

Feeling Fit

Sunday, March 22, 2009 | The Sun

Mind | Body | Spirit



March is
National
Nutrition
Month

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PHOTOGRAPH BY OLIVER NIS

LOCKS OF LOVE

Kelly Brown makes the cut as Dr. David Kaler
chops his coil for Locks of Love | Page 1 2

Local Physician chops his coif for Locks of Love

By ERIN BROENEL
SUN CORRESPONDENT

A crowd gathered in the cafeteria at Fawcett Memorial Hospital in Port Charlotte and it wasn't just for the food. Dr. David Kaler, a well-respected local orthopedist from the Charlotte Orthopedic Clinic, decided to donate his hair to Locks of Love.

Kaler, along with organizer Candice

Dierich of Fawcett Memorial, auctioned off the opportunity to "chop the coif." All proceeds from the winning bid went to the American Cancer Society. Others were invited to join in the festivities and donate their hair to the organization.

Locks of Love is a public-non-profit organization, which provides hair pieces and wigs to financially needy children who have lost their hair due to a medical condition or treatment at little or no cost to them. They use only human hair to make top quality pieces. To make one wig, they need six to 10 people to donate their hair. The hair must be at least 10 inches long, and needs to be free from excessive chemical damage.

The OR department staff pooled their funds to get the winning bid of \$256. They drew names to see who would get the opportunity to chop off Kaler's long locks. Linda Stanley, an OR nurse, won the opportunity and enjoyed being a part of the process.

Kaler's hairstylist, Kelly Brown of A Ya Ya Hair Hut, located at 1825

Tamiami Trail Suite #64, Port Charlotte, donated her time to clean up after the cut for Kaler and the other people donating their hair. She provided free styles to suit their new shorter hairstyles, even taking time off of her normal workday to be there.

This was Kaler's fifth time donating his hair to Locks of Love. He began when a child came into his office and mentioned that she was donating her long hair to the organization. From her story, he decided to grow out his own hair to donate to children who need it. He is planning to grow his tresses at least one more time for donation. It takes him approximately two years to reach the required 10 inches it must be to

Fawcett Memorial Hospital was proud to surprise Kaler during the event with the 2009 Frist Humanitarian Award



SUNPHOTO BY ERIN BROENEL

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Mini dental implants can help those who wear dentures

By DR. JON WINDOM
FAMILY DENTIST, CANTON

The use of partial and complete dentures has long offered patients an alternative to compromised aesthetics and poor function when eating. Millions of people in the US are missing many or all of their teeth.

In the past, it was not uncommon for a dentist to remove uncomfortable teeth, whether they were extensively decayed or hurting.

The current dental mind-set is to preserve as many teeth as possible. Due to new materials and techniques, most teeth that were extracted without a second thought can now be saved. The retention of natural teeth leaves both the dentist and the patient numerous options that can be useful in restoring both function and appearance.

Dentures, even those that have teeth to brace against (hence the name partial dentures) often do not have the fit or function that most people want or expect.

This can happen for various reasons, including unsecure teeth on which to anchor the partial dentures, tender gums, mobility that can lead to sores, a shift in the gum and bone over time, or insufficient "suction" due to lack of necessary bone structure.

No two dentures fit people the exact same way. Therefore, dentures can feel wobbly or loose, interfere with chewing, or require messy adhesives in order to keep them in the mouth.

One solution can be the placement of mini implants. This proven technique has helped countless people tolerate and even enjoy wearing their dentures.

In as little as one visit, patients can leave the office with their dentures securely fastened, a benefit the patient can experience immediately.

Developed over 20 years ago, mini implants are similar to traditional implants with the exception of having an ultra small diameter, compar-

tively. They are composed of a titanium alloy, an extremely biocompatible metal.

Though not a "new" concept in dentistry, the FDA has approved the use of mini implants as a long term fixture to aid in tooth replacement and denture stabilization.

Some have been successfully functioning in patients' jaws for decades. Further more, they are particularly effective in single tooth replacement.

Many people struggle daily with prosthetic devices. Many of these people withdraw from any type of social engagements due to discomfort and disagreeable breath as a result of food being trapped and decaying under their dentures and them being compelled to wear them.

Successful placement of mini implants addresses and can solve all of these social and practical problems.

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donate.

In addition to Kaler, six others decided to cut their hair for the cause. Csaba Csako was a patient in recovery from surgery at Fawcett. When he woke up following the procedure, he had a flier lying in his hand for the Locks of Love event.

"I got the message,"

Csako said, playing with his long ponytail. "It's for a good cause." Csako and his wife were proud to be a part of the event and to help the children who would benefit from his donation.

Fawcett Memorial Hospital was proud to also surprise Kaler during the event with the 2009 First Humanitarian Award.

The First Humanitarian

Award is awarded to volunteers and employees of HCA, the parent company of Fawcett Memorial Hospital, to honor their humanitarian achievements in the community. This was the first year to honor a physician.

For more information on Locks of Love or to donate, please visit their Web site at www.locksoflove.org.