



REMINDER

EVERY VOTE COUNTS!
It's not too late to
vote on the documents
that govern winding
Cypress! Click [HERE](#)
FMI inside...



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CONTACT INFORMATION

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Steve Shedd, Treasurer

Kay Ballard, Director

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OFFICE: 239-732-7171

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Maintenance Supervisor

Derrick Olan



This month's cover photo

It's all about L♥VE

Winding Cypress website

www.windingcypress.org

Guardhouse/Ramco Gate Access

239.732.7745

<https://Gateaccess.net>

[CLICK HERE](#) for Ramco FAQ; [CLICK HERE](#) for the Ramco User Manual


myHOast

<https://winding-cypress.myhoast.com/logon>

Newsletter Staff Contact

windingcypresscomm@gmail.com

A few February dates of note

February 2nd: World Wetlands Day 

February 4th: World Cancer Day 

February 14th: Valentine's Day 

February 15th: International Childhood Cancer Day



February 20th: World Day of Social Justice



MESSAGES FROM THE BOARD

As you enjoy life in Winding Cypress (especially as thermometers dip up north), you've all likely enjoyed some of your HOA Board's more obvious work:

- continuing improvements in landscaping,
- replacement of the Amenity Center air conditioning unit,
- cleaning & treating embedded rust stains on our sidewalks and streets; and
- so much more.

What you may not be as aware of is the level of effort we have applied over nearly 2 ½ years since transition from the Developer began.

Several of us participated or led **Transition Committees** before being elected to the Board. **Thanks again** to all members of those committees for your hard work to ensure the smoothest possible transition to homeowner control.

Since being elected as HOA Directors, we have continued that work. In addition to working tirelessly to maintain our grounds and facilities and to ensure smooth operations, **we have been laser-focused on holding the Developer accountable for what we believe or shortfalls in care & maintenance of our property prior to transition.** To do that, we

- **Commissioned and analyzed** multiple:
 - Engineering Studies
 - Cash Reserve Studies
 - Financial Audits
- **Cataloged evidence and compiled reports** to assist our legal team in making our case
- **Filed legal notices and claims;** and
- With all of that in hand are **now at the negotiation table** to resolve those claims for the benefit of the Winding Cypress community; and
- We are **preparing for the possibility of litigation** to satisfy those claims.

In short, we are at a **pivotal point** in this process. If we are unable to satisfactorily resolve our claims, we must initiate the process to file a lawsuit within the next several months as the

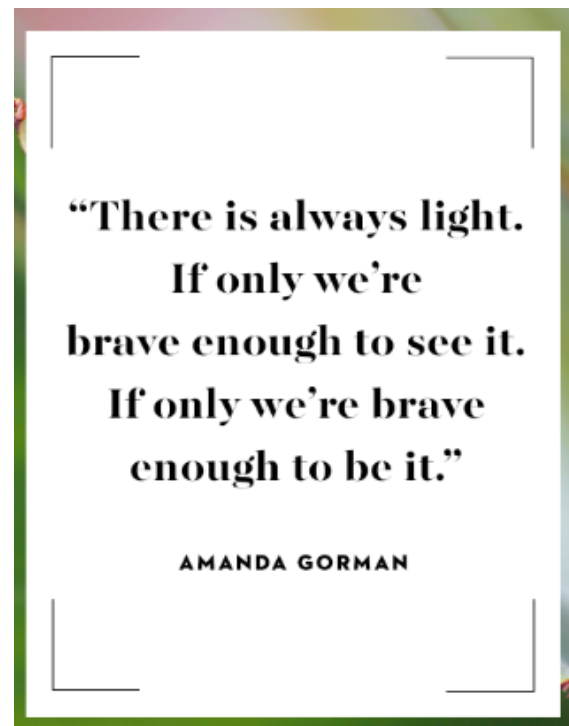
deadline to do so under laws now favorable to Homeowners' Associations as the law changes for the benefit of developers on July 1.

A great deal of money is at stake for us all, some of which we've already had to spend out of our own budget to make necessary repairs and replacements of equipment and facilities that we believe were the legal responsibility of the developer. To protect our claims and negotiations, we are not currently at liberty to discuss dollar amounts or further details, but the dollar amount that our experts have determined we are owed is substantial.

The next step in the process involves the Developer bringing in its own experts to do their own assessment of the Community. Our own lawyers and engineering firm will accompany them. It is important that we allow the Developer's team to conduct their evaluation independently. In the unlikely event that you are asked any questions by the team as you go about your daily business, please refer them to me as President of the WC HOA Board of Directors.

Thank you,

Bill Powell, President – WC Board of Directors



MESSAGES FROM THE BOARD

An Explanation of “The Vote”

When creating accounts on-line do you read the fine print before clicking “I Agree”? I’ll wager many of us don’t because we simply trust that what is required is fair. Admittedly there are times when I’ll take the time to read the agreement, but quickly become overwhelmed with the technical language. I think this might be the case with some owners who are attempting to vote on the proposed changes to our governing documents.

It might be helpful to start with what these documents are, and why they’re important. Did you know our HOA is a registered non-profit corporation in the state of Florida? Obtaining and maintaining that status requires an important set of legal governing documents. As our country’s Declaration of Independence, Constitution, and Bill of Rights support our function as a nation, our documents provide the framework for our association to act as a *common interest community*.

Each governing document serves a specific purpose, yet they all work together to create and govern the HOA. By purchasing a home here in Winding Cypress, you created a legally binding contract with the Association. The terms of that “contract” are spelled out in the governing documents.

Now that you have that bit of background, here’s some additional information that might help prevent you from being overwhelmed when you review the documents prior to casting your vote. NOTE: All the documents are filed together (in one large document) with the County Clerk.

- If you feel the need to “trust but verify,” dig out your closing document and compare it to the new (proposed) one. You’ll see the format is exactly the same. They both start with the Declaration and are followed by the exhibits (note that the Articles of Incorporation and the Bylaws are exhibits). For the ease of discussion, line numbers appear on the far left of each page.
- **The Declaration of Covenants, Conditions and Restrictions** (pages 1-41). In short (ha!), this

document outlines the rights for homeowners as well as the association itself. The attorney used red lettering and strike-through lines to show what is being removed. Blue lettering is used to denote words that are being added or changed.

- Exhibit B (5 pages after page 41) is **The Articles of Incorporation**. This document sets up the HOA as a not-for-profit corporation. Take the time to read lines 10-18.
- The next (and last) 11-page item is **The Bylaws**. Overly simplified, this spells out how the association is governed – the board’s playbook, if you will. Again, you can readily see deletions, additions, and changes in red and blue lettering.

Those are the very basics, but *why* are the changes being made? For the most part, the changes shown in these documents depict the removal of cumbersome builder language, include changes in Florida law that have been recorded since the docs were first written in 2014, and provide some language that our attorney felt would lend clarity. For example, if you look at page 30, line 1311 you’ll see how our old language was changed to comply with changes in Florida law.

1311 “...no owner shall be prevented from displaying **those flags that are permitted by Chapter 720 Florida Statutes as amended from time-to-time hereafter.** ~~one (1) portable, removable official United States flag or official flag of the State of Florida in a respectful manner, or on Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day, a portable, removable US Army, Navy, Air Force, Marine Corps or Coast Guard flag.~~

I won’t attempt to explain all the deletions, changes, and additions, but I hope this helps make your voting decision easier. As a reminder, we have a Special Meeting of the Members on **Feb 5th at 6:00 PM** (in the Event Room) to determine the vote. Click [HERE](#) to vote now! (If you need a proxy, please visit the office or click [HERE](#).)

Respectfully,
B.C. Bell, Vice President – WC Board of Directors

NEWS & ANNOUNCEMENTS

Upcoming Meetings & Information

Feb 5th (Monday) @ 9 AM ARC Meeting

Mar 7th (Thursday) @ 1 PM CDD Meeting

The first notice for the **2024 Annual Members Meeting and Election** of Directors has been sent out! The Annual Meeting will be held on **Tuesday, March 19th at 6pm** for the purpose of electing **3 Directors**. If you are planning to run for the Board, your **Notice of Intent** needs to be submitted by **Thursday, February 8th**. Please [click here](#) to view this notice and for information on the process for qualifying for the Board.



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VALENTINE'S DAY LOVE LOCALLY

When you ponder February, chances are your first thought is not about Mardi Gras, President's Day, or for some of us Lent.

It's far more likely you're conjuring visions of cupid and his arrows. Naples is full of wonderfully romantic ways to capture that special someone's heart... especially locally!

NORMAN LOVE CONFECTIONS

Enjoy 10% off everyone's favorite designer chocolates, affectionately yours from Norman Love Confections! **Mention "Winding Cypress Homes 10% Discount"** at checkout, and prepare to immerse yourself in some of Southwest Florida's greatest indulgences! **NOTE:** Discount valid in-store only at Norman Love Chocolates, Parkshore Center, 3747 Tamiami Trail North, Naples 34103. No online orders with discount.

NAPLES PRINCESS

www.portocallmarina.com - \$25 off any boat rental

www.naplesprincesscruises.com - \$5.00 off any regularly scheduled cruise (not valid holidays or specialty cruises)

www.missnaplesboat.com - \$3.00 off any regularly scheduled cruise (not valid holidays or specialty cruises)

The Winding Cypress discount is good for all of 2024! When booking online, please enter **WC102024** into the discount code section.



VALENTINE'S DINNER

<https://www.windingcypress.org/event-details/valentines-day-dinner-1>



<https://www.handandstonesouthnaples.com/>
Free mini hot stone enhancement with the purchase of any massage service.

Code: windingcypress2024. Good at the Kings Lake Placa location, or Founders Square location. Prepare to experience relaxation at its finest...



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<https://5thavefloristofmarco.com/>



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<https://www.naplesgov.com/parksrec/page/vening-fifth-and-sidewalk-sale-valentines-day>

COMMITTEE REPORTS

Architectural Review Committee

Jayne Shedd, Chair ~ Board Liaison Kay Ballard

The new year 2024 has started off with a flurry of activity with both new projects started as well as earlier projects completed. Many great improvements are being made to homes throughout Winding Cypress!

- A friendly reminder that any modification to the exterior of your home requires ARC approval *prior to beginning work*. The ARC Guidelines and application can be found at windingcypress.org under Architectural Review Committee. The range of projects is getting broader with each passing month. Examples of those projects would include but are not limited to garage mini-split air conditioners, exterior painting, generators, garage lighting, solar heating, and any landscaping project.
- The use of “mechanicals,” including generators, water filtration systems, pool heaters, mini-split air conditioners, and tankless water heaters on the exterior of homes, is becoming more prominent in our community. All of this equipment can sometimes make our community look crowded or cluttered. In 2024, the ARC will put an emphasis on masking the mechanicals from the street with hedge plantings from the [approved plant list](#). Also, vertical pipes, vents, and hoses originating from these mechanicals must be painted to match the color of the exterior walls.

The purpose of the Architectural Review Committee (ARC) is to review the homeowners’ proposed exterior home modifications for compliance with stated Architectural Review Guidelines to ensure that all Winding Cypress homeowners have a well maintained and attractive community where property values remain high. We thank you for your cooperation!

Building & Grounds Committee

Mike Merola & Vince D’Andrea, Co-Chairs ~ Board Liaison Mike Boriss

1. VFDs (variable frequency drives) are proposed to be installed on the motors of the fountain pumps to help control and operate them more efficiently.
2. A new company, VIP Pool Care, has been hired to service our pool and fountain. This will be a \$10,000.00 savings in contract price.
3. We are continuing to receive bids for fountain lights
4. We are continuing to receive bids for the pool heater(s) which will need to be replaced in the near future.
5. We have received many compliments on the landscaping. Thank you BrightView! Common area landscape enhancements have been budgeted for, and will begin this month. The estimate is less than what was budgeted!
6. FPL has been on the property to address the street light issues.

Tennis Committee

Marco Arilli, Chair ~ Board Liaison Mike Boriss

Revisions to the Tennis Rules were approved by the Board of Directors. The revised rules are to be published on the website on the Tennis Club page.

COMMITTEE REPORTS

Safety & Access Committee

Michelle Apgar, Chair ~ Board Liaison BC Bell

- **Access Control**
 - We encourage all residents to use GateAccess.net for entering guests, etc. You may also enter guests by leaving a message on the automated call line at (239)880-3180. NOTE: If this line prompts you for a pin, then your number is not set up correctly in the system. There is also an option on the app to list what cell phone provider you have. This is necessary to receive notifications. For homeowners or legal tenants, set up via the link on the Winding Cypress website [here](#).
 - Should you need to speak with a guard for an issue other than guest entry, you may call (239)732-7745, however please do not leave a message as this line is not routinely monitored.
 - In the event of an internet outage, a backup system has been ordered for the virtual guard and will be installed soon.
 - The Iron Gates are open during the day to prevent wear and tear. They are closed overnight between 10PM and 7AM. They are on a timer; we've verified the timer is working.
 - For safety's sake additional cameras are being priced through Ramco: one in Shady Palm, one outside Bonnie's window, and a cluster that can see the courts and parking area.
 - If you have any problems with fobs, barcodes, or Gate Access, please contact Bonnie in the HOA office at adminwc@swpropmgt.com or (239)732-7171. For more access control information, homeowner links, and documents, please visit our [website](#).
- We have a very active community with many residents walking, running, and cycling. In addition, we have young visitors and an abundance of wildlife. Please be sure to follow the speed limit and other signs throughout our community, including the three additional stop signs scheduled to be installed soon.
- A mirror will be ordered for the bike crossing area near the fountain by the Verona Walk side gate.
- No parking is allowed in the semi-circular driveway/portico at the front door of the Amenity Center; vehicles may be towed.
- An estimate has been obtained for repainting all our street traffic guidance lines. Next steps determine logistics.
- The board has approved signs on Collier Blvd Northbound and Southbound indicating "Winding Cypress and an arrow". Next steps are to apply to the County for any permitting and County fabrication guidelines.
- The pool bathrooms require fobs to enter at night - from 8PM to 7AM.
- We are researching with Collier County the possibility of a Crime Prevention Seminar.

Communications Committee

Kellie Harris, Chair ~ Board Liaison BC Bell

1. Website: In the last 30 days we've had 3223 visits to the website by 1565 different individuals, which means most people visited twice.
2. Newsletter: The January Cy-Press received 1500 views from 837 visitors. We continue to receive excellent feedback; thank you! Please feel free to [email](#) us with any questions or suggestions, as we try to tailor our content to meet the needs of the community.
3. Email: The "from" email address for HOA-related announcements has changed. It's now windingcypress@seacrestsouthwest.ccsend.com. To make sure you don't miss important announcements, add the address to your contacts.
4. Email: We have renewed our subscription for Constant Contact (the software the HOA uses to send email notifications). The new, pre-paid rate saves 15% over the previous year's subscription. We continue to look at email frequency, and ways to further reduce costs while maintaining sound communication.

COMMITTEE REPORTS

Finance Committee

Jim Sullivan, Chair ~ Board Liaison Steve Shedd

Once the committee receives/reviews the year-end financial statements, we will prepare the year-end audit (the draft is due at the end of the 1st quarter 2024). In the meantime, we'll continue to work with Seacrest to improve accounting procedures and financial analysis.

Shady Palm:

- New 8 seat round tables to arrive mid to late February adding 26 seats. Thank you to Jim Munley for his help with the CAD drawing/layout.
- We are working on installing online ordering at Shady Palm. The new system will allow residents to click a link on the Winding Cypress website, order, and pay for carry out orders (eliminating the need for phone calls to order). The same system will allow us to create and place QR codes placed at tables around the pool so customers can order and pay by phone with Shady Palm servers delivering their orders. This will eliminate the need for poolside customers entering Shady Palm. The system will take about 90 days to install and will cost \$50 monthly .
- We have eliminated an unused electronic system, saving \$300 monthly.
- Have you noticed the new place mats at the Shady Palm? The old brown, webbed place mats were deemed to be hard to clean, posing potential bacterial risks. The new place mats are hard, clear-coat, making them easy to clean and sanitize.
- We continue to add new liquors and wines to the drink list. The response has been very positive.
- The pizza oven is a great success; it has paid for itself in 60 days!

Compliance Committee

Marcia Palmer, Chair ~ Board Liaison Kay Ballard

The Compliance Committee is a voluntary committee within the Winding Cypress Homeowners Association. The purpose of the Committee is to safeguard the integrity of the community by supporting our community covenants and rules that each of us signed upon purchase, ensuring that homeowners are held to established standards and thereby maintaining property values, preserving aesthetics, and ensuring the overall beauty of the community.

We would like to extend our thanks to those of you who have demonstrated support of these initiatives in a kind, considerate, helpful, and respectful manner.

Going forward, we will do our best to identify our monthly focus in this newsletter. ***For the month of February, we will focus on house/garage/trim painting.*** Please remember that an ARC application is necessary for exterior painting (even if you are using the same paint colors).

As always, please feel free to reach out if you have questions or concerns. In keeping with the integrity of our committees, your information is kept confidential.



PROFILE: AUTHOR VICTORIA AVEYARD

I'm a huge fan of the [Red Queen](#) series, and I'm thrilled to be able to share this tete-a-tete with one of my favorite Young Adult authors, [Victoria Aveyard](#)!



I'm sure you've heard this in every interview, but we think it's an important foundation to start our conversation. What spurred you to write your first book? (and maybe talk a bit about your background in screenplay writing...)

I've been telling stories for as long as I remember. I didn't connect the dots on writing as a career path until high school, when I realized film school existed. The idea of writing entire novels was more intimidating than writing screenplays. As a teenager, I didn't understand becoming a screenwriter was just as difficult, if not more so.

I ended up [at] the film school at the University of Southern California. For a kid who grew up obsessed with George Lucas and Spielberg, going to their alma mater was a miracle. As I learned, scripts and books are actually very similar – the bones are the same, they just look different on the outside. One idea stuck out more than the others, and I graduated from college wanting to write that idea. That manuscript ended up being [Red Queen](#). I moved home to Massachusetts, where my very accommodating (and secretly nervous) parents let me live while I wrote a book for six months. Somehow, I sold the manuscript eleven months after graduation (and one month before I had to start paying back my college loans).

How did you come up with the concept of the Red Queen and her subsequent novels?

My first inkling of [Red Queen](#) was an image – a girl in an arena, about to be executed, but instead she electrocutes her executioner. It was so jarring and interesting to me, and I immediately started asking myself questions about this girl and this world. The rest of the story began to unlock with every new answer and subsequent question.

How much of the series did you already know and have mapped out in your mind, and how much did the characters “write” themselves/evolve as your storyline(s) developed?

I originally sold [Red Queen](#) as a three-book series, with only the first manuscript written. I knew where I wanted the characters and story to end up, and some major points along the way, but the whole path in between wasn't charted. When I actually got into writing and mapping out the series fully, I realized I needed a fourth book to get to where I wanted to go. As for the characters, sometimes it's very much my choice how they react, and sometimes it feels like they're living on their own (even if it's just inside my head).

Are your characters based on any person, concept, or idea? In other words, are they metaphorical in any way?

I would say my characters come from all places – real people, historical figures, other stories, etc. The uniqueness comes from me, how I synthesize the more common pieces and hopefully put them together in a new way. And I'm always thinking about the audience...that informs what metaphor or message I'm trying to convey – and how best to convey it.

I've read books that are written for all genres and age groups that clearly set out to send a message. Did you start out with any intention of purpose in your books? If not, have they evolved to such?

My first intention in all my work is to entertain. My work is meant to enthrall and transport the audience, to hypnotize someone into thinking the unreal is real, and to give me the gift of their belief. I can say the most profound things in my writing, but they won't

PROFILE: AUTHOR VICTORIA AVEYARD

have any effect if the reader isn't already engaged and listening.

As for intentional messages in my work...more and more I find myself realizing I'm working through my own concerns and problems – my own frustrations with our current world, and the inability of peoples to unite against real, dangerous issues.

What do you feel is the most integral part of **you** in terms of being a successful author? In other words, how much of your writing do you ascribe to raw talent and how much to...perhaps...something else such as experience?

Personally, I really believe that any author who manages to get published has three things in common: talent, drive, and LUCK. I also think my screenwriting education helps me immensely.

What is the most enjoyable part of writing for you?

I love the first draft more than anything. It's the truest piece of creation, where it's just you and the page.

That is also, by far, the most difficult stage of publication (after landing an agent and book deal, of course).

Any plans for the future—whether in writing, or otherwise?

My eighth novel, FATE BREAKER, releases on February 27, 2024, so I'll be going on tour in the US and the UK to promote it. I'm really excited to get back on the road after a year of writing, and my mom is coming with me, so this feels extra special. After FATE BREAKER, I will hopefully be working on my adult debut novel.

Florida isn't on my tour stops this year, but I'm hoping to make it back to Winding Cypress to visit my parents and the pickleball court! Feel free to say hi if you see me with Heather and Lobbing Lou!

Victoria is the daughter of Winding Cypress residents Lou and Heather Aveyard.



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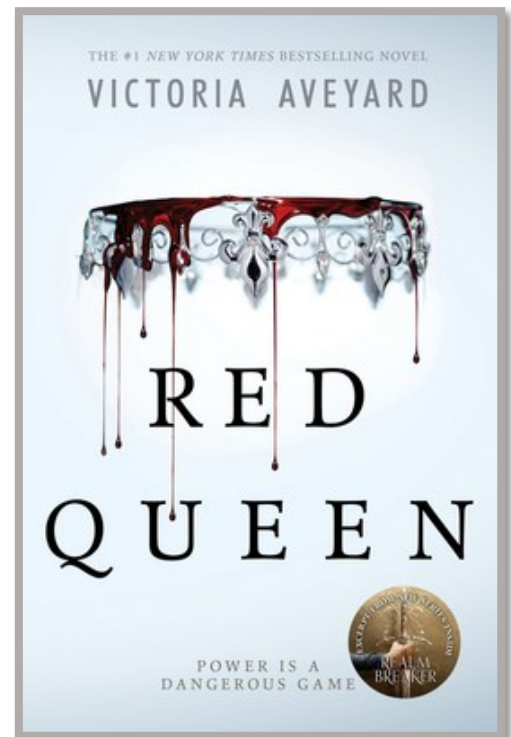
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WILDLIFE: NO-SEE-UMS

Those Pesky No-See-Ums!

Unofficially, they are the visitor who came to visit and overstayed their welcome! Officially, they are known as one of the species in the genus *Culicoides* in the Ceratopogonidae family.

Commonly, we call them no-see-ums. They are also colloquially known as biting midges. According to the University of Florida Institute of Food and Agriculture (UF/IFAS), no-see-ums are often mistakenly called sand flies. However, sand flies belong to a different biological group and are not the same beast. Yet we all know who they are, no matter what they're called! They're those annoying small flies that swarm, bite, and generally annoy.



Only between one and three millimeters long, these little critters often have bites more severe than a mosquito. In fact, their bites, which can start out as a small red dot that itches insanely, can eventually expand to a large, raised welt and last for up to two weeks. True to their name, they're difficult to spot, but you'll definitely notice their presence if you have the misfortune of being bitten by them. They're known to feed on the blood of humans and animals, leaving their itchy, uncomfortable bite marks behind.

More severe than mosquito bites, no see um bites look like small clusters of red dots on the skin. Over time, they might expand into large, raised welts that can stay on the skin for as long as two weeks.

No-see-ums tend to breed in wet sand, and prefer humidity, so it's no wonder they've found a permanent home in Southwest Florida. Most active in the early hours and late evenings, they're drawn

to our body, heat, carbon dioxide, and the lactic acid on our skin. This relays to the female no-see-um that there's blood nearby, whetting her appetite for a veritable feast. Believe it or not, they also may be attracted to darker clothing.

Sadly, insecticides are ineffective and not environmentally sound as preventives against adult no-see-ums, as they are continually hatching and re-entering our living spaces. The UF/IFAS recommends installing "no-see-um screen" in lanai cages and windows. This encompasses screening with openings smaller than 16-mesh netting, meaning there needs to be in excess of 16 small screen openings within a square inch of screen. (Check out <https://nonoseeum.com/> for effective, all natural spray. We love it!)

According to the University of Florida, the major medical issue associated with no-see-ums is the potential for an allergic reaction to the bites. To make matters worse, these miniscule critters are "vectors of pathogens," meaning they can carry diseases in humans and animals. Thankfully, most if not all of their transmissible diseases occur in other tropical or sub-tropical areas outside of Southwest Florida. See [UF/IFAS FMI](#).



Winding Cypress Resident & Trusted Real Estate Advisor

Cell: 239.351.4955

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WHO YOU WORK WITH MATTERS

WILLIAM RAVEIS



February is American Heart Month—so who better to weigh in on a common heart condition than a cardiologist? This month we've interviewed Dr. Michael Boriss, current WC HOA board secretary and avid heart-health enthusiast.

We hear a lot talk about [atrial fibrillation](#), or “a-fib.” What is it and what should we do about it if we think we may have it? According to Winding Cypress resident and HOA board secretary Dr. Michael Boriss¹, atrial fibrillation is generally a benign—not a life-threatening—arrhythmia in and of itself. “Normally the top chamber of your heart beats on a 1:1 basis with the bottom chamber. When a person is in a-fib, the top chamber is ‘quivering,’ beating at up to 300 beats a minute, while the bottom chamber is continuing to beat at a significant variable amount less. This causes your heart to lose 20-30% of its output.”

While a-fib is not age-exclusive (Dr. Boriss has seen patients in their 30's with a-fib), he stresses that proper diagnosis and treatment is extremely important, especially in the over-60 population. Yet that can be a bit of a challenge. Approximately half of the people experiencing a-fib immediately feel short of breath, have less exertional tolerance, and can feel palpitations. These symptoms can be persistent and noticeable. Yet just as often, a patient's a-fib is intermittent or sporadic, and “silent” to the patient. He or she may not feel a difference in heartbeat, stamina, or overall health. And for many, a-fib occurs while they're sleeping. This insidious and often silent phenomenon, according to Dr. Boriss, makes diagnosis tricky, yet, both a-fib presentations need medical attention, as both can lead to stroke risk.

“Approximately half the patients with a-fib don't have a clue that they have it, and therefore don't seek medical advice or treatment,” explains Dr. Boriss. “While a-fib is benign in and of itself, the biggest issue

is, of course, stroke. That's because, when that top chamber is quivering, not squeezing as it should, it is not emptying the blood. This causes it to stagnate and may cause clots which, when they leave the heart, can end up elsewhere in the body—including the head, where they can cause a stroke.” Correlational, one cause of dementia in older adults is the occurrence of multiple small strokes, or *infarcts*, which can impact cognitive function and lead to multi-infarct dementia.²

So how should a person determine if they are experiencing a-fib? “It can be diagnosed in several ways,” advises Dr. Boriss. “It can be seen on a routine [EKG](#) if it is occurring at that moment. You can also wear various types of [heart monitors](#), some for a few days and others for up to three years. Subsequently, your cardiologist will perform additional tests to determine the cause.” This can include blood work, [echocardiography](#), [stress testing](#), and [sleep apnea](#) testing. Once diagnosed, treatment depends on several factors including frequency, severity, and risk factors of the patient. These include medication, [electrocardioversion](#), [cardiac ablation](#) (catheter or surgical), or a [WATCHMAN device](#).

The good news: while a-fib tends to affect the older population more frequently, and often with no discernible cause, having a-fib does not necessarily alter one's life expectancy *as long as it is diagnosed and treated promptly, and as long as the patient is consistent and compliant with treatment*. “I've had patients who ignored their a-fib, or were noncompliant with treatment and suffered strokes. People with a-fib need to take it seriously. Once something like a stroke occurs, there may be no going back. Proper and prompt diagnosis and treatment are key.”

Dr. Boriss's advice? “*Don't Ignore Symptoms*.” Ask your medical professional for an EKG and blood testing. Requesting a workup could save your life.

¹ Dr Boriss is Board Certified in Internal Medicine, Cardiology, Critical Care Medicine, and Nuclear Cardiology; until retirement, was a Fellow of both the American College of Cardiology and the American Society of Nuclear Cardiology; and was a Clinical Assistant Professor in the Department of Medicine of the UMDNJ School of Osteopathic Medicine.

² There are three types of strokes: [TIA](#), [RIND](#), and [Stroke](#). *FMI on heart health, see the Safety section of the WC website.*

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- **OnSpot Dermatology** will be here on Thursday, February 8th from 7:30am to 3:30pm.
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