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MAKE A CHANGE AT GoRedForWomen.org
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**Colonic Cancer: The No. 2 Cancer Killer**

Screening colonoscopies can detect colon cancer early, which allows for more effective treatment.

- Both men and women are at equal risk
- Risk factors include smoking, eating red and processed meat, lack of exercise, and excess body weight
- Colon cancer screenings should begin at age 50
- People with a family history of colon cancer are at higher risk and should begin screening at a younger age

**COLON CANCER STRIKES 1 IN 20**

LOCALLY OWNED AND OPERATED

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COLON CANCER
MENS HEALTH | PREVENTATIVE CARE

The American Cancer Society estimates that colorectal cancer will take the lives of 50,260 Americans in 2017. As the third-leading cause of cancer-related death in men, it is crucial to understand the importance of early detection and what you can do to prevent colorectal cancer.

SCREENINGS
Per the Centers for Disease Control and Prevention, men who are at an average risk of colon cancer should begin screenings at the age of 50.

A higher risk due to family history may require early screenings. A colonoscopy is performed to inspect your rectum and entire colon for signs of cancer.

Typically, a doctor will be looking for polyps, which are small growths that commonly turn cancerous. These polyps can be easily eliminated or pulled for a biopsy during the procedure.

For your doctor to have a clear view, you will be required to completely empty your colon before your appointment. This means you must avoid solid foods for at least 24 hours. Ask your doctor about acceptable consumables.

During the procedure, your doctor will insert a colonoscope into your rectum. This instrument contains a light and a video camera, giving your doctor a clear visual of your colon’s condition. Typically, the procedure only lasts around 30 minutes and a full recovery occurs just a few hours afterwards.

SYMPTOMS OF COLON CANCER
Sometimes, the only way to spot colon cancer is through a colonoscopy, but the following symptoms require immediate attention:

• Blood in stool or blood stains in underwear
• Constant abdomen pain
• Unexplained weight loss

HEALTHY HABITS
Keeping your colon healthy requires staying in overall good health. Having regular bowel movements without experiencing pain is a good indicator that everything is working normally.

Constant diarrhea or any signs of bleeding mean you should take proactive measures to enhance your colon’s health.

Limit your levels of caffeine and alcohol to boost health. Plenty of water and exercise are other great weapons. Men also are recommended to ingest at least 32 grams of fiber per day.

About one in 21 men will develop colon cancer during their lifetime. As with other cancers, early screening is just as important as practicing a healthy lifestyle.
That new coffee bar opened up just around the corner and you have been eager to sample one of their signature blends. But you consistently resist the urge to venture inside. Caffeine is not so healthy for you, right?

**CONTRIBUTED**

Caffeine, the most widely consumed stimulant on the planet, has garnered a bad reputation. Some people fear caffeine and it’s potentially jittery and addictive side effects. However, many medical professionals attest that, when consumed in moderation, caffeine actually can have a number of health benefits. Before you skip that morning cup of Joe or choose an herbal blend instead of black tea, consider the following health benefits of caffeine.

- Caffeine boosts brain and central nervous system function. It mimics the shape of another compound in the body called adenosine, which helps the body calm down and become sleepy. Caffeine can fit in adenosine receptors and cause a jolt of energy rather than sleepiness. Harvard researchers have found that blocking adenosine may slow the buildup of a toxic brain plaque that is associated with Alzheimer’s disease. Furthermore, caffeine may help keep dopamine molecules active in the brain and prevent the onset of Parkinson’s disease.

- Caffeine can help improve mood. The stimulant effect of caffeine may help boost people’s moods, and thus reduce the propensity for suicidal thoughts. In 2013, Harvard’s School of Public Health found that
respondents who drank two to three cups of caffeinated coffee a day cut their suicide risk by 45 percent.

- Caffeine may lower risk of stroke. Studies conducted in both the United States and Sweden found that older women who drink more than a cup of caffeinated coffee each day have between a 20 and 25 percent lower risk of stroke. Similar findings were discovered in older men.

- Caffeine boosts memory. Studies from Johns Hopkins University showed that a 200 mg caffeine pill helped boost memory consolidation.

- Caffeine offers pain relief. It is often paired with other pain relievers to bring about faster relief. The Journal of the American Medical Association concluded that when caffeine was combined with other pain relievers, patients required 40 percent less of the other drug to bring the same amount of relief experienced when using just the non-caffeine drug alone. Caffeine on its own can also relieve pain. Consuming caffeine before or after a workout can help reduce muscle soreness.

- Caffeine may help to prevent cancer. A recent study from Rutgers University pointed out that caffeine prevented skin cancer in hairless mice.

- Caffeine could open up air passages. People with asthma may find caffeine can improve their breathing. A study published by the U.S. National Library of Medicine determined that caffeine seems to open airways and help asthmatics breathe easier, providing a similar benefit to theophylline, a current asthma medication.

Although caffeine can prove beneficial in various ways, individuals should realize that it remains a potent and potentially addictive stimulant. It also can aggravate anxiety symptoms and interact with certain medications. People concerned about caffeine should discuss their caffeine consumption with their physicians.
are organic compounds extracted from plants. Available in many scents, these beneficial oils are often collectively referred to as aromatherapy.

**common scents**
While many scents have multiple healing properties, here are some of the most popular scents and their common uses:

- **PEPPERMINT:** Helps with digestion, can improve focus and increase energy.
- **ROSE:** Great for reducing skin irritation and inflammation.
- **LAVENDER:** Aids in relaxation, eases tension and is great for cuts and burns.
- **EUCALYPTUS:** Improves respiratory issues.
- **SANDALWOOD:** An ancient calming extract that also is said to be an aphrodisiac.

**common preparations**
Essential oils are extremely concentrated and should be mixed with a carrier oil for topical use to prevent sensitivities in the skin.

**proper use**
Adding even the most common essential oils, such as peppermint, lemon and tea tree oils, to your regimen can help fight cold and flu symptoms, soothe sore muscles, heal skin conditions and improve digestion - to say nothing of making your home smell fantastic.

**common carrier oils:**
- ALMOND OIL
- COCONUT OIL
- OLIVE OIL
- JOJOBA OIL
Be sure to follow proper dosage per the labeling or other professional guides. Essential oils can be very safe, but misuse can lead to toxicity. Here are some ways to maximize the benefits of essential oils:

**AROMATICALLY**
- Using a diffuser is the most popular method for applying essential oils aromatically.
- Diffusion is not just for your home or office. Apply your favorite scent to a cotton ball and place it in the air vents of your vehicle.
- Apply a few drops to a clean cloth or dryer sheet and add it to your laundry.

**TOPICALLY**
- Add a few drops of your favorite scent to a warm bath.
- Add essential oil to a hot or cold compress.

**INTERNALLY**
- Add essential oils to drinks, such as tea or milkshakes.
- Use oils in recipes, especially in baking, to replace certain herbs or spices.

Doctor Piniella is the only physician, board certified in the specialty of Asthma and Allergy in the Florida Keys. He has been providing care to residents of Key West and the Florida Keys for over 20 years, treating adults and children with asthma, allergies, chronic sinusitis, respiratory problems, food and drug reactions, recurrent colds, in addition to eczema and other allergy related skin problems.

For more information, visit: www.pa2allergy.com

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Opposite Page: Dr. Carlos Piniella started his asthma and allergy practice in Miami in 1993 but had so many patients drive up to see him, that he eventually, 20 years ago, opened an office in Key West.

Dr. Carlos Piniella

“I started my practice – Piniella Asthma & Allergy – in 1993 in Miami, but I was having so many patients drive up to see me from the Keys, that I eventually, 20 years ago, opened an office in Key West.” - Dr. Carlos Piniella

Physician Profile

Breathe Easier with Dr. Carlos Piniella

Food allergies, asthma, COPD, sinus infections, pollen and other airborne allergies, allergy shots, inhalers. Dr. Carlos Piniella handles it all.

The only doctor in the Florida Keys who’s board-certified in asthma, allergies and immunology, Piniella sees and treats adults and children, concentrating on first identifying the allergen, then working to eliminate it from someone’s life, and finally, treating the allergy symptoms with medication, be it a daily pill or a weekly allergy shot.

Piniella recently won a People’s Choice Award for Most Compassionate Doctor. The plaque hangs unnecessarily on his office wall, because anyone who spends two minutes with Piniella knows they’re dealing with a doctor who cares. And any physician who expects a kid to come back week after week, knowing each visit will involve a dreaded shot, must be able to make people feel comfortable. “I love this field because I can treat both adults and pediatrics,” Piniella said from his Key West office in Roosevelt Suites, 3712 N. Roosevelt Blvd.

It was early on a Wednesday morning. Piniella had just landed at Key West International Airport, picked up coffee for himself and his assistant, and was at the office by 8 a.m. It’s the same schedule he’s kept for more than 20 years, as his main office is in Miami. “I’ve been coming to Key West once a week for 20 years. I love my patients down here. But I love all my patients. And another thing that I really like in this field is that most of the stuff I see is entirely preventable or treatable. I do treat COPD, even though I hate to do it, because smoking is still so prevalent here in the Keys, more so than anywhere else.”

Piniella sees patients who are allergic to peanuts, chocolate, dust mites, pollen, sea lice and scorpion stings. Others suffer from eczema, hay fever, immune disorders, sinusitis, nasal polyps or asthma. He uses the traditional skin-prick test to identify the causes of allergies, injecting a small, natural sample of a potential allergen under the skin of a patient’s forearm, and watching for 15 minutes to see which allergens produce a reaction. Once the allergen is identified, allergy shots are typically administered weekly for the first year or two, and then may taper off if the symptoms are diminishing.

“With allergy shots, the patient is basically being vaccinated against the environment that is causing problems by being exposed to small doses that allow their body to
build up immunity to whatever’s in the environment that produces symptoms for them,” Piniella said. “Obviously, if I could put you in a bubble, you wouldn’t have allergies, but we do try as much preventive stuff as possible before opting for a medication regime.” Prevention may include ridding one’s household of pet dander, using hypoallergenic pillows, fighting dust mites, eliminating mold or reducing humidity.

“We may get your home perfect, so you feel fine, but you have to leave it at some point and go outside,” he said. “So when prevention and avoidance of the allergen isn’t possible, we’ll often turn to medication in the form of pills or inhalers that treat the symptoms. And then we turn to allergy shots.”

Piniella smiled when he discussed what he called the “predictability” of his practice. “For example, we’ll soon start to see a bunch of asthma attacks triggered by kids getting into overly chlorinated pools as summer starts,” he said.

Piniella is a bi-lingual Miami native. He grew up in Miami and attended University of Miami for both undergraduate and medical school. “I love South Florida and its people,” he said, recalling the simpler days of his childhood in Miami. “I got my first boat when I was only 8,” he said, smiling at the memory of a time when he could take his boat out as a kid, and not have to be home until the streetlights came on.

“I started my practice – Piniella Asthma & Allergy – in 1993 in Miami, but I was having so many patients drive up to see me from the Keys, that I eventually, 20 years ago, opened an office in Key West.” He’s been spending Wednesdays here ever since, but the Key West office is open all week and his assistant is skilled in administering allergy shots. “And I’m always available by phone and Face Time, so if Jackie or a patient has any questions or concerns whatsoever, I’m right there on the other end of the phone,” he said.
As if his practice didn't keep him busy enough, Piniella in 2014 opened Homestead Medical Research to pursue his love of research. He serves as CEO and director of the Asthma, Allergy, and Biologics division.

“We’re currently involved in more than 40 clinical drug trials, which can be especially helpful for people who can’t otherwise afford medication or treatments. “My patients come first and I’m always available for them,” he said, proving time and again that the plaque on his wall doesn’t lie.

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Office Hours:
Monday   11:00AM to 6:00PM
Wednesday   9:00AM to 5:00PM
Thursday   1:00PM to 6:00PM
FARMING KEY WEST

BY JD ADLER
Imagine a garden hanging from a pole, standing in the corner of your porch. Roughly the size of a small Christmas tree, this garden waters itself and provides lettuce, tomatoes, oregano, or nearly anything that sprouts from a seed.

In the evening, you walk outside and pluck a salad, and some herbs for your entree. Marjorie and Justin Townsend’s porch in Key West currently features two vertical gardens, with the equipment to soon have a total of ten. With these they intend to start Townsend Family Organic Farms, so they can grow and trade for the organic food they want, and sell the surplus.

Townsend Family Organic Farms
While in California, Marjorie had been selling an organic supplement called Juice Plus, when the company bought Tower Garden. Justin was skeptical of the concept, having been raised with horizontal soil farming. So they held a contest. They bought one tower, and each raised the same few items. Marjorie worked the hydroponic tower and Justin the flat earth. In the end, they now have ten towers.

In the past, they used the Tower Gardens simply for personal supply. After being stationed in Key West, they started posting pictures online, and were overwhelmed by the unexpected response.

Opposite Page: Marjorie Townsend harvests some vegetables from one of her vertical hydroponic gardens on her Trumbo Point porch.

Right top: Fresh, leafy vegetables are just an arm’s length away with a vertical hydroponic garden.

Bottom: Seeds start out in a cube of rockwool. The roots will grow out of the bottom of the medium into a watering chamber. The hydroponic system grows plants completely dirt-free.
Requests to buy/trade for their organic produce far outpaced the actual supply. They decided to increase the supply; giving birth to Townsend Family Organic Farms.

Their first attempt at cultivating seed money was via a crowd-funding campaign. Though they did not reach their financial goal, there were positive outcomes. They now have a short list of initial customers, a network of local organic gardeners, as well as interest from multiple investors wanting to discuss distribution. The core of their plans remains as described on their Kickstarter page, "...In addition to the market, we will grow our delivery customer base. The island of Key West is only 2 miles by 5 miles at its widest, so delivery by bicycle is feasible..."
A passion and vision for delivering a product people already desire is an optimistic opening for any small business. Having made the decision to self-fund the initial ten towers, they have until harvest to grow their operation.

**WHAT IS A VERTICAL GARDEN?**

There are many varieties of vertical gardening. Some use soil, others do not, but they all allow the individual to grow multiple plants in a small space. Several companies produce them, however the Townsends favor the "Tower Garden" brand. As it uses no soil, just water occasionally raining down on the roots resting in the rock wool, it is considered an aeroponic, vertical garden.

Picture a lollipop, upside down. The pop end, (the basin) is roughly 2 feet around, and the stick, a six-inch thick hollow stand reaching five feet high. The stick tower is white with holes or ports for removable net pots that hold one-inch square bundles of fibrous rock wool. The rock wool holds the plant from seed to harvest. Inside the basin are 20 gallons of water on a timed pump, which jettisons...
While the plants grow on the outside of the Tower Garden (above), the root system grows inside the watering chamber of the tower (opposite page).
water up to the top raining back down on the roots inside the Garden Tower. The runoff water collects in the basin and the cycle begins again. After a few months, with sunlight and attention, a lush garden is standing before you.

One Tower Garden comes with: the basin, five modules that combine to make “the stick” of the tower, and all the supplies necessary to plant one season for $525. The Townsends added two more modules to each of their ten towers, which means there are 48 ports available on each tower, allowing as many as 480 different types of plants, though one could assume there will be duplication.

THE TOWNSEND FAMILY
Marjorie, Justin and their daughter Zoe, came to Key West for the first time when Justin received his first assignment as a U.S. Coast Guard Officer. This was not their first attempt at growing their own food, however. Justin grew up on a farm in Oklahoma and Marjorie was raised in North Carolina with gardens and a culture of nutrition. They both went on to earn multiple degrees, eventually meeting in New Orleans where he trained with a renowned chef and she managed the food and beverage operations for...
I am a man who believes in facing a challenge, attacking it, and defeating it. When your opponent is your own brain, what are you to do? Unseen, unknown, unable to mount any type of defense or even be given a real explanation. This is life with epilepsy. Millions of people have this condition, 50,000 die every year in America, yet no one ever discusses it publicly. Which is why I am telling my story.

BY JD ADLER

LIVING WITH EPILEPSY

When I was 14 (1985), I began having bizarre, frightening experiences. In the mornings, while in the bathroom, I would find myself falling to the ground for no reason. During the day, in class, my head would suddenly bounce off my desk for no reason. Sometimes, while talking to people, they would look at me like I was crazy. When I asked why, they would explain I had stopped walking for several seconds and then started up again as if I had never paused.

After a series of tests, my diagnosis was confirmed and given a label; juvenile onset myoclonic epilepsy (JME). The seizures I had been having, falling and loss of awareness, are called absence seizures (myoclonic). Over time this condition would develop into tonic-clonic seizures, the type commonly recognized. The patient has no memory of events during the seizure and afterwards is confused and disoriented; a state called post-ictal. If you survive into your 40’s, patients with JME usually begin to experience a decrease in seizures.

As I got older, I developed something I call mini-seizures. I do not lose consciousness, but my chest constricts like a hiccup and my mind feels momentarily disconnected. Afterwards, my stomach is tied up in knots and I am disoriented for an hour.

Eventually I maintained enough continuous years seizure free that I was able to volunteer as a firefighter. After a few months, I was preparing to take the test to become a paid firefighter in Tahoe, CA, but two days prior, I experienced the first tonic-clonic seizure of my life. I remember eating breakfast at a diner, and then I remember being in an ambulance struggling with the medic. When I became aware enough to stop fighting, he explained why I was there. I just sighed, knowing this meant an end to firefighting, paid or volunteer. After all, how could I put other firefighters at risk?

This led to an extended period of physician supervised pharmaceutical experimentation as doctors tried to find something that worked. Over the years
I have dealt with this drug roulette multiple times, with myriad side effects from mental haze to depression to extreme diarrhea to temporary amnesia. I’m finally on a medicine that works for me, but only in combination with marijuana. All of my doctors agree it seems to be effective, but are bound by federal law not to help me manage the dosage. The drugs which gave me depression and amnesia, however, are completely legal.

There is no such thing as 100% control, and I still have occasional seizures. Mostly presenting as the “mini-seizures” I described above, yet the occasional tonic-clonic episodes still occur, and that is when things get dangerous. I am a person who has traveled America several times. I snowboard, sail, hike; I do not fear death by adventure. I do fear a humiliating death, falling down the stairs, hitting my head on a toilet, etc. and epilepsy makes that a real possibility.

Just over a decade ago, a shower seizure nearly ended my life. The curtain wrapped around my face, cutting off my air supply. Had one of my house mates not been home, heard the crash, and kicked in the door when I didn’t answer, I would have died wet, naked and wrapped in plastic flower print. I have no memory of anything between getting in the shower and waking up in the hospital.

Six years ago, a spring afternoon bicycle ride turned serious when I had a seizure crossing an intersection. I was riding my bike on Friday and Saturday I woke in the hospital in four point restraints, a neck brace, my right eye swollen shut, nose and three ribs broken. Also, due to head trauma, I believed I had been kidnapped and was actively fighting and verbally assaulting my caretakers. It would be Sunday before I began to return to reality, though I would never remember most of the battle I apparently waged.

Five years ago, two days after my birthday, I was sitting at my desk-then I woke up in the hospital with a broken foot. This episode was full of firsts; my first stairwell fall, my first surgery, and the first metal plates implanted into my body. My house mate said his dog came and got him just as he was leaving. A few minutes later, and I would have laid there bleeding and for how long?

“There is no such thing as 100% control, and I still have occasional seizures.”

Epilepsy Facts

3 MILLION Americans have epilepsy
200,000 people are diagnosed with epilepsy
TWO-THIRDS of patients diagnosed with epilepsy, the cause is unknown
50,000 epilepsy related deaths per year
Sudden unexpected death in epilepsy accounts for 34% of all sudden deaths in children
2.2 MILLION troops have served in Iraq and Afghanistan; 100,000 of these soldiers are expected to develop post-traumatic epilepsy (PTE).

15.5 BILLION Epilepsy costs the U.S each year. The indirect costs associated with uncontrolled seizures are 7 times higher than that of the average for all chronic diseases.
My doctor wanted to give me a second medication. I declined because the last time I had such devastating mental side effects. Which is worse, seizures or stupidity? If you think that's an easy question, then you either have never had a seizure or you are not a creative thinker.

I neither want nor need pity or condolences. What I want, what those of us with epilepsy need, is two-fold. An educated public and a greater focus on finding a cure instead of just a treatment.

**HERE'S SOME INFORMATION FROM MY EXPERIENCE AND EDUCATION.**

- Don’t ever put anything in an epileptic’s mouth. They’ll just bite it off and choke on it.

- If you see someone having a seizure, put a pillow under their head and move anything that might hurt them away.

- Only call an ambulance if they have hurt themselves, or if it goes on for more than three minutes. There is very little a hospital can do for just a seizure.

- Afterwards give them water, and tell them what happened, because they will be confused and dehydrated.

- As always, be nice to them, because that’s what you would want.
Epilepsy is a neurological disorder caused by malfunctioning nerve cell activity in the brain. These malfunctions cause episodes called seizures.
SLOW COOKER ONION SOUP:
Take comfort in an almost effortless onion soup

TALK ABOUT A VEGETABLE THAT’S EVERYWHERE. The humble onion is one of the most common aromatic vegetables, popping up in so many ways across so many cuisines. And it’s not just for taste. The onion also happens to be a terrifically healthy ingredient. If nothing else, it’s a delicious way to add bulk to a dish without adding many calories or any fat. Thing is, Americans typically use onions in such small quantities that they serve more to highlight the other items in a dish, rather than strut their own stuff.
The secret is in not rushing the caramelizing of the onions. And that’s a fine way to put your slow cooker to work. It conveniently caramelizes the onions overnight with no effort from you. And my recipe for slow cooker onion soup walks you through the whole thing.

SLOW COOKER ONION SOUP

START TO FINISH: 10 HOURS
SERVINGS: 6

FOR THE CARAMELIZED ONIONS:
5 cups sliced yellow onions, (about 4 large onions)
2 shallots, peeled and sliced
1 clove garlic, minced
1 tablespoon olive oil
Salt and ground black pepper

FOR THE SOUP:
1 teaspoon all-purpose flour
1/4 cup dry sherry
1 teaspoon dry thyme
Small sprig fresh rosemary
1 teaspoon Worcestershire sauce
2 cups low-sodium chicken broth
2 cups low-sodium beef broth
1 cup water
1 tablespoon lemon juice
6 thin slices baguette, toasted until golden and quite dry
1/2 cup grated Gruyere cheese

DIRECTIONS:
Coat a 4-quart or larger slow cooker with cooking spray. Add the onions, shallots, garlic and oil. Toss well, then season with a bit of salt and pepper. Cover and cook on low until the onions are richly colored and sweet, 8 to 10 hours. (The onions at this point can be removed and used for other recipes if not making the soup.)

Once the onions are ready, sprinkle them with the flour and stir until well-combined. Add the sherry, thyme, rosemary, Worcestershire sauce, both broths and the water, then cover.

THE EXCEPTION? A WARM AND SATISFYING BOWL OF ONION SOUP. The genesis of onion soup is unclear, but some attribute the version we know today to a French king. There is nothing as soothing as the luscious sweetness of a cooked onion, particularly one from which a caramel color and flavor have been coaxed unhurried over hours. Add a rich broth and a bit of cheese, and you have a delicious luxury.
and cook for another 4 hours on low or 2 hours on high. Once the soup is done, stir in the lemon juice and adjust the seasoning.

When ready to eat, set the broiler on high. Ladle the soup into broiler-safe serving crocks. Top each crock with a thin slice of the toasted baguette and a heaping tablespoon of Gruyere. Place the filled crocks on a rimmed baking sheet and broil just until cheese is golden, 1 to 2 minutes. Do not leave the crocks unattended, as they will burn quickly. ☀

NUTRITION INFORMATION PER SERVING:

240 calories; 60 calories from fat (25 percent of total calories); 6 g fat (2.5 g saturated; 0 g trans fats); 15 mg cholesterol; 34 g carbohydrate; 3 g fiber; 8 g sugar; 10 g protein; 570 mg sodium.
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(305) 296-0021
www.21co.com/keywest

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Diplomate, American Board of Family Medicine
Keys to Wellness Medical Center at the Pink Plaza
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(305) 852-8670 www.susanamaymd.com

Welcome Dr. Joseph Panoff to the Florida Keys

Dr. Panoff earned his medical degree and completed his radiation oncology training at the University of Miami.

After practicing at the University of Miami Sylvester Comprehensive Cancer Center, he is now bringing his expertise to The Keys.

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### MEDICAL/HOSPITALS

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Tavernier, FL 33070  
(305) 434-3000

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Marathon, FL 33050  
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**LOWER KEYS AND KEY WEST**
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5900 College Road  
Stock Island, FL 33040  
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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

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Marathon, FL 33050  
(305) 289-0044

**FLORIDA KEYS DERMATOLOGY**

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#207 Tavernier, FL 33070  
(305) 668-8201

**NEW LEAF SKIN CARE**

**TWO LOCATIONS**

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(305) 509-2550  
-----  
2027 Flagler Ave, Suite 5  
Key West, FL 33040  
(305) 509-2550

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N Roosevelt Blvd  
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(866) 544-6741

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**ISLAND ENT**

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(305) 292-2259

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Suite #11  
Key West, FL 33040  
(305) 247-8227

**MIRACLE EAR - HEAR IN PARADISE**

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Marathon, FL 33050  
(305) 453-6332

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Key West FL 33040  
(305) 294-9711

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Key West, FL 33040  
(305) 247-4995

**SWANKRIDGE CARE CENTER**

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Homestead, Florida  
(305) 248-9662

**VNA**

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

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(305) 294-0011

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(305) 852-9300

**KEY WEST URGENT CARE**

1501 Government Rd.  
Key West, FL 33040  
(305) 295-7550

**NEW TRUMAN MEDICAL CENTER**

540 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

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**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
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Key West, FL 33040
(305) 294-1024

PHYSICIAN
CHIROPRACTIC

EXCEL CHIROPRACTIC
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Key West, FL 33040
(305) 209-5665

KEY WEST CHIROPRACTIC
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Key West, FL 33040
(305) 296-5358

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Key West, FL 33040
(305) 394-1932

OROPEZA
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(305) 294-1036

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

PHYSICIAN
INTERNAL MEDICINE

IMKA - INTERNAL MEDICINE & KIDNEY ASSOCIATES
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Key West, FL 33040
(305) 293-5015

JENNIFER CHARITY, MD
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Key West, FL 33040
(305) 295-3535

JACKIE LEFFERTS - PULMONARY
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Key West, FL 33040
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KEY WEST MEDICAL CENTER
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Gregory Delong, MD
Stanley Santiago, MD
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Key West, FL 33040
(305) 293-1830

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Mariners Hospital
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Key West, FL 33040
(305) 294-1101

PHYSICIAN
FAMILY PRACTICE

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Key West, FL 33040
(305) 292-3339

MICHAEL D BURTON DO
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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
ORTHOPEDIC

KEYS MEDICAL GROUP
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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) 294-5503

JOHN F TORREGROSA DPM FACFAS, FAFAOM
TWO LOCATIONS
8151 Overseas Hwy., Ste 5
Marathon, FL 33050
(305) 743-4100

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
MAKING HEADLINES

FLORIDA DEPARTMENT OF HEALTH

Child Care Food Program Provides 153 Million Nutritious Meals to Florida Children

TALLAHASSEE, FLA. - The Florida Department of Health joins the United States Department of Agriculture (USDA) in promoting the Child Care Food Program, a federally funded USDA program that reimburses child care providers for serving nutritious meals and snacks to children. The program is administered by the department and ensures that participating facilities offer meals and snacks that meet or exceed federal and state nutrition standards. Meals are available to all eligible participants without regard to race, color, national origin, sex, age, or disability. Research indicates that early childhood nutrition plays a fundamental role in the cognitive growth and development of a child.

“The Child Care Food Program promotes healthy habits for life, by encouraging young children to eat nutritious foods and learn about healthy food choices while in child care,” said State Surgeon General and Secretary of Health Dr. Celeste Philip. “Parents seeking child care in Florida are encouraged to enroll their children in facilities that participate in this program.”

The program is offered at four types of child care-related settings:

CHILD CARE CENTERS: In a non-pricing child care center, meals are available at no separate charge to eligible children. In a pricing child care center, which has a separate identifiable charge for meals, children from households whose income falls within the reduced-price income eligibility guidelines are eligible for reduced-price meals. These meals are priced at 40 cents for lunch/supper, 30 cents for breakfast and 15 cents for snacks. Children from households whose income falls within the free income eligibility guidelines are eligible for meals at no charge. Refer to the current Income Eligibility Guidelines listed below.

FAMILY DAY CARE HOMES: Meals are available at no separate charge to eligible children.

AFTERSCHOOL PROGRAMS: The Afterschool Meals Program is a subcomponent of the Child Care Food Program. Snacks and/or meals are available at no separate charge to eligible children.

HOMELESS SHELTERS AND CERTAIN EMERGENCY SHELTERS: The Homeless Children Nutrition Program is a subcomponent of the Child Care Food Program. Meals are available at no separate charge to eligible children.

Head Start participants and children from households receiving Food Assistance Program or Temporary Assistance to Needy Families (TANF) benefits are automatically eligible to receive free meals benefits at participating facilities.

Below are the current Income Eligibility Guidelines used in determining a child’s eligibility for free or reduced-price meals.

For more information, lists of participating providers all organized by facility type, on the Child Care Food Program, please visit www.floridahealth.gov/ccfp/

ABOUT THE FLORIDA DEPARTMENT OF HEALTH

The department, nationally accredited by the Public Health Accreditation Board, works to protect, promote, and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at @HealthyFla and on Facebook. For more information about the Florida Department of Health, please visit www.FloridaHealth.gov.

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For each additional family member, add +5,408 +451 +226 +206 +104

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For each additional family member, add +7,696 +642 +321 +296 +148

FLORIDA HEALTH | PROGRAM PROVIDES 153 MILLION NUTRITIOUS MEALS TO FLORIDA CHILDREN
a hotel. Married in 2011, they lived in San Diego while he was a cadet, which is when Marjorie became involved with Juice Plus, the company that would eventually buy Tower Garden.

When asked about her reasons for getting involved with vertical gardens specifically, and organic foods generally, Marjorie would always cycle back to one central theme: they knew exactly what they were eating. The flavor, cost savings and personal pleasure were all obvious benefits to them, but knowing what you are putting into your body was the clear motivator.

This concept is about far more than just the grocery list for the Townsends. Marjorie repeatedly refers to teaching their daughter via participation in the garden, while returning to anecdotes about her mother doing the same in her gardens. Even today, Marjorie’s mother keeps an old fast food burger on display in her home. Other than hardening, the burger has remained unchanged for years, though the bag has had to be changed several times due to decay. The visceral disgust that image evokes, is the argument behind organic gardening.

Justin has taken similar lessons from growing up hunting and farming in Oklahoma. On his blog of hunting stories and game recipes, harvestingnature.com, Justin describes his motivation,

“…THIS NOTION HAS BECOME EVER SO IMPORTANT AS I BECAME A HUSBAND AND THEN A FATHER. I WANT TO KNOW THAT THE FOOD WE EAT IS NOT HARMING MY FAMILY AND THE ONLY TRUE WAY TO VERIFY THIS IS TO FIND THE FOOD MYSELF.”

Left: One of Marjorie Townsend’s Tower Gardens is completely covered with leafy vegetables.
It’s not easy being a parent, but here’s something simple you can do. Spend two minutes twice a day making sure they brush; it could help save them from a lifetime of tooth pain. Make it fun, text MOUTH to 97779 to join the 2MIN2X Challenge.

2MIN 2XDAY

Easier than getting them to eat something green.

Message & Data Rates May Apply. Reply STOP to opt-out. We’ll text you 2 times a month. No purchase necessary.