

VIBRANT LIVING ON THE CREATIVE COAST SARASOTA | BRADENTON

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## BREAKTHROUGH

"There was an article in *Nature* magazine called, 'Comprehensive molecular portraits of human breast tumours,' which I believe is the most important paper on breast cancer ever written. This particular paper provides the most comprehensive molecular understanding of breast cancer ever published. It details a new molecular classification of breast cancer. This is a road map for understanding how new medications can be targeted to treat breast cancer, understanding drug resistance and ultimately choosing a patient's treatment in the future based on a molecular fingerprint of an individual patient's tumor. This paper demonstrates, at the molecular level, that there are four main breast cancer subtypes." — *Dr. Steven Mamus, Cancer Center of Sarasota-Manatee*

## Skin Care

Every day you should wear nothing less than 30 SPF sunscreen. There are chemical-based and mineral-based sunscreens out there, but my preferred sunscreen of choice is a titanium or zinc mineral-based sunscreens with 9 percent micronized or higher. Micronized formulations have eliminated the "pasty look." In my opinion mineral-based sunscreens provide the best sun protection without being irritating, so avoid chemical-based sunscreens and choose a mineral sunscreen instead. Mineral sunscreen is less greasy, better for sensitive skin, and is a good primer for makeup. Above all, it provides superior protection from the sun. — **ELIZABETH F. CALLAHAN, M.D.**, SkinSmart Dermatology

Everyone should be performing a monthly self-skin exam at home. You are the first line of defense against skin cancer. Be sure to look at your entire body every month using a mirror. Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Remember, some moles are black, red or even blue. As far as what makes the moles change colors, there are multiple reasons that range from a "nevus" growing and maturing normally, to it changing into a malignant cancer. The sun is responsible for some skin cancers but not all, so it could cause the color change but not always. If you notice any of your spots changing, growing or bleeding, make an appointment to see a dermatologist. One common misconception we hear is if a spot has been there for most of your life it is nothing to worry about. This is not always true because any spot can become cancerous at any time. These simple steps can help ensure that skin cancer is diagnosed in its earliest most treatable stage. — **RYAN JAWITZ, D.O.**, Riverchase Dermatology



## Cardiology

Obesity, without a question, is becoming an epidemic in all age groups to the point that we are not even quite sure what the norm is. If you look at all the critical illnesses that arise from obesity, like diabetes and sleep apnea, they lead to heart problems. The simple thing to do is to go online to a body mass index calculator and look at every individual's body mass index as compared to your own current weight. Getting somewhere near your right body mass index is a worthy goal for long term protection for developing heart disease. — **DAVID SCHREIBMAN, M.D., F.A.C.C., F.S.C.A.I.**, Heart Specialists of Sarasota

I'm an athlete and health nut, so I harp on my patients to try and exercise 30 to 60 minutes a day, six days a week. I think for time-strapped people, aerobic exercise is best, and running or brisk walking is the most efficient. Although the new-hype shorter and more power packed workouts are certainly better than nothing and might be a good way to kickstart one's new exercise lifestyle, I still favor traditional and longer aerobic exercise as the eventual goal. People would think it's obvious, but there is a fair amount of research data coming out that we need to do more exercise and that the best bang for your buck is going to be walking. 'Those who don't make time for exercise now will eventually have to make time for illness,' The Earl of Derby, 1873. — **HARDY SCHWARTZ, M.D., F.A.C.C.**, Heart Specialists of Sarasota

Anybody who has a family history of coronary artery disease is three to five times more likely than the average person to develop coronary artery disease in his or her lifetime. So they should try to lead as healthy a lifestyle as they can: keep their weight down, watch their diet, avoid smoking at all costs and start getting tested for high cholesterol as early as their 20s. When you're 85 and you discover you have high cholesterol, it's too late because you have years of buildup; if you start at age 20 you can really impact the outcome in your older life. — **GINO SEDILLO, M.D., F.A.C.C.**, medical director of cardiology and PCI, Doctors Hospital of Sarasota