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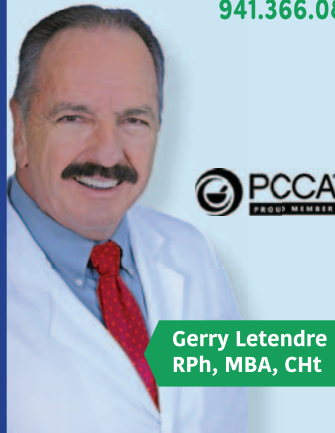
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Welcome to the Herald-Tribune's 2021-2022 Physician Guide.

Selecting a medical or healthcare provider is one of the most important decisions you can make to ensure you and your family's wellbeing.

It's reassuring to know that readers in Sarasota, Manatee and Charlotte Counties have been turning to this trusted publication for more than 30 years to access up-to-date information about medical doctors (listed by specialty), hospitals, clinics and other health and wellness practitioners. For your convenience you can find a searchable version, with new descriptions and links, online at HeraldTribune.com/PhysicianGuide.

Doctor/Patient Communication

Whether you're looking for a new general practitioner, or need to find a specialist, experts agree that effective doctor-patient communication is a central factor in assuring best outcomes. Patients who maintain a good relationship with their physicians are more satisfied with the care they receive and are better able to manage their medical problems, according to research from the National Institutes of Health (NIH).

The NIH research showed that when patients trust their medical professionals, they are more likely to share information about their conditions, which leads to a more accurate diagnosis. They are also more likely to take their medications and follow the physician's advice.

Choosing the right doctor – especially one with whom you feel comfortable – isn't always easy. To help, you will find ten decision-making tips strategically placed throughout this issue of Physician Guide.

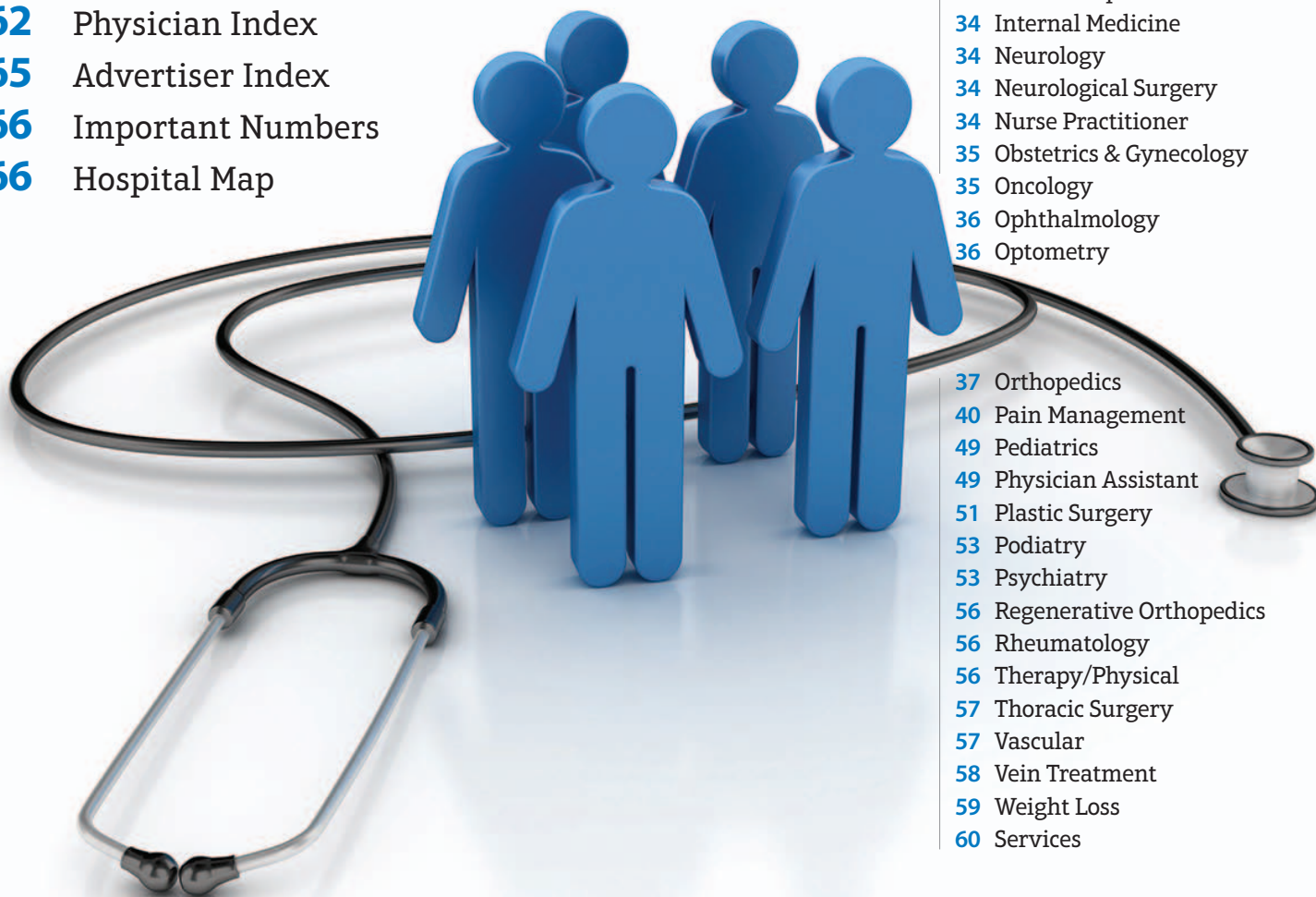
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Herald Tribune Physician Guide

contents

- 12** Covid-19 and Your Heart
- 16** 4 Tips to Manage Arthritis
- 24** Advances in Plastic Surgery
- 26** Beyond Endoscopy
- 32** Breast Cancer Awareness
- 42** Don't Delay Preventative Healthcare
- 48** Our Area Hospitals
- 52** About Cosmetic Dermatology
- 62** Physician Index
- 65** Advertiser Index
- 66** Important Numbers
- 66** Hospital Map

- 9** Addiction Medicine
- 9** Anti-Aging
- 9** Cardiology
- 17** Chiropractic
- 17** Cosmetic Surgery
- 19** Dentistry
- 20** Dermatology & Skin Care
- 24** Ear, Nose & Throat
- 25** Family Medicine
- 28** Gastroenterology
- 30** General Surgery
- 31** Geriatrics
- 31** Hair Transplant & Restoration
- 34** Internal Medicine
- 34** Neurology
- 34** Neurological Surgery
- 34** Nurse Practitioner
- 35** Obstetrics & Gynecology
- 35** Oncology
- 36** Ophthalmology
- 36** Optometry
- 37** Orthopedics
- 40** Pain Management
- 49** Pediatrics
- 49** Physician Assistant
- 51** Plastic Surgery
- 53** Podiatry
- 53** Psychiatry
- 56** Regenerative Orthopedics
- 56** Rheumatology
- 56** Therapy/Physical
- 57** Thoracic Surgery
- 57** Vascular
- 58** Vein Treatment
- 59** Weight Loss
- 60** Services





COVID-19 & Your Heart

LONG TERM IMPACT IS BOTH DIRECT AND INDIRECT

More people in the U.S. continue to die of heart disease and stroke than any other cause, despite, and likely even due to the impact of the COVID-19 pandemic, according to new provisional data released July 2021 by the U.S. Centers for Disease Control and Prevention.

That trend is likely to continue for years to come as the long-term impact of the novel coronavirus will directly affect cardiovascular health, according to the American Heart Association (heart.org), the leading global volunteer organization dedicated to fighting heart disease and stroke for all.



AHA PRESIDENT DONALD M. LLOYD-JONES, M.D., SC.M., FAHA

COVID-19 has taken a huge toll worldwide and is now officially ranked as the third leading cause of death in the U.S. according to the July report from the CDC. However, the influence of COVID-19 will directly and indirectly impact rates of cardiovascular disease prevalence and deaths for years to come, said Donald M. Lloyd-Jones, M.D., Sc.M., FAHA, president

of the American Heart Association.

“Research shows that COVID-19 can cause heart and vascular damage directly. But the indirect effects of the pandemic can also affect overall cardiovascular health because most heart disease and stroke deaths are preventable with appropriate medical treatment and healthy lifestyle behaviors,” said Lloyd-Jones, an epidemiologist and chair of the department of preventive medicine at Northwestern University Feinberg School of Medicine in Chicago. “We’d made tremendous progress in those areas over the last two decades but have seen much of that progress go out the window since COVID-19 hit.”

PREVENTION TIPS

Unhealthy eating habits, increased consumption of alcohol, lack of physical activity and the mental toll of quarantine isolation, and even fear of contracting the virus in health care settings, all can adversely impact a person’s cardiovascular risk, he emphasized.

Unhealthy lifestyle behaviors: During extended periods of quarantine, many people developed or returned to behaviors that



can elevate risk for heart disease including poor eating habits and lower quality diets, increased alcohol consumption, changes in work/sleep habits, and lack of regular exercise. The mental stress of social isolation and excessive sedentary screen time could also contribute to heart disease and stroke risk.

Missed medical visits: Many patients postponed regular doctor visits for the management of their chronic conditions such as hypertension, coronary heart disease, diabetes, and high cholesterol. That resulted in an epidemic of poorly controlled conditions that can increase the risk of heart attack or stroke, and could persist for years to come if not brought back under control.

Fear of hospitals: Data from the American Heart Association show that many individuals experienced a heart attack or stroke during the pandemic and did not seek urgent care out of fear of contracting COVID-19 in a hospital setting. Unfortunately, many people may have experienced heart or brain damage with lasting consequences, or even death, which could likely have been avoided with prompt treatment.

Heart-related risks for COVID-19 patients: Although studies of the impact of COVID-19 on pre-existing medical conditions are ongoing, the data show that individuals with cardiovascular conditions such as high blood pressure, obesity and diabetes are at increased risk for complications – including prolonged hospitalization and death – if they

become ill with COVID-19. It's important for every eligible person to get the COVID-19 vaccine.

"Even as we thought the worst may be over, we're again seeing increased numbers of people getting COVID-19 across the country in this fourth wave related to the Delta variant," said Lloyd-Jones. That's why the American Heart Association is urging everyone who is eligible to get vaccinated, he said, because "it's the only way to prevent or lessen the severity of this disease."

While Lloyd-Jones noted that information and data on the impact of Covid-19 is ongoing and subject to change, he emphasized the importance of the above strategies for preventing heart disease and stroke no matter what.

"Our messages for preventing heart disease and stroke and their risk factors have never been more important. Watch your diet, get up and move more, get the sleep your body needs, and please see your doctor to make sure you're managing any chronic conditions such as high blood pressure or diabetes. We'll need to watch and address these trends as the full ramifications are yet to come."

Visit [heart.org/pandemic](https://www.heart.org/pandemic) for information on how you can protect you and your family's heart health.

SOURCE: AMERICAN HEART ASSOCIATION

4

Tips to Manage Arthritis

Arthritis joint pain is a daily reality for millions of people in the United States. For some, this pain is temporary due to an injury, but for others, it can be a persistent and even debilitating symptom of arthritis.

Osteoarthritis is the most common form of arthritis, according to the Centers for Disease Control and Prevention, affecting more than 30 million adults in the United States. About one in four adults report experiencing severe joint pain related to arthritis, and nearly half of adults with arthritis experience persistent pain.

Whether your arthritis pain is temporary or ongoing, it's important to take steps to alleviate discomfort. We may not realize how much joy comes from the simplest everyday movements, until pain gets in the way. Here are four simple tips that may help lessen your arthritis joint pain so you can feel better and keep moving.

- 1 Use Hot and Cold Therapy.** Applying hot and cold compresses to your joints can help provide some much-needed relief. When joints feel stiff, use heat to help them relax and feel more agile. A morning bath or shower can make a world of difference for



stiff joints after sleeping. For joint pain that involves swelling and inflammation, look to incorporate cold therapy into your routine. For instance, if your knee is sore and looks puffy, apply a cold compress or bag of frozen veggies wrapped in a towel.

2 Move Your Body. If you have arthritis symptoms, including wrist, hand or knee pain, the idea of getting up and exercising may seem counterintuitive. However, thoughtfully moving your body helps increase blood flow to joints and stretches muscles and ligaments, which can provide some relief. Regular movement helps increase flexibility while also building muscle, which is important for the health of the joints.

3 Use Over-The-Counter Medicines. There are many kinds of pills for pain relief, but why not try something different? Voltaren Arthritis Pain (voltarengel.com) is a full prescription-strength topical nonsteroidal anti-inflammatory (NSAID) gel available over the counter for the treatment of arthritis pain in adults in the hand, wrist, elbow, foot, ankle, or knee. According to the Arthritis Foundation (arthritis.org), Voltaren “targets pain directly at the source to deliver clinically proven nonsteroidal anti-inflammatory medicine with a proven safety profile.”

4 Add Glucosamine and Omega-3s to Your Diet. Fish oil has been studied for dozens of inflammatory and autoimmune disorders, according to the Arthritis Foundation. You can get omega-3s by taking a high-quality fish oil supplement that has at least 30 percent EPA and DHA (both types of omega-3s). Taking up to 2.6 grams EPA/DHA twice a day may help relieve osteoarthritis pain.

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ARTHRITIS INFORMATION RESOURCES

- arthritis.org/health-wellness/treatment/complementary-therapies/supplements-and-vitamins/supplement-and-herb-guide-for-arthritis-symptoms
- cdc.gov/arthritis/basics/osteoarthritis.htm
- cdc.gov/arthritis/pain/index.htm



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Time-Sensitive Dental Conditions

TOOTH PAIN IS NOTHING TO SMILE ABOUT

Tooth pain. Bleeding gums. Swelling of the mouth. These are all symptoms of dental health problems that need immediate attention. Discomfort aside, uncovering the reason for those symptoms, and providing treatment as soon as possible, is critical to overall health, according to Davis & Beyer Dental Health Professionals (venicedentist.com).

It's important to know that patient safety is a top priority at Davis & Beyer. "We would like to reassure our patients and community that we attempt to do our very best to provide a safe environment for our patients to be seen for all comprehensive and emergency dental procedures," said practice partners Charles H. Davis, D.D.S. and Brent C. Beyer, D.D.S.

Examples of time-sensitive dental conditions are as follows:

PAINFUL TOOTHACHES – Tooth pain can be a sign of a number of different conditions, like tooth decay, an infection or something else. Getting expert dental care can both reduce the pain and help prevent the problem from progressing.

MOUTH OR FACE SWELLING – Swelling can be a sign of infection or another problem that should be taken care of quickly. Especially if you're not sure of the cause, it's important to get mouth or face swelling diagnosed to determine what kind of care you need.

TEETH OR FACE INJURIES – Although you may not see a broken tooth or an obvious problem after a facial injury, there may be issues that only an X-ray or comprehensive dental exam can determine. Getting care quickly can help you receive the right care for your injury, including cosmetic repairs so you can look and feel your best.

BROKEN OR LOST FILLINGS – Fillings are used to repair your teeth after decay has

been removed. But in some cases, a filling can crack or fall out. If this happens, it's important to see your dentist soon to prevent further damage and possible infection.

BROKEN TEETH – A broken or knocked-out tooth not only is painful but also can cause problems with function and appearance. If you have a tooth that has fractured or been lost because of injury, see a dentist as soon as possible for repair options and pain relief.

BLEEDING OR SWOLLEN GUMS – You may notice your gums bleed, have gotten bigger, or are very red or are extra sensitive. These can be signs of gum disease or other medical issues. Talking with your dentist about your symptoms can help determine the right diagnosis and what kind of treatment would be most effective.

GUM DISEASE CARE – When you have more serious, long-term gum problems, you may be diagnosed with gingivitis or periodontitis, infections of the gums and surrounding tissues and bones. Especially if you have diabetes or a weakened immune system, seeing your dentist regularly to manage and treat your gum disease can help prevent other medical issues and complications.

SEVERE PAIN WHERE YOU CAN'T EAT OR SLEEP –

If your tooth or mouth pain makes it hard to perform even basic daily tasks, you may have a dental emergency. Please see your dentist as soon as you can.



CHARLES H. DAVIS, D.D.S. (ABOVE) AND BRENT C. BEYER, D.D.S. (BELOW)



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MEDICAL SCHOOL: Grant Medical College, Mumbai



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Sarasota Plastic Surgery Center is one of the oldest, most qualified medical practices in our area. With more than three decades of experience, its surgeon partners – Dr. David Mobley, Dr. Scott Engel, and Dr. Brian Derby – have witnessed countless advancements in the world of cosmetic surgery technologies and procedures. They fall into three major categories, said Dr. Engle.

FACIAL SURGERY: The discovery of Botox for non-surgical rejuvenation and fat grafting to the face. The understanding of loss of facial volume in aging has given us the opportunity to achieve more natural results. As we age, we lose volume in our face. Fat grafting (transferring fat from the body to the face) gives a more natural result.

BREAST SURGERY: The technology of implants – how they are made, and the techniques of how they are inserted. “We now only use cohesive silicone implants because they feel more natural and have fewer concerns for rupture. We use implant funnels or sleeves to place the implants for better sterility. We use 3D imaging now to give patients a better idea of what their results will look like. We also use fat grafting to the breasts for the appropriate patients to improve our results and give a natural appearance.

Body Surgery: For the body, contouring has evolved with better sculpting techniques with liposuction, and fat grafting to the buttocks.



Beyond

Did you know that if you suffer from Gastroesophageal Reflux Disease (GERD) you have a 10-15 percent risk of developing a condition called Barrett's esophagus, which could lead to esophageal cancer?

Barrett's esophagus is when the lining of the esophagus changes and becomes more like the lining of the small intestine rather than the esophagus. This occurs in the area where the esophagus is joined to the stomach, according to the American Society for Gastrointestinal Endoscopy (ASGE).

Barrett's esophagus is believed to be the result of chronic inflammation resulting from GERD, so it's more common in people who have had GERD for a long period of time or who developed it at a young age. "It is interesting that the frequency or the intensity of GERD symptoms, such as heartburn, does not affect the likelihood that someone will develop Barrett's esophagus," the ASGE noted.

While most patients with Barrett's esophagus will not develop cancer, some patients may develop a precancerous change in the tissue, called dysplasia. That precancerous change is more likely to develop into esophageal cancer, explained Dr. Scott Corbett, a Gastroenterologist and Director of the Barrett's Esophagus Institute at Florida Digestive Health Specialists (FDHS.com).

NEW, ADVANCED TEST AT FDHS

Not too long ago a diagnosis of Barrett's esophagus could only be made by using endoscopy to detect a change in the lining of the esophagus and then confirming it through a biopsy of the tissue. But not anymore. Florida Digestive Health Specialists – a Florida-wide gastroenterology network with multiple offices in Sarasota, Bradenton & Lakewood Ranch

Endoscopy

– is the first in the state to offer a more advanced test called EsoCheck®.

Developed by Lucid Diagnostics, the EsoCheck device collects cells from the lower esophagus without the need for endoscopy. The sampled cells can then be analyzed for DNA changes indicative of Barrett's esophagus and esophageal cancer using a first-of-its-kind genomic test known as EsoGuard®.

"Most patients at risk for esophageal adenocarcinoma never or rarely get symptoms," said Dr. Corbett. "This technology gives us an opportunity to find many of the 94-95 percent of patients who are at risk for developing esophageal cancer but don't know it."

Here's how it works: During a simple, in-office procedure, the patient swallows the vitamin-sized EsoCheck device, which contains a small inflatable balloon

attached to a thin catheter. The balloon is then inflated and gently pulled back, swabbing the target area for a sample of cells, which are tested for biomarkers that have been shown to be highly accurate in detecting Barrett's esophagus, the primary precursor to the most common and deadly form of esophageal cancer.

ABOUT ESOPHAGEAL CANCER

There are two main types of esophageal cancer: adenocarcinoma and squamous cell cancer. According to ASGE, the former (adenocarcinoma) more commonly occurs in Caucasian males with increased body weight; is associated with GERD; and is increasing in frequency in the United States.

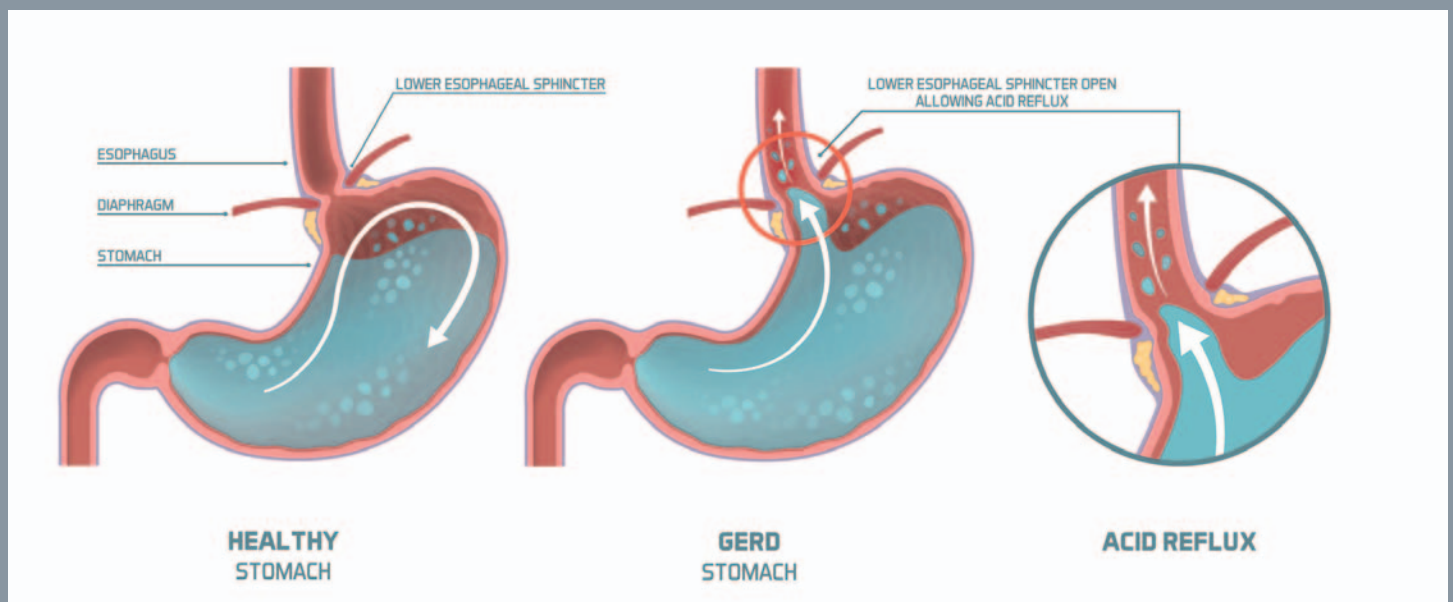
The latter (squamous), generally occurs in individuals who smoke cigarettes, use tobacco products and drink alcohol. African Americans are at increased risk of

developing this type of cancer, and it is common in many Asian areas.

ABOUT GERD

GERD occurs when the esophagus becomes irritated or inflamed by stomach contents like acid. The acid backs up in the esophagus and causes reflux. The most common symptom of reflux is heartburn, a condition that 20 percent of American adults experience at least twice a week.

"Barrett's esophagus is two to three times more likely to become cancerous than a pre-cancerous colon polyp that is not removed. Patients often don't realize the threat this disease presents," explained Corbett. Now that "watching Barrett's esophagus through endoscopic surveillance is no longer our only option, people don't need to die from this disease," he said.





Breast Cancer Awareness

RISK FACTORS & WARNING SIGNS

That little pink ribbon. We've all seen it every year in October, and most people are aware that it's associated with Breast Cancer Awareness Month. But not everyone knows (or remembers) that breast cancer awareness started in 1985 as a week-long event. The pink ribbon didn't debut until 1992.

Breast Cancer Awareness Month is primarily about educating women (and men) about risk factors and early detection tests – empowering them to take charge of their breast health. It's also a time to acknowledge those whose lives have been affected by breast cancer.

Risk Factor #1: Being Female

Just being a woman is the greatest breast cancer risk factor: the disease is 100 times more common in women than men. U.S. statistics for 2021 estimates new cases of invasive breast cancer for women at 266,120 and approximately 2,550 cases of breast cancer will be diagnosed in men.

Risk Factor #2: Lifestyles

Certain habits, behaviors or lifestyle choices can increase the risk of breast cancer. That includes:

Alcohol consumption: Researchers have uncovered links between the consumption of alcoholic beverages and hormone-receptor-positive breast cancer. One study found that women who consume three alcoholic beverages per week have a 15 percent higher risk of developing breast cancer than women who don't drink at all.

Sedentary lifestyle: Exercise consumes and controls blood sugar and limits blood levels of insulin growth factor. That's an important connection, as insulin growth factor can affect how breast cells grow and behave. A sedentary lifestyle also can increase a woman's risk of being obese, which, according to the American Breast Cancer Foundation (ABCF), is a risk factor for breast cancer among postmenopausal women.

Smoking: Smoking has long been linked to cancer, and

EARLY WARNING SIGNS

Learning to identify all the early warning signs of the disease can help save lives – because not all are experienced the same way or by everyone. According to the nonprofit advocacy organization Susan G. Komen, the most common signs are:

- A change in the look or feel of the breast
- A change in the look or feel of the nipple
- Nipple discharge
- A lump, hard knot or thickening inside of the breast or underarm area
- A change in the size or shape of the breast
- Swelling, warmth, redness or darkening of the breast

- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of the nipple or other parts of the breast

While many breast irregularities are not cancerous, if you experience any of these warning signs make an appointment with a physician. Your visit will typically start with a physical exam, followed by radiologic tests such as ultrasound, mammography, and maybe a MRI, said Florida Surgical Clinic. Depending on all the results, the mass can be totally excised or biopsied with a small needle. Only pathology can tell if a mass is cancerous or not, although radiographic findings are often suggestive.

breastcancer.org noted that smoking has been linked to a higher risk of breast cancer in younger, premenopausal women.

Risk Factor #3: Genetics

While genetic risk remains a concern for many women, less than 15 percent of all breast cancer is related to known genetic factors such as BRCA 1 or 2, according to Florida Surgical Clinic (FSC), Bradenton. However, FSC stressed that all patients should tell their physicians about any breast cancer, or other types of cancer that run in the family.

Recognizing risk factors can help women make necessary changes and even highlight the importance of routine cancer screenings that can detect the presence of the disease in its earliest, most treatable stages.

Typically, in patients with a strong family history, the first mammogram should be performed ten years prior to the diagnosis of the affected family member. According to the American Cancer Society (ACS), patients with a

normal risk for breast cancer should have their first yearly mammogram at age 40. However, all women should have their first mammogram no older than 45. Again, timing is based on an individual's preference, values, and risk.

Partner with your Cancer Specialist

If you do receive a cancer diagnosis, the physicians at Florida Cancer Specialists and Research Institute will be on your 'journey' with you. No one plans for a cancer diagnosis so having an experienced and caring doctor is a must.

Florida Cancer Specialists cares for patients at 10 locations in Sarasota, Lakewood Ranch, Bradenton, North Port, Port Charlotte, Venice, and Englewood locations. Its doctors and nurses provide personalized, targeted treatment and clinical expertise to give patients peace of mind – during Breast Cancer Awareness Month – and every other month, every step of the way.

Sources: Florida Cancer Specialists (flcancer.com); Florida Surgical Clinic (floridasurgicalclinic.com); Metro Creative

Get Back on Track

Older Adults: Don't Delay Preventive E

Many older adults have been delaying preventive healthcare during the pandemic because of the fear of visiting the doctor's office. As more people get vaccinated for COVID-19, now may be a good time to make up for gaps in care, according to Dr. Gina Conflitti, MD, MBA, FACP, chief medical officer for Medicare Advantage at Cigna ([cigna.com/medicare](https://www.cigna.com/medicare)).

"Delaying preventive care can catch up with us, especially as we get older," said Dr. Conflitti. "As people age, preventive care becomes increasingly important in helping prevent or manage chronic conditions. Doctors' offices have nationally accepted, evidence-based COVID-19 safety protocols in place and many preventive services are covered by Medicare or Medicare Advantage at no extra cost when visiting a participating or in-network provider."

Each person's doctor should determine the right services based on age, gender, medical history, and health status. Among those to consider are:

Annual Wellness Visit.

Covered by Medicare, this is a great way to develop a personalized annual care plan. Among other things, the doctor will ask the patient to fill out a health risk assessment to help determine the services likely needed in the year ahead. The doctor will assess how the patient is feeling physically and emotionally, since mental health often

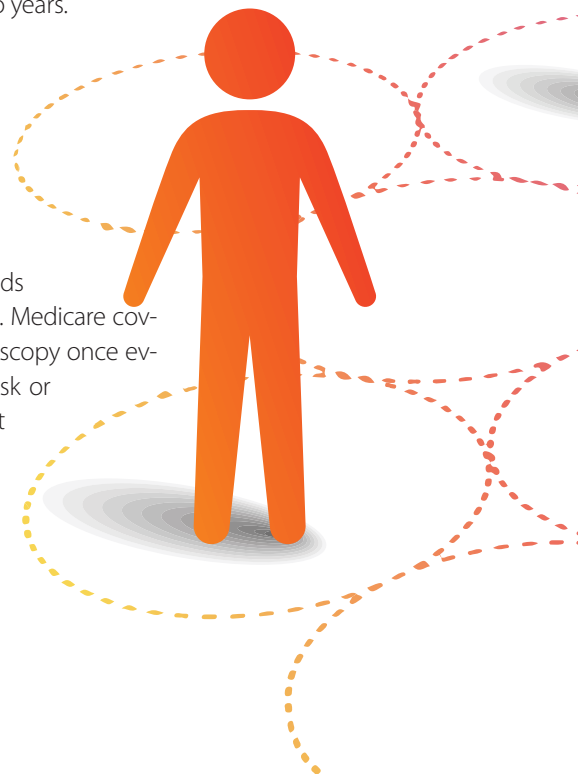
impacts physical health. It's important for the patient to be open about their feelings, current condition, and medical history.

Mammogram.

Breast cancer is the second leading cause of cancer death in women in the United States, according to the Centers for Disease Control and Prevention. Every woman is at risk, but risk increases with age. Fortunately, breast cancer is often treated successfully when found early. The U.S. Preventive Services Task Force (USPSTF) recommends women aged 50-74, and at average risk, get a mammogram every two years.

Colorectal Screening.

Like breast cancer, colorectal cancer risk increases with age. Screening tests can find precancerous polyps early so they can be removed before they turn into cancer. The USPSTF recommends screening for adults ages 45 to 75. Medicare covers the cost of a screening colonoscopy once every two years for those at high risk or once every 10 years for those at lower risk. Though colonoscopy is the most comprehensive test, providers can help determine the best option for individuals.



e Healthcare

Bone Density Scan.

USPSTF recommends women aged 65 and older be routinely screened for osteoporosis, a disease in which bones become weak and brittle. According to the agency, routine screening should begin at 60 for women at increased risk. Screening may facilitate treatment that helps prevent fractures.

Eye Exam.

A routine eye exam is important to identify early signs of eye disease that are more likely as people age. People with diabetes are particularly prone to retinopathy, which leads to vision loss, and it's recommended they have annual retinal screening exams.

Vaccinations.

While the COVID-19 vaccine is certainly a top priority, especially for older adults, there are other important vaccines, including flu, pneumonia and shingles. Patients should ask their doctors about current recommendations as autumn approaches and risk potentially increases.

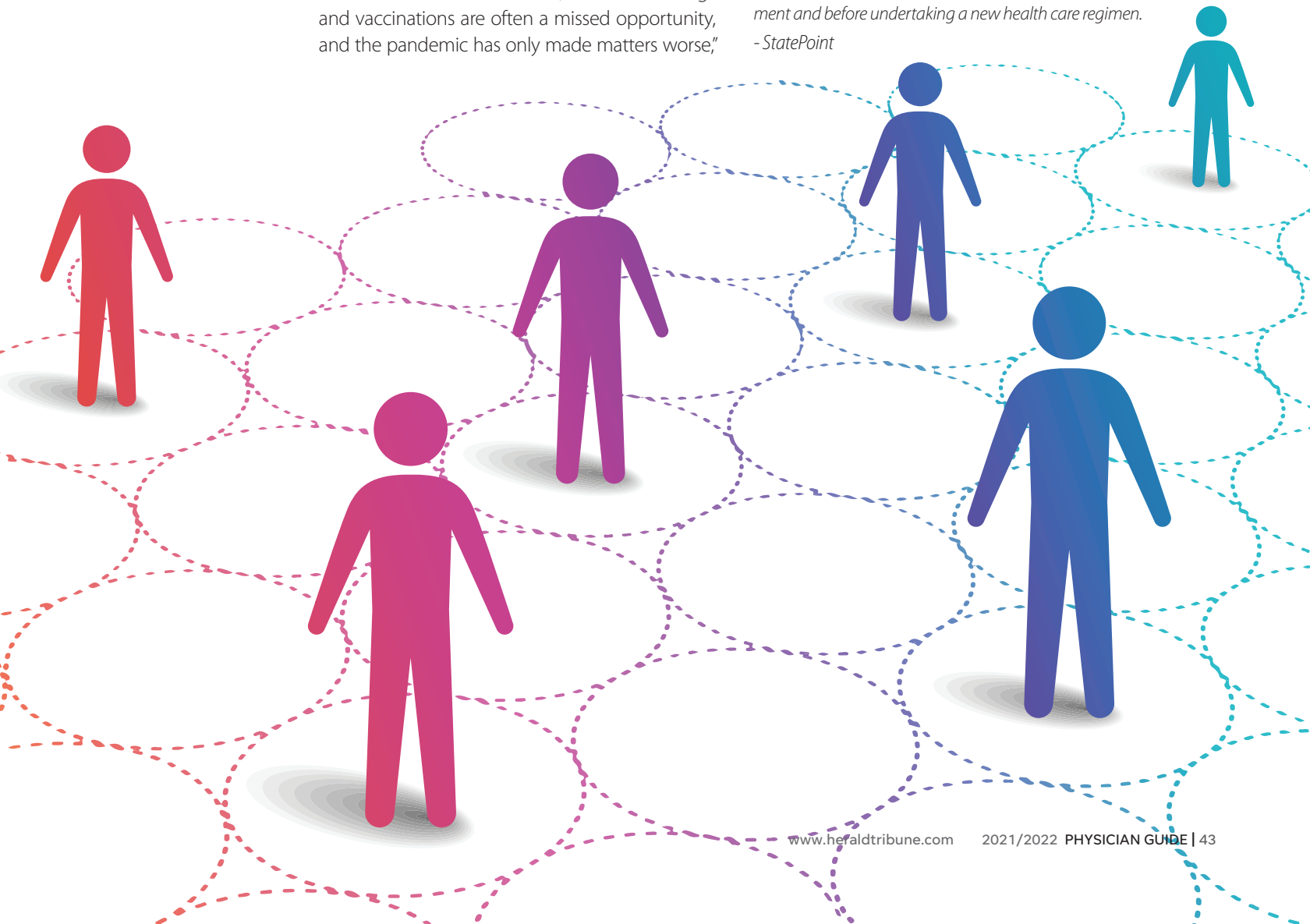
"Even in the best of times, health screenings and vaccinations are often a missed opportunity, and the pandemic has only made matters worse,"



said Conflitti. "But with these services, individuals can take control of their health in partnership with their doctors. As the old adage goes, an ounce of prevention is worth a pound of cure."

NOTE: The information contained in this article is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen.

-StatePoint



OUR AREA HOSPITALS

LEAPFROG GROUP: SAFETY

Three area hospitals earned A grades in the most recent Leapfrog Group survey on hospital safety grades. They are Doctors Hospital of Sarasota, Venice Regional Bayfront Health, and Sarasota Memorial Hospital (SMH).

SMH has earned straight A's since it began participating in Leapfrog's hospital safety survey in 2016. "We have always placed the utmost importance on the safety of our patients and staff," said president and CEO David Verinder.

This year marked the 13th straight A grade For Doctors Hospital and the second for Venice Regional Bayfront Health. "We are pleased to have earned the A grade we achieved last fall," said Kelly Enriquez, Venice Regional CEO. "Our physicians and employees work diligently to provide high quality, safe care for our patients."



SARASOTA MEMORIAL HOSPITAL CEO DAVID VERINDER.

COURTESY PHOTOS



HIGH RANKINGS

No one wants to have to go to the hospital. But, if needed, it's good to know that our area hospitals consistently receive high rankings from reputable independent sources.

U.S. News & World Report: Performance

Sarasota Memorial Hospital achieved the #1 spot for Sarasota-Manatee in U.S. News World Report's Best Regional Hospitals 2021-2022 rankings. In addition, Blake Medical Center, Doctors Hospital of Sarasota, Manatee Memorial Hospital and Venice Regional Bayfront Hospital all achieved high performance ratings in various specialty areas including Cardiac ICU and Medical Surgical ICU.



HOSPITAL NEWS

Area hospitals are always seeking to improve patient care – whether through innovative technology or by making organizational changes.

Manatee Healthcare's New Diagnostic Tech

Three cardiologists, on staff at both hospitals, are fully trained to use HeartFlow, which is a personalized cardiac test provides that provides unprecedented visualization of each patient's coronary arteries, enabling physicians to create more effective treatment plans for their patients.

DOCTORS HOSPITAL JOINS HCA FLORIDA HEALTHCARE

Doctors Hospital is assuming the HCA Florida Healthcare brand as part of a HCA statewide transformation that unites 49 hospital campuses, 350+ care sites, nearly 11,000 active and affiliated physicians, and more than 77,000 colleagues across Florida.



"A strong, statewide brand helps to create a cohesive experience for our patients, physicians and communities," said Chuck Hall, national group president at HCA Healthcare. The new branding ushers in an updated look, "but our organization's mission and commitment to the communities we serve will not change," Hall added.

HOSPITAL RENOVATIONS

As our community's need for healthcare increases, area hospitals expand to meet the challenge through renovation and new building construction.

MATERNITY CARE AT LAKEWOOD RANCH MEDICAL CENTER

Lakewood Ranch Medical Center (LWRMC) recently completed a \$3 million project aimed at providing more comfort and personalized care to maternity patients. The renovations complement LWRMC's innovative birth designer program, which focuses on patient-centered care and patient empowerment.



The Women's Center at LWRMC now boasts 14 spacious labor, delivery, and postpartum rooms designed with a "spa-like" feel. Best of all, "patients don't have to move rooms after the birth of their baby," said Christine Coney, RNC, BSN, CLC, Birth Designer and Clinical Program Coordinator at LWRMC. That means mom and baby can bond in one space for their entire stay.



COURTESY PHOTO

SMH VENICE ON TRACK FOR 2021

Construction of the new Laurel Road hospital for Sarasota Memorial Health Care System is slated to open toward the end of 2021 – right on schedule. When finished the facility will offer a full array of medical and surgical care.

"It's exciting now that the hospital is taking shape," said Sarasota Memorial Hospital-Venice President Sharon Roush. "You can really visualize it as a place that's going to provide great patient care."

BLAKE MEDICAL CENTER EXPANSION

Blake Medical Center (Level II Trauma Center) has launched a renovation project that will add much-needed capacity to the hospital. Highlights of the project include increasing the first-floor surgery area by 12,800 square feet; significantly adding operative suite capability; and creating twelve new intensive care units.

"This project will provide us with expanded and improved space to continue to meet the healthcare needs of our growing community and the broader regions we serve, while also improving the patient experience," said Blake Medical Center's President and CEO, Randy Currin.



PEDIATRICS

Barbara Fleener, MD

Pediatrics

BOARD CERTIFICATION: American Board of Pediatrics

MEDICAL SCHOOL: Ponce School of Medicine, Puerto Rico
RESIDENCY: Washington University, St. Louis, MO

3920 Bee Ridge Road, Bldg. A, Suite C, Sarasota, FL 34233
941-923-3667

www.sarasotakidsdocs.com



PEDIATRICS

Carola Fleener, MD

Pediatrics - Visitors Welcome

BOARD CERTIFICATION: Board of Certification in Family Medicine (American Board of Physician Specialties)

MEDICAL SCHOOL: University of Carabobo, Venezuela

3920 Bee Ridge Road, Bldg. A, Suite C, Sarasota, FL 34222
941-923-3667

4764 East State Road 64, Bradenton, FL 34208
941-343-0609

www.sarasotakidsdocs.com



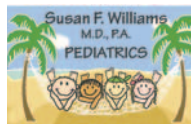
PEDIATRICS

Susan F. Williams, MD PA

Pediatrics

BOARD CERTIFICATION: American Board of Pediatrics

MEDICAL SCHOOL: University of Florida



17928 Toledo Blade Boulevard, Port Charlotte, FL 33948
941-743-7337



PHYSICIAN ASSISTANT

Kristin Jochum, PA-C

General & Surgical Dermatology

BOARD CERTIFICATION: National Commission on Certification of Physician Assistants

MEDICAL SCHOOL: University of Florida College of Medicine - Physician Assistant Program

8926 77th Terrace East, Suite 101, Bradenton, FL 34202
941-907-0222

www.arsenaultdermatology.com





About Cosmetic Dermatology

THE RISE OF “TWEAKMENTS”

Whether you are new to cosmetic dermatology or not, you're probably aware of the growing world of aesthetic “tweakments” – procedures that require minimal recovery time while still providing noticeable results.

Overall, tweakments fall into two main categories:

NON-INVASIVE: Procedures that are performed on the outside of the body and don't break the skin, such as chemical peels and lasers.

MINIMALLY INVASIVE: Treatments that temporarily break the skin such as dermal fillers, BOTOX and microneedling.

If you are wondering about the right tweakment for you, it's probably time to talk to a trusted dermatologist.

AREA EXPERTS

A consultation with Dr. Heidi Anderson, MD, of Dermatology of Sarasota (DOCS) may start with a full-body scan for skin cancer, as she is very serious about the medical side of her practice. Then, when the conversation turns aesthetic, she considers all angles.

“We have a motto, ‘For your Skin and For Your Wellbeing,’” explained practice owner, Dr. Anderson. The wellbeing part includes considerations about nutrition and cellular function in addition to aesthetic services. “Wellbeing is also about how you see yourself,” she added.

At University Park Dermatology & Medical Spa, Dr. David S. Sax, MD, is dedicated to delivering “quality skin care that improves your health and your overall outlook.” In addition to providing medical dermatology services, the practice offers a full range of today's cosmetic dermatology options including CoolSculpting, Botox®, fillers, laser hair removal and scar and acne scar treatment.

With two locations in Lakewood Ranch and two in Bradenton, Arsenault Dermatology provides medical and pediatric dermatology services, cosmetic dermatology, and more across its four Manatee and Lakewood Ranch locations. “We feel everyone deserves a lifetime of healthy skin,” said founder Dr. Emily Arsenault, MD. “Our approach to healthcare is simple ... we're your partner. Every member of our team is trained to listen carefully to you and work together to achieve your skin care goals,” she added.

Luminary Medical Group's flagship location in Bradenton is under the guidance of Dr. Cary Dunn, MD. “We are here to help you live better, whether that means caring for your skin, elevating your look, or supporting your health and wellness goals now and in the future,” said Dr. Dunn. The practice also operates Luminary's Medical Spa, which is staffed with PAs, nurse practitioners, licensed estheticians, and board-certified dermatologists.

Your Vascular

The body's vascular system is comprised of an intricate network of arteries and veins. Arteries bring oxygen-rich blood from the heart to every inch of the body; veins return the blood back to the heart and lungs for more oxygen.

Vascular disease occurs when there is a problem, or blockage, within this network. It includes any condition that affects the circulatory system – from diseases of the arteries, veins and lymph vessels to blood disorders that affect circulation.

If left undiagnosed and untreated, vascular disease can be serious, and even life-threatening. Some types include:

ANEURYSM: a bulge or “ballooning” in the wall of an artery.

ATHEROSCLEROSIS: a disease in

which plaque builds up inside your arteries. Plaque is made up of fat, cholesterol, calcium, and other substances found in the blood.

BLOOD CLOTS: including deep vein thrombosis and pulmonary embolism.

CORONARY ARTERY DISEASE and carotid artery disease, diseases that involve the narrowing or blockage of an artery. The cause is usually a buildup of plaque.

RAYNAUD'S DISEASE: a disorder that causes the blood vessels to narrow when you are cold or feeling stressed.

STROKE: a serious condition that happens when blood flow to your brain stops.

VARICOSE VEINS: swollen, twisted veins that you can see just under the skin.

VASCULITIS: inflammation of the blood vessels.

CAUSES & RISK

Both the causes and the risk of vascular disease depends on the specific disorder. Causes include genetics; heart diseases such as high cholesterol and high blood pressure; infection; injury; and medicines, including hormones. Sometimes the cause remains unknown.

Some of the more common risk factors include: age – your risk of some diseases goes up as you get older; conditions that affect the heart and blood vessels, such as diabetes or high cholesterol; family history of vascular or heart diseases; infection or injury that damages your veins; lack of exercise; obesity; pregnancy; sitting or standing still for long periods of time; and smoking.

Health

ABOUT VASCULAR DISEASE & CHOOSING A SURGEON

CHOOSING YOUR VASCULAR SURGEON

With each heartbeat, healthy arteries and veins are literally what keep you alive, so choosing the right vascular surgeon is of critical importance. Here are five things to consider when choosing a vascular surgeon.

BOARD CERTIFICATION: Vascular surgeons train in this specialty for five to seven years after medical school. Board certified vascular surgeons can treat any vascular condition with any treatment – medication, minimally invasive endovascular surgery, or open surgery. Find board-certified vascular surgeons at vascular.org/find-specialist or the Vascular Surgery Board of the American Board of Surgery at certificationmatters.org.

SPECIFIC EXPERIENCE: The surgeon's experiences performing the procedure you need matters. Some surgeons perform a wide range of surgeries while others specialize in specific procedures, perfecting their skills in a narrow area over many years. Be sure to ask specific questions such as: How many procedures of this type have you performed, and what were the outcomes?

RECOMMENDATIONS AND REFERENCES: The best surgeons will have a great reputation both in the medical community and with their patients. Start by asking your primary care physician who they recommend for vascular surgery and why. Alternatively, if you know of friends, family members or co-workers who've needed

vascular surgery, ask them about their experiences.

ENTHUSIASM: The best vascular surgeons are enthusiastic about their field. They keep abreast of research and innovations and actively incorporate what works into patient care. Ask your vascular surgeon about this.

PERSONALITY: Your vascular surgeon's personality may play a significant role in your decision. You should be able to speak candidly about your medical problems, and openly discuss all treatment options. A commendable surgeon will take the time to make sure you understand all the risks and benefits of any procedure. This will set the path towards better decisions and improved outcomes

SOURCES: SOCIETY FOR VASCULAR SURGERY, VASCULAR SURGERY BOARD OF THE AMER. BOARD OF SURGERY.

IMPORTANT NUMBERS • HOSPITAL MAP

EMERGENCY: FIRE, POLICE, AMBULANCE, POISON

CALL 911

FIRE (Non-Emergency)

Bradenton	941-932-9600
East Manatee.....	941-751-5611
Longboat Key.....	941-316-1944
South Manatee	941-751-7675
West Manatee.....	941-761-1555
Sarasota County	941-316-1201
Venice	941-480-3030

POLICE (Non-Emergency)

Bradenton	941-932-9300
Sarasota – City.....	941-263-6773
Longboat Key.....	941-316-1977
North Port	941-429-7300
Punta Gorda.....	941-639-4111
Venice	941-486-2626

SHERIFF (Non-Emergency)

Sarasota County	941-861-5800
Manatee County.....	941-747-3011
Charlotte County/Punta Gorda/Port Charlotte	941-639-2101
Englewood	941-474-3233

OTHER NUMBERS

Florida Departments of Health	
Charlotte	941-624-7200
Manatee	941-748-0747
Sarasota	941-861-2900
American Red Cross of Southwest Florida.....	941-379-9300
First Step of Sarasota:	
Crisis Stabilization	941-364-9355
Detox Receiving Facility.....	941-953-2519
Mobile Response Team.....	941-552-1950
Elder Help Line SW FL:	886-413-5337 (866-1-ELDER)
Emergency Management:	
Charlotte	941-833-4000
Manatee	941-749-3500
Sarasota	941-861-5000
Florida Covid-19 Response.....	866-779-6121
Florida Dept. of Children and Families Abuse Hotline (children, elders and disabled):.....	800-962-2873 report online at reportabuse.dcf.state.fl.us/
Florida HIV/Aids Hotline:.....	800-352-2437, (Spanish) 800-545-7432
Missing Endangered Persons Information Clearing House.....	888-356-4774
National Suicide Prevention Lifeline and Veteran's Crisis Line.....	800-273-8255
Poison Information Center, Toll Free	800-222-1222
Safe Place and Rape Crisis Center (SPARC):.....	Call or text - 941-365-1976
United Way Suncoast:	
Manatee	941-748-1313
Sarasota	941-366-2686

HOSPITAL LOCATOR MAP

MANATEE COUNTY

- Blake Medical Center**
2020 59th St. W., Bradenton 34209
941-792-6611
blakemedicalcenter.com
- Manatee Memorial Hospital**
206 Second Street East, Bradenton 34208
941-746-5111
manateememorial.com
- Centerstone of Florida**
Facilities in Manatee and Sarasota Counties for mental health, addiction treatment and behavioral health.
941-782-4150
centerstoneoflora.org
- Lakewood Ranch Medical Center**
8330 Lakewood Ranch Boulevard, Bradenton 34202
941-782-2100
lakewoodranchmedicalcenter.com

SARASOTA COUNTY

- Sarasota Memorial Hospital**
1700 S. Tamiami Trail, Sarasota 34239
941-917-9000
smh.com
- Doctors Hospital of Sarasota**
5731 Bee Ridge Road, Sarasota 34233
941-342-1100
doctorsofsarasota.com
- Venice Regional Bayfront Health**
540 The Rialto, Venice 34285
941-485-7711
veniceregional.com

- Englewood Community Hospital**
700 Medical Boulevard, Englewood 34233
941-475-6571
englewoodcommhospital.com

CHARLOTTE COUNTY

- Bayfront Health Port Charlotte**
2500 Harbor Boulevard, Port Charlotte 33952
941-766-4122
bayfrontcharlotte.com
- Fawcett Memorial Hospital**
21298 Olean Boulevard, Port Charlotte 33952
941-629-1181
fawcetthospital.com
- Bayfront Health Punta Gorda**
809 East Marion Avenue, Punta Gorda 33950
941-639-3131
bayfrontcharlotte.com

