

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

May 2018

Lake/Sumter Edition - Monthly

FREE



**TRAVELING
TIPS FOR**
Venous
Insufficiency

**RHEUMATOID
ARTHRITIS**

**MENTAL
HEALTH
AND**
Heart Disease

**GUARD AGAINST
SKIN CANCER**
While Enjoying Summer Fun

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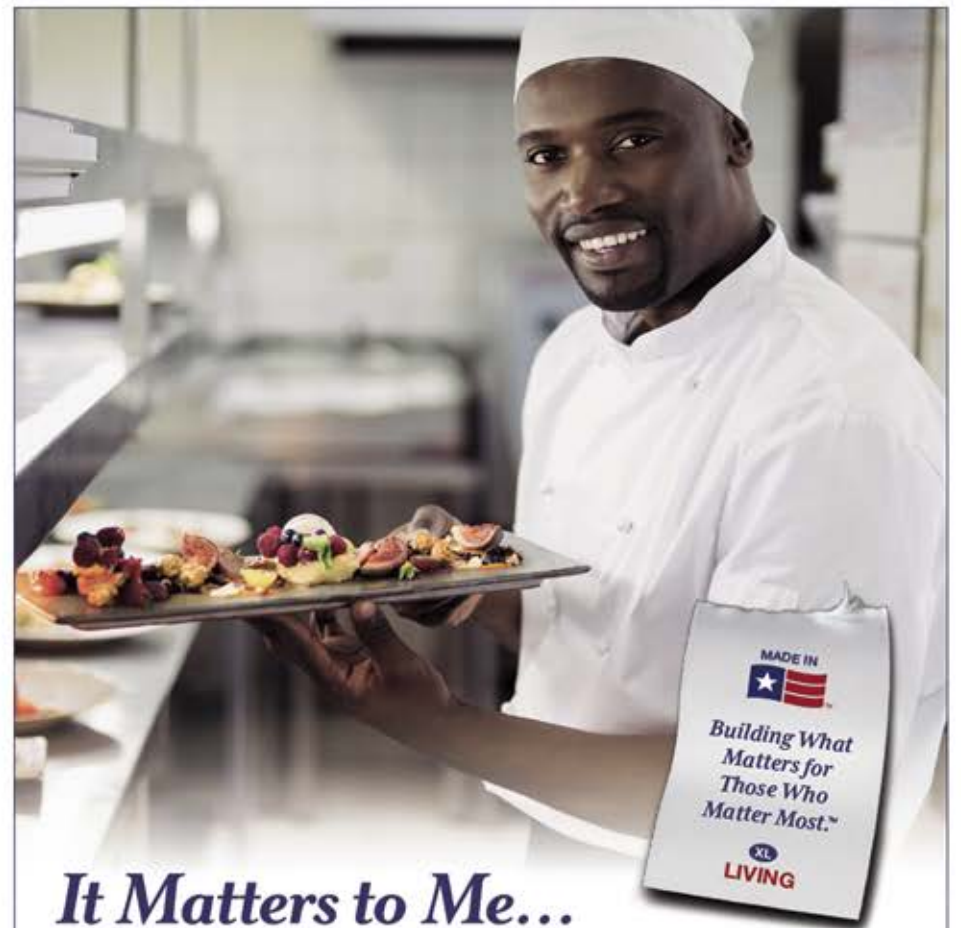
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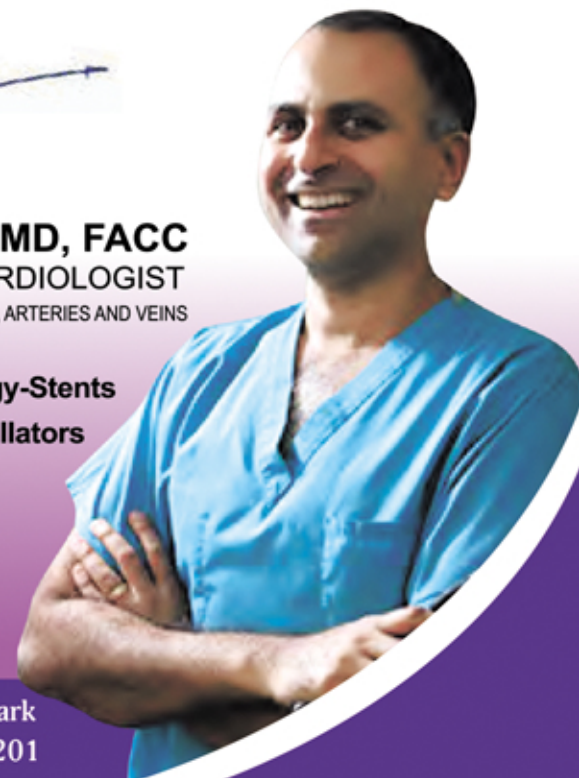
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A handwritten signature in blue ink, appearing to read 'T.E. Vallabhan', with a long horizontal line extending to the right.

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Traveling Tips for Venous Insufficiency

By Bryan Carter, MPA-C, Phlebology-Surgery

It's that time of year again; when we hit the road or the sky and travel for vacations, relaxing getaways, spending time with family and taking the kids or grandkids to their favorite destinations.

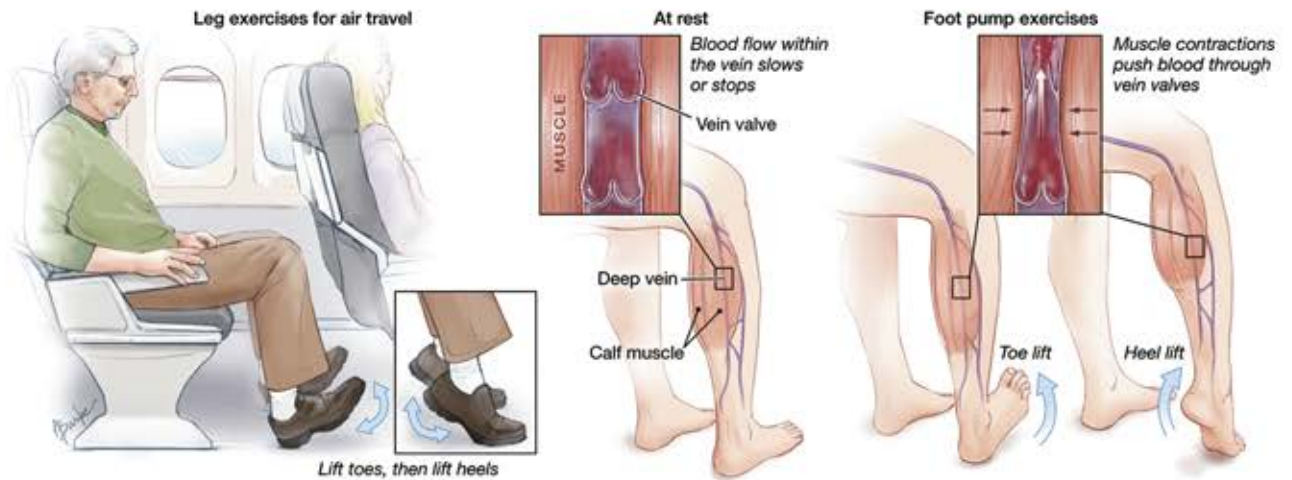
The hottest days are upon us during the upcoming summer months, so it's imperative that everyone stays hydrated, especially the elderly and children. Because we come in all shapes and sizes, drinking at least ½ your body weight in ounces is the recommended amount for each person. So if you are 200 lbs., you should consume 100 ounces of water per day, which is approximately 3 liters.

If you suffer from any venous insufficiency issues, it's critical to keep moving your toes, ankles, and calves while sitting for an extended periods of time in a car, train or when on a plane. This will help the blood to keep moving and pumping back to the heart instead of pooling into the feet. If you ever get swollen feet or legs after sitting for long periods of time, you should see your physician about ways to control your venous insufficiency and to get a full check up for your overall health.

What is venous insufficiency?

Various forms of venous issues affect 25 million Americans. Their legs are swollen, achy and they have a heavy sensation. When our veins are working properly, they pump blood back to the heart. Valves in the veins are made to open and close in one direction. If these valves or the wall of the veins are damaged, the blood is unable to work against gravity, and the result is a pooling of the blood in our legs. This pooling is called stasis and can present significant risks to our health.

Sometimes venous insufficiency is more of a cosmetic issue and poses little health concerns. This is usually noted in spider veins, which is when the tiny capillaries are damaged, but when the veins are damaged, this can cause varicose veins, which can lead to a much more severe health issues. Neither of these should be taken lightly. A medical professional will be able to report whether or not your symptoms are superficial, or dangerous and in need treatment.



Symptoms of venous insufficiency:

- Swollen legs
- Discoloration on skin (brown or red)
- Tingling/burning/itching sensations
- Heaviness
- Aching
- Cramping

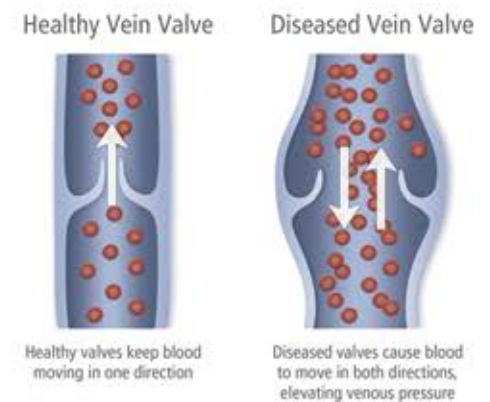
One of the easiest ways to better control and improve your legs blood flow is to wear compression stockings, but beware, not all compression stocking are the same.

Sure big box stores sell them by the thousands, but they fail in comparison to medical grade and personally fitted stockings.

It's important to understand what compression stocking do. They are tight fitting long socks that go up to your knee and create gradient pressure throughout your foot and legs to help push the blood back to the heart.

Medical grade compression stockings are measured in millimeters of mercury (mmHg). The highest compression available is 30-40 mmHg, then 20-30 mmHg, 15-20mmHg and the least or lightest compression is 8-15 mmHg.

The major differentiating factor between a medical grade stockings and the generic version is the precise measuring that is done to make certain you are wearing the appropriate compression volume. Getting the correct dimensions consist of first measuring around the smallest part of the ankle above the ankle-bone. Second, a measurement is taken of the largest part of the calf circumference, and lastly, at a 90-degree angle, a measurement is taken from the distance of the bend in the knee to the floor. Speaking to your physician is vital if you or a loved one have any of the venous symptoms.



Treatment Options for Venous Insufficiency Include:

- Compression Stockings
- Gradient Compression Devices
- Increased Exercise
- Medications
- Surgery (non invasive thermal and chemical ablation performed in the office)

If you have any questions or concerns call and schedule appointment today with Mr. Carter. He has been treating vein circulation problems for 15 years.



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Mental Health Awareness Month:

MENTAL HEALTH AND HEART DISEASE

T.E. Vallabhan, MD, FACC

Commonly reported, stress levels, anxiety, depression, and our overall emotional state has a significant impact on our health. From physical pain, appetite changes, suicidal thoughts to our vascular health, the way we deal with and treat mental disorders are critical on our long-standing wellness.

How Our Mental State Affects Our Cardiovascular Health

Emotional stress is a huge factor in blood pressure spikes. Along with anxiety, we often sometimes pick up bad habits like not getting the proper amount of sleep or eating unhealthy foods, like excessively salty and fatty fare, or we're drinking too much alcohol. All of these issues can raise our cholesterol levels, and when we drink too much alcohol, it can also cause ventricular fibrillation. Ventricular fibrillation causes rapid, electrical, stimulations in your heart and you may experience a dangerously high heart rate.

Atherosclerosis is the hardening of the arteries due to a buildup of plaque caused by high cholesterol in the blood. When those particles of plaque break away, they can cause coronary arrest. Along with higher than normal cholesterol levels, stress and anxiety can disrupt this preexisting plaque, making patients more susceptible to heart attacks and arrhythmias.

During unhealthy emotional episodes, we sometimes shut our selves in and don't exercise regularly, because of depression and fear. This can have a greater effect on someone with a current heart condition. It's imperative to keep yourself healthy through exercise, eating right, and managing stress.

Many people ignore the symptoms of a heart attack. People may feel chest pains or experience shortness of breath but put it off, because they are too busy, or too drained to consult with their physician.

Heart Attack Symptoms

- Chest Pain and tightness
- Lightheaded
- Dizzy
- Tired/Fatigue
- Shortness of breath
- Anxiety
- Rapid heart rate
- Sweating
- Gray color to the skin
- Arm/Shoulder pain
- Abnormal heart palpitations



Depression and your Heart

One of the most common ailments that doctors treat annually is depression. Nearly 15 million people in the United States are affected by depression. Persistent Depressive Disorder or PDD is a chronic type of depression that usually last for more than a year and can be difficult to treat successfully.

The typical treatment options for PDD are antidepressant medications and counseling therapy. Some of the most common drug classes prescribed are selective serotonin reuptake inhibitors (SSRIs), serotonin-norepinephrine reuptake inhibitors (SNRIs), tricyclic antidepressants (TCAs), and monoamine oxidase inhibitors (MAOIs). The widely known drugs, like Prozac, Zoloft, and Cymbalta play a role in how the neurotransmitters affect the mood by lessening anxiety levels and creating a more peaceful, cheerful spirit.

While the treatment options mentioned above are helpful for some people, the problem lies in two distinct categories. Number one, depression is just a simple label that is placed over a very complicated,

in-depth, disease with countless causes. And numbers two, a vast majority of patients do not respond well to the medications prescribed. The good news is that there are alternative therapies and behavioral counseling methods that have helped numerous of patients.

If you have any mental health-related disorders or feel like you need someone to talk you through depression, please seek medical help as soon as possible. The earlier you get the help you need, the better your outcome will be, along with alleviating additional stress on your heart and your general wellbeing.

Dr. V

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Guard Against Skin Cancer While Enjoying Summer Fun

May is Melanoma and Skin Cancer Awareness Month, and InterCommunity Cancer Center in Lady Lake wants to remind everyone about the importance of protecting their skin from the harsh rays of the sun. Cumulative exposure to ultraviolet radiation (UV) from the sun or other sources is the number one cause of skin cancers. That's why it's critical to always apply sunscreen when outside enjoying summer activities—even on cloudy days.

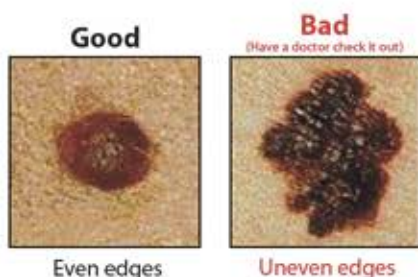
The back is the most common location for melanoma, the deadliest form of skin cancer. Adequately applying sunscreen to your own back is difficult, so see if someone can lend a hand. According to a survey by the American Academy of Dermatology 37 percent of people rarely or never apply sunscreen to their back. A broad spectrum sunscreen with a sun protection factor of 30 or higher should be used on all exposed skin whenever you are outside—including cloudy days.

Preventing Skin Cancer

In addition to applying sunscreen, there are other things you can do to guard against skin cancer, such as:

- Staying out of the sun from 10 a.m. to 4 p.m. when UV rays are strongest
- Never using tanning beds or sun lamps
- Avoid getting a sunburn
- Wearing protective clothing to cover as much skin as possible. Tightly woven fabrics in dark colors are best
- Protecting the head and eyes by wearing a wide-brimmed hat and sunglasses

Even if you have carefully practiced sun safety all summer, it's important to continue being vigilant throughout the year by examining your skin head-to-toe once a month, looking for any suspicious lesions. Have someone else examine hard to see areas, such as your back. Unexplained sores, unusual looking moles, lumps, blemishes or changes in how the skin looks or feels may indicate skin cancer, or be a warning that it might be developing. Lesions that change, itch, bleed or don't heal are also alarm signals. Self-exams and screenings by a healthcare provider can help identify skin cancers early, when treatment is most effective.



Know the ABCDEs of Melanoma

- A = Asymmetry:** one half is unlike the other half
- B = Border:** an irregular, scalloped or poorly defined border
- C = Color:** is varied from one area to another; has shades of tan, brown or black, or is sometimes white, red, or blue
- D = Diameter:** Greater than the size of a pencil eraser when diagnosed but can be smaller
- E = Evolving:** a mole or skin lesion that looks different from the rest or is changing in size, shape, or color

InterCommunity Cancer Center recommends consulting a dermatologist immediately if you notice anything changing, itching or bleeding on your skin.

Risk Factors

Factors that may increase risk for melanoma and other skin cancers include: fair skin, a history of one or more sunburns, excessive exposure to ultraviolet light, living closer to the equator or at a higher elevation, having more than 100 moles or unusual moles, a family history of melanoma, and a weakened immune system.

Radiation Therapy is Very Effective for Treating Certain Types of Skin Cancer

InterCommunity Cancer Center offers the Freiburg Flap Procedure for the treatment of skin cancer, an excellent treatment option that is especially effective for cancers on curved areas of the body, like the head, face, neck, foot and ankle. It can wrap around irregular surfaces, conforming to any part of the body while providing exceptional dosing control.

“The Freiburg Flap Procedure allows us to provide patients highly customized treatments that yield significant results in fewer visits than the 20 to 25 required for traditional external beam radiation,” said Dr. David Catalano. “Patients do very well with the treatments, and the procedure can be used for all different types of skin cancers. It is exciting to offer this treatment that provides excellent results while minimizing disruption to the patient’s normal lifestyle.”

ABOUT INTERCOMMUNITY CANCER CENTER

InterCommunity Cancer Center (ICCC) has more than 30 years of experience providing quality, personalized cancer care in the Lady Lake and Leesburg communities and has treated more than 10,000 patients. Medical Director and Radiation Oncologist, Dr. David J. Catalano has expertise in treating breast, lung, prostate, gynecologic, skin and other cancers. To learn more, visit LadyLakeCancerCenter.com

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Ironically, the typical knee replacement implant is selected from a base range of sizes. The surgeon has to manually try to make the adjustments during the procedure to fit your specific anatomical bones and inner knee space. With this type of implant, there is usually an issue of the implant hanging over the bone or falling short (underhang), which leaves bone exposed. If your implant isn't aligned properly, you will most likely have major issues with mobility and comfort. This is precisely the reason that 1 in 5 patients are unsatisfied with their knee replacement.

Clinical studies have demonstrated that these compromises on fit can cause residual pain after surgery. A medical device company called, ConforMIS designs partial and total knee implants to fit the patient specifically. Using proven techniques for standard knee replacement, coupled with their exclusive CT scan and 3D modeling technique, called an iFit Image-to-Implant® technology, they create a customized knee to fit your body.

There are also alternatives to having a total knee replaced. For example, many patients are unaware of the fact that they can receive a partial implant. Arthritic damage to one side of the knee is common, so utilizing an implant customized for the medial or lateral deteriorated area is sometimes a better option than a total knee replacement depending on your individual circumstances.

If you are a candidate for a partial knee implant, with the ConforMIS technique, your surgeon would be able to preserve your tendons and ligaments, as well as part of your natural knee bone. This will allow quicker healing, better progress; and preserving bone will provide more natural knee for any future treatments that may be necessary.



Polyethylene is the material that is used in almost all knee implants. Polyethylene allows the joint of the implant mechanisms to move freely. However, the polyethylene sits on a metal platform like a fulcrum, cushioned in between bones. This can cause a great deal of wear and tear on the material of the implant.

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Rheumatoid Arthritis

Elderly patients who complain of joint pain and stiffness usually have osteoarthritis (OA), but other forms of arthritis should also be considered. Rheumatoid arthritis (RA), for example, is an autoimmune disorder rather than a degenerative disorder that affects patients at all ages. Early diagnosis and treatment of RA can prevent or minimize irreversible joint damage.¹ So it's especially important to diagnose or rule out RA when a person presents with joint pain. In this newsletter, we'll talk about a way to optimize diagnosis of early RA (symptoms <6 months duration).²

Diagnostic Approach

The American College of Rheumatology (ACR)/European League Against Rheumatism (EULAR) has created a classification scheme designed to identify early RA. Diagnosis begins with a history and physical. It's important to note the number and size of joints involved and how long the patient has had symptoms. Inflammatory marker (C-reactive protein [CRP] and/or erythrocyte sedimentation rate [ESR]) test results, as well as rheumatoid factor (RF) and cyclic citrullinated peptide (CCP) antibody test results, should be obtained. This information is used in a scoring system designed to identify early-stage patients who are at high risk of persistent and/or erosive disease.³ Details of the scoring system and classification criteria can be found in the Figure and reference 3.

Optimizing Early RA Diagnosis

As discussed above, use of the ACR/EULAR classification criteria can help identify early RA. The serologic markers used (RF and CCP), however, are more sensitive in established RA than in early RA (Table). Combined use of RF and CCP does improve sensitivity, but it is still relatively low for early disease. Between 28% and 44% of early RA patients are seronegative, ie, they test negative for both RF and CCP.^{4,5}

A novel biomarker, called 14-3-3 η (eta), offers a way to further increase sensitivity for early disease. 14-3-3 η is released from joints that are inflamed by RA. The 14-3-3 η protein is slightly more sensitive than the other markers in early RA. It is more specific than RF but less specific than CCP (Table).⁴ When 14-3-3 η is combined with RF and CCP, sensitivity for early RA diagnosis rises to nearly 80%. This improved sensitivity is due to the 14-3-3 η test identifying 21% of seronegative patients with early RA.⁶

How the Laboratory Can Help

Quest Diagnostics offers a selection of tests for ruling in, or ruling out, RA. These include tests for the general inflammatory markers (ESR, CRP) and the serologic markers (RF, CCP, and 14-3-3 η). The serologic tests can be ordered separately or in a panel. Quest also offers tests that help differentiate RA from other conditions such as primary Sjögren syndrome, systemic sclerosis, gout, OA, and certain infections. Viral infections that may present with joint pain include hepatitis B and C, parvovirus B19, and rubella. Mosquito- and tick-borne infections such as chikungunya and Lyme disease may also cause joint pain.

Additional Information

- Prevalence estimates for arthritis in the US population are:⁷⁻⁹
- 30.8 million people with osteoarthritis
 - 8.3 million people with gout
 - 1.5 million people with rheumatoid arthritis
 - 740,000 to 2.0 million people with psoriatic arthritis

You can find more information at these Web sites:

- The Quest Diagnostics Test Center Rheumatoid Arthritis Diagnostic Panel IdentRA[®] with 14-3-3 eta test summary
- Osteoarthritis and Rheumatoid Arthritis clinical focus
- Autoimmune Rheumatic and Related Diseases clinical focus

ACR/EULAR classification criteria for RA:

- ard.bmj.com/content/69/9/1580.full
- American Academy of Family Physicians guidelines for RA diagnosis and management: www.aafp.org/afp/2011/1201/p1245.html

Table. Sensitivity and Specificity of RF, CCP, and 14-3-3 eta for RA⁴

Markers	Early RA Sensitivity (%)	Established RA Sensitivity (%)	Specificity ^a
RF	57	84	85
CCP	59	79	99
14-3-3 eta	64	77	93
RF and CCP ^b	72	88	84
14-3-3 eta, RF, and CCP ^b	78	90	78

RA, rheumatoid arthritis; RF, rheumatoid factor; CCP, cyclic citrullinated peptide antibody.

^a Comparison with healthy controls.

^b Results considered positive for RA if any of the biomarkers are positive.



Rheumatoid Arthritis Clinical Presentation

- Rapid onset (weeks to months)
- Symptoms may come and go in "flares"
- Pain, swelling (soft and tender), and stiffness in joints, especially in hands and feet
- Multiple joints affected, often the same joints on both sides of the body (symmetry)
- Morning stiffness lasts >1 hour
- Fatigue, general feeling of illness
- Limited range of motion in affected joints
- Synovitis of ≥ 1 joint
- Joint erosion and/or cysts visualized by imaging (in later stages)
- Other parts of the body affected: skin, blood vessels, heart, lungs, eyes, and mouth

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STOP OVERLOOKING SIGNS OF INCONTINENCE

Urinary Incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life for patients. Incontinence is classified as stress, urge, mixed and overflow.

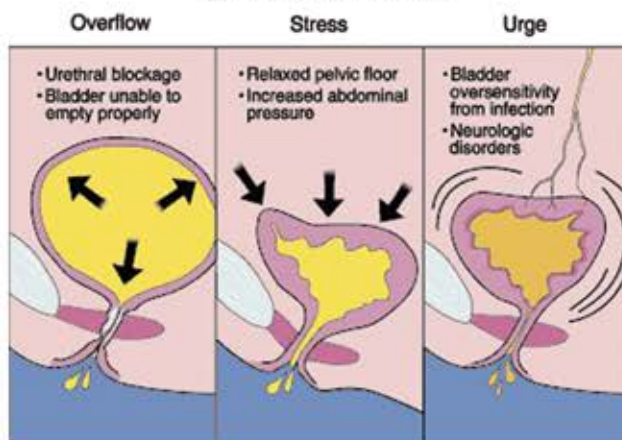
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UI) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily.

Accidental urination can be triggered by:

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

Types of Incontinence



There are two bladder abnormalities that are associated with UI: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer's disease
- Multiple sclerosis
- Parkinson's disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors

DO can occur due to multiple conditions, and many times as a sequel of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder overactivity. Conditions that can lead to DO include:

- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease



Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence.

The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.



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Skin Cancer Prevention: Learn How You Can Reduce Melanoma Risk

American House

There are a number of different types of skin cancer, however, melanoma is the most harmful of them all. Every hour a person dies of melanoma; this year alone, over 130,000 new cases will be diagnosed. Preventative measures and early detection are key. On average, skin cancer screenings take about fifteen minutes. These few minutes of your time could potentially save your life.

Along with melanoma, your dermatologist can detect and diagnose a number of other disorders. A thorough skin cancer screening and examination is able to diagnose up to 3,000 different skin conditions. Screening should be scheduled annually. However, some types of skin cancer grow rapidly. If you notice new lesions, bumps, or moles, schedule a visit with a dermatologist immediately.

Visual changes should never be ignored. Moles or freckles that have changed in color (halo effect), border irregularity with a diameter greater than six mm, any asymmetry, and evolving or ongoing changes, are all signs that require attention.

Because early detection aids in successful treatment, continual emphasis on the importance of regular skin screenings are critical to your health. Preventative measures, like limiting skin exposure to the sun and applying sun screen while outdoors continue to be effective strategies for maintaining healthy skin.

Wearing protective clothing, like light-weight, long-sleeved shirts and broad-rim hats are great ways to protect your skin from damaging rays that cause skin cancer. When you are out enjoying the sun, apply a broad-spectrum sunscreen, which protects against UVA & UVB rays. It's also important to reapply sunscreen at least every 30 minutes, depending on formula strength. Avoiding the sun between 10:00 a.m. and 3:00 p.m., peak times, decreases the risk of over-exposure and skin cancer.

American House Senior Living Communities invites experts over for informative presentations, year-round, to discuss healthy living, providing tips and preventative screenings to help our residents enjoy an active, healthy lifestyle.



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Skin Cancer Awareness

Written by Patricia Spitzer, PA-C - In collaboration with Dr. Thi Tran

According to the American Academy of Dermatology 1 in 5 Americans will develop skin cancer in their lifetime. Roughly 3 million Americans are affected each year and that number has consistently been on the rise. In fact, skin cancer is one of the leading causes of cancer in both male and females. May represents skin cancer awareness month with the first Monday in May being Melanoma awareness day.

The most effective way to combat skin cancer is early detection and prevention. It's important to see your Dermatologist yearly for an exam or sooner if deemed appropriate by the provider. It's also very important to use sunscreen on a daily basis as well as sun protective clothing.

Prevention And Detection:

- Make sunscreen part of your daily routine and choose one that is water resistant and broad spectrum (protects against both UVA/UVB rays) and please apply 30 minutes prior to sun exposure and again every 2 hours
- Seek shade during the hours of 10AM-2PM
- Avoid tanning booths
- Use cover up clothing including sunglasses, hats and sun protective clothing
- Check your skin monthly for new skin lesions

The American Academy of Dermatology has provided us with guidelines in reference to the treatment of skin cancer. The gold standard of treatment is still surgical management even with advancements in other treatment modalities. Radiation and topical therapy are considered inferior to surgical management and to be used in cases where individuals cannot tolerate surgery.

Surgical Management:

The type of surgery depends on the location, size and risk of the tumor itself.

- Moh's micrographic surgery is done on high risk tumors, certain areas of the body such as the face, scalp, neck, lower legs, hands and feet and large cancers.
- Surgical excision is done generally on the trunk and extremities
- Surgical destruction is typically not recommended due to cosmetic appearance and slower healing time except under the right circumstances and location

It's a big decision when determining how to treat skin cancers. We advise those to choose the modality with the highest cure rate unless there are other extenuating circumstances.

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HOW TO SPOT SKIN CANCER™

USE THIS INFORMATION TO CHECK YOUR SKIN REGULARLY

1 in 5 Americans will develop skin cancer in their lifetime.



ANYONE CAN GET SKIN CANCER, REGARDLESS OF SKIN COLOR.

THE ABCDEs OF MELANOMA

What to Look for:

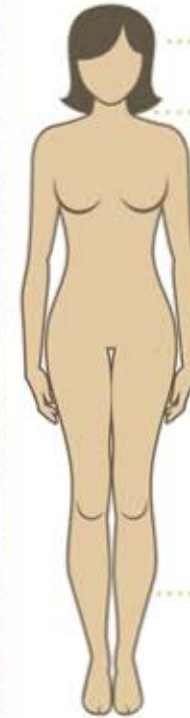
Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma is highly treatable. You can identify the warning signs of melanoma by looking for the following:

- A ASYMMETRY** One half is unlike the other half.
 - B BORDER** Irregular, scalloped or poorly defined border.
 - C COLOR** Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.
 - D DIAMETER** While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.
 - E EVOLVING** A mole or skin lesion that looks different from the rest or is changing in size, shape or color.
- Example:**

SKIN CANCER SELF-EXAMINATION

How to Check Your Spots:

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your skin. Ask someone for help when checking your skin, especially in hard-to-see places.



- 1** Examine body front and back in mirror, then right and left sides, with arms raised.
- 2** Examine back of neck and scalp with a hand mirror. Part hair for a closer look at your scalp.
- 3** Bend elbows; look carefully at forearms, back of upper arms and palms.
- 4** Check back and buttocks with a hand mirror.
- 5** Finally, look at backs of legs and feet, spaces between toes, and soles.



If you find any new or suspicious spots on your skin, or any spots that are changing, itching or bleeding, make an appointment to see a board-certified dermatologist.

To learn more about skin cancer and find a FREE skin cancer screening, visit SpotSkinCancer.org

Village Dermatology

& COSMETIC SURGERY, LLC



The ABCDEs of MELANOMA

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:

- A - Asymmetry** – One half is unlike the other half
- B - Border** – Irregular, scalloped or poorly defined border
- C - Color** – Varied from one area to another; shades of tan and brown, black; sometime white, red or blue
- D - Diameter** – While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller
- E - Evolving** – A mole or skin lesion that looks different from the rest or is changing in size, shape or color 1 in 5 Americans will develop skin cancer in their lifetime



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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

If you suffer from varicose and spider veins, you are not alone.

WHAT ARE VARICOSE VEINS?

Although veins and arteries are both part of the circulatory system, they work in very different ways from each other

WHAT CAUSES VARICOSE VEINS?

Some predisposing factors include aging, standing occupations, and leg injury or trauma.

WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

"Do veins require treatment?" and "What treatment is best?"

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

WHAT RESULTS CAN YOU EXPECT?

Technological advances in evaluation and treatment methods allow spider and varicose veins to be treated more effectively and safely than ever before.



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- EVALUATION OF HYPERTENSION (HIGH BLOOD PRESSURE)
- EVALUATION OF CHEST PAIN AND SHORTNESS OF BREATH
- EVALUATION OF CARDIAC ARRHYTHMIAS
- EVALUATION OF FAINTING (SYNCOPE)
- EVALUATION OF FATIGUE
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- WEIGHT LOSS AND NUTRITIONAL CONSULTING



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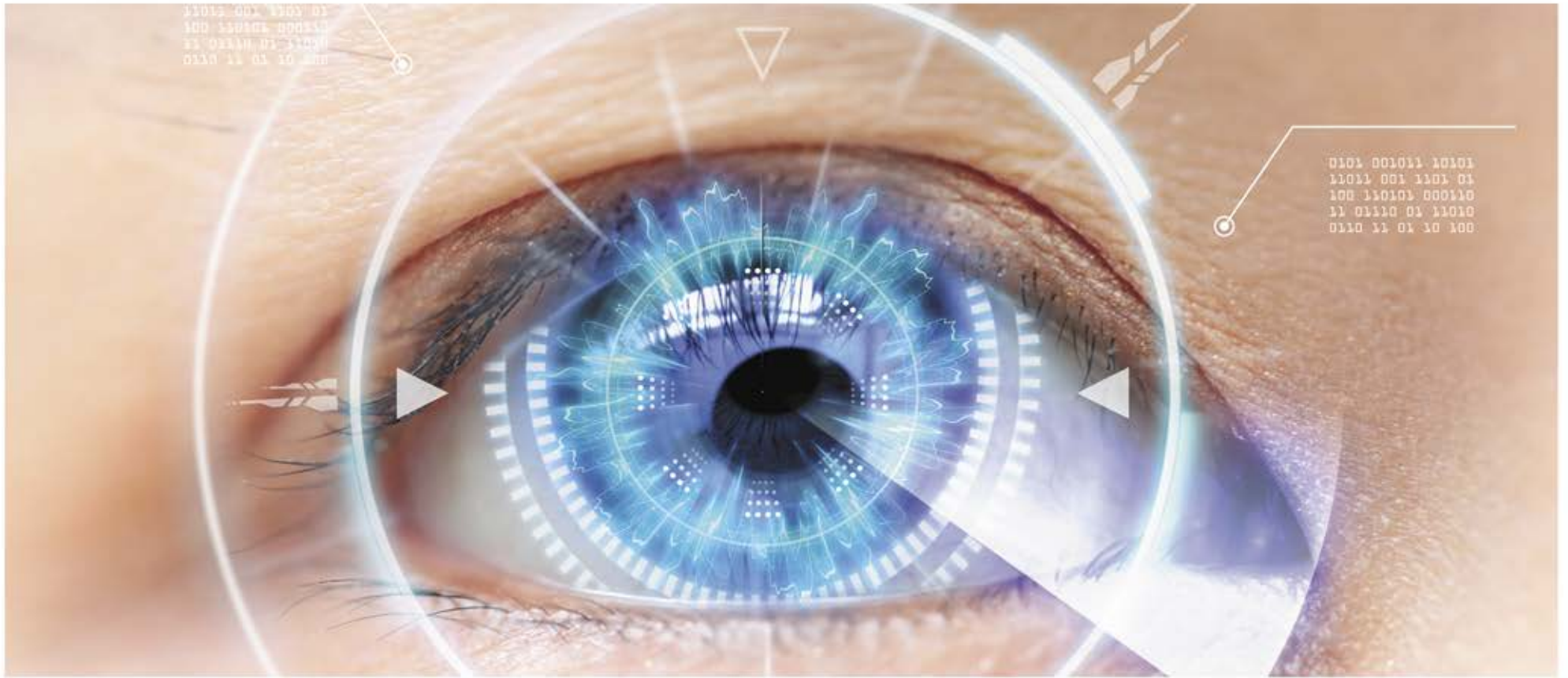
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LAKE EYE

DEFINING THE FUTURE OF EYE CARE

People depend on their eyes to last a lifetime, and the Board-certified ophthalmologists of Lake Eye Associates are ready to assist with answers about a few disorders that become more common as everyone gets older.

What Care is Needed for Aging Eyes?

Once you reach age 60, it is highly recommended that you schedule annual comprehensive eye exams with your ophthalmologist. Why? Because with regular care, nearly all eye diseases and disorders can be prevented, corrected or arrested.

Glaucoma is a group of diseases that damage the optic nerve, leading to vision loss and even blindness if left untreated. Early detection is the key to protecting vision. "Glaucoma testing is part of a completely painless comprehensive eye exam," says Dr. Mark Vocci, "which looks for a range of eye diseases that can almost always be managed or eliminated when caught in time."

Age-related macular degeneration, or AMD, refers to deterioration of the macula, the area of the retina that lets you see fine details needed for reading or driving. Testing can catch AMD early before it causes serious damage.

Dry eye is another common complaint. Most cases of severe dry eye are caused by a disorder called Meibomian Gland Dysfunction (MGD), which occurs when the glands that lubricate the eye become blocked. MGD may limit the effectiveness of treatments like eye drops, so diagnosis is important. Lake Eye utilizes a non-invasive, drug-free therapy for MGD that, by gently massaging blocked glands, helps to clear them, naturally restoring moisture to the eye.

Diabetic retinopathy occurs when high blood sugar levels damage blood vessels in the retina. Background retinopathy is characterized by weak or leaking blood vessels, and proliferative retinopathy describes the proliferation of these fragile new vessels. In both types, the bleeding damages vision, but luckily diabetic retinopathy can be treated with medication and/or procedures designed to stop or limit its course.



Mark Vocci, MD

Will I Need Cataract Surgery?

“Nearly everybody gets cataracts at some point,” says Dr. Scott Wehrly. “Fortunately, advances in technology and our personal commitment to state-of-the-art cataract treatment mean we can quickly and safely remove cataracts in just minutes, and provide vision correction that reduces or even eliminates a person’s need for glasses.”

“Our team of doctors heavily researches all emerging and promising technologies,” says Dr. Scot Holman. “We regularly consult with respected peers from all over the world about eye disorders, including cataracts, so we can always remain at the forefront of the latest advances in care.”

Cataract surgery is a roughly 10-minute outpatient surgery in which your ophthalmologist gently removes the affected lens. Lake Eye’s surgeons use the state-of-the-art CATALYS Femtosecond Laser for exceptionally safe, fast and precise cataract removal. The lens is then replaced with an intraocular lens, or IOL, which can help correct astigmatism, improve multiple vision ranges, and even restore clear vision at all distances in some patients. The best lens technology for each patient is determined through a series of sophisticated diagnostic examinations combined with the patient’s input to help maximize long-term satisfaction. “I explain the procedure in detail, ask about their expectations, and get them excited about seeing better,” says Dr. Vinay Gutti.

When is Eyelid Surgery (Blepharoplasty) Recommended?

Droopy eyelids can severely limit both peripheral vision and appearance. Over time, the upper and/or lower eyelids can stretch and accumulate fat and excess skin, causing sagging, drooping, and bags under the eyes. Sagging or baggy eyelids can reduce peripheral vision, including upper and lower vision, causing many people to be unable to see things on the ground or overhead.

Blepharoplasty is a safe, painless outpatient procedure in which excess skin and fat is removed from the affected eyelids, widening the field of vision and revitalizing appearance. “Afterward, patients not only see better, they also tend to look more alert, refreshed and happy,” says Shelby Terpstra, DO, who has performed blepharoplasty on countless satisfied patients. When blepharoplasty is needed to improve vision, it is covered by most insurance.

Remember that with proper care and attention, your eyes can serve you wonderfully for a lifetime. If you haven’t seen an ophthalmologist for an eye exam in awhile, take time to do it. Your eyes will thank you for it.



Shelby Terpstra, DO



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Scot C. Holman, MD

Vinay Gutti, MD

Scott R. Wehrly, MD

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It's Cool to Eliminate Stubborn Fat

Eating 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.

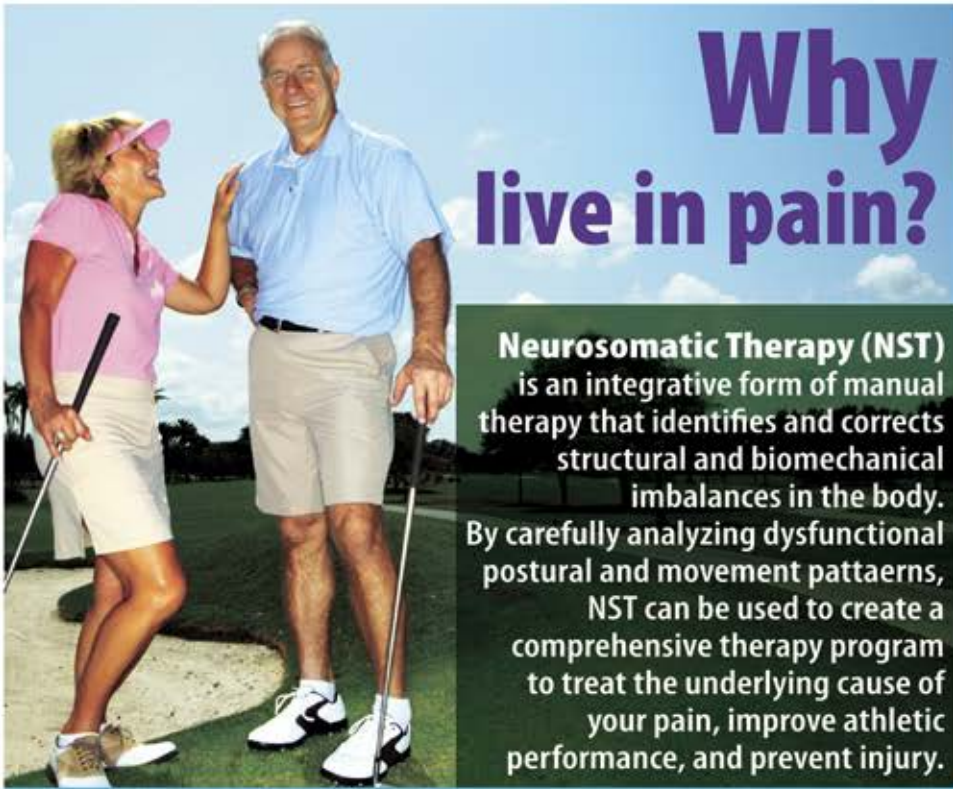
Your time is important to us, and if you're considering treating more than one area for instance either both flanks or thighs we offer Dual-Sculpting at no additional charge. A second CoolSculpting® machine allows us to address multiple areas of concern in half the time, helping to increase efficiency 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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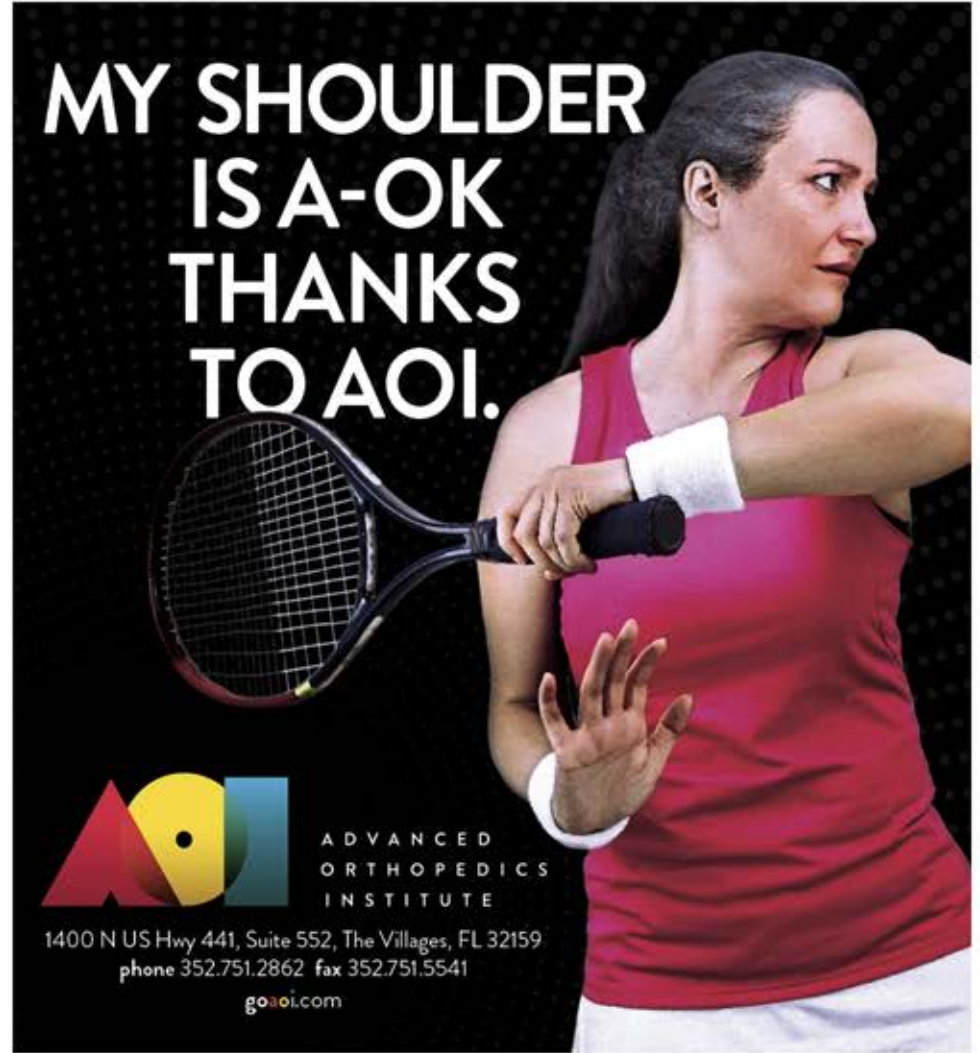
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Ave Maria: Why Residents Value This Community Above All Else

What do we really want in our community, neighborhood, and home? The answer is resoundingly the same for most people, safety, happiness, good neighbors, amenities, variety, opportunity and location.

For the third consecutive year in a row, Naples has been named the #1 well-being community in the United States. Being happy, feeling good, and having vitality is what it's all about for those enjoying the good life in Southwest Florida.

Collier County is also the state's second healthiest county for the fifth year in a row. Ave Maria, located within Collier County, knows that health and happiness go together and residents there enjoy miles of biking and walking paths, outdoor sport fields, lakes and picnic areas, an amphitheater and dog parks. Staying healthy is a life-long commitment, and Ave Maria offers opportunities for residents of all ages to achieve their health and wellness goals.

Ave Maria is a 4,000-acre master-planned community. Developer, Barron Collier Construction, kept in mind the need to develop a town that was for all ages, from growing families to seniors and they did it with great pride, making certain the specifics were perfect and that the homes are of the highest quality. In fact, the homes are so well built that they survived Hurricane Irma with very little harm and they were reported to have sustained some of the highest winds at over 110 miles per hour.

The town of Ave Maria offers several styles of homes featuring lake, preserve, and golf course views. The amenities include over 100 miles of walking trails, an onsite waterpark, golf course and club, tennis, bocce and pickleball, a Town Center with exclusive shopping and dining, a Publix grocery market, private schools, a University, resort pools, fitness center and sports fields, a dog park and playgrounds. With move-in ready homes, models with over 40-floor plans to choose from and prices ranging from the \$100s to over \$500s, it's clear why people are interested in building a new life in Ave Maria.



Ave Maria has great outdoor spaces, and what's key, is the fact that it's not overly developed or as busy as some nearby communities. Settled in Collier County, Ave Maria is one of the newest communities with award-winning amenities. For those individuals lucky enough to live here, they will experience the best of both worlds.


State-of-the-art entertainment is just a short 30-minute drive away to Naples, and they reside in the quiet neighborly hometown, where kids can safely play in the water park, and grown-ups ride their bikes to the coffee shop or walk to fabulous restaurants for dinner. And if you're looking for some modern flair, Miami is just a quick 2-hour drive away.

How Do I Get There?

From I-75 south take Exit 111, and then make a left/east on Immokalee Road (County Road 846). Proceed 10 miles to Oil Well Road (County Road 858). Turn right on Oil Well Road to Ave Maria.

Ave Maria

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 Take I-75 to Exit 111, follow the signs to Ave Maria Town Center



MIT Medical Imaging & Therapeutics

Dr. Mark Jacobson

What does “therapeutics” in medicine mean?

This week, I am deeply moved by the loss of one of my patients. This one, in particular, left an impression on all of my staff. His relentless endearing spirit regardless of his pain and suffering, never ceased to amaze us. When his wife called with the news, we all felt as though another member of our MIT family had been lost. The solemnness passed throughout every department once again, as we tried to continue about our day, offering hope and kindness to our other patients, who look to us for diagnoses and treatments, and a little “extra attention,” that we often provide, to help them overcome their ailments. Although it is advised not to get attached, sometimes, it is impossible not to, especially if they have spent years and numerous procedures with me. Getting acquainted with my patients helps ease their anxiety. Allowing them to talk and express themselves is often something they don’t get a chance to do as they are rushed from appointment to appointment. In my practice, developing a personal relationship with patients is the norm. What kind of doctor would I be if I couldn’t provide a comforting voice, and tender touch in addition to my medical expertise? Not only do they get a lot from me, but each one unknowingly teaches me a little something which I can apply towards my other patients. The art of listening is somewhat of a dying art among physicians. Patients really deserve to be heard.

To offer a patient therapeutic care often means to keep them comfortable by reducing and hopefully eliminating their pain. For those who are healthy but might be suffering from an injury or chronic pain, oftentimes, there is permanent healing through injections or minor surgical repairs, but then there are those who are afflicted with a terminal illness. Although I feel privileged to assist in the management of my patients during these situations, no matter how sick they have become overtime, we are never really prepared for the news of their passing. We all hope we can all live forever, but unfortunately, we can’t, and it is always a very sad day, and a feeling of loss not only for their families at home, but for those of us who have tirelessly tried to ease their suffering. The tears, hugs, smiles and laughter throughout their journey bring us close to them and their families and so it is often a family member who calls or visits to tell us unfortunate news, oftentimes seeking the support and comfort they also received when they accompanied their loved one during visits to my office.



My oncology patients come to me from many specialties. Perhaps, pain can send them to an urgent care center, who sends them to me for imaging studies, or a primary care doctor may order a CT or MRI because something hurts, a gynecologist orders a mammogram and a suspicious lesion is found. As an interventional radiologist, I can perform a biopsy and send the specimen to a lab that will establish the underlying diagnosis. If it is positive for cancer, the referring physician often consults with me to determine who is the best oncologist to treat them. Very often, the patient returns to me, and I will place a port or PICC line so the patient may receive chemotherapy or other infusion therapy. They may return for numerous followup imaging tests, and minor surgical procedures along the way. I am overjoyed when they recover and continue leading a healthy life, which is the case for many, but for others, their journey is not so simple. Some develop fluid around their lungs, called pleural effusions, or they may develop fluid in their abdomen, called ascites. Using ultrasound guidance, I can drain these fluid collections in the comfort and privacy of my center. These procedures give them relief so they will breath, sleep, eat and perform better, and can continue to live a good quality of life and not have to feel home bound.

There are many advantages to coming to an outpatient center, instead of a hospital. For one thing, it is small and personable. You will see the same doctor and staff

who will develop a relationship with you, and oftentimes get to know your family members. This is important, because the same doctor will recognize minor changes in your condition that may often go unnoticed in situations where there is no such continuity of care. Outpatient centers rarely have antibiotic resistant organisms such as MRSA, VRE, (In our four years, we have had zero cases) so it is especially healthier for those who are immunocompromised. It’s also comforting to return to the same center and people, knowing what to expect! Simply to be treated in such an environment is restorative to the body and spirit, which in and of itself, is therapeutic!

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Gum Line Restoration Through a Tiny Pinhole

By Lucia Roca, DDS, MDS, Board Certified Periodontist



It's important to visit your dentist on a regular basis to keep your teeth healthy. Many people overlook that keeping your gum (gingival) tissues healthy are just as essential.

One of the common issues that hygienists and dentists see with their patients is over brushing. If you're not brushing with a soft toothbrush and taking your time to clean each surface of every tooth gently, then you most likely are aggressively over brushing your teeth.

You may be confused about the proper way to brush, and in turn, you could be causing extreme damage to your gingival tissue. Have you noticed any recession on your gum line? Do the roots of your teeth show? If you answered yes to those two questions, you may be a little self-conscious about your smile, and not aware of the potential infection and bacteria that could harbor under the gum line and increase the amount of recession that you already have.

Up until recently, there was only one treatment option for gum line shrinkage or recession. That procedure was accomplished through skin grafting.

Essentially part of your palate (upper mouth) skin was cut away with a scalpel and then grafted into place with sutures to the receded areas. It's not the worst-case scenario, but many patients are reluctant to have a surgical procedure out of fear.

There is a new technique that's showing countless successful results for patients with recession. It's called a Pinhole Technique. A dentist that has received a great deal of notoriety for this new procedure, and has since certified other dentists to perform his technique developed it. Eliminating the need for autogenous gum graft, cutting, and sutures; this method is accomplished by making a tiny pinhole above the receding area and loosening the gum tissue. The dentist will then move the gingiva and reposition it to cover the roots of the exposed area of the teeth, creating a normal gum line. Collagen strips are placed around the teeth, keeping the gum line in place. The patients will see immediate results and will experience little to no bleeding, swelling or pain. The tiny pinhole heals quickly, within 24 hours and the collagen strips are resorbable and do not need to be removed. The strips will help the body to produce more natural collagen, and therefore healing will be rapid.

At Laurel Manor Dental, they are highly trained in treating receding gingival tissue, and they take great pride in your getting you to your most advantageous dental and oral health. Laurel Manor Dental goes one step further because they have an onsite specialist in periodontal disease. Her name is Dr. Lucia Roca, and she is also certified in the Pinhole Technique.

After receiving her Doctor of Dental Surgery degree, Dr. Roca spent an additional three years studying at the University of Connecticut School Of Dental Medicine. She was then accepted into the University of Medicine and Dentistry of New Jersey/Rutgers where she performed clinical research, completed her periodontics residency and earned her Masters of Dental Science degree.

As a member of the American Dental Association and the American Academy of Periodontology, Dr. Roca has worked tirelessly to help bring dental care to those in need from the city streets of Newark, NJ to the rural villages of Guatemala. Her dedication and continual interest in acquiring new dental knowledge have deep ties, as Dr. Roca's parents are both dentists, and she herself is now married to a dentist. Dr. Roca takes satisfaction in clarifying the best treatment options for her patients in English, Spanish or Italian!

If you or someone you love is in need of a dental consultation for any of the issues mentioned above, or for other general dental needs or concerns, please call Laurel Manor Dental at (352) 430-1710, or visit laurelmanordental.com



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Eliminate Your Low Back Pain at Little to No Cost!

Compton Chiropractic is now offering Insurance Approved Braces including Medicare!

By Daniel Taylor, DC, Compton Chiropractic Care

Are you suffering from low back pain? Are you tired of taking pain medication and muscle relaxers that only provides temporary relief? Looking for other ways to relieve back pain without invasive surgery? If you answered yes to these questions, then we can help. Compton Chiropractic is now offering back and knee braces as a non-invasive alternative to relieve back pain and facilitate healing and rehabilitation at little to no cost to our patients.

How does it work?

Back and Knee pain without support causes constant pressure on the joints and muscles. If left untreated, the pain will progressively get worse and quality of life suffers. Our braces are designed to fit any body type and deliver localized compression directly to those overworked muscles and joints while relieving spasms and reducing pain. Current clinical research has shown that supporting these regions can reduce pain, improve functional status and postpone or prevent the need for medication and surgeries. The self-adjusting braces contour precisely to your body for maximum support and pain relief. The lightweight design allows users to wear the braces comfortably while providing maximum support.



Indications for Back Brace

Post-operative Lumbar immobilization
Herniated Discs
Degenerative Disc Disease
Spinal Stenosis
Postural support
Instability

Lumbar Muscle weakness
Chronic low back pain
Arthritis
Trauma
Spondylolisthesis
Compression Fractures

Indications for Knee Braces

Osteoarthritis of the Knee
Post-Operative Knee
Ligament Tear/instability
Painful Range of Motion

Patello-Femoral Syndrome
Chronic Knee Pain
Meniscal tear/instability
Locking Disorders

Compton Chiropractic provides high quality braces at little or no cost to our patients. Medicare and other insurance companies routinely cover the cost of these items because they provide support, relieve pain, and decrease the need for expensive surgeries and pain medications. So no matter if you are looking for extra support while playing golf and pickle ball or just want to avoid surgery; with the proper brace we can get you back to the greens in no time. If you or a loved one could benefit from one of these braces, please call us today (352-391-1126) to setup a free consultation with one of our Doctors.

What makes Compton Chiropractic different from other Chiropractors?

The Doctors at Compton Chiropractic are graduates from Palmer College of Chiropractic and have been serving The Villages since 2006. The Doctors are integrated with several local primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively. The physicians at Compton Chiropractic treat patients as an extension of their own family.

Every patient gets a detailed initial evaluation including a complete history, orthopedic and neurological testing. With a proper diagnosis, our patients will receive a proper treatment plan. With a proper treatment plan, patient's pain is decreased in shorter periods of time.

Compton Chiropractic is also proud to announce that it's Office is Medicare accredited by The Healthcare Quality Association on Accreditation (HQAA). Only a small percentage of Offices in the country hold this unique accreditation which allows us to be a dispensing location for approved Medicare braces.

TESTIMONIALS

"I suffered from sciatica for 10 years until a friend told me about Dr. Compton. After 8 treatments and a brace, I was back on the golf course and out of pain." - L.R.

"My knee pain was debilitating until Dr. Compton introduced me to a brace that literally takes the pain away. My knee feels young again and I couldn't be happier." A.A

"The Doctors are all amazing and actually care for patients like they were family." - A.O.

"I was referred to Dr. Compton by Medicare after an operation. I needed a brace to help me recover and Compton Chiropractic treated me wonderfully." - C.S.

"The Doctors and staff at Compton Chiropractic are knowledgeable and efficient. They are always highly recommended." -Local Family Physician

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B.S. Biology Sciences

Dr. Daniel Taylor
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Molecular & Microbiology Sciences

Facial Rejuvenation Using Stem Cells

Every woman desires tight, tone, wrinkle-free skin and wants to know how to get it.



In Europe and other countries, more and more women have discovered a natural solution to reverse the signs of aging skin – live cells from from placenta membrane, and there are plenty of benefits that go along with it.

Now before you shy away from the very thought of human afterbirth in your beauty regimen, let it be known that there is a rich, historical precedent for the use of live cells taken from the placenta membrane for health and beauty. Collected cells are frozen for future use and are full of nutrients, minerals, amino acids and proteins, and have to ability reproduce new cells.

Live (Stem) Cell Facial Treatment

A multi-potent tissue matrix is used to fill, cover and rejuvenate the cells in the face and neck. The treatment can be used to replenish areas of the body from head to toe. It works wonders to repair an aging face and vagina, as discussed in last month's issue.

These are totipotent cells and an allograft, meaning it's prepared from a human, and is acceptable to humans. Thus is non-hormonal with no side effects and highly acceptable to the human body.

Preparation of these multi-active cells are from strictly screened human tissue [placenta]. All selected cases are thoroughly checked for past medical history and social history, making this treatment a safe natural, and effective alternative for facial rejuvenation.

At cesarean section the placenta retained and is processed through high level technology to extract these highly multi-potent cells. The 1.5 c.c, then is injected in areas needed to be regenerated to regain the youthful quality needed to be functional.

Since the early 1900s the product has been used in burn cases, open wounds and orthopedic cases to rejuvenate the affected areas and promote healing with new cell growth.

The value live cell facial rejuvenation has gained such recognition that the rich and famous and celebrity jet-set have caught onto it in a big way.

Facial benefits of placenta rejuvenation:

- Any age can benefit
- Smokers are good candidates
- Response within days
- Dramatic reduction/elimination of face wrinkles
- Physical changes with smoother, younger skin.
- Generates and rebuilds your natural collagen of the face, turning back time to a much more youthful appearance.
- "Overall a much younger looking face for that age!"

Unlike fillers that use synthetic substances, these live cells are derived from humans and the treatment activates and rejuvenates the cells in the face, causing a reduction in wrinkles, improvement in facial tone and color and reduction of pore size.

Using live cells allows for continued rejuvenation and repair because the cells are always reproducing and replenishing.

There are no risks of allergic reactions. This is an ideal treatment for any patient who wants to improve volume, reduce fine lines, and improve texture of the face and neck. It's a more natural approach than fillers which may change the shape of the face.

Why Live Cells Produce Excellent Results

Where all the benefits come from is inside the cells of the placenta membrane. These are the cells that become any one of a number of cells in the body as a fetus is developing.

For example, if the fetus is developing a nervous system, then the cells will differentiate into becoming cells of the nervous system.

If the fetus is developing bone cells and cartilage cells, the cells will differentiate and become bone or cartilage cells.

And if the fetus is developing new skin, the cells will differentiate and become new perfectly youthful looking skin cells.

Now imagine the power of the these cells if you use them on your face. They will begin to rejuvenate the cells of your face and foster the continued reproduction of new skin cells on your face, resulting in tight and tone skin that you desire.

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Sobriety and Medical Cannabis

By Robert C. Goethe, MD

Medical marijuana (cannabis) is a relatively new phenomenon in the United States, being first legalized in California in 1996 and now available in 29 states. It's becoming ever clearer to many physicians that it is a very effective medicine that can be used for chronic pain, control of seizures, anorexia, PTSD, and many other maladies. Pharmaceutical companies have jumped on the bandwagon too, and are acting to patent the active ingredients and profit off of it.

One issue that is frequently encountered is how safe is it to use with people with alcoholism.

About one in nine Americans is addicted to some mind-altering substance, most commonly alcohol because it is legal and available. Alcoholism kills about 88,000 people a year in the United States. Active alcoholics have a life expectancy 30 years less than an average person, and their lives are typically unstable. Many find a solution by way of Alcoholics Anonymous (AA). AA is based on abstinence, not moderation, and urges avoiding all psychoactive drugs. AA stresses a clean and sober existence based on a spiritual (not religious) program.

Cannabis is quite a bit different than alcohol in several ways. It is not physically addictive, nor does it harm your liver or kidney or cause "wet brain". Behavior on alcohol is described as "rowdy and aggressive" while cannabis usually has a calming effect. Many lives are ruined by alcohol but one is hard-pressed to find a comparison to cannabis, except that it is illegal and can arouse the ire of the legal system.

There has been some experience in California where doctors have used cannabis as a substitute for alcohol, calling it "the lesser of two evils". There is anecdotal evidence that this has been successful, but certainly not ideal.

Then there are those who have quit alcohol on their own and began self-medicating with cannabis. In AA this is called "the marijuana maintenance program" and is not encouraged.

Alcoholics who successfully quit drinking call themselves "recovering alcoholics" and generally live normal, happy lives once they remove the obsession to drink. However, they are prone to illnesses just like the rest of us and it's not uncommon to find them having to take pain pills, anti-anxiety medications and anti-depressants. Percocet, OxyContin, Xanax, Klonopin, Lyrica, Gabapentin, and many others are potentially addictive and dangerous with serious side effects. Cannabis can be a safer substitute and by many reports, is more effective.

I use the word cannabis because "marijuana" carries with it so much of the bad connotation implied by the DEA over the last 45 years who labeled it as dangerous, addictive and of no medical use. Oddly enough, the government has recognized that this is untrue and recognizes that this label has enabled pharmaceutical companies to synthesize some of its compounds and sell it at great profit. In fact, the federal government secured the patent, (National Institute of Health

Patent No. 6,630,507) for cannabidiol (CBD), the non-psychoactive component in cannabis that is recognized as an anti-inflammatory, anti-seizure and potentially anti-cancer molecule.

Medical cannabis is an extract from the marijuana plant and contains varying amounts of CBD, THC, and other compounds that make it unique and better than any one compound a pharmaceutical company can isolate and sell back to us. In fact, many strains of cannabis now have these compounds in specific ratios that give the patient the sought after effect without the psychoactive "high" effect, if desired.

When talking to other doctors experienced in this topic, it has been noted that medical cannabis prescribed for medical conditions has not been a problem for recovering alcoholics. It is my recommendation to alcoholics who are in recovery to avoid recreational cannabis and keep a clear head. But if there is a medical condition that can be treated with cannabis, it is most likely to be a very safe and effective medicine compared to what is available from pharmaceutical companies.



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Dr. Bob Goethe is a board certified anesthesiologist, with over 40 years of medical experience who is now semi-retired in Citrus County and chooses to support the medical marijuana initiative because he has seen it's benefits in patients and strongly believes in the cause.



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LOCAL ATTORNEY PATRICK L. SMITH OFFERS FLAT FEE ESTATE PLANNING SERVICES



Estate planning does not need to be an expensive or time-consuming process, according to Attorney Patrick L. Smith. Whereas many attorneys bill their clients by the hour to handle their planning, Attorney Smith offers a complimentary consultation and has instituted a flat-fee system for his services. For example, a basic Will is a flat charge of \$75.00 and a Non-Tax Trust Package is \$695.00. This allows clients to know their costs from the start of planning and to determine their estate planning needs without surprises. Although Attorney Smith primarily practices in estate planning and asset protection, he regularly works to connect his clients with a network of attorneys to provide them with complete, affordable legal advice.

Attorney Smith also works to make legal advice accessible to the central Florida community through his weekly radio show, "Ask An Attorney," answering legal questions on the air from live callers, sharing legal information critical to FL residents, and educating his listeners on various topics.

He also incorporates information from other attorneys, financial advisors, CPAs, and other professionals who join him to answer his listeners' questions. "Ask An Attorney" airs on Gospel 90.3 FM every Saturday at 8am.

In addition to giving legal advice live over the radio, Attorney Smith is known for donating his time and legal services to multiple churches and charitable organizations in the community. Attorney Smith offers free seminars on a wide variety of legal topics for civic groups, clubs and other organizations, to inform them about the law and their legal rights.

Furthermore, Attorney Smith recently announced the publication of the third edition of *The Florida Estate Planning Handbook* through Certa Publishing, giving Florida residents an accessible, easy-to-understand introduction to key estate planning concepts. Adding to Attorney Smith's work is his law partner Attorney Joseph F. Pippen, Jr. who joined him on the third edition.

More information about Attorney Smith can be found at Joseph F. Pippen, Jr. & Associates' website: www.attypip.com. For your free consultation or to have Attorney Smith speak at your event or group, you may reach him at his Fruitland Park office by calling (352) 241-8760.

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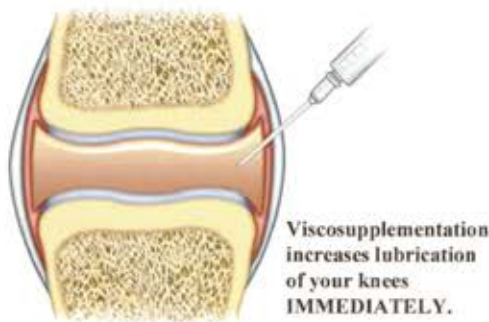
End Knee Arthritis Pain with FDA Approved Joint Injections

If you have never had joint injections before, you may be wondering how this treatment works and whether it can truly make a difference. Below are answers to three of your most frequently asked questions:

How do joint injections work?

Our bodies naturally create a solution to keep our knees and other joints lubricated. Osteoarthritis reduces the ability of this natural lubricant to protect your knees. Consequently, you may experience reduced mobility and increased pain. Our injections use the FDA-approved treatment known as Viscosupplementation. This is a solution comprised of highly purified sodium hyaluronate. In addition, this treatment is covered by most insurances, including Medicare.

When injected into the knee, the Viscosupplementation solution helps to cushion and lubricate the knee joint, nourishing knee cartilage for natural pain management. The solution helps to restore normal function to the joint, including its natural lubrication. Patients experience less pain and are able to enjoy a more active lifestyle.



What are the risks associated with the Viscosupplementation treatment?

The most common side effects are minor, and include mild bruising, swelling or pain at the injection site. In extremely rare cases an allergic reaction may occur, only in those suffering from avian (bird) allergies. A rash, hives, itching and difficulty breathing characterize an allergic reaction. While rare, an allergic reaction requires prompt treatment. The majority of our patients, however, experience little to no side effects from treatment.

When will I feel results?

Though results may vary, most patients feel an immediate reduction in pain and return to normal activities in weeks.

Will my insurance cover this treatment?

Yes, most major insurances and Medicare will pay for this treatment.

Who is a good candidate for this treatment?

Do you wake up with knee pain? Does your knee pain keep you from certain activities? Have you been told you need a knee replacement? Are you active and sometimes suffer from sore knees? Do you take medications for knee pain? Do you have difficulty going up and down stairs? Are you considering surgery to alleviate your knee pain? Have you tried everything to get rid of your knee pain without success?

If you have answered "YES" to any of these questions or if you are experiencing similar symptoms then you are likely ready to experience the relief and healing that Physicians Rehabilitation can offer.

Interested in scheduling an appointment?

You must call right now. The demand for this procedure has been overwhelming. Therefore, we've had to limit the number of "NO-COST, NO-OBLIGATION", knee consultations to the first 17 callers. Call (855) 276-5989 now before someone else gets your spot. Please visit our website: www.PhysicianRehab.com where you can learn more and read even more success stories from people just like you!



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It has been proven that home health care is good medicine and that's why Family Care Givers is committed to providing high quality, consistent and compassionate personal and health care services in the home. Being with family and friends in familiar surroundings has a positive effect on patients recovering from illness or surgery. In fact, studies have proven that patients recuperate more quickly in their home environment.

Below are some of the top reasons why people often choose home health care.

- **Home care is delivered at home.** When we are not feeling well, most of us ask to be at home. We enjoy the sanctity of our residences and the joy of being with our loved ones. When our loved ones are ill we try to get them home and out of the hospital as soon as possible.
- **Home care keeps families together.** This is particularly important in times of illness. The ties of responsibility and caring can be severed by hospitalization.
- **Home care prevents or postpones institutionalization.**
- **Home care promotes healing.** There is scientific evidence that many patients heal faster at home.
- **Home care is safe.** Many risks, such as infection, are eliminated or minimized when care is given at home.
- **Home care allows for the maximum amount of freedom for the individual.** Patients at home remain as engaged with their usual daily activities as their health permits.
- **Home care ensures the patient is taken care of while preserving their dignity and independence.**
- **Home care promotes continuity.** The patient's own physician continues to oversee his or her care.
- **Home care is personalized** and tailored to the needs of each individual. Patients receive one-on-one care and attention.
- **Home care is often less expensive** than other forms of care.
- **Home care is the form of care preferred** by the American public.
- **Home care can prevent re-hospitalization** and decrease the need for urgent care.



We offer senior care from nursing care to house-keeping. Our services range from The Villages to Hamilton County. Family Caregivers, Inc. is a non-profit Private Referral Care Company.

Family Caregivers, Inc. was created to effectively address the ever growing, and complex Private Care industry. In 2001, seeing the need to provide quality care for aging family members, coupled with the challenge of deciding how to best provide support usually from a distance, we organized to provide customer-directed and value-centered services that enhance the quality of life for families dealing with Home Health Care issues.

As a non-profit Nurse Registry our focus is providing you the tools and options to help care for your loved ones whether you are local or from out of state. Our resources include committed Registered Nurses, Licensed Practical Nurses, Certified Nurse Assistants, Home Health Aides and Companions.

When you use our services you are making a lasting difference not only in the life of your loved one but also in the lives of children world wide.

As a nonprofit we are set up to help support Veterans and help feed children in our local community and around the world.

Our consumer-directed model offers the following advantages:

- The cost of service is less.
- It provides consumers greater participation in decisions concerning their care.
- Because we are a Nurse Registry we have a greater number of healthcare providers to choose from.
- We are more generously able to compensate the caregiver and support caregiver entrepreneurship.

Our Vision is to be a premier, value-centered in-home Health Care and Medical Staffing organization recognized for excellent services by enhancing quality of life.

Our Values are:

Excellence, Competence, Integrity, Enthusiasm, Compassion, Creativity, and Professionalism.

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The Fear of the Lord

The phrase, "The fear of the Lord," was one I never liked.

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

Before I was a Christ-follower I thought, "Who would want to be a Christian and serve a god you would have to be afraid of?"

By that time (in my middle teens) I had way too many fears so why would I want to add God to my list? Besides, it seemed to me that those God-fearing people that I was aware of had no fun and they were a somber, sad looking bunch.

They were in church all the time and lived under so many rules that their kids were leaving home to try and find a life with some fun and excitement.

But I did finally come across a few Christ-followers that had smiles on their faces and seem to love and enjoy each other. These were the ones that over time I slowly became friends with and eventually went to their church.

To be honest at first...I didn't like it. But it wasn't because anyone was mean spirited...but because it wasn't like home.

Let me explain...home for me was full of intense negative emotions and not a fun place to be most of the time as a teenager. So any place that was fun or safe was different.

The church was different in a good way. And it took me a while to get used to all the smiling faces and happy people I met...but I really liked it and I wanted this world to be my home. Eventually my new friends came to my home and my family became Christ-followers and my home did become a happy place.

But this "Fear of the Lord" idea didn't sit well with me after I became a Christ-follower either. Before I was a Christ-follower, as I mentioned earlier... "Who would want to be a Christian and serve a god you would have to be afraid of?"

However now as a Christ-follower, I had fallen in love with God. I now knew Him to be the most benevolent and kind being in the Universe. After



praying and accepting His Son Jesus' death as a payment to redeem me for my fallen and hopeless state and now to feel (even 40 years later) His tender and accepting love in my heart...well it changed me. I have never been able to explain exactly what happened, but I knew when it happened as all other Christ-followers do.

Now that I loved God why would I fear Him? It didn't make sense until I understood what the phrase would come to mean to me personally.

Decades ago I work for a national brand restaurant company. I was a project manager traveling from city to city oversee the purchasing of land and construction management. I was quite successful at such a young age.

My wife and I also wanted children and so it was time.

So there I was, I had a great career a beautiful wife, a great church and having kids. I had it all until...I got the call.

Shifts and changes in the market had caused my job to change in such a way that I could no longer have it all. Tough decisions had to be made that changed everything.

One of the most important aspects of our life was our church. We loved our church and only a word from God to move could change that. So I decided to no longer work for the restaurant company and seek local work.

Without realizing it...I was honoring God first. It was a lesson I had learn years earlier about tithing. If I honored God by giving the first ten percent of my income, He was responsible to always take care of my family. God has promises in the Bible about many aspects of our lives and relationship with Him.

So we stayed at our church and within three to four months I got a local job working with some really great people. Was that just plain luck because I was a nice guy?

I don't believe that for moment.

As I mentioned, the Bible is filled with promises for those who love and honor God with their whole life, but here are a few I'd like to leave with you from Psalms 128 (new living translation).

*Blessed are all who fear the Lord.
Blessings and prosperity will be yours.
Your wife will be like a fruitful vine
within your house.
Your children will be like olive shoots
around your table.
May you live to see your children's children.*

It's one thing to love God with your mind and emotions...but "it gets real," when we honor God with our money and life's major decisions.

*To your spiritual health,
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