4 Medical Marijuana: Clearing the Smoke

14 From Addict To Athlete

18 Wind, Waves, Water & Wellness

IN EVERY ISSUE

10 NEW! Physician Profile: Dr. Joseph E. Panoff

24 Vital Nutrition: Shaved Brussels Sprouts and Chicken Salad with Black Pepper - Mustard Dressing

28 NEW! Health Care Directory
SPECIALTIES: General Surgery • Ophthalmology • Orthopedic Spine • Urology • Gastroenterology • Neurology/Pain Management • Gynecology

Contracted with Medicare, Tricare, BCBS, Aetna & Cigna

Surgery Center of Key West, an accredited facility providing low out of pocket costs, high patient satisfaction and quality care since 2008.

931 TOPPINO DRIVE
305.293.1801
Marijuana is perhaps the most well-known illegal substance in America. Yet most of the information available is more myth than fact.

By JD Adler
This article will attempt to clear the fog as we await legalized medical marijuana in the Florida Keys, with the approval of Amendment 2.

A VERY BRIEF HISTORY
In the United States cannabis has been legal, then illegal, then legal, then illegal again and now sort of illegal depending on where you live. The argument for criminalization has been a mixture of prohibition and fear. While the argument against the law has been either personal choice or medical care. As of May 2017, 28 states and Washington D.C. have legalized either just medicinal or all use, though implementation has been rocky for some legislatures.

In the states where marijuana is legal, billions of dollars are being made. The use of prescription meds appears to be changing as people switch from pharmaceuticals to marijuana. The only calculable negative to date has been an apparent increase in marijuana...
related DUI incidents. Although it remains unclear if this is due to changes in reporting or actual behavior. Some states' governments have had delays implementing the new laws passed by referendum, for a variety of reasons. As a result of these delays, Maryland is now embroiled in several lawsuits, and Florida has several being initiated against its state government.

In 2016 Florida legalized medical marijuana with a referendum on Amendment 2. Included is a clause giving the legislature a deadline of July 2017 to develop the rules for implementing the law. Currently, the state legislature is at an impasse over whether an individual should be constrained to owning 50 dispensaries, 100, or limitless. If the legislature does not hold a special session and agree on a specific set of rules, the State of Florida’s Department of Health will decide the regulations for itself. The current FLDOH rules, stemming from a 2014 law, provide less potent marijuana for fewer conditions than the requirements in Amendment 2.

Key West has created its own legal tangle related to the issue. In 2015 the city government voted to make possession of less than an ounce of marijuana a ticketable offense, if the officer chooses not to arrest the person. While awaiting the state’s decisions on the newly approved referendum, the city has twice postponed implementing local zoning regulations for medical marijuana. This leaves the citizens of Key West in a state of limbo as to the future of their health care.

However, once all the legislation and regulations are ironed out, the question remains: What does medical marijuana actually do?

**CANNABIS**

Cannabis is classified as a flowering herb native to the tropics and sub-tropics, occurring in several varieties. Recreational marijuana comes from the female Cannabis sativa or Cannabis indica species which have higher levels of the chemical THC (tetrahydrocannabinol), while Hemp comes from Cannabis sativa L. Hemp contains little useful chemicals but the fibers of its stalk have industrial use for paper and textiles. Medical Marijuana is valued for the chemicals THC and CBD (cannabidiol).

There are numerous types of receptors in the body; THC and CBD connect to Cannabinoid receptors, labeled CB1 and CB2. The human body produces its own cannabinoids, which attach to the same receptors. Found throughout the body, cannabinoids perform basic maintenance to internal organs. Brian McKernan the CEO of Medicinal Genomics Corps, an organization of scientists studying the endocannabinoid system, describes it:

“In each tissue, the cannabinoid system performs different tasks, but the goal is always to maintain homeostasis... best described as the ability to maintain stable internal conditions that are necessary for survival. Disease is simply... failure in achieving homeostasis, making the endocannabinoid system a unique target for medical applications.”
This maintenance process is what THC and CBD are becoming a part of when ingested.

There is evidence of medical marijuana use dating back 5000 years. As recently as the 1850s the US Pharmacopeia listed marijuana as a medicine. Yet modern scientific research remains limited due to a century of prohibition. A comprehensive collection of peer-reviewed studies on medical marijuana 1990 - 2014, organized by ProOrCon.org provides a stark demonstration of the short supply. That is only 60 scientific studies, permitted and completed, over a 24-year period. For context, approximately 2.5 million research papers are published annually, making medical marijuana research literally one in a million.

The National Institute of Health (NIH) moved towards improving this problem in 2015, investing over $100 million into 200 plus studies of medical marijuana in 2015 (less than $5K / study). Those studies, and the following peer review, will take years to produce results.

On their page drugabuse.gov, the NIH states that the reason cannabis is not considered medicine is because there have not been enough large-scale studies to justify changing it. However, they do not state that the reason there are few studies is the Schedule 1 listing, which makes such studies illegal. This category, defined as “...drugs with no currently accepted medical use and a high potential for abuse...” is shared by heroin, but not cocaine or tobacco. There is no medical evidence available to support placing it in this category originally.

The NIH does have the following to say based on the few studies allowed to date.

- THC can increase appetite and reduce nausea, decrease pain, inflammation, and muscle control problems.
- [CBD] may be useful in reducing pain and inflammation, controlling epileptic seizures, and possibly even treating mental illness and addictions.
- Recent animal studies have shown that marijuana extracts may help kill certain cancer cells and reduce the size of others.
- Scientists are also conducting preclinical and clinical trials with marijuana into...
- HIV/AIDS, multiple sclerosis (MS), inflammation, pain, seizures, substance use disorders, mental disorders

29 years ago the US Drug Enforcement Administrations’ own Chief Administrative Law Judge, Francis Young ruled “In the Matter of Marijuana Rescheduling,” in favor of change:

“Marijuana, in its natural form, is one of the safest therapeutically active substances known to man... [Judge] recommends that the Administrator conclude that the marijuana plant considered as a whole has a currently accepted medical use in treatment in the United States, that there is no lack of accepted safety for use of it under medical supervision and that it may lawfully be transferred from Schedule I to Schedule II...”

To this day, the NIH website maintains the federal government has no justification to alter the classification.

PRACTICAL APPLICATION
What does all this data mean for people’s healthcare, in a practical way?

The info graphic provided from Vox.com, displays CDC statistics on death related to commonly used drugs, providing ➡
some perspective on the term “dangerous.” To date, there are no recorded overdoses in medical history from marijuana, unlike many legal medical and recreational drugs.

Since states began legalizing marijuana, media outlets have been producing collections of patient anecdotes. Perhaps the most memorable segment was from Dr. Sanjay Gupta’s 2013 CNN special, “Weed.” Charlotte Figi, a young child who suffered 300 seizures per week. No drug or surgical treatment had helped and doctors were suggesting an induced coma to give her brain a rest. Her parents having heard about the CBD extract, decided to try the treatment, successfully reducing the seizures to 3-4 per month. To see this middle class, military family, discuss the choice between their daughter’s relief from suffering versus the law is heart wrenching. If there is a common theme to these media revelations, it is the unprecedented frustration of being a health care criminal.

THE FUTURE
After years of debate over Amendment 2, bureaucratic arguments over capitalism and zoning laws are the final hurdles. Once overcome, an affordable new medicine will be available, with a shorter list of side effects than the many conditions it treats. While voters wait, public representatives must decide whether the regulations will be prioritized by finance, prohibition, or health care. For those who suffer from epilepsy, multiple sclerosis, AIDS, cancer or depression these decisions could be life altering.

+ ABOVE MEDICAL STUDIES INVOLVING CANNABIS AND CANNABIS EXTRACTS (1990 - 2014)
The studies are categorized as Pro, Con, or Not Clearly Pro or Con in relation to the specific purpose being investigated in the study. For example, a study showing a benefit of using marijuana to treat Multiple Sclerosis would be categorized as Pro. If the results were mixed, the study would be listed as Not Clearly Pro or Con. A study concluding that marijuana is not useful for treating the specific condition would be labeled Con.

+ ABOVE VOX.COM GRAPHIC DISPLAYS CDC STATISTICS ON DEATH RELATED TO COMMONLY USED DRUGS.
There are no recorded overdoses in medical history from marijuana, unlike many legal medical and recreational drugs.
Experts in Sports Medicine & Orthopedic Surgery

BOARD CERTIFIED IN ORTHOPEDIC, ARTHROSCOPIC & SPORTS MEDICINE SURGERY

Sports-Related & Spinal Surgery
Advanced Joint Replacement & Arthroscopic Surgery
Latest in Non-Surgical Treatment, Stem Cells, MRI, Physical Therapy & Quest Lab

Over 20 Years Servicing the Community & ER

Dr. Robert Catana
Board Certified Anti-Aging Medicine
Call 305-295-9797 for appointment • 3428 N. Roosevelt Blvd
www.KeyWestOrthopedics.com

Dr. David Perry
The ONLY Fellowship Trained Orthopedic Trauma Surgeon

Florida Keys Obstetrics & Gynecology

A division of The Miami Center of Excellence for Obstetrics & Gynecology

Your Quality OB/GYN Care in the Florida Keys

Randy A. Fink, MD, FACOG
Stephanie Fink, MSN, CNM
Marilyn Peñuela-Ladaga, MSN, FNP

- Pap smears, check-ups
- GYN problems
- Infertility
- Ultrasounds
- HPV & STD’s
- Pregnancy
- Botox & Juvederm
- MonaLisa Touch®
- Vaginal Rejuvenation
- Menopause
- Bio-Identical Hormone Therapy
- Testosterone Pellets

305.274.3130 • keysobgyns.com
Mondays, Wednesdays & Fridays by appointment only
Tassell Medical Arts Building, Mariners Hospital
91550 Overseas Highway, #207, Tavernier, FL 33070

Welcome New Physicians to the Florida Keys

Radiation Oncologist Dr. Joseph Panoff and Medical Oncologist/Hematologist Dr. David Nyberg have joined 21st Century Oncology.

Joseph Panoff, MD
Board Certified Radiation Oncologist

David Nyberg, MD
Board Certified Medical Oncologist/Hematologist

- After practicing for a combined 30 years, Dr. Panoff and Dr. Nyberg are bringing their expertise to the Florida Keys.
- Providing radiation oncology and medical oncology/hematology in one convenient location to serve your needs.

21st Century Oncology
Marta A. Gonzalez Cancer Center
3426 North Roosevelt Boulevard, Key West, FL 33040
(305) 296-0021

www.21co.com/keywest

HEAR in Paradise!

Jamie Atkins
Hear in Paradise

- Free Hearing Evaluations
- 60-day Trial with 100% refund
- 3-Year Warranty; including Loss and Damage Coverage
- Reasonable Prices every day!
- WE SERVICE ALL MAKES AND MODEL OF HEARING AIDS.
FREE SERVICE ON ALL VA HEARING AIDS
Florida AS5006

First Professional Centre
5701 Overseas Hwy, Suite 5
Marathon, FL 33050

Tropical Optical
81933 Overseas Hwy
Islamorada, FL 33036

Wednesday Only

305-453-6332
physician
PROFILE

Dr. Joseph Panoff, MD
Board Certified Radiation Oncologist

Being diagnosed with cancer may suddenly seem to put the control of your life into the hands of others. Now you have two things on your mind: the impact of the disease on you and your loved ones, and choosing the best team to treat it.

Beginning cancer treatment is a proactive step that allows those fighting cancer to take control and work towards conquering the disease. Finding the best treatment provider with advanced technology can have a positive impact on a patient’s outcome. Another crucial factor: identifying a compassionate physician who instills hope during times of uncertainty and distress.

Enter Dr. Joseph Panoff, Board Certified Radiation Oncologist with 21st Century Oncology’s Marta A. Gonzalez Cancer Center. “Giving people hope is essential in cancer treatment,” said Panoff during a recent interview in his office at 3426 North Roosevelt Blvd.

He also emphasized the individualized, human side to his treatment approach, explaining, “I treat every patient uniquely. It is easy to cite statistics, but stats don’t really capture the disease, and can make the process cold. Statistics are made for entire patient populations, and are not as accurate when you are dealing with individuals...It is the human connection that makes the process.”

With an educational background in psychology, Panoff conveys an acute awareness of the importance of recognizing each patient as unique and understands the importance of the patient’s mindset in treatment. It was during his master’s in psychology program that he fell in love with a biology course and decided to pursue the pre-med track. He went on to obtain his Doctor of Medicine from the University of Miami Miller School of Medicine, completing his internship at Georgetown University/Washington Hospital Center and his residency at Jackson Memorial Hospital/University of Miami in Radiation Oncology as the Chief Resident.

Panoff’s love of biology has deep roots as he was always attracted to science and dreamed of becoming a marine biologist as a child. This early aspiration was nurtured by his weeks spent at Seacamp in Big Pine Key. Born and raised in Miami, Panoff’s family visited the Keys frequently, and the physician was thrilled to have the opportunity to move to Key West full-time in January of 2017 to join 21st Century Oncology.

“We can give a dose to one area while avoiding healthy tissue. Precision is a crucial element in radiation therapy treatments.” - Dr. Joseph Panoff

"The people are really nice here," Panoff observed during his interview. "I identify with the people in this community." Jumping right into the Keys’ lifestyle, Panoff has just learned to both spear fish and windsurf and has relished some free time on the water by kayaking, sailing and diving. Leisure time has
Physician Profile: Dr. Joseph Panoff, MD

Above top: Dr. Joseph Panoff and Radiation Therapist Michael Yacus prepare a patient for a scan. Bottom: The doctor talks about the Siemens Oncor Impression linear accelerator used to deliver radiation therapy to cancer patients. Opposite page: Dr. Panoff prepares a patient for radiation therapy at 21st Century Oncology.

been limited, however, because Panoff and his wife, Vicky, just welcomed a daughter, 6 month old Clementine, into their family.

Work and family balance is crucial, Panoff explained, and efficiency allows the physician to maximize time with his family, while delivering quality care to his patients. Advanced computerized technology at 21st Century Oncology for everything from scheduling to treatment interventions translates into shorter wait times, and minimal discomfort for patients at the center.

A tour of the treatment rooms revealed state-of-the-art radiation therapy equipment used to treat a variety of cancer types, including brain; breast; head, neck and throat; prostate; lung; and skin cancers. 21st Century Oncology offers a wide range of treatment procedures and techniques, specific to the type, location and stage of cancer.

One of these approaches, Intensity Modulated Radiation Therapy (IMRT) delivers a precise amount of radiation to a tumor from outside of the patient’s body. Multiple beams are aimed at the tumor and can be adjusted to conform to the shape and size of the growth. The system used at 21st Century Oncology is so precise it can even be used to treat inoperable tumors of the brain and spine.

Dr. Panoff emphasized that the scanning and mapping processes used before the intervention and the equipment used to deliver radiation are so accurate that “we can give a dose to one area while avoiding healthy tissue. Precision is a crucial element in radiation therapy treatments.” Real-time tumor tracking and continuous adjustment of radiation beams even accommodate for the movement caused by a patient breathing.

Advanced devices are also used to deliver Brachytherapy, which positions radioactive seeds close to the tumor site inside of the patient’s body. A robot-guided catheter delivers the seeds to the tumor site. This type of advanced radiation therapy destroys different kinds of cancer cells and is most commonly used to treat skin, prostate and breast cancers.

“It is the human connection that makes the process.” - Dr. Joseph Panoff, MD
Dr. Panoff is the only Radiation Oncologist in all of the Florida Keys, and he recognizes how important his role is in his new community. He describes the immense feeling of personal satisfaction he derives from helping cancer patients. “I get to develop important relationships with patients. It is this connection that gives meaning to my practice and makes it so special and important.”

Dr. Joseph Panoff, MD  
Board Certified in Radiation Oncology  
21st Century Oncology  
Marta A. Gonzalez Center  
3426 North Roosevelt Boulevard  
Key West, FL 33040  
(305) 296-0021  
www.21co.com  
Office Hours:  
Monday - Friday 8:00AM - 5:00PM
FROM ADDICT TO ATHLETE: TRIATHLON AS A TOOL TO RECOVERY IN KEY WEST

Left: Ross Willey getting excited before the race.
Opposite Page: Willey trained in the pool for eight weeks leading up to the FKCC Sprint Triathlon.
“Wasting Away in Margaritaville” is not just a line from an old Jimmy Buffett song, it can be a way of life in the SOUTHERNMOST CITY of the continental U.S. Tourists arrive vowing that “what happens in Key West, stays in Key West,” and some locals live by the mantra “It’s 5 o’clock somewhere.”
But while the Keys prevalent party culture is all fun and games for many, for others substance use and abuse has a darker side. According to the Florida Department of Health, more than 25 percent of adults in the Florida Keys are “binge” drinkers, compared to a statewide rate of 15 percent. Keys law enforcement authorities file more than 1,000 substance abuse-related charges annually, everything from possessing drugs and drug-related equipment to manufacturing, smuggling, trafficking and selling drugs.

Ross Willey, 29, is one local partier who got caught on the darker side. This gregarious and colorful Key West bartender started experimenting with substances as an adolescent, and over time became a recreational “weed smoker.”

ROSS EXPLAINED,

“I was a partier. In the beginning it was fun. I thought it was a big joke.”

Willeys use expanded into harder drugs including opiates, Xanax, alcohol and cocaine. “At one point I was working two jobs, 16 hours a day. I made $500 a day, but still didn't have enough money to pay my rent.”

Willeys described one of his last episodes using cocaine. “I found myself ghost white on the bathroom floor. I was sweating and throwing up. I thought I was going to die.” He knew he had a problem, but didn't know what to do. “I wanted to jump out of my skin.”

“I was having a hard time looking at myself in the mirror.” In an episode that he now characterizes as being facilitated by “a guardian angel,” Willey was arrested for possession of marijuana in September of 2015, facing a felony charge that had the potential to impact his personal and professional aspirations for the rest of his life. Feeling like his life was spiraling out of control, Willey entered a court-sponsored felony diversion program, which included a year of substance abuse treatment. If he completed the program successfully, his felony charge would be dropped and he would be eligible to have his record expunged.

“Early in the program, I didn't want to be sober. But the more I was in the program, my mind started to say ‘Maybe I should just give this a chance.’ And the more I stayed sober, the more I realized, ‘Look at all these things I am doing. Look at all life has to offer!’ There was a turning point.”

Part of what life had to offer Willey was the sport of triathlon. Willey and four fellow program clients trained over an eight week period to prepare for the Florida Keys Community College (FKCC) sprint distance triathlon on March 18, 2017. The clients, all sober and working a program of recovery, built volume and speed over time in order to complete one leg of a triathlon relay on race day.

They learned the basics under Betsy Langan, a certified triathlon coach, who herself is a seven-year sober triathlete and the clinical supervisor of Willeys substance abuse treatment program. Langan donated her coaching time to two teams and taught triathlon basics. She titled the program “Move a Muscle”, referring to the 12 Step slogan “Move a muscle, change a thought”, which encourages people to get up and do something different in order to get out of a rut or to get un-stuck when feeling immobilized.
“More than anything else,” Langan said “the sport of triathlon has provided a vehicle for my own personal transformation in recovery. It has taught me how to set goals, be disciplined and delay gratification. It has also provided a group of supportive friends who celebrate success. Passing this on to newcomers in the sport has been the absolute highlight of my recent tri experience.”

Willey was barely able to swim 100 yards in the pool on his first day of training. He completed 600 yards continuously in the open water on race day. “I even beat nine other people!” he exclaimed after reviewing the race results after the event.

The eight weeks of training were a great period of building camaraderie and sober support for Willey and the others who participated. There were many lessons learned that were transferable to maintaining long-term recovery, including self-discipline and working over the long term to achieve larger goals.

“The goals that I set for myself I am now so driven to achieve. I know if I start drinking or using any other drug, it is just going to get me sidetracked from what I want to accomplish. Things have just taken a 180 degree turn from where I was a year and a half ago.”

Willey continued, “It is very easy to take the easy way out. Doing the right thing is harder. Having self-discipline is hard. Disciplining your time and your body is hard. But you actually end up having more freedom. To some people maybe all of this is common sense. But for me, it’s like an insane wisdom that I have grabbed ahold of. It’s been like finding a buried treasure.”

Willey graduated from the court diversion program two weeks after completing the FKCC sprint triathlon in March and has maintained his sobriety since. His next triathlon goal? “I would love to complete a full sprint distance triathlon by myself!”

Training has become an integral tool in Willey’s recovery toolbox. “Exercise in general is a huge part of helping me to stay sober… It is a part of my routine now. It keeps me on track.”

Above: Ross Willey in training for the FKCC Sprint Triathlon.
Gentle breezes, salt air, sand beneath our feet and the ceaseless blues of sky and water draw our gaze ever outward. Ah, the beach. We are drawn to its healing powers, and we feel better, more relaxed, after spending time near, on or in the water.

But why does the ocean draw us constantly closer to the edge? Grandmothers for centuries have sworn by the ocean’s power to heal cuts and soothe irritations, both physical and emotional. But now, science is beginning to back up their theories and explain the physical, restorative benefits of saltwater. Understanding the ocean’s effects on our bodies may be just the motivation you need to spend a day at the beach or on the water.

**SIGHT**
We are bombarded constantly by multiple visual stimuli: Electronic screens, vehicular traffic, street signs, digital signs, GPS screens and navigation apps. But the water’s edge stills all those interruptions and replaces them with just an unending expanse of sky and water that produces a sense of calm.


According to Color Psychology, blue is the world’s most popular color. It suggests peace. It’s the color of a calm sea and a clear sky, both of which are linked to inner serenity, calm and clarity. Blue has also been shown to slow heart rate and breathing.
SALT AIR
Nothing compares to the scent and taste of salt air in our lungs and on our skin. Doctors once advised patients with black lung disease to breathe salt air. Today’s Lung Institute attributes certain therapeutic qualities to ocean air, including thinner mucus, improved lung function, reduced coughing, and decreased sinus pressure.

On a deeper, cellular level, ocean air carries negative ions that help recharge our body. According to Denise Mann of WebMD, “Negative ions are odorless, tasteless, and invisible molecules that we inhale in abundance in certain environments. Think mountains, waterfalls, and beaches. Once they reach our bloodstream, negative ions are believed to produce biochemical reactions that increase levels of the mood chemical serotonin, helping to alleviate depression, relieve stress, and boost our daytime energy.”

WIND AND WAVES
In the Keys, waves are soft, slow and soothing to the ears. It puts us at ease when we listen to its rhythmic sound. Neuroscience explains that the prefrontal cortex associated with emotion and self-reletion, becomes more active when ocean sounds are played. In an article published in Coastal Living in 2013 Shelley Batts, Ph.D., an auditory neuroscientist at Stanford University explains. “The most pleasurable sounds have predictable wave patterns, middling to low pitches, soft volumes, and harmonic frequencies at regular intervals—all characteristics of the ocean’s rhythms.

Soft repetitive wave sound reduces cortisol levels in the body. Cortisol is released in response to fear or stress by the adrenal glands. Batts explains, “Traffic and airplane noise prompts the body to release the stress hormone cortisol, she says, Ocean sounds, by contrast, actually decrease cortisol levels.” Prolonged high levels of cortisol lowers the body’ immune system, contributes to poor sleep and muscle weakness.

Left: Negative ions are odorless, tasteless and invisible molecules that we inhale in abundance in certain environments. Normal ion counts in fresh country air is 2,000 - 4,000 negative ions per cubic centimeter. At a large waterfall you might find over 100,000 negative ions. Polluted air such as in large cities might have less than 100 ions.
Healthy Air Products

Exposure to air pollutants can be 100 times higher indoors than outdoors. EVERYONE CAN BENEFIT FROM

IMPROVED

INDOOR AIR QUALITY

Call us today about:
HIGH EFFICIENCY AIR FILTERS
UV LIGHT DISINFECTION SYSTEMS
HUMIDITY CONTROL

For More Information
305-852-2960

CAC1815697

Florida Spine Specialists

EXCELLENCE IN SPINE CARE

Harold L. Dalton, DO
Kevin Cairns, MD
Kalman D. Blumberg, MD

Providing Surgical & Non-Surgical Spine Care Throughout South Florida And The Keys
Most Major Insurances Accepted

Fort Lauderdale: 6000 N. Federal Hwy
Key West: 1111 12th St., Suite 108
Marathon: 13365 Overseas Hwy, Suite 104
Phone: 954-771-2551 • 305-294-9680

FloridaSpineSpecialists.com
Below: Salt is an anciently revered and profoundly healing soaking agent. It can stimulate circulation, promote cell regeneration, detoxify and regenerate the skin, reduce inflammation, relax muscles, relieve pain and soreness, release toxins, balance the nervous system, support the immune system and promote mental relaxation.
TOUCHED BY THE SUN
When the sun is out, we are happy. We are drawn to its rays. We tend to get depressed during long stretches without sunshine.

Exposure to sunlight prompts the body to produce vitamin D. According to the Vitamin D Council, your body is designed to get the vitamin D it needs by producing it when your bare skin is exposed to sunlight. Vitamin D plays a role in modulating cell growth, helping the immune system function, and reducing inflammation, according to the Institute of Medicine, Food and Nutrition.

Of course too much sun exposure burning is bad for your skin, so always wear sunscreen when you are exposed to its rays.

WATER
Salt water soaks into our bodies as we float in or under water, relaxing and recharging us. Ancient Greeks would soak in sea-filled pools. Mothers would tell their kids to jump in the ocean to help heal minor cuts and scrapes. Today, people use Epsom salt baths to heal skin problems. What is going on inside us?

The adult human body is 60 percent water, but not just water, salt water. Consider this: Not only is blood mostly water, but the blood’s plasma has a concentration of salt and other components that are eerily similar to sea water, which contains vital elements, vitamins, mineral salts, trace elements, amino acids and living microorganisms that can also produce antibiotic and antibacterial effects.

And all science aside, sometimes the ocean just makes us feel good.

“Every day after work, I ride around Smathers Beach and the open water relaxes me and makes me feel free,” said Key West electrician Greg Reynolds. “I am not surrounded, by buildings, computers or walls.”

Jack Schmind, a part-time resident of both Key West and Alaska, experiences the same sensory and emotional benefits. “Growing up I have always had an attraction to water. River, lakes, ponds elicited a sense of wonder, possibilities and freedom. In my later years, big rivers, oceans and bays just expand those feelings.”

These positive sensory and physiological effects provide plenty of logical reasons to spend more time in or near various bodies of water.

Science will continue to unravel the complex changes and connections that link our bodies and those inviting bodies of water all over our watery world. But sometimes, things are simpler than science. Trust your instincts and consider how good you feel after a day at the beach. And according to scientists, that sense of contentment and well-being isn’t all in your head – it’s in your body, too. So go to the edge. Head to the coast. It does a body good.

Above: Halotherapy—a.k.a. salt therapy is similar to spending time in the salty sea air. Salt caves are becoming popular with people seeking relief from everything from respiratory problems and asthma to skin problems. The salt cave is lined with Himalayan rock salt boulders, and literally tons of granulated salt rest on the floor of the cave.
SHAVED BRUSSELS SPROUTS AND CHICKEN SALAD WITH BLACK PEPPER-MUSTARD DRESSING

BULKING UP ALL THOSE SALADS WITH BRUSSELS SPROUTS. Eating a salad a day is one of my strategies for making sure I get at least one serious daily dose of raw veggies. And if you love salads as much as I do, listen up, because I'm about to change your salad-building world. Ditch the usual greens and get your hands on Brussels sprouts!

Fact is, for a long time none of us knew what to do with Brussels sprouts except boil them. Yuck! Thankfully, they've become trendy and now everyone knows...
But today I am celebrating Brussels sprouts as a salad green. That’s right - raw and in a salad. It’s as simple as it sounds. Slice them thinly with a knife or mandoline, or buy them pre-shaved in the produce aisle. They are delicious, lightly crunchy and crisp, and have a wonderful fresh flavor.

Brussels sprouts belong to the same family as cabbage, broccoli and kale, so it’s no surprise that they are incredibly healthy. Not only do they have tons of fiber and vitamins, but a 1-cup serving of shaved Brussels sprouts also packs about as much protein as a handful of raw almonds or a half cup of milk. And all that fiber and protein means you’ll stay full longer and be less likely to snack later. Not a lot of salad greens can boast all that!

SHAVED BRUSSELS SPROUTS AND CHICKEN SALAD WITH BLACK PEPPER-MUSTARD DRESSING

START TO FINISH: 30 MINUTES  SERVINGS: 4

FOR THE DRESSING:

- 1/4 cup plain low-fat Greek yogurt
- 1/2 clove garlic, roughly chopped
- 2 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon red wine vinegar
- 1 tablespoon water
- 1/4 teaspoon kosher salt
- 1/2 teaspoon black pepper

FOR THE SALAD:

- 1 Granny Smith apple, peeled, cored and diced
- 1 teaspoon lemon juice
- 1 pound Brussels sprouts, shaved or thinly sliced (about 5 cups)
- 1 pint grape tomatoes, halved
- 1/4 cup almonds, roughly chopped
- 1 boneless, skinless chicken breast, cooked and shredded (about 1 cup)
- 1 scallion, chopped
- 1 ounce Parmesan cheese, broken into shards

Recipe continued // on page 26
VITAL NUTRITION: BRUSSELS SPROUTS AND CHICKEN SALAD

DIRECTIONS:
To make the dressing, in a blender combine all ingredients and blend until smooth. Set aside for later use.

To prepare the salad, in a large serving bowl toss the diced apple with the lemon juice. Add the Brussels sprouts, tomatoes, almonds, chicken and scallion. Drizzle 1/4 cup of the dressing and toss well to coat. Top with Parmesan shards. Serve with the remaining dressing on the side.

NUTRITION INFORMATION
PER SERVING:

280 calories; 120 calories from fat; 14 g fat (2.5 g saturated; 0 g trans fats); 35 mg cholesterol; 23 g carbohydrate; 7 g fiber; 10 g sugar; 21 g protein; 400 mg sodium.
Quality Senior Living

Specialized Well-Care Services:
- Assistance with personal needs • Regular health assessments
- Nurses & CNAs on staff
24 Hour:
- Qualified Medication Aides • House physician on call • Nursing care
- Orthopedic rehabilitation • Stroke rehabilitation • Alzheimer Care
- Respite and long-term care

Assistance with Chronic Conditions:
- Arthritis • Diabetes • Hypertension • A.D. and related dementia
- Orthopedic • Cardiac • Mental Health • Parkinson Disease

Call today for a tour: 305-248-9662

Se habla español.

DO YOU HAVE CIGNA OR AVMED INSURANCE?

GOOD!
Let us help you achieve your health goals.

Each person has unique health challenges.
Let us help you find a way that fits you.

Se habla español.

SUSANA MAY, MD, MPH
Diplomate, American Board of Family Medicine
Keys to Wellness Medical Center at the Pink Plaza
103400 O/S Hwy, Ste. 241, Key Largo, MM 103
(305) 852-8670 www.susanamaymd.com

Dr. May. The Doctor that listens to you!

Quality Senior Living

Specialized Well-Care Services:
- Assistance with personal needs • Regular health assessments
- Nurses & CNAs on staff
24 Hour:
- Qualified Medication Aides • House physician on call • Nursing care
- Orthopedic rehabilitation • Stroke rehabilitation • Alzheimer Care
- Respite and long-term care

Assistance with Chronic Conditions:
- Arthritis • Diabetes • Hypertension • A.D. and related dementia
- Orthopedic • Cardiac • Mental Health • Parkinson Disease

Call today for a tour: 305-248-9662

Se habla español.

DO YOU HAVE CIGNA OR AVMED INSURANCE?

GOOD!
Let us help you achieve your health goals.

Each person has unique health challenges.
Let us help you find a way that fits you.

Se habla español.

SUSANA MAY, MD, MPH
Diplomate, American Board of Family Medicine
Keys to Wellness Medical Center at the Pink Plaza
103400 O/S Hwy, Ste. 241, Key Largo, MM 103
(305) 852-8670 www.susanamaymd.com

Dr. May. The Doctor that listens to you!
MEDICAL/HOSPITALS

UPPER KEYS
Mariner's Hospital
Mile Marker 91.5
Tavernier, FL 33070
(305) 434-3000

MIDDLE KEYS
Fishermen's Hospital
Mile Marker 48.7
Marathon, FL 33050
(305) 743-5533

LOWER KEYS AND KEY WEST
Lower Keys Medical Center
5000 College Road
Stock Island, FL 33040
(305) 294-5531

AEROMEDICAL TRANSPORT

LIFE NET KEY WEST
5000 College Road
Key West, FL 33040
(772) 260-5333

DENTISTS

EVERYONE LOVES A GENTLE DENTIST
TWO LOCATIONS
102965 Overseas Highway
Key Largo, FL 33037
(305) 451-2616
-----
90290 Overseas Highway
Suite 108
Tavernier, Florida 33070
(305) 852-5099

FAMILY & COSMETIC DENTISTRY
Dr. Julie McCarron
930 Fleming St.
Key West, FL 33040
(305) 296-7801

DR. MARK GUTT, PERIODONTIST
3146 Northside Dr., Suite B
Key West, FL 33040
(305) 294-4661

HECTOR GUZMAN, D.D.S.
2758 N. Roosevelt Blvd.
Key West, FL 33040
(305) 294-9914

ISLAND DENTAL
1721 Flagler Avenue
Key West, FL 33040
(305) 294-6696

ISLE SMILE
802 Truman Ave
Key West, FL 33040
(305) 293-1660

OLD TOWN DENTAL GROUP
1215 Simonton St
Key West, FL 33040
(305) 296-8541

OVERSEAS DENTAL
103400 Overseas Hwy
Suite 234
Key Largo FL 33037
(305) 453-9105

PARADISE DENTAL CARE
1460 Kennedy Dr
Key West, FL 33040
(305) 293-9876

LISA POWELL SLINGBAUM, DMD
3716 N Roosevelt Blvd
Key West, FL 33040
(305) 296-8665

RESTORATIVE & ESTHETIC DENTIST
Troxel Jr Charles F DDS
30180 Overseas Hwy,
Big Pine Key, FL 33043
(305) 872-2366

SUMMERLAND DENTAL
24986 Overseas Hwy
Summerland Key, FL 33042
(305) 745-1522

DERMATOLOGISTS

ADVANCED DERMATOLOGY
3224 N Roosevelt Blvd
Key West, FL 33040
(305) 390-2048

ADVANCED DERMATOLOGY & COSMETIC SURGERY
10085 Overseas Hwy
Marathon, FL 33050
(305) 289-0044

FLORIDA KEYS DERMATOLOGY
91550 Overseas Hwy #207
Tavernier, FL 33070
(305) 668-8201

NEW LEAF SKINCARE
TWO LOCATIONS
90290 Overseas Highway
Tavernier, FL 33070
(305) 509-2550
-----
2027 Flagler Ave, Suite #5
Key West, FL 33040
(305) 509-2550

DIALYSIS

DAVITA KEY WEST DIALYSIS
Key Plaza Shopping Center
N Roosevelt Blvd
Key West, FL 33040
(866) 544-6741

ENT

ISLAND ENT
1438 Kennedy Drive
Key West, FL 33040
(305) 292-2259

HEARING SERVICES

HEAR 4 U
513 Fleming St.
Suite #11
Key West, FL 33040
(305) 247-8227

MIRACLE EAR - HEAR IN PARADISE
5701 Overseas Hwy, Suite 5
Marathon, FL 33050
(305) 453-6332

HOME SERVICES

ALTUS
1213 Truman Ave
Key West, FL 33040
(305) 247-4995

SWANKRIDGE CARE CENTER
122 N.W. 7th Street
Homestead, Florida
(305) 248-9662

VNA
Hospice of the Florida Keys
1319 William St,
Key West, FL 33040
Phone: (305) 294-8812

URGENT CARE

ADVANCED URGENT CARE OF THE MIDDLE AND LOWER KEYS
Key West, FL 33040
(305) 294-0011

ASAP URGENT CARE CTR
91555 Overseas Hwy Ste 3
Tavernier, FL 33070-2505
(305) 852-9300

KEY WEST URGENT CARE
1501 Government Rd.
Key West, FL 33040
(305) 295-7550

NEW TRUMAN MEDICAL CENTER
500 Truman Avenue
Key West, FL 33040
(305) 296-4399

A-1 URGENT CARE & FAMILY PRACTICE CENTER, P.A.
Key Largo, FL 33037
101451 Overseas Hwy
(305) 453-3968

OPTOMETRISTS

KEY WEST OPTICAL
1444 Kennedy Dr.
Key West FL 33040
(305) 294-9711
OPPENHEIMER EYE CLINIC  
1708 Roosevelt Blvd  
Key West, FL 33040  
(305) 294-5503

ROGER A. OTTO OD., PA.  
1444 Kennedy Drive  
Key West, FL 33040  
(305) 294-9711

PHYSICIAN  
ACUPUNCTURE

KEY WEST WELLNESS CENTER  
3420 Duck Ave  
Key West, FL 33040  
(305) 296-5358

PHYSICIAN  
CHIROPRACTIC

EXCEL CHIROPRACTIC  
3201 Flagler Ave. #509  
Key West, FL 33040  
(305) 209-5665

KEY WEST CHIROPRACTIC  
1010 Kennedy Drive  
Suite #401  
Key West, FL 33040  
(305) 296-5626

DR. DAROLD LETO  
2780 N Roosevelt Blvd  
Key West, FL 33040  
(305) 394-1932

OROPEZA CHIROPRACTIC & SPINAL DECOMPRESSION CENTER  
1450 Kennedy Dr  
Key West, FL 33040  
(305) 294-1036

WHITE STREET CHIROPRACTIC  
1217 White Street  
Key West, FL 33040  
(305) 292-7222

PHYSICIAN  
INTERNAL MEDICINE

IMKA - INTERNAL MEDICINE & KIDNEY ASSOCIATES  
1111 12th Street, Suite 203  
Key West, FL 33040  
(305) 293-5015

JENNIFER CHARITY, MD  
1111 12th Street, Suite 210  
Key West, FL 33040  
(305) 295-3535

JACKIE LEFFERTS - PULMONARY  
3412 Duck Ave  
Key West, FL 33040  
(305) 294-1024

KEY WEST MEDICAL CENTER  
2505 Flagler Ave  
Key West, FL 33040  
(305) 295-6790

PHYSICIAN  
GYNECOLOGY & OBSTETRICS

KEYS MEDICAL GROUP  
Beth Rodriguez, CNM  
Gregory Delong, MD  
Stanley Santiago, MD  
1111 12th Street, Suite 104  
Key West, FL 33040  
(305) 293-1830

FLORIDA KEYS OBGYN  
Tassell Medical Bldg,  
Mariners Hospital  
91550 Overseas Highway  
Suite #207  
Tavernier, FL 33070  
(305) 274-3130

PHYSICIAN  
CARDIOVASCULAR DISEASES

THE KEYS HEART CENTER  
1010 Kennedy Drive  
Key West, FL 33040  
(305) 294-1101

PHYSICIAN  
FAMILY PRACTICE

TERI BEERS-ROSSI, MD PA  
814 Fleming Street  
Key West, FL 33040  
(305) 292-3339

MICHAEL D BURTON DO  
1446 Kennedy Dr  
Key West, FL 33040-4008  
(305) 294-8900

PASQUALE DELL’API, DO  
29755 Overseas Highway  
Big Pine Key, FL 33043  
(305) 872-3735

DR. MATTHEW T. REID, DO  
2782 N Roosevelt Blvd  
Key West, FL 33040  
(305) 295-2944

NORMAN TINGLE, MD  
3428 N Roosevelt Boulevard  
Key West, FL 33040  
(305) 294-1706

PHYSICIAN  
ONCOLOGY

21ST CENTURY ONCOLOGY  
3426 N Roosevelt Boulevard  
Key West, FL 33040  
(305) 296-0021

PHYSICIAN  
ORTHOPEDIC

KEYS MEDICAL GROUP  
1200 Kennedy Drive, Suite 1036  
Key West, FL 33040  
(305) 292-5877

KEY WEST ORTHOPEDICS  
Dr. Catana, Dr. Perry  
3428 N. Roosevelt Blvd  
Key West, FL 33040  
(305) 295-9797

ROBERT Loeffler, MD  
1111 12th Street, Suite 201  
Key West, FL 33040  
(305) 295-3477

JOHN F TORREGROSA DPM FACFAS, FAFAOM  
TWO LOCATIONS  
8151 Overseas Hwy., Ste 5  
Marathon, FL 33050  
(305) 743-4100  
-----  
91550 Overseas Highway #107  
Tavernier, FL 33070  
305-853-5151

ROBERT Loeffler, MD  
1111 12th Street, Suite 201  
Key West, FL 33040  
(305) 295-3477

PHYSICIAN  
PODIATRY

ANKLE & FOOT SURGERY  
8151 Overseas Hwy  
Marathon, FL 33050-3200  
(305) 853-5151

SOUTHERNMOST FOOT & ANKLE  
2407 North Roosevelt Blvd.  
Key West, FL 33040  
(305) 294-5553

PHYSICIAN  
UROLOGIST

LOWER KEYS UROLOGY  
3714 N Roosevelt Blvd  
Key West, FL 33040  
(305) 296-0000

If you would like to be added to the HEALTH CARE DIRECTORY, please call  
(305) 292-7777
Enjoy a Safe Swim All Summer Long

TALLAHASSEE, Fla. – The start of the summer season are just around the corner, and the Florida Department of Health encourages residents and visitors to practice safe swim habits so they can make the most of their time with loved ones. The week of May 22-28, was Healthy and Safe Swimming Week. The department reminds you that taking simple precautions can help maximize the health benefits and fun of swimming.

“As temperatures rise in Florida, swimming becomes a popular part of an ideal summer day,” said State Surgeon General and Secretary of Health Dr. Celeste Philip. “To keep those days spent in the water carefree and fun, I encourage families to take precautions to ensure the water is safe and that an adult is keeping an eye on inexperienced swimmers at all times.”

Water quality is an essential part of enjoying a safe swim, and the department works to keep residents and visitors safe while swimming by conducting routine inspections of public pools to make sure they meet sanitation and safety standards. The department’s Florida Healthy Beaches program samples water from beaches along the coast and reports water quality every week.

Follow these simple steps for a healthy and safe swim experience:

• Use a high SPF sunscreen to protect yourself and your family from harmful UV rays that cause sunburn and skin cancer and reapply after swimming.
• Wear insect repellent to prevent mosquito bites and the spread of mosquito-borne illnesses.
• Shower with soap before you get in the water.
• Limit the amount of fresh water going up your nose when swimming can help prevent the infection from the ameba Naegleria fowleri. The amoeba that causes the rare infection of the brain called primary amebic meningoencephalitis (PAM) is often fatal.
• Don’t swallow the water you swim in.
• Stay out of the water if you have diarrhea, don’t swim until you are diarrhea-free for two weeks.

• Parents should take children on bathroom breaks every 60 minutes;
• Avoid contact with algae blooms.
• Wash your hands after visiting the bathroom or changing diapers; and
• Visit your local hardware or pool supply store and purchase pool test strips to check the chlorine and pH levels before getting into the water.

Parents should also be aware that the use of swim diapers and swim pants doesn’t necessarily keep fecal bacteria out of the water, and some germs can survive days even in properly chlorinated pools.

In addition to being aware of water quality, Floridians can take simple precautions to prevent injury or drowning. By incorporating layers of protection, including supervision, barriers and emergency preparedness, pool-goers can swim safely and securely.

Swimming is a fun form of exercise and a great way to get some relief from the heat. By following some simple steps, Floridians and visitors can ensure that the water they are swimming is safe and that their time with loved ones won’t be interrupted by injury or illness. ♦
It only takes a capful of water to breed over 300 mosquitoes.
Help protect your friends, family and neighbors from mosquito-borne diseases by walking around your yard and dumping water out weekly!

For service requests or fish, www.keysmosquito.org or 305.292.7190

Humberto C. Machado, MD
Cardiovascular Fellowship Trained (Chief)

Have a Cardiologist in the Family
I provide all my patients my cell number in case of emergencies.

Dr. Humberto Machado, a third generation Cardiologist, brings to your community an exceptional reputation as well as vast experience in cardiovascular care.

(305) 529-9901 • 95360 Overseas Hwy. #4 • Key Largo, FL 33037

Florida Ankle and Foot Institute
Dr. John F. Torregrosa
www.AnkleandFootSurgery.net
www.PRQandStemCell.net
Fellow American College of Foot & Ankle Orthopaedic Medicine
Fellow American College of Foot & Ankle Surgeons
Doctor for National Motorcross & Supercross Series

“Help your body heal itself!”

• PRP & Stem Cell Therapy •

Have your lower leg, ankle and foot ailments treated with the latest techniques in regenerative medicine by a national instructor.

PRP & Stem Cell are used to treat:
• Heel Pain
• Joint Arthritis or Pain
• Muscle Tears
• Tendonitis/Tendon Injuries
  (Achilles or Others)
• Ligaments Injuries
• Woundcare
• Nerve Injuries
• Bone Repair/Regeneration

YOU DIET. YOU EXERCISE. WHY CAN’T YOU LOSE THE BELLY?

We are genetically programmed to store fat in certain places. Diet and exercise lead to overall fat loss, but it will not necessarily be where you want. Menopause and aging shifts fat to the middle. Liposuction works, but...

NOW THERE IS A NEW WAY TO FIGHT FAT DEPOSITS:

LASER LIPO!
– no surgery – no downtime – NO PAIN!
and located in KEY LARGO!

KEYS TO WELLNESS BODY CONTOURING
103400 Overseas Hwy, Ste 241 • Key Largo, FL at the Pink Plaza
(305) 852-8670
Susana May, MD, MPH, Medical Director
Dr. May. The Doctor that listens to you!

HOMESTEAD
151 NW 11th St.
Suite W-301
(305) 247-8227
“Featuring the ONLY Doctor of Audiology in Homestead and the Florida Keys!”
www.hear4kidz.com

KEY WEST
513 Fleming St.
Suite #11
(second floor with elevator)

Have a Cardiologist in the Family
I provide all my patients my cell number in case of emergencies.

Dr. Humberto Machado, a third generation Cardiologist, brings to your community an exceptional reputation as well as vast experience in cardiovascular care.

(305) 529-9901 • 95360 Overseas Hwy. #4 • Key Largo, FL 33037

“Help your body heal itself!”

• PRP & Stem Cell Therapy •

Have your lower leg, ankle and foot ailments treated with the latest techniques in regenerative medicine by a national instructor.

PRP & Stem Cell are used to treat:
• Heel Pain
• Joint Arthritis or Pain
• Muscle Tears
• Tendonitis/Tendon Injuries
  (Achilles or Others)
• Ligaments Injuries
• Woundcare
• Nerve Injuries
• Bone Repair/Regeneration

YOU DIET. YOU EXERCISE. WHY CAN’T YOU LOSE THE BELLY?

We are genetically programmed to store fat in certain places. Diet and exercise lead to overall fat loss, but it will not necessarily be where you want. Menopause and aging shifts fat to the middle. Liposuction works, but...

NOW THERE IS A NEW WAY TO FIGHT FAT DEPOSITS:

LASER LIPO!
– no surgery – no downtime – NO PAIN!
and located in KEY LARGO!

KEYS TO WELLNESS BODY CONTOURING
103400 Overseas Hwy, Ste 241 • Key Largo, FL at the Pink Plaza
(305) 852-8670
Susana May, MD, MPH, Medical Director
Dr. May. The Doctor that listens to you!
Kids will spend 11 minutes dressing Spike up like a princess. How about two minutes to brush their teeth?

Brushing for two minutes now can save your child from severe tooth pain later. Two minutes, twice a day. They have the time. For fun, 2-minute videos to watch while brushing, go to 2min2x.org.

©2013 Healthy Mouths, Healthy Lives