended annual mammogram, Dr. Aulls responded, "Fortunately, most women are fairly good about maintaining their health and getting regular screenings. October is a busy month for our offices because it is Breast Cancer Awareness Month, which reminds many women to schedule their annual mammogram if they haven't already done so."

Dr. Aulls spoke about the importance of regular screening mammograms. "The goal of annual screening mammograms is to detect breast cancer when it is still too small to be felt by either the woman or her physician. Early detection of small breast cancers by screening mammography dramatically increases the chances for successful treatment of the disease."

In the U.S., one out of eight women will develop breast cancer during her life. **The earlier the disease is diagnosed, the higher the chances of a complete cure.** When breast cancer is detected in the localized stage without spread to lymph nodes, the five year survival rate is 98%. If the cancer has spread regionally to the axillary (underarm) lymph nodes the rate drops to 76%.



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### Breast Screening Guidelines

- Women 20 years of age and older should perform breast self-examinations monthly
- Women 20-39 should have a physical examination of the breast every three years, performed by a health care professional such as a physician.
- Women 40 and older should have a physical examination of the breast every year.
- Women 40 and older should have a mammogram every year.

If you experience unusual tenderness, pain, nipple discharge or notice a lump in your breast (even if you are in your early twenties), contact your personal physician immediately and come in for a diagnostic evaluation. Remember, the best treatment for breast disease is early detection.

### 3D Mammography Exam

Dr. Aulls explained the differences between 3D Mammography and traditional mammography. Traditional mammography produces four images, two per breast. Using the 3D Mammography exam, more than 100 images are produced. "Using the 3D technology, the images are clearer and provide more detail. The greater detailed images makes it easier to distinguish between breast tissue and cancer cells."

With traditional mammography, cancer cells could oftentimes be blocked and hidden by breast tissue depending on the angle the image was taken.

When discussing the safety of the 3D Mammography exam, Dr. Aulls explained that the way they perform the exam, there is only a minimal (8%) increase in radiation used when compared to a traditional mammogram. This slightly higher amount of radiation poses no threat to the patient because the level is still well below the regulated guidelines.

### Benefits of 3D Mammography

Using the 3D technology, there is a slight increase in the number of cancers being diagnosed in early stages. However, Dr. Aulls says that an even great benefit is that the number of women being called back for additional and unnecessary screening and tests has been lowered significantly. "Thanks to the 3D exam, we have been able to cut the number of women being called back needlessly



in half. This translates in to fewer women being subjected to the anxiety that comes with being called in for tests that are ultimately no needed."

When compared to the traditional mammogram, the 3D exam is performed in much the same way and generally takes the same amount of time to perform. 3D mammograms require the same positioning and compression, making the patient's experience very similar to that of a traditional mammogram.

### Does Insurance cover 3D Mammograms?

Currently, only Medicare covers the cost of a 3D mammogram and for most patients there is an extra \$50 charge. However, Dr. Aulls was happy to share that some insurance carriers will be covering the 3D mammogram starting next year.

"The good news is that there are already some carriers in FL that have agreed to cover the 3D exam beginning in 2017. I expect more carriers to follow this protocol and hopefully in the near future every woman will have the opportunity to take advantage of this advanced screening technology."



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# ONE-ON-ONE

## Physical and Occupational Therapy

**P**hysical therapy is treatment designed to help people live a full, active life: to move easily through their required activities as pain-free as possible. Physical therapists are trained to evaluate individual problems, interpret how the body adapts to those problems, and to provide treatments that help prevent further injury.

Physical therapists are trained to identify deficiencies in the biomechanics of the body.

Working with a physical therapist can target specific areas of weakness in the way our bodies work. They can relieve stress and help the body function without pain. Occupational therapists are trained more specifically on hand, wrist, and shoulder dysfunctions.

They are able to develop a treatment plan that includes pain relieving modalities, hands-on treatments such as soft tissue and joint mobilization, and provide exercise programs that help return patients to their previous level of function. The ultimate goal of physical therapy is to allow patients to return to their lifestyles with less pain, and to live without the need for further treatment.



Mike Smith, Vestibular Certified Physical Therapist

### Can you benefit from physical therapy?

Most people can benefit from therapy. Although most of our patients are referred by a physician, not all insurances require one. Physical therapists can treat people with or without injuries, and chronic and acute problems. There is not a "one size fits all" treatment. Instead, physical therapists believe that treatment should be based on the individual – their lifestyle, issues, goals, and other factors.

Physical therapists treat the whole body. Many physical therapy patients receive manipulation/mobilization, and personalized strength training as part of the holistic approach to strengthen the body, rid the patient of pain and prevent reinjury.



Wim Vergauwen, Certified Manual Therapist





Vance Forde,  
Physical Therapy Assistant

An additional goal is to empower the patient with self-treatment by educating them on specific exercises to perform on their own.

Physical therapy can be a very successful alternative to surgery. Many surgeons require at least a trial of physical therapy prior to surgery. Of course, some conditions require surgery and physical therapy in combination.

Physical therapists are the best-trained practitioners of rehabilitation of post-surgical problems.

#### **Physio Med provides Physical and Occupational Therapy and Rehabilitation for:**

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- Numbness, Tingling, and Neuropathy
- Lymphedema
- Sports, Auto, and Personal Injuries
- Post Surgical Rehabilitation
- Headaches & Migraines
- Hand & wrist injuries

#### **The One-On-One Difference**

The Physio Med Rehab therapists pride themselves in providing one-on-one care that is patient-centered and customized to your individual needs. We help you to understand how your condition is affecting your life. We teach you to restore function and achieve your goals. We will get you back to work, back to play, and back to living.



Nancy Schmeltzer, Occupational Therapist

Our qualified licensed Physical Therapists utilize a functional approach to rehabilitation. Each patient is given a thorough evaluation and a treatment plan is developed based on your individual needs.

Our experienced Physical Therapists are expertly trained in evaluation human movement and body mechanics. We specialize in identifying and detecting muscle imbalances and joint dysfunctions that lead to injury.

Our staff is highly skilled in detecting postural imbalances, muscle weakness, flexibility concerns, joint breakdown, repetitive trauma, improper body alignment and poor functional movement patterns.

At Physio Med we not only treat the condition, we determine the cause of the problem. Once we have established the cause, the therapist develops an extensive treatment plan consisting of manual therapy and a sound corrective exercise program. This program is geared to train the body how it is used in everyday life (or in a specific sport).

Our therapists educate patients about their injuries and explain what to expect from their rehab process. Patients are taught a thorough home exercise program before they are discharged giving them the tools they need for continued success.

Wim Vergauwen, MPT, CMT explains the importance of one-on-one care, "We follow each patient through every exercise to ensure they are performing it correctly because if not they will not fully benefit from the therapy. We are trained to look at the whole body and assess the patient at every therapy session because one problem can lead to another. We want to prevent future issues while correcting current ones."

Our therapists provide a personal, hands-on, involved approach to customer patient care. Professionals that will give you all the support you need to heal while in a friendly, comforting environment. More importantly, at Physio Med, we believe in bringing you a one-on-one experience. "It is important that each patient has the full attention of their therapist during their appointment. A patient should never have to share the time of their therapists."

If you are recovering from an injury or have any of the conditions listed above that can be relieved with physical therapy, contact your physician to request a referral, or contact Physio Med for more information, and to schedule a consultation (352) 365-1114.

#### **Wim Vergauwen, MPT, CMT - Owner** Certified Manual Therapist



Wim was born in Belgium and received his Master's degree in Physical Therapy in 1991 from the University of Leuven, Belgium. He also received his European Master's degree of Adapted Physical Activities in 1992 in Copenhagen, Denmark. Wim has more than 25 years experience in outpatient facilities. He is respected throughout his field for his competence and expertise in the treatment of spinal disorders. Wim has been an adjunct instructor for the Physical Therapy program at the University of Central Florida, and as a Certified Manual Therapist, he has also been an instructor of continuing education courses.

#### **Scottie Bull, PT, CLT-LANA - Owner** Certified Lymphedema Therapist



Scottie received her Bachelor's degree in Physical Therapy from the University of Central Florida. She has been an outpatient therapist since her graduation on 1997. She has over 20 years of experience in outpatient rehabilitation settings and in 2001 she began specializing in the treatment of Lymphedema. That same year, she implemented a Lymphedema support group which continues to meet monthly. In 2009, Scottie met her professional goal of achieving national certification as a lymphedema therapist from the lymphology Association of North America (LANA). Currently, she is the only LANA certified therapist in Lake County.



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## Dr. Anand Kesari Offers Innovative Full Spectrum Endoscopy Procedure for Improved Early Detection of Colon Cancer

Gastro-Colon Clinic is one of the first in the nation to use EndoChoice's Fuse™ endoscope system to reduce the 'miss rate' of lesions during colonoscopy



**A**lthough colonoscopy exams prevent many colon cancer deaths<sup>1</sup> and are the gold standard, for detecting colorectal cancers,<sup>2</sup> the procedure is not completely effective in preventing cancer cases.<sup>3</sup> For this reason, Gastro-Colon Clinic has invested in an innovative technology that significantly improves the accuracy of colonoscopy exams and can greatly reduce the number of potentially pre-cancerous lesions missed by standard, forward-viewing endoscopes.

The Fuse™ endoscope system from EndoChoice®, Inc. uses three small cameras at the tip of a flexible GI endoscope. "Unlike standard, forward-viewing endoscopes that use a single camera, the Fuse system lets doctors see nearly twice as much surface area," said Dr. Kesari.

"The Fuse endoscope is all about seeing more of the GI tract. It projects the expanded view on three screens to give physicians previously unseen views, such as behind colonic folds and difficult anatomy. We are pleased to offer this important new technology to our community."

1 Zauber AG, Winawer SJ, Waye JD, et al. Colonoscopic Polypectomy and Long-Term Prevention of Colorectal-Cancer Deaths. *N Engl J Med* 2012; 366:687-696

2 Rockey DC, Paulson E, Niedzwiecki D, et al. Analysis of air contrast barium enema, computed tomographic colonography, and colonoscopy: prospective comparison. *Lancet*. Jan 22-28 2005;365(9456):305-311

3 Brenner H, Chang-Claude J, Seiler CM, Stürmer T, Hoffmeister M. Potential for colorectal cancer prevention of sigmoidoscopy versus colonoscopy: population-based case control study. *Cancer Epidemiol Biomarkers Prev*. Mar 2007;16(3):494-499.



Dr. Anand Kesari

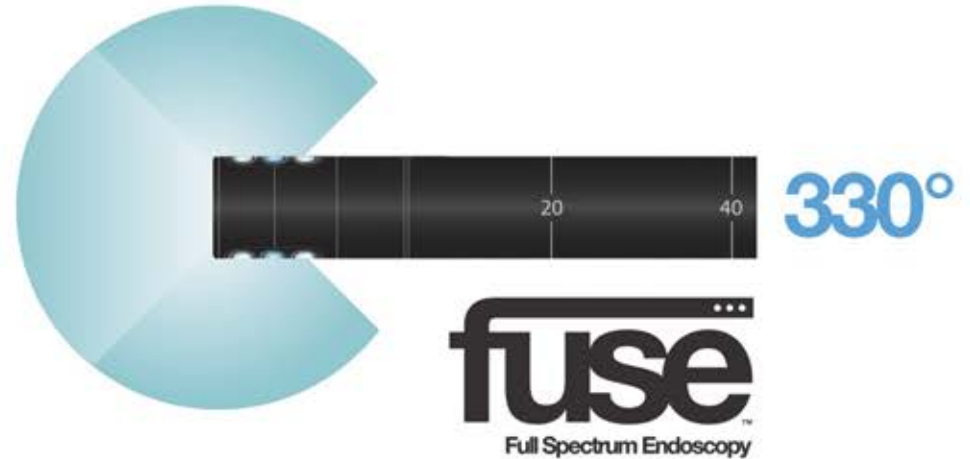




## Standard Colonoscope Limited 170° Field of View


**170°**


## Fuse™ Colonoscope Panoramic 330° Field of View


**330°**

The Fuse system recently received FDA 510(k) clearance for marketing in the U.S. "As an early adopter of the innovative Fuse system, Gastro-Colon Clinic is at the forefront of U.S. healthcare providers offering the best technology and procedures for detecting colorectal cancers," said Dr. Kesari. "Our team is proud to be using the new system in our ongoing effort to reduce cancer and provide the highest quality care to our patients."

In a multi-center trial conducted in the U.S., Europe and Israel, researchers performed a series of colonoscopies comparing standard, forward-viewing endoscopes and the new Fuse system.

The endoscope used in the first examination was selected randomly. After the first inspection, each patient immediately underwent a second colonoscopy performed by the same doctor, but with the competing endoscope. The 185 patient trial showed standard, forward-viewing endoscopes missed 41% of potentially pre-cancerous lesions,

or adenomas, while the Fuse system missed just 7%. Additionally, Fuse found 69% more adenomas when compared to standard, forward-viewing endoscopes. The results of this clinical study were presented at a major medical society meeting earlier this year and recently published in The Lancet Oncology.

"Standard, forward-viewing endoscopes provide up to 170 degrees of forward vision. The advantage of Fuse is that it allows endoscopists to examine twice the anatomy with a wide 330 degree view. This is especially advantageous because adenomas can be missed in difficult to find areas of the anatomy," said Dr. Kesari. "The findings are compelling and support the data from previous studies showing the limitations of standard, forward-viewing endoscopes. EndoChoice's innovative Fuse technology dramatically improves the effectiveness of this life-saving procedure. And improving the effectiveness of every procedure we perform here at Gastro-Colon Clinic is what we're all about."

Patient scheduling with the new Fuse system is now underway at Gastro-Colon Clinic. More than 15 million colonoscopies are performed across the United States each year and most insurance companies cover the costs for those patients over age 50.

## Gastro-Colon Clinic Dr. Anand Kesari

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# BULLYING FACTS

## FOR BULLYING AWARENESS MONTH

### **Bullying directly affects students' ability to learn.**

- According to the Center for Disease Control, students who are bullied are more likely to experience low self-esteem and isolation, perform poorly in school, have few friends in school, have a negative view of school, experience physical symptoms (such as headaches, stomachaches, or problems sleeping), and to experience mental health issues (such as depression, suicidal thoughts, and anxiety) (Center for Disease Control, *Bullying Surveillance Among Youths*, 2014).

- Bullying affects witnesses as well as targets. Witnesses are more likely to use tobacco, alcohol, or other drugs; have increased mental health problems; and miss or skip school (StopBullying.gov).

### **Bystanders can be powerful allies.**

- Students have a unique power to prevent bullying. More than half of bullying situations (57 percent) stop when a peer intervenes on behalf of the student being bullied (Youth Voice Project).

- Student bystanders are often aware of situations before adults in the school; it is therefore important that all students feel empowered to intervene safely in bullying situations. A school can facilitate this behavior by cultivating a climate of respect and tolerance within the school. Students should be encouraged to stand up for one another and such behavior should be recognized and rewarded.

- Since student bystanders can often intervene most effectively, it's important for schools to encourage bystander intervention by teaching skills and offering resources that support this behavior. Schools should also seek to ensure that bystanders are protected and students know not to put themselves in danger.





**Bullying is not a “rite of passage” but a serious threat to student safety and well-being.**

- Some say bullying makes children tougher and is not a serious problem, but the reality is that students who are bullied are more likely to be depressed and/or suicidal. Student safety is at risk, and schools and communities have an obligation to protect their students.

- Students, parents, educators, and communities all have a responsibility to address bullying in schools, on line and in communities.

- Many students feel that the adults in their lives – parents, teachers, community members – are failing to adequately address this issue.

**Areas of concern include:**

- Education – School avoidance, loss of academic achievement and increase in dropout rates.

- Health – Physical and emotional, including stomachaches, headaches, sleeping issues, depression, fear or anxiety.

- Safety – Harm to self and others, including self-isolation, increased aggression, alienation, and retaliation.

**Anyone can bully, and anyone can be bullied.**

- Bullying is a behavior, not an identity. Labeling a student as a “bully” can have a detrimental effect on their future and often limits their ability to change their behavior.

- Students can have multiple roles: they can be the one subjected to bullying and the one who bullies. Strategies that focus on holding students accountable for their behavior – but also empower them to change that behavior – are more effective than punitive punishments and peer mediation in bullying situations.

- Any student can exhibit bullying behavior – male or female, popular or unpopular, students with good grades, and those who struggle academically. Teachers need to focus on a student’s behavior, not their profile, when determining if bullying occurred.



**Bullying isn’t about resolving conflict; bullying is about control.**

- In conflict, children self-monitor their behavior and generally stop when they realize they are hurting someone.

- When bullying, children continue their behavior when they realize it is hurting someone, and are satisfied by a feeling of power and control.

- Bullying does not occur between evenly matched opponents; the child bullying has more power in some way than the target.

**Effective bullying prevention efforts involve students, parents, teachers, and community members.**

- Involving community members such as law enforcement officials, faith organizations, community action groups, and others allows school officials and parents to address the bigger issues

of disrespect, bias, and violence that can contribute to bullying issues in schools.

- A community-wide effort shows students that adults care what happens to them and that they are not alone.

**According to the Center for Disease Control, promising elements of bullying prevention programs include:**

- Improved student supervision

- Using school rules and behavior management methods throughout the school to address bullying

- Implementing and enforcing a whole-school bullying prevention policy

- Encouraging cooperation between school staff, parents, and other professionals.

Source: Pacer.org



# Underlying Reasons for Limb Swelling

By Alyssa Parker

**M**any people may experience complications after an operation due to the significant amount of trauma your body endures. Whether it's cancer related, non-cancer related, or a minor surgery, patients may develop post-operative symptoms such as swelling in a limb or a particular area of the body. Swelling in the limb which may appear to be temporary can later lead to chronic swelling known as lymphedema.

## How the Lymphatic System Works

What does edema have to do with your lymphatic system? The lymphatic system serves as one of the body's main highways. Through its network of vessels and ducts, it works as a filtration system for body fluid entering into the blood stream. This fluid is referred to as "lymph" fluid, which is the interstitial fluid consisting of proteins, wastes, and a collection of white blood cells. The kidneys, skin, lungs, or intestines then eliminate the wastes that have been filtered out of the lymphatic vessels.

## What is Lymphedema?

Lymphedema is a degenerative condition which means it will only get worse over time without treatment. There is no cure for Lymphedema. Once a lymph node has been damaged, your lymphatic can become compromised. Over the years, as you get older, you may incur irreversible damage to the lymphatic system through medical procedures, injuries, or infection. Examples include cancer radiation, surgical lymph node removal, joint replacements, scarring of the lymphatic vessels through reoccurring infections i.e. cellulitis, or other health problems relating to gall bladder, kidneys, intestines, or reproductive organs. When an obstruction has occurred, a blockage in the lymph nodes can occur. The limb begins to swell with fluid because the lymphatic system is blocked/impaired, unable to move the fluid back into the circulatory system.

## Compression Pump Treatment

One recognized treatment is using a compression pump. This is a safe and effective way to assist your body's lymphatic system in moving the lymph fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds,



heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rhythmic cycle, similar to that of a normally functioning lymphatic system that has not been damaged.

## Possible Symptoms of Lymphedema

- Swelling in your legs or arms
- A feeling of heaviness or tightness
- A restricted range of motion
- Aching or discomfort
- Recurring infection/cellulitis
- Hardening or thickening of the skin on your arms or legs

It is important to rule out other causes of edema including nutritional issues, allergies and reactions to medication you may be on. True Lymphedema should not be treated with Diuretics as they draw from the Venus system not the Lymphatic system. Removing fluid from the body in this fashion takes away the wastes' only means of transport and can lead to serious recurrent infections or cellulitis since the lymph waste is now trapped in the limb and has no place to go. If symptoms return when you cease Diuretics, you should be asking questions and seeing a specialist immediately. This is where choosing a physician experienced in recognizing and treating Lymphedema is critical.

## Some Good Questions to Ask Your Physician Include:

- Does my family have a history of swelling (Hereditary Lymphedema)?
- Stemmer's sign present?
- Pitting (push your finger into your skin and count how long it takes to return) or skin hardening?
- Hemosiderin staining (port wine skin stains or "red socks") appear from the ankles down?
- Traumatic injury or surgery potentially damaging Lymph nodes (Hip replacements, etc)?
- Radiation to Lymph areas?



## ACUTE WOUND CARE

For more information and articles on this topic, Google "Acute Wound Care" or visit [www.AcuteWoundCare.com](http://www.AcuteWoundCare.com) or call and speak with a specialist.

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# Smoking and Your Heart

**S**moking is associated with thicker heart walls and reduction in the heart's pumping ability, two factors associated with increased risk of heart failure, according to new research in the American Heart Association's journal *Circulation: Cardiovascular Imaging*.

The study, conducted in participants of average age 75.7 and no obvious signs of cardiovascular disease, also found that higher rates of cumulative cigarette exposure — measure of how much and how long people have smoked during their lifetime — were associated with greater heart damage. Studies have long established that smoking leads to heart attacks and is associated with heart failure even in people without cardiovascular disease. However, none have found a clear mechanism by which tobacco may increase the risk of heart failure.

"These data suggest that smoking can independently lead to thickening of the heart and worsening of heart function, which may lead to a higher risk for heart failure, even in people who don't have heart attacks," said Wilson Nadruz Jr, M.D., Ph.D., lead author of the study and research fellow at Brigham and Women's Hospital in Boston, Massachusetts.

"In addition, the more people smoke, the greater the damage to the heart's structure and function, which reinforces the recommendations stating that smoking is dangerous and should be stopped."



## Study Details

The study examined data from 4,580 participants in the Atherosclerosis Risk in Communities (ARIC) Study who underwent an echocardiogram. Even after accounting for factors such as age, race, body mass index, blood pressure, diabetes and alcohol consumption, current smokers had thicker heart walls and reduced pumping function, compared with nonsmokers and former smokers.

"The good news is that former smokers had similar heart structure and function compared with never smokers," said Scott Solomon, M.D.,

senior study author and professor of medicine at Harvard Medical School and Brigham and Women's Hospital. "This suggests that the potential effects of tobacco on the myocardium might be reversible after smoking cessation."

Other co-authors are Brian Claggett, Ph.D.; Alexandra Gonçalves, M.D., Ph.D.; Gabriela Querejeta-Roca, M.D.; Miguel M. Fernandes-Silva, M.D., Ph.D.; Amil M. Shah, M.D., M.P.H.; Susan Cheng, M.D., M.P.H.; Hirofumi Tanaka, Ph.D.; Gerardo Heiss, M.D., Ph.D. and Dalane W. Kitzman, M.D. Author disclosures are on the manuscript.

The National Heart, Lung, and Blood Institute supported the study.

## About Cardiovascular Clinic of West Tennessee

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Source: Heart.org




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**S**top suffering the pain and embarrassment of unsightly nail fungus. PinPointe FootLaser is the easy and convenient procedure that helps turn your discolored and disfigured nails into clearer, healthier looking nails.

Nail fungus can be both unattractive to look at, as well as painful to deal with. Our PinPointe laser treatment is a procedure that can make your discolored or disfigured toenails cleaner and healthier.

This in-office procedure is virtually painless, has minimal side effects, and typically takes only about 30-minutes to complete.



With this procedure, Dr. Bidelspach uses a laser that targets fungus living in and under the nail. The laser passes through the nail without causing any damage to it or to any of the surrounding skin. While the nail may not become clear instantaneously, results can be apparent after the nail has grown out.

Nail fungus is difficult because the infection is under and inside of the nail, which makes it hard for some products to reach and destroy the infection. Products such as medicated nail polish or oral medications may be associated with side effects or serious drug interactions. Home remedies such as using bleach, vinegar, mouthwash, or household cleaners to resolve the problem are often tried but, ultimately, fail to resolve it.



#### Why should I use PinPointe?

Not only is nail fungus unpleasant to look at, but it can also lead to serious health problems for patients with diabetes or immune disorders. PinPointe treats the source of the fungus under and inside the nail—an area where many other products cannot reach.

#### PinPointe laser treatment is:

- **Painless:** This treatment is a virtually pain-free experience for most patients.
- **Side Effect-Free:** Any side effects from PinPointe are extremely minimal.
- **Effective:** PinPointe can reach fungus in areas where other products can't.
- **Fast:** Treatments typically take only around 30 minutes to complete.



**Dr. John Bidelspach**

Dr. B graduated from the Ohio College of Podiatric Medicine in 1990. He completed his residency in California at the Loma Linda Foot Clinic. He is licensed in both Florida & Georgia and has been in private practice since he moved to Florida in 1993.

Dr. B will be utilizing the same business model of the NLFC's practice and incorporating his own style as well. The practice will be renamed to "Coast2Coast Podiatry Group". Together the two of them have 50 years of Podiatry experience.

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# Important Things to Know About Home Inspections

If you're hiring someone to inspect the home you want to buy, or you're a seller trying to find out if there are any hidden problems that need fixing before you put your home on the market, here are five things you need to know:

## 1. You can choose your home inspector.

Your real estate professional can recommend an inspector, or you can find one on your own. Members of the National Association of Home Inspectors, Inc. (NAHI), must complete an approved home inspector training program, demonstrate experience and competence as a home inspector, complete a written exam, and adhere to the NAHI Standards of Practice and Code of Ethics.

## 2. Home inspections are intended to point out adverse conditions, not cosmetic flaws.

You should attend the inspection and follow the inspector throughout the inspection so you can learn what's important and what's not. No house is perfect and an inspection on any home is bound to uncover faults. A home inspector will point out conditions that need repair and/or potential safety-related concerns relating to the home. They won't comment on cosmetic items if they don't impair the integrity of the home. They also do not do destructive testing.

## 3. Home inspection reports include only the basics.

A home inspector considers hundreds of items during an average inspection. The home inspection should include the home's exterior, steps, porches, decks, chimneys, roof, windows, and doors. Inside, they will look at attics, electrical components, plumbing, central heating and air conditioning, basement/crawlspaces, and garages.

They report on the working order of items such as faucets to see if they leak, or garage doors to see if



they close properly. Inspectors may point out termite damage and suggest that you get a separate pest inspection. The final written report should be concise and easy to understand.

## 4. Home inspectors work for the party who is paying the fee.

The NAHI Standards of Practice and Code of Ethics clearly state that members act as an unbiased third party to the real estate transaction and "will discharge the Inspector's duties with integrity and fidelity to the client." A reputable home inspector will not conduct a home inspection or prepare a home inspection report if his or her fee is contingent on untruthful conclusions.

The inspector should maintain client confidentiality and keep all report findings private, unless required by court order. That means it is your choice whether or not to share the report with others. If you're a seller, you don't have to disclose the report to buyers, but you must disclose any failure in the systems or integrity of your home.

## 5. Inspectors are not responsible for the condition of the home.

Inspectors don't go behind walls or under flooring, so it's possible

that a serious problem can be overlooked. Keep in mind that inspectors are not party to the sales transaction, so if you buy a home where an expensive problem surfaces after the sale, you won't be able to make the inspector liable or get the inspector to pay for the damage. In fact, you may not be entitled to any compensation beyond the cost of the inspection.

As a buyer, you need the home inspection to decide if the home is in condition that you can tolerate. You can use the report to show the seller the need for a certain repair or negotiate a better price. You can also take the report to a contractor and use it to make repairs or to remodel a section of the home.

One thing you should not do when buying a home is skip having the home inspected because of cost or undue pressure by the seller. A home inspection is reasonable, it can save you money in the long run, and it's required by many lenders, particularly for FHA loans. There's a reason why buyers should beware, and a home inspection gives you the information you need to make a sound buying decision.

If you are planning to buy or sell a home in the near future and have questions about the local market, call The Trout Team at 352-208-2629.

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# LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

Dr. Kevin Brooks - Cosmetic & Family Dentistry

**T**he word apnea literally means without breath. During sleep, the muscles and tissues of the upper airway can collapse and narrow or totally block the opening in the throat for air. The narrowing of the upper airway can produce sound - snoring. However, when the upper airway becomes completely obstructed breathing stops. This condition is called Obstructive Sleep Apnea (OSA) and the resulting oxygen deprivation is life threatening!

## SNORING VS. SLEEP APNEA

Snoring is generally considered a mild condition resulting in limited daytime symptoms. Disruption to the sleep of the snorer's bed partner is the most common and irritating side effect.

OSA is a much more severe, life-threatening, condition in which the sufferer stops breathing repeatedly throughout the night. As a result, oxygen saturation levels in the bloodstream often drop to dangerous levels. Sleep patterns are disrupted because the body must fight to breathe and frequently arouse the sufferer from sleep. Besides fatigue there are much more grave health consequences associated with OSA that you should be aware of so that you understand the necessity of proper OSA treatment.

## SERIOUSNESS OF OSA

Having Obstructive Sleep Apnea means that you actually stop breathing multiple times during the night. The lack of oxygen to your brain jolts your body awake briefly so you can take the necessary breath and then fall back to sleep. This apneic episode has very serious health ramifications. Your brain, heart and other organs are being oxygen starved repeatedly throughout the night, usually between 5-15 times per hour! Sleep patterns like this mean you're limiting rapid eye movement (REM) sleep, the essential sleep stage that helps recharge your body's internal battery. The next day, your body compensates for its lack of rest, resulting in fatigue and poor productivity. During the day your concentration is easily broken and you suffer from daytime sleepiness and irritability.

You may realize that your productivity suffers at work, but what you may not realize is what's going on inside your body. Specifically, when you stop breathing your body experiences a drastic drop in oxygen saturation, from 97% to as low as 60%. This can lead to significant health problems and even death.



## Here's a list of the most common concerns that untreated sleep apnea can cause:

**Car Accidents** - a deadly side effect of daytime sleepiness, people with untreated OSA are 5 times more likely to fall asleep behind the wheel.

**Heart Disease/Stroke** - the low oxygen levels caused by obstructed sleep apnea stress the body, making sufferers of OSA more likely to have a heart attack or die in the middle of the night. The oxygen disruption makes it hard for your brain to regulate the flow of blood to arteries and to the brain itself.

**High Blood Pressure** - frequent awakenings during the night cause hormonal systems to become hyperactive, which can result in a dangerous elevation in blood pressure.

**Weight Gain** - obstructive sleep apnea goes hand-in-hand with obesity because fatty deposits in the neck block adequate breathing during sleep increasing your risk of OSA. In addition, the lack of oxygen and sleep deprivation causes the endocrine system to increase production of several hormones. Specifically, the hormone Cortisol which increases your appetite and

the hormone Ghrelin which increases cravings for carbohydrates and sweets. Both of which contribute to weight gain. Thus resulting in a vicious cycle of sleep deprivation and weight increase.

**Type 2 Diabetes** - since Type 2 Diabetes is often brought on by obesity, up to 80% of diabetics also suffer from some form of obstructed sleep apnea. Research shows that sleep deprivation can be a contributing factor to insulin resistance, which is the body's early warning system indicating susceptibility to Type 2 Diabetes.

**Other serious health concerns that can be linked to OSA:** depression, gastric reflux, insomnia, muscle pain, loss of short term memory, fibromyalgia, cardiac arrhythmia, intellectual deterioration, inefficient metabolism, severe anxiety, memory and concentration impairment, mood swings, and impotence.

## TREATMENT OPTIONS

Although OSA can create severe health impairments - treatment can prevent most of these risks. It is even possible to cut down on blood pressure medication because getting adequate rest can lower blood pressure. Treatment is crucial. Often times that means CPAP therapy, a machine that sits beside your night table and applies positive airway pressure to the respiratory system to prevent apnea episodes. CPAP therapy has proven to be very effective in the treatment of OSA when used as prescribed. However, due to the invasive and obtrusive nature of CPAP therapy patient compliance is extremely poor. As a result, industry leaders now accept dental appliance therapy as standard practice.

In 2006, the American Academy of Sleep Medicine recommended that oral appliances be used as a first line of treatment for mild to moderate OSA. FDA approved oral appliances used to treat OSA work by advancing the mandible, thus holding the jaw in a forward position. This increases the free space in the back of the throat and prevents upper airway tissues from obstructing and causing an apnea event.

## SCREENING FOR OSA AT THE DENTIST OFFICE

Attentive dentists are in a perfect position to screen for OSA because they routinely visualize their patients' upper airway, which may show an anatomical predisposition for obstruction. Additionally, dentists are privy to subjective signs and symptoms of OSA and can screen as part of medical history updates.

Often times, patients who believe they "snore" may in fact actually suffer from the more serious condition of OSA. If you or your bed partner suffers from symptoms of OSA, please call us to learn more about how oral appliances can prevent potentially serious health conditions that occur as a result of sleep apnea.

*Kevin G. Brooks, DMD*  
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# TOPICAL PAIN RELIEF COMPOUNDS:

## TARGETED TREATMENT – RAPID RECOVERY

**P**harmacy compounding is the art and science of preparing personalized medications for patients. Compounded medications are “made from scratch” – individual ingredients are mixed together in the exact strength and dosage form required by the patient. This method allows the compounding pharmacist to work with the patient and the prescriber to customize a medication to meet the patient’s specific needs.

At one time, nearly all prescriptions were compounded. With the advent of mass drug manufacturing in the 1950s and 1960s, compounding rapidly declined. The pharmacist’s role as a preparer of medications quickly changed to that of a dispenser of manufactured dosage forms, and most pharmacists no longer were trained to compound medications. However, the “one-size-fits-all” nature of many mass-produced medications meant that some patients’ needs were not being met.

There is perhaps no other specialty that appreciates the problem-solving abilities of compounding more than that of pain management. By the time many chronic pain patients are seen by a pain management physician, they are unable to work due to excruciating pain, are depressed from being in constant pain and are treated like addicts by those who are unfamiliar with chronic pain conditions and its treatment. Often times, the pain management specialist is the chronic pain patient’s last hope for pain relief. By this time, they have tried multiple medications offering little relief. This is when the pain management physician must think outside of the box.



Because patients vary in size, symptoms and pain tolerance, commercially available medications often do not provide appropriate dosage strength for the adequate relief of pain. Through compounding, however, a physician and pharmacist can customize a pain relief formula to meet the patient’s specific needs. Development of topical gels/creams capable of supporting multiple classes of medications while enhancing penetration and subsequent delivery of drug entities across the skin barrier allow for a non-invasive, convenient and relatively adverse event free mechanism for accomplishing this tailored care. In fact, some doctors have found that multi-ingredient compounded topical pain relief formulations provide relief more quickly than their commercially prepared single-entity counterparts.

Delivery systems are specially designed to carry medications through the skin directly to the site of the patient’s pain. Topical delivery has many advantages over traditional oral medications, including:

- Non-addictive
- Direct delivery to the site of the pain
- Minimal absorption into the bloodstream
- Fewer side effects, if any at all
- Reduced possibility of adverse drug interactions
- Reduced organ toxicity
- Decreased inflammation
- Measurable and identifiable pain relief
- Greater effectiveness and results



Another great advantage of compound formulations is that they can be easily adjusted according to the patient’s changing medical needs.

Compounded topical analgesics are extremely effective in relieving the pain that accompanies so many life-limiting and life-threatening diseases. In fact, some doctors believe that in order to help their patients heal, rather than just treat symptoms which provides the illusion of health, the prescribing of a compounded topical pain relief formulation is warranted.

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Choosing a Brookdale community means never having to compromise your quality of life. By combining elegant accommodations with fine amenities and features, our Life Care communities nationwide are highly regarded within the neighborhoods we serve.

Best of all, the program comes with a Life Care Guarantee\* which promises your accommodations are guaranteed for life, even if your assets are exhausted through no fault of your own.

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- Predictable long-term expenses
- Asset preservation with Entry Fee refund
- Life Care Guarantee\*



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\*This guarantee is subject to the terms and conditions of the Residency Contract. See the Residency Contract for further details.



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# Hungry Heart

By Alex Anderson,  
Senior Associate Pastor at Bayside Community Church

**T**he songwriter and performer Bruce Springsteen was right when he wrote,

"Everybody's got a hungry heart..."

Inside of every human is this need or hunger. Sometimes we try to fill it with love for another person, but for some reason...another person is not the answer.

Sometimes the hungry heart destroys the very things we love and want.

Springsteen goes on to sing,

"We fell in love, I knew it had to end...we took what we had and we ripped it apart...everybody's got a hungry heart...don't make no difference what nobody says...ain't nobody like to be alone...everybody's got a hungry heart."

I do believe our hungry heart is about loneliness, not for another human...but for God himself. We were created in the very image of God (Genesis 1:26) but when man left *God*...man missed, and still misses, God. They had a bond that filled man with joy and satisfied his heart like nothing else.

C.S. Lewis calls this the, "Numinous Awe." It seems to be built into mankind, this *ravenous hungry heart to know God*. And it's so strong nothing can fill it but God himself.

Psalms 34:8 says, "*Taste and see that the Lord is good.*"

**And the truth is...** If you don't get that deep ravenous hunger in your heart satisfied by Jesus you will starve to death spiritually, while eating everything else.

So how do you do that? How do you find the true satisfaction that calms your hungry heart?



If you are a Christ-follower, then you know how to do this. You...'do again'...something that you have already experienced when you asked God to be your Lord and Savior. You "make up" with God and you're back to stay.

You are so glad to be back together. Glad that God owns you and your life. So you decide to be happy because God owns you and is your life partner (Philippians 4:4).

Feel the pleasure, the joy and the delight again about Jesus being your master. Let this fact cause you happiness, pleasure and delight.

Be full of joy because Jesus paid a high price for your life. (1Corinthians 6:19-20).

Let the reality of what He has done sink over you.

Not only are you in His family now, but you can live the life of a victorious and joyful person of God; with all the rights and privileges of a child of rich royalty.

*"You are my child says the Lord...my very rich child says the Lord...let the riches of your heart begin to overflow into all of your life."* (3 John 2)

You can, should, and must rejoice always in the Lord...way before anything changes physically in your life.

The seed of hope and joy is there if you have become one with Jesus Christ. His seed is within you. If your hope is nonexistent then find the seed once planted deep in your heart by the Holy Spirit.

Like a precious pearl search for it (Matthew 13:45).

When you find it (that small seed), clean it up. Polish it and put it in the center room of your heart, shine the brightest light you can find on it and let its magnificent beauty captivate you. Stare at it with intentional focus as though you are searching and waiting for hope itself.

**Its magnificent light will light up your life.**

For it will change everything about you as you clearly see and feel the love that God has shed in your heart...that is for you (Romans 5:5).

It is so worthy of your time my friend to meditate and think about Jesus, again.

Whether things in your life are going well or not...you have the power of a Christ-follower to focus on Jesus...the author and finisher of your faith and the centerpiece of your heart.

Bon Appetit!

*To your spiritual health,*  
**Alex E. Anderson**  
Senior Associate Pastor at  
Bayside Community Church  
Author, *Dangerous Prayers*  
alex.anderson@alexanderson.org  
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