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April 2016

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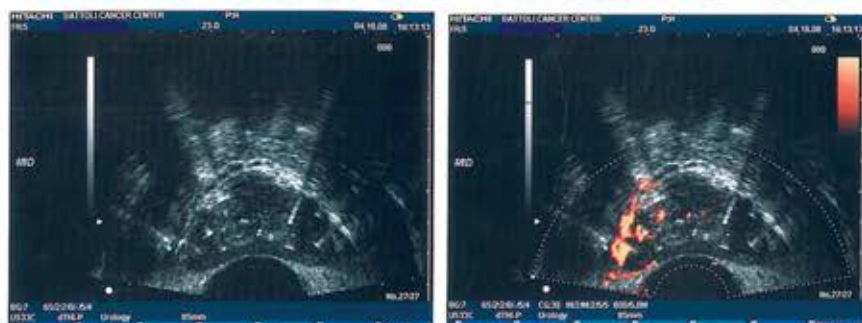
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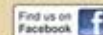


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- April 3<sup>rd</sup> - Advanced Treatments for Macular Degeneration
- April 10<sup>th</sup> - Understanding Glaucoma
- April 17<sup>th</sup> - Cataracts & Bladeless Laser Cataract Surgery
- April 24<sup>th</sup> - Treatments for Dry Eye Disease

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# Your Mouth is a Window to Your Overall Health

By Dr. Alexander Gaukhman

**D**id you know that your oral health can offer clues about your overall health — or that problems in your mouth can affect the rest of your body? Understand the intimate connection between oral health and overall health and what you can do to protect yourself.

## What's the connection between oral health and overall health?

Like many areas of the body, your mouth is teeming with bacteria — most of them harmless. Normally the body's natural defenses and good oral health care, such as daily brushing and flossing, can keep these bacteria under control. However, without proper oral hygiene, bacteria can reach levels that might lead to oral infections, such as tooth decay and gum disease.

In addition, certain medications — such as decongestants, antihistamines, painkillers and diuretics — can reduce saliva flow. Saliva washes away food and neutralizes acids produced by bacteria in the mouth, helping to protect you from microbial invasion or overgrowth that might lead to disease.

Studies also suggest that oral bacteria and the inflammation associated with periodontitis — a severe form of gum disease — might play a role in some diseases. In addition, certain diseases, such as diabetes and HIV/AIDS, can lower the body's resistance to infection, making oral health problems more severe.

## What conditions may be linked to oral health?

Your oral health might affect, be affected by, or contribute to various diseases and conditions, including:

- **Endocarditis.** Endocarditis is an infection of the inner lining of your heart (endocardium). Endocarditis typically occurs when bacteria or other germs from another part of your body, such as your mouth, spread through your bloodstream and attach to damaged areas in your heart.
- **Cardiovascular disease.** Some research suggests that heart disease, clogged arteries and stroke might be linked to the inflammation and infections that oral bacteria can cause.
- **Pregnancy and birth.** Periodontitis has been linked to premature birth and low birth weight.



- **Diabetes.** Diabetes reduces the body's resistance to infection — putting the gums at risk. Gum disease appears to be more frequent and severe among people who have diabetes. Research shows that people who have gum disease have a harder time controlling their blood sugar levels.

- **HIV/AIDS.** Oral problems, such as painful mucosal lesions, are common in people who have HIV/AIDS.

- **Osteoporosis.** Osteoporosis — which causes bones to become weak and brittle — might be linked with periodontal bone loss and tooth loss.

- **Alzheimer's disease.** Tooth loss before age 35 might be a risk factor for Alzheimer's disease.

- **Other conditions.** Other conditions that might be linked to oral health include Sjogren's syndrome — an immune system disorder that causes dry mouth — and eating disorders.

Because of these potential links, be sure to tell your dentist if you're taking any medications or have had any changes in your overall health — especially if you've had any recent illnesses or you have a chronic condition, such as diabetes.



## How can I protect my oral health?

To protect your oral health, practice good oral hygiene every day. For example:

- Brush your teeth at least twice a day.
- Floss daily.
- Eat a healthy diet and limit between-meal snacks.
- Replace your toothbrush every three to four months or sooner if bristles are frayed.
- Schedule regular dental checkups.

Also, contact your dentist as soon as an oral health problem arises. Remember, taking care of your oral health is an investment in your overall health.



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# Family History Matters

## -Mr. Lobo's Story

By CardioVascular Solutions Institute



In April 2008, I underwent my annual nuclear stress test and was pronounced OK. Six months later (October), I had trouble walking from the mailbox to the front door and underwent another nuclear stress test. This time, I was over 90% blocked in two arteries behind my heart and my left carotid. Dr. Sedillo called it the "snowball effect of cholesterol buildup." I checked into the hospital the very next day and Dr. Sedillo told me that he would stent the 2 arteries behind my heart, but a vascular surgeon might be needed for carotid surgery which would leave me with a large scar on the side of my neck. I expressed my displeasure about the scar. The next morning, Dr. Sedillo proceeded with the cardiac catheterization and placed two stents in my coronary arteries. After completing the two behind the heart, he examined the carotid and announced that I would not need a vascular surgeon, nor would I have a scar because he could perform the procedure through the groin. This made me very happy and pleased. The procedure was successful!

I was raised in a boarding school with regular meals and never consumed soda, fast food, etc. In adulthood, I kept up good eating habits along with my beautiful wife Melanie and our two children. We also tried to stay healthy by not smoking or drinking in excess.

**With good dietary habits, why am I a patient of Dr. Gino Sedillo?** Statins were only marketed in 1987, so for 50 years prior, my arteries accumulated and clogged with cholesterol, before I was able to curb further build-up with statins. In June 2003, I had a stroke on my left side. After partial recovery, my Internist told me, "One day you are going to need roto-rooter/plaque removal surgery and hence I will send you to the very best, not only in Sarasota, but in the US." And that was how I first met Dr. Sedillo.

My story all boils down to two choices; one that I made (choosing Dr. Sedillo) and one that I could not make (a family history of high cholesterol). Thankfully, I made the best decision when I chose Dr. Sedillo who was able to successfully perform the procedures needed to combat the complication of accumulation of cholesterol due to a family history of high cholesterol.

**Call To Schedule Your Appointment Today!**  
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### Dr. Gino Sedillo, M.D. F.A.C.C.

Born in Albuquerque, New Mexico, Dr. Sedillo is Board Certified in Internal Medicine, Cardiovascular Diseases and Interventional Cardiology, and has been a member of the American College of Cardiology since 1996. He completed his residency training for Internal Medicine at the University of Texas, where he was voted Intern of the Year and was selected Chief Medical Resident. He completed his Cardiology training at the Texas Heart Institute/St. Lukes Hospital in Houston, Texas. He was elected Chief Interventional Fellow. Dr. Sedillo received additional specialization in Coronary and Peripheral Vascular Intervention as well as Pacemaker Implantation.

After 15 years of training, Dr. Sedillo started working for the Bradenton Cardiology Center in 1995. While here he performed more than 1,000 procedures per year and he began teaching procedures and techniques to other practicing Cardiologists, Vascular Surgeons, and Interventional Radiologists. He served as Director of the cardiac catheterization lab at Manatee Memorial Hospital.

Most recently, in May 2011, Dr. Sedillo founded his independent practice, CardioVascular Solutions Institute, with offices in Sarasota and Bradenton. Since then Dr. Sedillo has been named director of the Percutaneous Coronary Intervention program at Doctors Hospital in Sarasota.

When he's not seeing patients, teaching other physicians or doing clinical research, Sedillo cherishes time with his three children.



# Cutting Edge Technology and Science Meet to Make You Look Years Younger!

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Whether you are interested in anti-aging skin treatments, skin tightening, wrinkle reduction, cellulite smoothing, body toning or targeted fat reduction, Swan Age Reversal Centers offers a unique and pleasant experience that delivers results without surgery or injections.

They offer multiple targeted fat reduction options with many clients seeing very rapid results. They also offer skin rejuvenation and anti-aging treatments to help restore your natural glow and slow the aging process. Swan Centers offer a wide range of customized services to help clients ages 35 to 90, look younger, thinner and more vibrant.

Swan Age Reversal Centers takes body enhancement where it was meant to be, combining health and beauty with cutting-edge science, exclusive techniques and impeccable service. They're driven by innovation in aesthetic beauty and are able to deliver an intimate and relaxing experience, complete with all the perks that only a premium establishment can offer.

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Let's face it. Most of us wouldn't mind losing a few inches around the belly, back, love handles, thighs, buttocks or arms. Swan Age Reversal Centers believe that they have the answer! They offer a

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# Staying a Step Ahead of COPD

Chronic Obstructive Pulmonary Disease (COPD) has grown in prevalence over the last decade and is now the third leading cause of death in America. When diagnosed with an incurable chronic illness, people tend to search for alternatives to traditional medicine. The quest for treatment options can leave a patient feeling overwhelmed. Anxiety and depression can exacerbate symptoms, creating a vicious cycle. Despite the grim outlook a COPD diagnosis can produce, alternative ways exist to treat not only the symptoms of COPD, but the disease itself.

## Coping Strategies

### Stay Positive

Talk with someone when feeling anxious or depressed, whether it's a friend or a professional. Enjoy favorite activities, and explore alternative forms of stress management like yoga, tai chi and meditation. These produce mental benefits as well as physical. Find reasons to laugh often. Maintaining a positive outlook can improve overall quality of life.

### Bolster Resilience

Choose activities that create a sense of accomplishment. For those who, for instance, love gardening but feel short of breath, a container garden could bring a goal within reach. If the pots are too heavy, a friend could help, and the results could be healthy, growing plants and a new gardening friend.

### Pulmonary Rehabilitation

Consider a pulmonary rehabilitation class to address the disease head-on by improving lung capacity and blood oxygen levels. Rehab also involves nutrition. A good diet for someone with COPD includes iron-rich foods, such as red meat and green, leafy vegetables that promote oxygenation of the blood.

### Alternative Therapy

There are many things people can do every day to stay a step ahead of COPD, but to treat the disease, rather than only the symptoms, alternative therapy using the patient's own stem cells has shown potential. The same cells that repair a simple cut on the skin, properly harnessed, can promote healing in damaged lung tissue. Adult stem cells do this naturally, only not at a rate fast enough to keep up with degenerative lung disease.



## Don't just treat the symptoms. Treat the disease itself.

One medical clinic, the Lung Institute, is using adult, or autologous, stem cells, harvested from patients' blood or bone marrow, to boost the body's natural healing process. The Lung Institute's Jack Coleman, Jr., MD, recently released a white paper outlining a study showing that stem cell therapy in patients with lung diseases has the potential to improve pulmonary function and quality of life.

Dr. Coleman's white paper, titled "Autologous Stem Cell Therapy and its Effects on COPD: A Pilot Study," mentions that he tested approximately 100 patients with COPD. Within three months of therapy, 84 percent of patients found their quality of life improved, with an average improvement of 35 percent.

Coleman said in a press release, "COPD is currently the third leading cause of death in the United

States, and we give our patients an alternative that doesn't just mask the symptoms."

People hear things like, "COPD is a chronic illness that is both progressive and terminal," and hear that the traditional options all consist of prescription medications, supplemental oxygen and a highly invasive lung transplant. People are dissatisfied with this prognosis. With a rise in alternative options like stem cell therapy, revolutionary medical advancements to better address COPD could be just around the corner.

If you or a loved one suffer from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at 800-921-4631 or visit [lunginstitute.com/health](http://lunginstitute.com/health) to find out if you qualify for these new treatments.



# Where's the Nearest Restroom?

By Dr. Sean Castellucci, Urology Partners

**U**rinary incontinence (UI) and overactive bladder (OAB) are among the top 10 chronic conditions effecting American women today. For millions, incontinence is not just a medical problem. It is a problem that also affects emotional, psychological and social well-being. Many people are afraid to participate in normal daily activities that might take them too far from a toilet. Unfortunately, many of those with UI or OAB suffer in silence unnecessarily. They choose not to participate in various activities, which ultimately prevents them from living the life they want to lead. Incontinence issues often-times leave sufferers feeling embarrassed. Many are under the false presumption that these conditions are a natural part of the aging process and that there is no effective treatment available. In reality, incontinence is successfully managed and treated in nearly everyone who seeks help. The following information should help you discuss this condition with your urologist and learn what treatment options are available to you.

Incontinence occurs because of problems with muscles and nerves that help to hold or release urine. The body stores urine - water and wastes removed by the kidneys - in the bladder. The bladder connects to the urethra, the tube through which urine leaves the body. Some people may lose a few drops of urine while running or coughing. Others may feel a strong, sudden urge to urinate just before losing a large amount of urine; many experience both symptoms.

Women experience UI twice as often as men. Pregnancy and childbirth, menopause, and the structure of the female urinary tract account for this difference. Both women and men can become incontinent from neurologic injury, birth defects, stroke, multiple sclerosis, and physical problems associated with aging. A common misconception is that incontinence is inevitable with age. UI is a medical problem with treatments and solutions. No single treatment works for everyone, but many women can find improvement without surgery.

There are various treatment lifestyle changes that can help manage incontinence. Be mindful of limiting your intake of things that tend to act as



stimulants for the bladder (carbonated beverages, spicy foods, citrus, alcohol). Smoking and excess weight can cause incontinence; so quit smoking if you do and maintain a healthy weight. Eliminating caffeine intake two to three hours prior to bedtime can reduce incontinence during the night. Also, establish a pattern of voiding every two to three hours to decrease the amount of stored urine in your bladder.

Other treatment options include Botox, Kegel exercises, biofeedback, and tibial nerve stimulation. Botox can also be injected into the bladder

wall to increase bladder size and alleviate incontinence associated with uncontrolled frequency. When performed correctly, Kegel exercises rehabilitate the pelvic floor muscles through isometric contractions. Biofeedback uses instrumentation to provide information on how well the bladder is performing to control urgency incontinence, displayed in a form that the patient understands. Biofeedback bladder training plans, generally consist of 45 minute visits for six weeks. Tibial nerve stimulation is another alternative whereby the tibial nerve is stimulated with a tiny needle connected to a low voltage to help manage incontinence.



In addition to the treatment methods discussed above, oftentimes medications are used, especially in those with urgency and frequency of urination. Stress incontinence (loss of urine with activity) is surgically corrected with outpatient 20-minute surgeries that use small incisions. These surgeries, known as "sling" procedures, utilize revolutionary artificial support tapes that compress and support the urethra to prevent leakage. Patients often resume normal activities in less than one week in most cases.

Injection therapy using bulking agents or Botox is another option available, as well as sacral nerve stimulation. All treatment options need to be discussed with your urologist to determine which would be the best for you.

If you are suffering from urinary incontinence or overactive bladder, please call Urology Partners at 941-792-0340 today. Don't spend another day on the sidelines, letting life pass you by. You can successfully manage and treat your condition and get back in the game of life!



### Dr. Sean A. Castellucci

*Dr. Sean Castellucci earned his medical degree from the Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania. He completed his clinical internship at Mercy Catholic Medical Center in General Surgery followed by a general surgery and urologic surgical residency at Albert Einstein Medical Center, and Hahnemann University Hospital, where he was chief resident. Dr. Castellucci has also completed a clinical externship at Memorial Sloan Kettering Oncology Center during his residency. His most recent position was at the Urology Center of Columbus in Columbus, Georgia where he served as Medical Director.*

*Dr. Castellucci is interested in all aspects of Urology services and research. His specialties are in: Erectile Dysfunction, Bladder Cancer, Prostate Cancer, Kidney Stones, Female Pelvic Organ Prolapse Repair, Kidney Cancer, Low Testosterone, Urinary Incontinence, and minimally invasive therapies including laparoscopic surgery and the utilization of DaVinci Robotics.*

*Dr. Castellucci is very involved in research which has earned him both national and international recognition, including many publications in peer reviewed journals. His investigations focused on new innovations in urologic, oncologic surgery including the first single port access laparoscopic adrenalectomy performed; as well as research in other fields of urology including prostate cancer.*

*He has presented at numerous, internationally recognized meetings including the American Urologic Association, the European Association of Urology, and the World Congress of Endourology. His research has also earned him various distinguished awards including the Robert C. Erwin literary award, as well as the Leonard Finkelstein award in Urology.*

*Dr. Castellucci's diverse professional interests and responsibilities have enhanced and complimented his role as both husband and father. He is happily married to his wife Dania and has two children; Madison and Hailey.*



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**Feed the body, nourish the mind, nurture the Spirit:**

By Danielle Perrault, Founder, Director, World Institute of Natural Nutrition

**T**o be optimally healthy we must take a holistic view of our health. In truth, we can feed ourselves with great care and spend a large chunk of income on nutritional supplements, without any substantial result. This statement may come as a surprise to those who know me, since I have spent the greater part of my life advocating good nutrition. As I get older and hopefully wiser, however, I have come to recognize the futility of having a vigorous physique when the mind and spirit are lagging behind.

Does that mean that good nutrition is not important? No. Because, you see, in order to be or become optimally healthy, we must first make sure that our bodies are not slowing us down in our reach towards greater mental health and self-realization of spirit. There are plenty of examples demonstrating that illness of body makes it very difficult, if not impossible in some cases, to achieve a high degree of peace of mind. Therein lies a truth. An agitated mind will affect the body negatively.

Let's take a look at our nutritional needs first. It goes without saying that the quality of the food we eat is crucial. It is difficult at times to determine the quality of our food, since we are bombarded from all sides by advertisements telling us that this food is healthier for us than another, or that we need to eat this to stay slim, or that to develop muscles, etc. Just watch TV and you will be told your menu for the week. There is, however, a very simple rule to follow in regards to nutrition. My first few students devised a tag line to help them remember: NAG – Natural, Alive, Good Quality. Natural, meaning as close to Nature as possible; Alive, meaning unprocessed by machines or human hands; and Good Quality meaning organic as much as possible. There, I have made your next market day much easier, and much more pleasant because you will sense the wisdom of this rule. Much more can be said and learned of course on the subject of nutrition. That's why we at WINN (World Institute of Natural Nutrition) have created a fabulous program of studies that you can peruse on our website at [winnorg.com](http://winnorg.com).



If good nutrition and a healthy lifestyle are our first concern, nourishing the mind comes next. Apart from the nutrients obtained from our food that keep our brain healthy, we must also recognize that the mind needs to be nourished through learning and intellectual pursuits. Facebook and Twitter may dictate our thoughts by the minute, but they are poor substitutes for intellectual challenges. We need to give ourselves time to reflect and explore new thoughts, in order to have a healthy mind.

Perhaps the most important thing we can do for our mind is to learn to handle stress positively. Unless we live as a monk in a cave by choice, we are subjected to stress daily and relentlessly. To allow stress to take hold of our mind is to cloud our judgment, and more often than not, to damage our body function.

*"Stress consists of the internal alterations - visible or not - that occur when the organism perceives a threat to its existence or well-being"* Gabor Mate, M.D. When the Body says No, Exploring the stress-disease connection. ISBN 978-0-470-92335-1



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Stress related illnesses are too numerous to count. Stress brought on by repressed or hidden emotions are no doubt the most difficult to identify and at times require a great deal of courage to face. It is so much easier, after all, to ignore our negative emotions when they surface in our thoughts. Some of us become experts at evasion, but the toll on our health is considerable. Of course eliminating the sources of negative emotions is difficult, sometimes impossible. So we have to find other ways to cope and survive.

Everyday stress due to work or family can be alleviated in a natural way through exercises such as yoga, so popular nowadays, and the addition of certain nutrients such as the B vitamins. It is wise, however, to seek help from a mental health professional when the stress issue is deeply rooted. That is very important for illness prevention. But most of all we need to find effective ways to relax and relieve our busy minds.

There are many ways we can learn to relax our mind when facing a stressful thought or situation. To list them here is beyond the scope of this article. I found the following, from Herbert Benson's *The Relaxation Response*:

***Simplified way to elicit the relaxation response:***

- *Repetition of a word, sound, phrase, prayer, or muscular activity.*
- *Passively disregarding everyday thoughts that inevitably come to mind and returning to your repetition.*

In my mind of course, and in the mind of many who practice it, daily inspired or guided meditation is the perfect way to calm the mind. Meditation is not just good for the mind, it is also essential for nurturing the spirit. And nurturing the spirit we must, if we are to gain optimal health. Meditation is not a religion, for those who would mistakenly think so. It is entirely secular, unless you want it otherwise.

When I first started teaching holistic nutrition some twenty two years ago, I was advised by 'wise' people to ignore the 'spirit' part of my teaching in order to be politically correct. I am glad I did not listen to their short sighted counsel. Over the years, awareness of who we are has grown by leaps and bounds, and the idea that we have a spirit that transcend our body-mind is no longer news. Let me correct that to say: we are spirits. Only in Silence can we recognize our true nature.

*"Within each of us is a spark. Call it a divine spark if you will, but it is there and can light the way to health. There are no incurable diseases, only incurable people."* Bernie Siegel, M.D.

In 2014, I was giving a 20th anniversary address to a group of my former students and supporters. I asked the question: "Who in this room believe that we have the power to heal ourselves?" Imagine my surprise and delight when most of the 200 or so people in the audience raised their hand. Twenty years ago I would not have seen more than a few raised hands. It was the highlight of my evening and a testimony to the progress we, people of this Earth, have made in recognizing our wholeness of body-mind-spirit.

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**Danielle Perrault, Certified Holistic Nutritionist**, has been teaching and promoting natural, holistic nutrition for over twenty years. She first founded the Canadian School of Natural Nutrition in 1994, then expanded internationally with the World Institute of Natural Nutrition with Head Office in Fort Myers, Florida.

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# Diabetes and Your Eyes

## Hope in Sight—Managing the Threat of Vision Loss

**D**iabetes affects your entire body, including your eyes. According to The American Academy of Ophthalmology, diabetics are 25 times more likely to lose vision than those without this disease. The most common complication of diabetes is diabetic retinopathy, and the condition can develop in anyone who has either type 1 or type 2 diabetes. The longer you have diabetes, and the less controlled your blood sugar is, the more likely it is that you'll develop diabetic retinopathy.

The high blood sugar levels associated with diabetes often affect blood vessels in the retina of the eye, which causes diabetic retinopathy. In the early and most treatable stages of diabetic retinopathy, there are usually no visual symptoms or pain. In fact, many times the disease can even progress to an advanced stage without your noticing subtle and gradual change in your vision.

### Common symptoms may include:

- Abnormal patterns in the field of vision
- Dark streaks in your vision
- Sudden onset of decreased vision
- Distorted central vision
- Floaters
- Red film that blocks vision
- Blind spots
- Poor night vision
- Items may have a blue-yellow color tone, interfering with color perception



One sometimes overlooked symptom of diabetic eye disease is nerve damage (neuropathy) affecting ocular muscles that control eye movements. Symptoms can include involuntary eye movement (nystagmus) and double vision.

### The 2 Stages of Diabetic Retinopathy

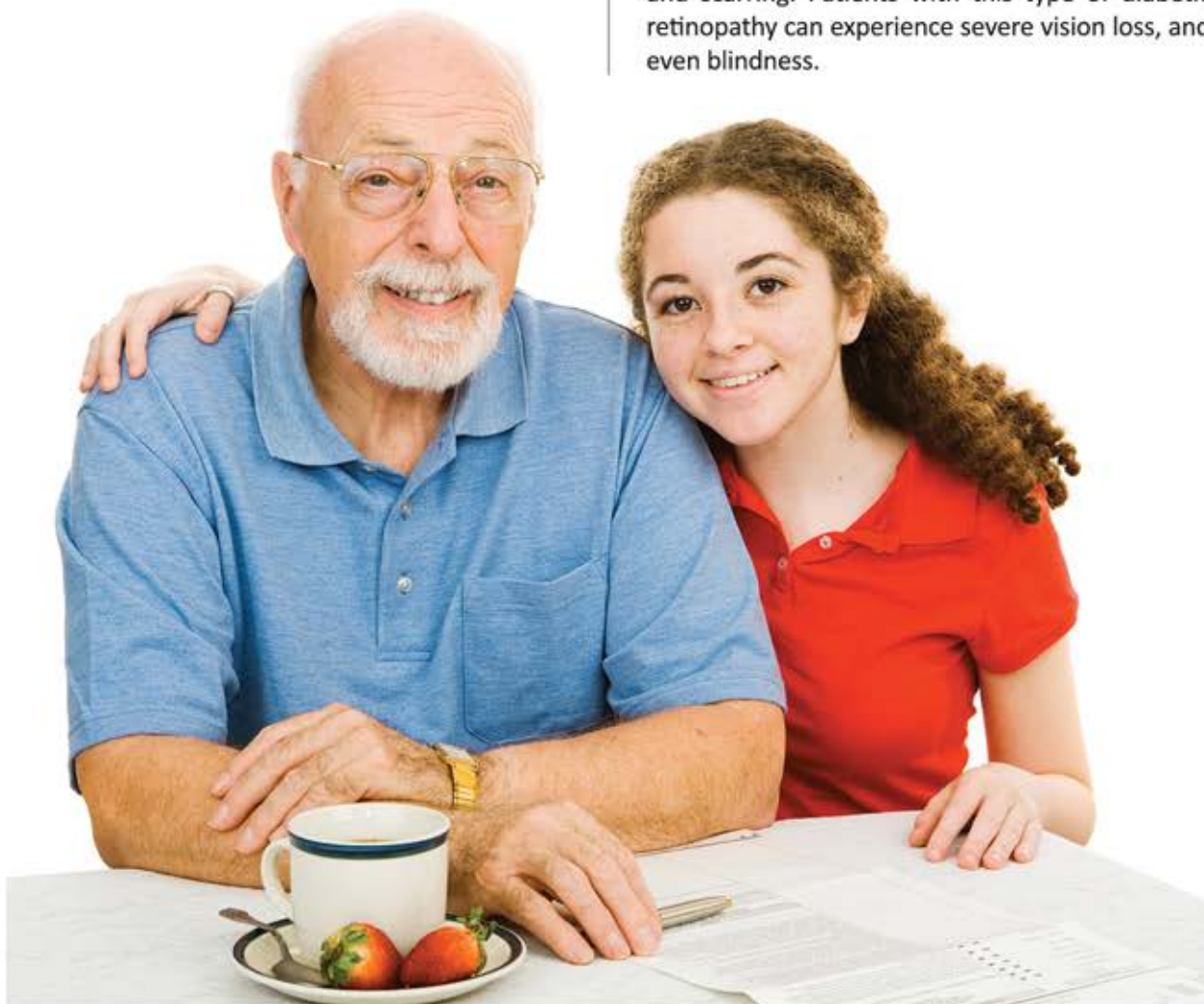
There are 2 stages of classifications of diabetic retinopathy: non-proliferative or proliferative.

**Non-proliferative retinopathy (NPDR)**, sometimes known as background diabetic retinopathy, is the most common form of the disease. This condition is first diagnosed when small retinal blood vessels start to swell. As the disease progresses, these blood vessels break and leak blood.



Normal Vision and Vision with Diabetic Retinopathy Disease

**Proliferative retinopathy (PDR)** is the more advanced stage of diabetic retinopathy. As the condition progresses, more and more blood vessels are blocked. Sensing the need for new blood vessels to supply nourishment, new blood vessels grow, but they are frail and abnormal, often hemorrhaging and scarring. Patients with this type of diabetic retinopathy can experience severe vision loss, and even blindness.





Diabetic macular edema is the term used for swelling in the central part of the retina, known as the macula. The macula is what allows you to see fine detail. When blood vessels that nourish the retina are weakened and begin to leak as a result of diabetes, loss of vision can result. Macular edema may occur separately from or in addition to NPDR or PDR.

It is worth noting that smoking accelerates the damaging effect that diabetes has on the retina. Several other influencing factors include your genes, your blood pressure levels, how long you have had diabetes and of course, your blood sugar level.

#### The Importance of Eye Exams

We strongly recommend that all diabetics have yearly comprehensive medical eye exams. Your eye doctor will dilate your eyes and check your retina, blood vessels and optic nerves for changes. We may also order fluorescein angiography to track and photograph dye as it flows through the blood vessels in the retina to determine if any of them are leaking.

We also commonly perform an Optical Coherence Tomography (OCT) to assess fluid accumulation (macular edema) in the retina of diabetics. The OCT can show areas of retinal thickening and is often a useful tool in assessing a patient's response to a treatment.

#### How Diabetic Retinopathy Is Treated

The most important tool for treating diabetic retinopathy is good management of the underlying

diabetic condition. In the very early stages, regular monitoring and well-controlled blood sugar can help control progression. Nevertheless, once diabetic retinopathy has presented itself, there are several methods of treatment if it continues to advance. Lasers are the mainstay; often used to treat the early stages by sealing leaking blood vessels. More advanced cases may require a vitrectomy, a surgical procedure needed when the vitreous, the gel in the eye, contains a great amount of blood.

The optimal time for treatment is before the patient experiences visual symptoms. Early detection and treatment is key, because diabetic retinopathy can progress into its advanced stages with no pain, and no recognizable vision loss. Preserving vision is the reason why it's so important for all diabetics to get a yearly comprehensive medical eye examination.

If you are a diabetic, please take time to educate yourself, and any loved ones with diabetes, on the importance of regular eye exams, taking prescribed medication, sticking to a diet and exercise plan, controlling high blood pressure and avoiding alcohol and smoking. A working partnership between you and your eye doctor may not prevent diabetic retinopathy, but it can surely reduce the risk of developing more severe complications and slow the disease's progression.

If you are diabetic and would like to schedule an appointment for a comprehensive medical exam at The Eye Associates, please call 941-792-2020.



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# Driving in the New Millennium

By Virginia 'Ginya' Carnahan, APR, CPRC - Dattoli Cancer Center & Brachytherapy Research Institute

**H**ere it is – April! Somewhere, someone has decided that this month should be dedicated in some degree to “*Distracted Driving Awareness*.” I’d like to know who this person is and how he or she got the weighty responsibility of creating these awareness programs for us. How much does this job pay anyway? Maybe I could apply for it.

Awareness, plain and simple, is a key ingredient in responsible driving. In the demanding environment of driving today there are so many real and potential distractions as to make driving well really difficult. Those of us who have been driving for many years realize that as the task has become more challenging, we have (hopefully) adjusted to these distractions little by little.

As the pilot of a multi-thousand pound vehicle, your first responsibility is to safely maneuver through traffic, obeying the laws and respecting others on the road until you reach your destination. That in itself is a huge challenge. The advent of the portable telephone has brought many conveniences to us and has lent a certain feeling of safety and security to the driving experience. After all, if we get a flat tire we can call AAA or a friend. If we witness an accident, we can call 911. If we run into traffic and anticipate being late for an appointment we can call ahead. Yes – good things. However, as it often happens, bad things come along with the good things. Cell phones really shouldn’t be used to catch up on neighborhood gossip, or to track down children on the loose, or give your spouse a shopping list – *while you are driving!* You cannot possibly be fully aware of everything going on around you on the road if you are talking on the phone. Even the use of a hands-free phone takes your attention away for the task of driving.





Let's just think about it. For sake of this exercise, put yourself mentally behind the wheel of your car. You are alone in the car. First you need to buckle your seatbelt and get the car going. Perhaps you are in the garage or driveway or a parking lot. You put the car in reverse and begin to move backward. You need to be acutely aware of what might be behind you. Some newer cars come with a back-up camera and screen. These are wonderful! While you are watching the screen, don't forget about the front of your car. If you cut the wheel too sharply, you can hit the garage walls or shrubbery or your son's bicycle or a neighboring vehicle with the front fender of your car. (I had a costly encounter with a wheelbarrow that way one time!)

Assuming you have safely gotten out into the street, now you must become aware of at least four things: what is in front of you, what is to the left of you, what is to the right of you and what is behind you. *I think a lot of people totally forget about what is behind them.* You should keep your eyes scanning the side mirrors and rearview mirror at all times, while focusing on what is up front. If at all possible you should try to see what is way up front – in front of the vehicle that is in front of you. You'll want to know if a bus is ahead of you, for instance. This could mean you'll have to stop behind the bus as it pauses to unload and load passengers. If you are aware of the bus in enough time, and you know what is behind you and what is in your left lane, you can plan in advance to change lanes in order to avoid stopping behind the bus. Remember to use your turn signal to indicate that you are changing lanes. Simple.

In addition to these traffic considerations, one must be alert to physical conditions while driving. Is the sun shining – is it shining your eyes? Do you need to pull down the sun visor or slip on sunglasses? The sun can temporarily blind you if you are heading into the sunrise at morning or sunset at evening! Is your windshield clean? This can be very important during "Love Bug Season" – usually May and September around here. Are your windshield wipers in good condition to allow you to see in the rain? Is the pavement wet? Is there sand in the road? Ice? Gravel? Pot holes? All of these will require special attention for driving.

Is your vehicle in good working condition? Can you accelerate quickly if necessary? Do your tires still have decent tread on them? If you need to stop quickly, balding tires will not respond as quickly as those with adequate treads.

## MENTAL DISTRACTION RATING SYSTEM

Even with your eyes on the road and your hands on the wheel, mental distractions dangerously affect drivers behind the wheel.



Observe the vehicles around you. Is anyone speeding and weaving around? Or maybe driving too slowly? Are there children playing alongside the road? Is there parallel parking on the road? Could someone stop quickly to zip into an open parking space, or suddenly back out in front of you? These are all things to keep in the forefront of your mind as you drive.

You can see that it is a full-time job paying attention to all these things.

If you are listening to the radio, this may be calming to you and/or entertaining, but don't let it take precedence in your awareness. Some people listen to books on CD while driving. This can be dangerous if you are concentrating on the book and not on your job as navigator! If you are listening to the radio, do not have the volume so loud that you cannot hear what is going on around you. We have a tendency to keep the windows rolled up, the AC on and a radio or CD playing. We have effectively created an insulated bubble in which

to travel. But – this can be a problem if there is an ambulance or fire truck behind you. You might not hear the siren until the emergency response vehicle is right on top of you!

Another common distraction while driving is eating and drinking. This really isn't safe – but most of us do it from time to time. Nothing is as distracting as spilling hot coffee in your lap! If you drop a French fry don't go searching around for it with one hand on the wheel. Wait until you stop, please. The best way to avoid food distraction is not to eat or drink while driving.

All of this discussion has meant to describe the potential distractions you may encounter while ALONE in the car. Add to this mix a crying infant, two bickering teenagers, a hard-of-hearing elder, an inebriated spouse or a rambunctious pet and you've got a real "hot mess" on your hands. These are your distractions; think about the distractions in the other cars and it is easy to understand why there are so many wrecks on the highway.

The only way to improve your distracted driving is to be aware of it and to try to enhance your concentration while driving. My last piece of advice is to obey speed limits. They are there for a reason – and that reason is your safety and the safety of others on the road with you. Please set a good example for the next generation to enter the driving public!

Michael J.  
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# Active Joints, AMAZING SKIN™

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For younger-looking skin, it's necessary to replace or rebuild the underlying structure. Unfortunately, getting to this deep layer of skin, called the dermis, isn't a simple matter because the skin's outer layer purposefully protects that structure.

Creams and lotions can't easily reach the dermis; they work on a topical level. Cosmetic injections can penetrate the structure from the outside, but that's not always an easy, healthy, long-term, or cost-effective option. Researchers looked for an alternative that works and found it in Liquid BioCell™.

By drinking Liquid BioCell™ hyaluronic acid increases in the body. Liquid BioCell™ improves skin tone and texture, helps bring elasticity and moisture back to the skin, and even goes an important step further, it helps reduce the enzyme that can make your skin age.

Are you one of the 40 million people who suffers from joint or mobility issues? Tens of thousands of men and women, young and old, have had their lives changed thanks to the clinically validated, super-nutraceutical...Liquid BioCell™.

Joint problems can come with athletic activity, strenuous work, and aging. But what you're really experiencing is the progressive degeneration of connective tissue where both collagen and hyaluronic acid are essential. Taken orally, in a patented, highly-absorbable form, Liquid BioCell™ allows you to replenish these important substances and is clinically shown to work!

## Benefits of Liquid BioCell



## DOCTOR'S PERSPECTIVE



LIQUID BIOCELL

### Doctors' Perspective

Louis P. Brady, M.D., AAOS, ACS  
Board Certified Orthopedic Surgeon  
Associate Clinical Professor at the University  
of Central Florida College of Medicine

### How I Believe Liquid BioCell™ Works.

Liquid BioCell™ very closely resembles our own connective tissue, and has a liquid delivery system that allows absorption to begin immediately. To understand how Liquid BioCell™ works, it is necessary to understand that every organ system in our body is composed of HA (hyaluronic acid), chondroitin sulfate, collagen, a number of different elements, and water.

Jusuru researchers discovered in the early 2000's a matrix of collagen type II, HA, and chondroitin sulfate that very closely resembles our own connective tissue. In 2008 after years of additional research, a liquid form was produced. This brought about a quantum leap in bioavailability. Liquids have certain advantages over pills and capsules. Liquid BioCell™ begins to be absorbed immediately as we drink it via the blood vessels in the mouth and under the tongue.

Liquid BioCell™ patented hydrolysis process produces an ideal molecular weight for increased bioavailability. Another unique quality of Liquid BioCell™ makes it recognizable to our body for ease of assimilation. Liquid BioCell™ is a complex patented molecule composed of naturally occurring HA, chondroitin sulfate, and collagen type II that undergoes a patented hydrolysis process by which collagen peptides, and all other constituents, including hyaluronic acid and chondroitin sulfate, are broken down to low molecular weight forms resulting in increased bioavailability.

Hyaluronic acid (HA) is an integral lubricating component of natural synovial fluid in the joints and is important to overall joint function and health. We begin to lose HA the day we are born and begin to absorb free radicals at the same time. Beginning in our late twenties or early thirties we also begin to lose collagen. The congruent decline of both HA and collagen brings about the changes that we recognize as aging, namely wrinkling and drying out of our skin, degradation of our joints, as well as a host of other changes.

As we age a couple of things come into play: 1) the effects of unremembered joint trauma, 2) the diminished quality of the synovial fluid. Just as our skin wrinkles, a similar process is going on in our joints. Liquid BioCell™ is clinically shown to increase HA levels in our bodies, help promote healthy cartilage, and I believe, improve the quality of synovial fluid.

I believe "bone on bone" is a misnomer. Another consideration that I believe, is the term bone on bone, that is frequently used to explain the x-ray





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appearance of joint discomfort, is a misnomer. There is always a thin layer of cartilage present or the joint would be full of blood. In the worst hip or knee that I have ever operated on, there was always twenty to forty percent of fairly normal looking cartilage but slightly rough to feel. It is this same cartilage that I believe Liquid BioCell™ can support.

The source of the collagen in this product closely resembles our own connective tissue, thus allowing the body to recognize it.

The size of the molecule is so small that it is easily absorbed starting in the mucous membrane of our mouth.

Liquid BioCell™ is like nothing else we've seen. Liquid BioCell Life consists of three components: 1) Liquid BioCell, 2) resveratrol, 3) 13 antioxidant superfruits.



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Best Joint Health Supplement  
SupplySide West CPF Editor's Choice Award



*Liquid BioCell has changed our lives! My husband is a tennis Pro. But, after every game he would spend hours (and I mean hours) icing his knees after playing. About two months after being on Liquid BioCell we were having lunch with the person who introduced Liquid BioCell to us, and it hit me that we had just played tennis the night before and my husband was not icing his knees! We could not believe how great he felt after playing four hours of tennis! The change was subtle but very powerful. It was because of Liquid BioCell. My husband is also a personal trainer who now introduces everybody to Liquid BioCell. It has been an amazing seven months! Thank you Liquid BioCell!"*

Cathy S. - St. Petersburg, FL

Resveratrol, comes from the skin of red grapes. It's known for its antioxidant and cardiovascular health benefits. The term French Paradox was coined by Serge Renaud, a scientist from Bordeaux University in France. The French have the lowest incidence of heart disease and obesity despite their very rich diet. There are numerous studies supporting its beneficial qualities. Not all resveratrols are the same. Trans-resveratrol is the form used in Liquid BioCell Life, which is the pure, active, ultra-beneficial form of resveratrol.



Dr. Louis Brady is a graduate of Emory University's School of Medicine and is Board Certified in Orthopedics. He is an Associate Clinical Professor at the University of Central Florida, College of Medicine. Dr. Brady's work in the area of orthopedics spans over four decades. According to Dr. Brady, Liquid BioCell Life is the most remarkable product to have ever been introduced for joints and the aging process. Dr. Brady believes that as orthopedic specialists begin recommending Liquid BioCell™ to their patients, we may see the incidence and severity of one's joint problems, as we know it today, gradually declining.



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# OCCUPATIONAL THERAPY HELPS INDIVIDUALS LIVE LIFE TO ITS FULLEST



**A**pril is a month designated to celebrating Occupational Therapist. Occupational therapy enables people of all ages live life to its fullest by helping them promote health, prevent—or live better with—injury, illness, or disability. It is a practice deeply rooted in science and is evidence-based, meaning that the plan designed for each individual is supported by data, experience, and “best practices” that have been developed and proven over time.

Occupational therapists and occupational therapy assistants focus on “doing” whatever occupations or activities are meaningful to the individual. It is occupational therapy’s purpose to get beyond problems to the solutions that assure living life to its fullest. These solutions may be adaptations for how to do a task, changes to the surroundings, or helping individuals to alter their own behaviors.

When working with an occupational therapy practitioner, strategies and modifications are customized for each individual to resolve problems, improve function, and support everyday living activities. The goal is to maximize potential. Through these therapeutic approaches, occupational therapy helps individuals design their lives, develop needed skills, adjust their environments (e.g., home, assisted living facilities, or work) and build health-promoting habits and routines that will allow them to thrive.

By taking the full picture into account—a person’s psychological, physical, emotional, and social makeup as well as their environment—occupational therapy assists clients to do the following:

- Achieve goals
- Function at the highest possible level
- Concentrate on what matters most to them
- Maintain or rebuild their independence
- Participate in daily activities that they need or want to do.

Qualifying Medicare recipients can qualify for an occupational therapist to come into the home to evaluate, educate, provide rehabilitation treatments, and modalities to improve functional independence. This service may be appropriate for but not limited to seniors that are deconditioned, secondary to acute or chronic orthopedic and/or neurologic disorders, have memory or cognitive impairment or suffer from low vision. Each patient is evaluated to determine their condition and an appropriate care plan is designed to meet that patient’s goals. If you have questions about occupational therapy and specialty services please contact Nurse On Call at (941) 366-2900.

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# Cancer Nutrition Drink is a Must Have

By Dr. Stan Headley

**20-40% of cancer patients actually die from malnutrition (cachexia) and not cancer itself!**

**A**s a physician I am shocked and alarmed by that factual statistic. How can that be in this day and age of advanced medicine you might ask? The answer is simple - pharmaceutical companies have invested billions into advancing cancer medicines but medical nutrition for cancer patients has been massively neglected in comparison – until now.

I'm going to share two quick stories with you that at first will seem unrelated, but later they come together to change the world!

**Story 1.** Cancer is without a doubt the fight of your life, and it's the one fight that you didn't ask for. That was the case for my wife when she was diagnosed with stage III ovarian cancer 7 years ago. Right now is a good time to tell you that I am both dual credentialed as both an MD and a ND (Naturopathic Physician) with 24 years of nutritional medicine behind me. We fought the fight but I lost her to cachexia (severe weight loss) in the end – and thus began my mission to find a solution.

**Story 2.** The founder and CEO of an international pharmaceutical company (47 countries) received the news of his brother being diagnosed with throat cancer. His brother was young, tall and very handsome - but the fight he didn't seek came to him. He beat the cancer, but he lost the fight due to severe weight loss (cachexia) and passed away. This was a life-changing moment for the CEO and he vowed to change the world of cancer forever – and thus began his mission to find a solution. This is a good time to mention that the CEO's degree was in dietetics and he just happened to work with some of the world's best cancer experts.

Fate would bring myself and the CEO together and allow me to see things never done before in nutritional medicine which are giving cancer patients more than just a fighting chance! The must have product for cancer patients that was developed is called CellAssure. Cancer is one fight that you do not want to face alone, and CellAssure makes sure you have nutritional medicine fighting for you every single day from your day of diagnosis to the day you are cancer free!

CellAssure is a simple once a day drink created from direct requests by physicians, dietitians and patients battling cancer. CellAssure includes ingredients clinically proven to:

- Demonstrate Anti-Cancer / Anti-tumor effects
- Provide needed nutrition for cancer patients with zero sugar in formula
- Improve immune system response
- Maintain or increase appetite
- Increase LBM (lean body mass)
- Reduce stress / anxiety and lower cortisol levels
- Provide relief with nausea/vomiting and diarrhea
- Mitigate anemia and improve my liver function

Cancer is a multi-faceted disease that attacks the body in many ways causing multiple serious side effects, each which needs to be addressed strongly in order for the patient to maintain their health. CellAssure's mission is simple – keeping cancer patients as healthy as possible so their oncologist can kill their cancer with the least amount of side effects/health issues/problems.

Cancer weight loss is associated with poor outcomes for cancer patients—reduced response to therapy, reduced ability to deliver full doses of chemotherapy, stoppages of cancer therapies, increased toxicity, more complications and infections, lower quality of life, and reduced survival.

CellAssure gives patients the essential daily medical nutrition needed to maintain their bodyweight and allow their body to better withstand the rigors of cancer treatments. Remember – staying as healthy as possible allows you to fight cancer without having to stop critical oncology therapies and protocols.

 **CellAssure**  
Advanced Medical Nutrition



***Proper identification of nutrition problems and treatment of nutrition-related symptoms have been shown to stabilize or reverse weight loss in 50% to 88% of oncology patients.***

## **When do I start taking CellAssure?**

While most people think that their 'Day of Diagnosis' is when their battle with cancer begins – we know better. The fact is on the 'Day of Diagnosis' their body has already been compromised by the cancer and their nutritional challenges have already started. Cancer has already started waging war and the need for additional nutritional medication is now. It is recommended that you start taking CellAssure from your day of diagnosis forward. Proper nutrition is something helpful regardless of where you are in the cancer process. Of course following a healthy diet along with CellAssure makes the most sense and your healthy eating should continue even after you've won your battle against cancer!

CellAssure is scientifically formulated to help "Fuel the Fight Against Cancer". CellAssure delivers on a level that brings smiles to patients, their families, as well as the physicians taking care of them – and as cancer patients we need a reason to smile. We need a reason to believe that we can overcome, conquer and beat cancer head on.

CellMark Biopharma™ is the leader in advanced medical nutrition for all cancer patients offering science-based products for cancer nutrition/cachexia (CellAssure), and chemo brain (Cognify) which are physician and pharmacist recommended.

For more information visit:  
**CellMarkBiopharma.com** or call **888-444-7992**.





# Effective & Proven Chronic Pain Relief with VAX-D

By Craig S. Aderholdt, BSc, DC

**V**AX-D, short for Vertebral Axial Decompression, is a patented non-surgical therapy proven to successfully treat chronic low back pain, caused by prolapsed, bulging, herniated or degenerative discs, facet syndrome, stenosis and sciatica. Even post-surgical patients and those suffering from central canal or foraminal stenosis have reported significant pain relief with VAX-D therapy. Over a series of relaxing treatment sessions, patients experience powerful pain reduction and healing. Some patients even notice relief after just one visit.

VAX-D's proven and patented technology is currently being utilized by leading physicians in orthopedic medicine, pain medicine, neurology and other specialties in hundreds of clinics around the world. Many doctors choose VAX-D over other devices because it employs the original, patented technology from which decompression therapy was born. VAX-D effectiveness is backed by clinical research. Back pain has grown to be a \$54 billion industry and has literally become a national epidemic. Due to the astounding array of varied treatment options, finding a back pain solution can be a daunting task. Knowing that a product backs its claims with clinical research makes all the difference, and that is what VAX-D offers. A recently completed 2 1/2 year study has demonstrated that VAX-D achieved a remarkable 88% success rate in the 283 chronic back pain patients studied! The patients selected for the study had been unsuccessful at finding relief with at least two previous non-surgical treatments.



VAX-D is not to be confused with traction. VAX-D lengthens and decompresses the spine, reversing high intradiscal pressure through the application of negative pressure via a patented "slow ramp-up" process. This reversal of pressure creates a vacuum inside the discs that not only takes pressure off of pinched nerves, but helps to reposition bulging discs and pull extruded disc material back into place. Simultaneously, nutrients, oxygen and fluids are drawn into the disc to create a revitalized environment conducive to healing. VAX-D stimulates the body's repair mechanism, providing the building blocks needed to actually mend injured and degenerated discs. VAX-D's process is the only patented treatment clinically proven to decrease disc pressures to the negative levels needed to facilitate healing!

### How does VAX-D work?

High intradiscal pressures cause discs to bulge out and press painfully on nerve roots. They also make for a compressed, anaerobic environment unsuitable for healing. Decompression produces and sustains negative pressures within the disc, creating a vacuum effect which draws in nutrients and fluids to promote the repair of injured discs and surrounding tissues. This vacuum has also been shown to aid in the retraction of escaped cushioning gel from herniated discs. Much like gauging the air pressure in a car tire, scientists have been able to use pressure sensors to measure the various pressures put on spinal discs while lifting, standing, sitting, lying down, undergoing traction, and during VAX-D Therapy. Like other pressures found in the body such as blood pressure, intradiscal pressure is measured in millimeters of mercury (mmHg). While traction, physical therapy and manipulation may reduce disc pressures to as low as 40 traction, physical therapy mmHg, only VAX-D has been shown to achieve negative pressures within the spine. Clinical studies have shown that, with VAX-D Therapy, negative pressures as low as -160 mmHg\* are created within the injured disc during the treatment session!

The key to the "distraction" of VAX-D is achieved through an intricately timed series of pulls, holds, and releases over the course of a treatment session. VAX-D's biofeedback system adjusts this curve of tension specifically to each patient's needs, making every session a truly individualized treatment.

VAX-D Therapy involves three phases that repeat fifteen times throughout a treatment session: the Decompression Phase, the Retraction Phase, and finally, the Rest Phase. During the Decompression



Phase, tension slowly mounts, lengthening the spine; up to 99 pounds of tension may be exerted directly on the injured discs. This is where spinal pressures drop and decompression actually occurs. During the Retraction Phase, tension is slowly decreased and the spine is retracted slowly. This is followed by a short Rest Phase.

### Is VAX-D Right for Me?

*You may be a candidate for VAX-D if:*

- You have chronic and/or severe back and/or neck pain caused by bulging or herniated discs, degenerative disc disease, sciatica, and/or facet syndrome.
- You have been diagnosed with a clinically unstable low back.
- You have failed back surgery syndrome.
- You have been told to consider surgery.

Many patients have experienced more than a 50% reduction in pain after their first treatment! For those suffering from herniated and degenerated discs, the escaped nucleus pulposus may be partially or completely retracted back into the disc after just the first session (though usually it takes longer), relieving a great deal of pain. However, pain reduction does not indicate full recovery, and a full recovery is essential to preventing re-injury. Each treatment session lasts approximately 45 minutes. A typical VAX-D treatment regimen consists of about 20 sessions. Some conditions require fewer visits; some require more. Many patients report relief from their pain and other symptoms during the first

few treatment sessions, and most experience dramatic pain relief after completion of their prescribed VAX-D Therapy program.

VAX-D therapy is a non-surgical procedure to reduce pain by decompressing your spine and reducing the stress and pressure on your discs and spinal nerves. Contact Dr. Craig Aderholdt, at **941-756-5528** for a **free consultation** to see if you are a candidate for this revolutionary procedure. We hope you enjoy the information within and share it with others. Contact Dr. Aderholdt today to find out if you can finally relieve your pain and suffering with this proven safe and effective nonsurgical breakthrough for neck and back pain..



## BACK PAIN INSTITUTE OF WEST FLORIDA

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Bradenton, Florida 34207

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Sarasota, FL 34240  
Lakewood Ranch Technology Park

**Dr. Craig S. Aderholdt, BSc, DC**



*At Back Pain Institute of West Florida, located in Bradenton, FL, our number one concern is to help our patients with a natural approach to pain treatment. Dr. Craig Aderholdt, BSc, DC, received his undergraduate degree from Pennsylvania State University State College, and his Doctor of Chiropractic from life University School of Chiropractic in Marietta, GA. He then later graduated Cum Laude.*

*Dr. Aderholdt also holds certification in chiropractic adjunctive physiotherapy from New York Chiropractic College and completed extensive postgraduate training in therapeutic modalities at National-Lincoln School. He is a member of the Florida Chiropractic Association and American Chiropractic Association and is a certified VAX-D consultant. He was also voted a Bradenton Herald People's Choice Awards Winner for 2008 and is the Manatee Herald-Tribune Awards winner for 2015.*



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for 2016





# 2016 Parkinson's Disease Patient's Forum

By Ramon Gil, M.D.

**A**s scientists and medical researchers continue to make progress searching for the cause(s) of Parkinson's Disease (PD), and ways to eventually "cure" this illness, the treatment has become not only more effective, but more specialized, requiring from both: patients and treating neurologists, a more comprehensive understanding of the different aspects of this complex disease. The amount of information in the field of PD and related disorders that becomes available every day is overwhelming, but exciting and encouraging. It seems as if every area of investigation is leading to a better quality of life (QOL) for patients and family members.

At the Parkinson's disease Treatment Center of SW FL, there is a firm commitment to bring state of the art treatment and cutting edge technology to our community. Striving to perfect our assessments and provide more individualized management, has never been more solid than today. For over 20 years we have empowered our patients and families, with the strongest tool of all: "Education."

This year our April "Parkinson's Awareness Month Symposium," will bring to the audience a dynamic and interactive update in the conventional rehabilitation modalities. In each presentation, you will notice how the boundaries between "traditional" forms of therapies and "unconventional therapies" are becoming more difficult to separate. We have a group of well-known speakers, with whom most of you have interacted in the past.

Sergio Valdivia, PT, DPT will explain how patients can optimize their balance and significantly reduce the risk of falls, which are often associated with injuries and worsening of QOL. It is critical to remind patients that loss of postural reflexes in PD is unavoidable. As long as a patient lives long enough, this will eventually occur. The most effective treatment is to delay this complication with early interventions to optimize our physical fitness, endurance, flexibility and balance. Sergio will demonstrate how Tai Chi and dancing can help you achieve these goals. The International Parkinson's Disease and Movement Disorders Society and the American Academy of Neurology have published many papers supporting the fact that Tai Chi is the most effective modality of exercise that can help reduce the number of falls in PD patients.



We could not miss the opportunity of having one of the finest, world-wide recognized, Speech Pathologists as part of our Faculty: Mary Spremulli, MA, CCC-SLP. She will be speaking about the advances in research and treatment of speech disturbances in PD. Mary reminds us that: "Approximately 70-90% of individuals with Parkinson's disease will experience a PD-related voice/speech disorder, which has been shown to affect overall QOL ratings. The LSVT®\_LOUD (Lee Silverman Voice Treatment), an intensive, high effort voice training program, has been shown to benefit PD-related voice impairment. However, cognitive and psychomotor dysfunction may also contribute to speech disorders, and for this reason, some patients may fail to carry-over therapy techniques to every day conversation, or fail to maintain the improvements made in speech beyond formal therapy." Mary will discuss and demonstrate a few of the available device interventions, and after-therapy programs, including Voice Aerobics® and Hi-VOLT® 4 PD.

Very few professionals in the field of Occupational Therapy have the clinical experience in managing PD that Sally Thimm, OTR/L, has accumulated over the past 20 years. She has worked hand in hand with many of our patients in SW FL. In her presentation: "Home Management Tips for People living with Parkinson's", Sally will review a number of ways to make the daily routine of living with PD, a little bit easier. She will discuss medication organization and management, ways to make bathroom and bedroom mobility easier, and make some suggestions to manage dressing and bathing. "It's all about staying as independent as possible and keeping the Caregiver happy!"

Clinical research is the corner stone on top of which we built the progress in the management of PD. Without it we would still be facing a devastating illness with a lifespan of 7 to 10 years from the time of diagnosis. Our Senior Clinical Research Coordinator at the PD Treatment Center of SW FL, Judy Seymour, CMA (AAMA) CCRC, will review the benefits of participating in clinical trials and the importance of helping in the process of bringing new, more effective and better tolerated drugs, to the forefront.

Finally, I will review the evolution of the most commonly used and effective symptomatic drug for the treatment of PD: Levodopa. The journey from the 1960's to 2016 is nothing but fascinating, and after 50 years of using this drug, in 2015 the FDA approved two new formulations: Duopa® and Rytary®. New delivery systems for Levodopa are currently in clinical trials: an aerosol inhaler and a "patch". The cure is not here yet, but closer than ever. Join us to learn more. Become a more educated, confident and successful patient and care partner team.

## 2016 Parkinson's Disease Patient's Forum

Wednesday April 27, 2016

at the Charlotte Harbor Event and Conference Center  
75 Taylor Street, Punta Gorda, Florida



1:00	Doors open for Registration and Refreshments
1:50	Opening Remarks Presented by..... Dr. Ramon A. Gil, M.D.
2:00	Tips for Better Home Management Presented by..... Sally Thimm, OTR/L
2:30	Fall Prevention in Parkinson's Disease Presented by..... Sergio Valdivia, PT, DPT
3:00	The Importance of Clinical Research Presented by..... Judy Seymour, CMA (AAMA) CCRC
3:30	Break
4:00	Speech Therapy for PD: beyond LSVT Presented by..... Mary Spremulli, CCC-SLP
4:30	Levodopa in 2016 Presented by..... Dr. Ramon A. Gil, M.D.
5:15	Questions and Answers

FREE - FREE - FREE - FREE - FREE - FREE - FREE - FREE - FREE



**Specialized in Parkinson's Disease and other Movement Disorders, Dr Gil believes that every patient diagnosed with a movement disorder deserves the most comprehensive team of healthcare providers aimed**

**at improving quality of life. We work together with experts from all related fields including: Physical, Occupational, and Speech therapy, Neuropsychologists, and Neurosurgeons. Dr.Gil's practice is also dedicated to clinical research, and outreach programs, dedicated to promoting the mission of the practice.**

**Ramon A. Gil, M.D.**

Medical Director, Parkinson's Disease  
Diplomate, American Board of Psychiatry and Neurology  
Parkinson's Disease Treatment Center of SW Florida  
Call 941.743.4987



# Compression Devices for Limb Swelling

By Alyssa Parker

**A** common challenge faced in the medical field is finding the cause of an individual's limb swelling. Any limb swelling may be your body's way of letting you know there is a potential underlying condition that can cause even more damage if left untreated. When swelling in a limb becomes chronic, pinpointing the origin is vital to getting proper treatment. Some of the most common diagnosis are venous insufficiency and lymphedema.



Fluid accumulation can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. Recent studies show that nearly 7 million people in the United States suffer from venous disease. While 2 to 3 Americans suffer

from secondary lymphedema.

Chronic venous insufficiency (CVI) is when blood is unable to circulate from the lower limbs back to the heart. CVI is caused by incompetent valves and venous hypertension, in both parts of your venous system. The venous system is comprised of two parts, deep circulation and superficial circulation which are interconnected by perforating veins. Your venous system is an important component to delivering blood to the heart, then passing it through the lungs to obtain oxygen. The oxygenated blood is then delivered to the lower limbs.

Venous hypertension leads to secondary Lymphedema from the lymphatic system's inability to keep up with an abnormally high demand of protein rich fluid. Lymphedema is chronic swelling from protein-rich fluid accumulation in the tissue. Lymphedema occurs secondary to CVI when the lymphatic system is obstructed causing damage, blockage, or abnormal development. Primary Lymphedema can be hereditary or congenital, where an individual is born with a compromised lymphatic system.

## Risk Factors

Once your circulatory system has been obstructed leading to venous insufficiency or lymphedema this may lead to an interruption in the venous and lymphatic flow. Both diseases are manageable and treatable however there is no cure for either one.

### Risk factors may include:

- Unknown swelling of a limb
- Family history
- Invasive surgical procedure i.e. radical cancer surgery
- Chronic open wounds
- Decreased mobility
- Infections such as cellulitis/ lymphangitis
- Skin changes such as discoloration or hardening

## Management: Compression Pump

Understanding the ongoing management of both venous insufficiency and lymphedema are important in preventing irreversible damage to the body.

Compression therapy along with proper nutrition a healthy diet and exercise are the foundation of a treatment plan. Compression stockings are often difficult to get on with little results for chronic swelling. Diuretics may be harmful for long-term treatment. Compression devices are widely recognized and highly effective treatment. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb.

A pneumatic compression device mimics the muscle contraction that naturally occurs when performing a cardiovascular activity. A compression device is used for both acute care (short term in the hospital) as well as chronic care (long term in the home). The compression pump increases blood flow and lymphatic flow. By increasing the circulation in the affected limb many painful symptoms will be alleviated. When compression treatment is used on a limb the excess fluid is removed and worked back into the lymphatic system the natural way. For patients with chronic ulcers using a compression device will help heal the wound from the inside out, by increasing the circulation in the return of the blood from the heart. The heart delivers oxygen rich blood back to the legs and the tissue speeding the recovery time.

For patients who many have Chronic venous insufficiency a test called a vascular or duplex ultrasound may be used to examine the blood circulation in your legs.

The compression pump is approved by Medicare and covered by many commercial insurers; Actual coverage varies with individual commercial insurance policies. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in treating swollen limbs and chronic wounds.

Contact Acute Wound Care today by calling 239-949-4412 to learn more about the benefits of compression devices and the other in-home services available.

**Do you have questions about your Parkinson's Disease or treatment?**

**Call to schedule a *FREE SCREENING***

**941-743-4987**

**Parkinson's Disease Treatment Center of SW Florida**

4235 Kings Highway, Unit 102, Port Charlotte, FL 33980

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708 Del Prado Boulevard, Suite 6, Cape Coral, FL 33904



**Ramon A. Gil, M.D.**

*Diplomate, American Board of Psychiatry and Neurology  
Diplomate, American Board of Internal Medicine  
Former Clinical Associate, National Parkinson Foundation*

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# Smoking- The Breath Blocker

## Respiratory Diseases

The chemicals in cigarette smoke cause immediate damage to cells and tissue in the human body, including those on the path from the mouth to the lung's air sacs-the final target of the smoke. Delicate lung tissue damaged by chemicals in cigarette smoke doesn't have a chance to heal if it is exposed to these chemicals in large amounts day after day. The result is a wide range of deadly lung conditions.

## Chronic Obstructive Pulmonary Disease

Smoking causes chronic obstructive pulmonary disease (COPD). COPD includes several underlying lung diseases, such as emphysema and chronic bronchitis, in which the airways are damaged and can never completely heal, and the lungs lose their elastic properties. People with COPD suffer from shortness of breath, coughing, difficulty exercising, air trapped in their lungs, swollen airways, and scar tissue. As a result, they may even have trouble with routine activities such as walking and dressing. Their quality of life can drop significantly. Over time, COPD cause low oxygen levels in the body. People with COPD are at high risk for many other serious diseases, including lung cancer and heart disease. The disease has no cure. Women are now dying from COPD in about the same numbers as men, and women appear more susceptible to developing severe COPD at younger ages. Women smokers in certain age groups are more than 38 times as likely to develop COPD, compared with women who have never smoked.

## Tuberculosis

Tuberculosis (TB) is a common infection worldwide that usually attacks the lungs. TB is spread through the air when people with the disease cough or sneeze. It was once a leading cause of death in the United States, but advances in public health have made TB far less common here. However, it remains a serious health issue elsewhere in the world. According too the World Health Organization, TB caused 1.4 million deaths worldwide in 2011. There is now enough evidence to conclude that smoking increases a person's risk of getting TB disease and dying from it.

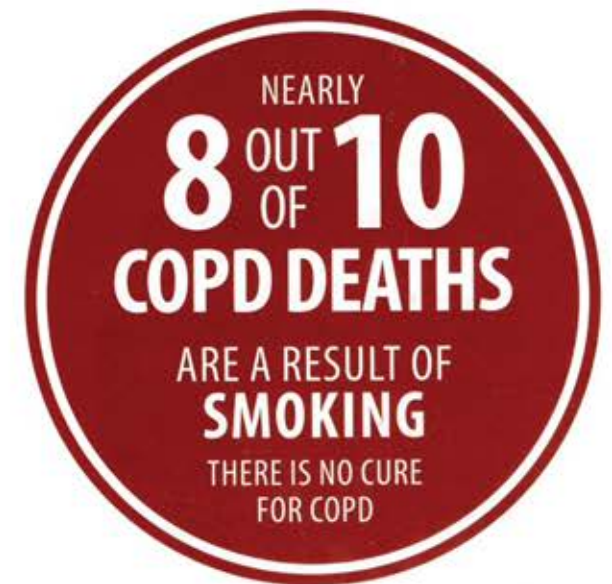


**Women smokers in certain age groups are more than 38 times as likely to develop COPD, compared with women who have never smoked.**

## Other Respiratory Damage Caused by Smoking

More than 11% of high school students in the United States have asthma, and studies suggest that youth who smoke are more likely to develop asthma. Breathing someone else's smoke also triggers asthma attacks in nonsmokers. Children exposed to secondhand smoke have more respiratory infections than children who are not exposed. Although the body has ways to prevent or lessen the severity of injury caused by agents inhaled into the lungs, these defenses are overwhelmed when the body is exposed to cigarette smoke over and over again. People who stop smoking begin to breath higher levels of oxygen in the body, and lower their risk of respiratory disease compared to those who continue to smoke.

Source: Surgeon General's Report  
cdc.gov/tobacco



**1 OUT OF 10 HIGH SCHOOL STUDENTS HAS ASTHMA**



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**1993**

The White House goes smokefree.



**1994**

Mississippi files first state lawsuit against U.S. tobacco companies to recover Medicaid costs for smoking-related illnesses.

**1994**

Seven tobacco company executives testify to Congress that they believe nicotine is NOT addictive.



**1995**

California passes first statewide smokefree restaurant and bar law.



**1996**

FDA makes first attempt to regulate manufacture, sale and marketing of tobacco products.



**1998**

Forty-six states and four tobacco companies sign Tobacco Master Settlement Agreement which requires tobacco companies to reimburse a portion of state Medicaid costs resulting from smoking.





# BREEZE THROUGH ALLERGY SEASON WITH PROPER CARE

By Eric M. Folkens, M.D., Family Medicine  
Bradenton/Lakewood Ranch/Sarasota Urgent Care Walk-In Clinics

**A**pril showers bring May flowers and pollen! For those who suffer with seasonal allergies, there is no need to announce that spring allergy season is upon us because you are likely already experiencing some of the unwanted symptoms. But don't worry, there are ways to fight the annoyance so you can be as allergy-free as possible this year.

Sometimes it is hard to distinguish whether the symptoms you are experiencing are due to a cold or allergies. The clear difference between the two is colds usually tend to be short-lived whereas allergies can run for weeks or even months. Also, allergies don't cause fevers and aren't bacterial infections. The most common allergy is pollen, which causes symptoms to flare-up due to the pollen grains floating through the air. Allergies tend to occur when the seasons change and you may notice your allergies approaching at almost the exact same time every year.

Those who can tell the seasons changed without even looking at the calendar experience some of the following symptoms:

- Runny and stuffy nose
- Watery eyes
- Sneezing
- Sore throat
- Coughing
- Itchy eyes and nose
- Dark circles under the eyes
- Fatigue

Allergies occur when our immune system responds abnormally to these allergens, releasing substances such as histamine. It is not exactly clear why some people's immune systems react this way.

## Treating Seasonal Allergies

There are many measures that can be taken to treat seasonal allergies. Avoidance is key. If your allergy symptoms are severe, stay indoors as much as possible when the pollen count is high. During the spring, it may be a good idea for those with allergies to change their clothing after being outside for extended periods of time because pollen lingers on fabrics long after going inside. It is also recommended that you keep your windows closed when the pollen count is high. The pollen count is measured by several organizations and can be easily found online for free. It is also sometimes reported on the local news.



There are several over-the-counter options available that are effective for controlling mild to moderate allergy symptoms. When choosing which over-the-counter product to use, keep the following information in mind. Antihistamines reduce sneezing, sniffing, and itching by blocking the action of histamine (the substance produced during an allergic reaction) in the body. Decongestants clear mucus out of the nasal passageways to relieve congestion and swelling. Decongestants may elevate blood pressure and heart rate, so check in with your doctor to make sure that it is safe for you to take these.

Eye drops will relieve itchy eyes and prescription nasal sprays can be used to stop inflammation that causes the allergic reactions of sneezing and runny noses.

Even though you can buy some allergy medications without a prescription, it's a good idea to talk to an physician first to ensure sure you choose the right medication for your specific symptoms. Always remember to read the packaging label as some of these products are only meant to be used for a few days.

While eye drops, nasal sprays and over-the-counter products may be effective for some, others may desire relief without any type of medication. If you find prefer to treat symptoms more naturally, using saline sprays and cleaning the nasal passage with a Neti pot may help alleviate allergy symptoms.

If seasonal allergies are affecting your ability to enjoy the outdoors, seek professional treatment for your allergy symptoms from the nearest Urgent Care Center.

Our practitioners can offer tips on how to breeze through allergy season and prescribe medication if needed. Taking medicine may not be enough in some cases, which is why we also educate our patients on proactive ways to avoid allergy flare-ups.



### Sarasota Urgent Care West

1435 South Tamiami Trail, Sarasota, FL 34239

(941) 554-4301

Facebook.com/SarasotaUrgentCareWest

www.sarasotaurgentcare.net



### Bradenton Urgent Care

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### Lakewood Ranch Urgent Care

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# PREVENT KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

**T**he knee is notorious for pain and injury. Knee pain can occur from an injury or a condition like osteoarthritis, and can impact activities of everyday life. There are many remedies for this condition, including rest, anti-inflammatory medications and using knee braces. For individuals whose knee pain progresses or does not respond to other types of treatment, injections may be an option to help relieve pain and discomfort without requiring surgery.

When regular treatments are not working well enough such as medication management with non-steroidal anti-inflammatories, intra-articular injections can be a great option.

There is a substance known as hyaluronic acid that is naturally found in the synovial fluid of human knee joints. It works to lubricate and cushion the knee joint, being the human equivalent of "motor oil". In 1997 the FDA approved the first hyaluronic acid preparation made from rooster combs for usage in knee injections for osteoarthritis.

Currently there are multiple FDA approved hyaluronic acid preparations, which are extracted from rooster combs, and there are some synthetically grown products for those with avian allergies. They have trade names such as Supartz and Orthovisc.

These injections are also called viscosupplementation as they restore the normal viscoelastic properties to synovial fluid. This can help protect cartilage,



lubricate the joint and improve the shock absorbing effect of the knee. It is also suspected that hyaluronic acid injections may protect cartilage cells and actually promote the formation of more cartilage. This is the subject of a lot of speculation and has not been definitively proven.

Numerous clinical studies have been performed regarding the effectiveness of hyaluronic acid formulations. One of the largest studies in the US showed beneficial effects in 80% of patients for over six months. It appears that the combination of joint lubrication along with the anti-inflammatory effects that come from hyaluronic acid, work together to create such effective results.

Knee injections are typically extremely effective. A recent study on our website, shows the injections, which are as painless as a flu shot, when done under fluoroscopic guidance to ensure the hyaluronic acid passes through the synovial membrane, combined with physical therapy focused on painless strengthening of your knee area, and proper bracing to allow the fluid to move freely throughout the joint space, creates the highest level of pain reduction, with over 99% of patients we treat achieving an average pain reduction of 77%. These results are often good enough to delay the need for a knee replacement surgery and avoid it altogether.



If you suffer from pain due to osteoarthritis, rheumatoid arthritis or post traumatic arthritis, Physicians Rehabilitation can help.



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Our goal is to decrease the inflammation, promote healing, and eliminate your pain.

#### Locations:

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  - 5668 Strand Ct., Naples, FL 34110 - (239) 687-2165
  - 3380 Tamiami Trail, Unit C. Port Charlotte, FL 33952 - (941) 467-1666
  - 3801 Bee Ridge Rd. Unit #9/10, Sarasota, FL 34243 - (941) 702-9575
  - **The Villages** at Spruce Creek Professional Center, 10935 SE 177th Pl. #405/406/407, Summerfield, FL 34491 - (352) 775-3339
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# Dangers in the Home

**O**ftentimes, living alone can prove to be dangerous for seniors. Senior citizens, like all of us, wish to stay in their home as long as possible and maintain their independence. According to an AARP survey conducted in 2011, 90% of seniors agreed. When someone is having difficulty with day to day tasks, it may seem like an easy choice to move into an assisted living facility. By doing so, seniors can live in a safe environment, maintain a social life and have their health continuously monitored. Still, looking at it from the individual's perspective, this decision can be a very difficult and emotionally draining. However, there has been a move away from the institutional feel of traditional assisted living centers. In fact, a local senior residence, Banyan Residence Assistant Living has designed their entire facility to provide safety and assistance without losing the sense of home.

## First, what are some of the hazards that an aging population might experience?

**1. Stairs.** Climbing stairs can become very problematic for seniors. 30% of people over the age of 65, and 50% over the age of 80 will fall down at least once in the next year (Aging Parents Authority). Many times when a senior falls down the stairs, they suffer with a hip fracture. 25% of seniors with a hip fracture will lose their life within one year.

**2. Shower/Bathtub.** Something as simple as getting in and out of the shower/bathtub can be a challenging task for seniors. Roughly 33% of people sixty and older have trouble doing this, even with safety equipment installed (University of Michigan Health System). Many will trip, fall, and harm themselves in the process. A study has shown that bathroom injuries treated in emergency rooms rapidly increase after the age of 65 (New York Times).

**3. Throw Rugs/Carpeting.** Though, only meant for a house decoration, throw rugs can become dangerous to seniors. Without the rugs being secured safely to the floor, it is easy to catch your foot on one and trip. Falling is a leading cause of unintentional injury for seniors over the age of 65. Research has shown that throw rugs and carpeting is one of the most common environmental hazards in senior's homes. There are unsecured throw rugs in 78% of all homes. These homes will average eleven rugs that do not have nonslip backing.

While these are all hazards, being alone is the greatest danger of all. If any of these accidents were to happen, the senior would not have anyone there to help him or her. Recently, a former paramedic relayed an incident in which his crew had found a senior in her home that had been lying on the floor for three days. She had no way to contact anyone for help. Living in a residence that was staffed by trained professionals would have made all the difference. Situations like this occur more often than most of us are aware. To avoid these risks, and any concerns about safety, it may be time to consider a change in living arrangements.



Banyan Residence Assisted Living Resort was created with the principals of safety and security in mind. However, it was important to the designers to accomplish this without losing the senior's sense of freedom and mobility. To avoid the "caged in" feeling, all of the apartments are located in a one story building. Also, beautiful gardens are scattered throughout the courtyard. Residents are free to experience the free flowing layout; while knowing that there is always assistance nearby if it is ever needed.

If you have any questions about this new approach to assisted living, please contact Banyan Residence at (941) 412-4748 to schedule a visit.

Banyan's residents enjoy a sense of both community and independence. This home is located at 100 Base Avenue East in Venice, FL.



[www.abanyanresidence.com](http://www.abanyanresidence.com)

### A Banyan Residence has the following features to do so:

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- Physical Therapy Room
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- Movie theatre popcorn
- Family & Friends BBQ
- Tropical Garden
- Fruits & Vegetable Garden
- Walking Club
- Waterfall
- Physical fitness activities
- Salon Room
- Custom Shuttle Bus
- Koi Fish & Duck Pond
- Butterfly Garden
- Special Events: Annual Red Carpet Fashion Show



# Super-size Mine, Please!

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

**T**ime for a bible lesson...I promise it will not be boring.

This is how I understand Ephesians 3:20 after I have studied it in the Interlinear Bible.

"To the one who has power over all things and constructs, beyond our present situation, that we ask or think through the physical power that is active in us..."

And this is how it reads in the New American Standard version of the bible.

"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us..." Ephesians 3:20

**Not bad huh?** I'd even say very encouraging. Think about what the verse is saying. The one who has power over all things (that would be God), constructs or makes for us the things we ask for (this is called prayer) or think about (another form of prayer).

Not only do the things we ask for or think about get "built", they get built bigger than they currently are (beyond our present situation).

I also think it is very interesting that it doesn't say that these things are good or bad; it just says they get bigger than they currently are.

**That bothers me.** Does it bother you?

What if what I'm asking or thinking is not what I really want? Does it get bigger too? Maybe this is what happens to those of us who don't stop to think about what we "say and think."

Things like, "No matter how hard I work I just seem to get farther and farther behind," or "I always get sick about this time of year."



I know there could be a lot of natural causes behind both of these situations, but what about the person who just seems to be lucky all the time. I do believe that 99% of the time, the harder we work the luckier we get. But what about that unexplainable 1% of those who seem to never have any good fortune?

## Life or Death?

I believe that God is a spirit (John 4:24), indwells Christ-followers (1 Corinthians 6:19), and is standing by to take our prayers, dreams and imaginations to another level. That's what I believe Ephesians 3:20 is saying to us.

I don't believe that God takes our negative words, thoughts and imaginations and amplifies them so they hurt us. Satan will do that (John 10:10).

So it all boils down to which stream we play in. The river of life or the river of death, and that seems to be about our words and thoughts (Proverbs 18:21).

The title of this lesson is "Super-size Mine, Please." My way of saying, "Immeasurably more." What do you want immeasurably more of? Would that be what you are currently living? If so, is there a connection to your words, thoughts and imagination?

## Try this!

What if you wrote "My Negative Word Count" on one side of a 3x5 card and on the other side, "My Positive Word Count." Now here's the fun part...for one day, you get to define what a negative or positive word is based on if you feel good when you say the word. Then start counting by writing those words on the appropriate side of the card.

At the end of your twenty-four hours, read over both sides of the card and see how you feel. If you feel great, then you probably have more positive words than negative ones. If you feel rotten, well, then you can count the words and see what happened.

It's just a thought, but if you want to have a better day the next day, add more positive words to your spoken diet...on purpose.

I know this takes a little intentional effort, but it works. As a matter of fact, it will work "immeasurably more than all you could ask or imagine," because, well, that's the way it works; through what you ask and imagine.

## Self-talk

The secret seems to be the realization that when we are "self-talking," we are also asking. And we picked our self-talk up as children. We got it from those big people in our lives. We pick up things like "Don't you know money doesn't grow on trees?" And as silly as that sounds, it can stick to our soul and when we grow up, cause us to have a "poverty" mentality.

Now before you go throwing those big people under the bus, consider that they aren't around now making you think, imagine or say that stuff. So you can quit any time you want. Just saying.

I do have a novel idea about what to do about that. What if you take control over the self-talk they gave you and create your own? Don't you think that's a great idea? Me too!

As matter of a fact I did it myself. Yes sir...in my twenties, I decided to create my own self-talk. I started using life-giving scriptures and quotes from famous and successful people I admired.

**It changed my whole life**...even my bank account went up.

So if you would like "immeasurably more" in your life of some of the better things in your life as opposed to more of the same, change your thoughts and words on purpose. There is a living power inside you that's listening and wants to help.

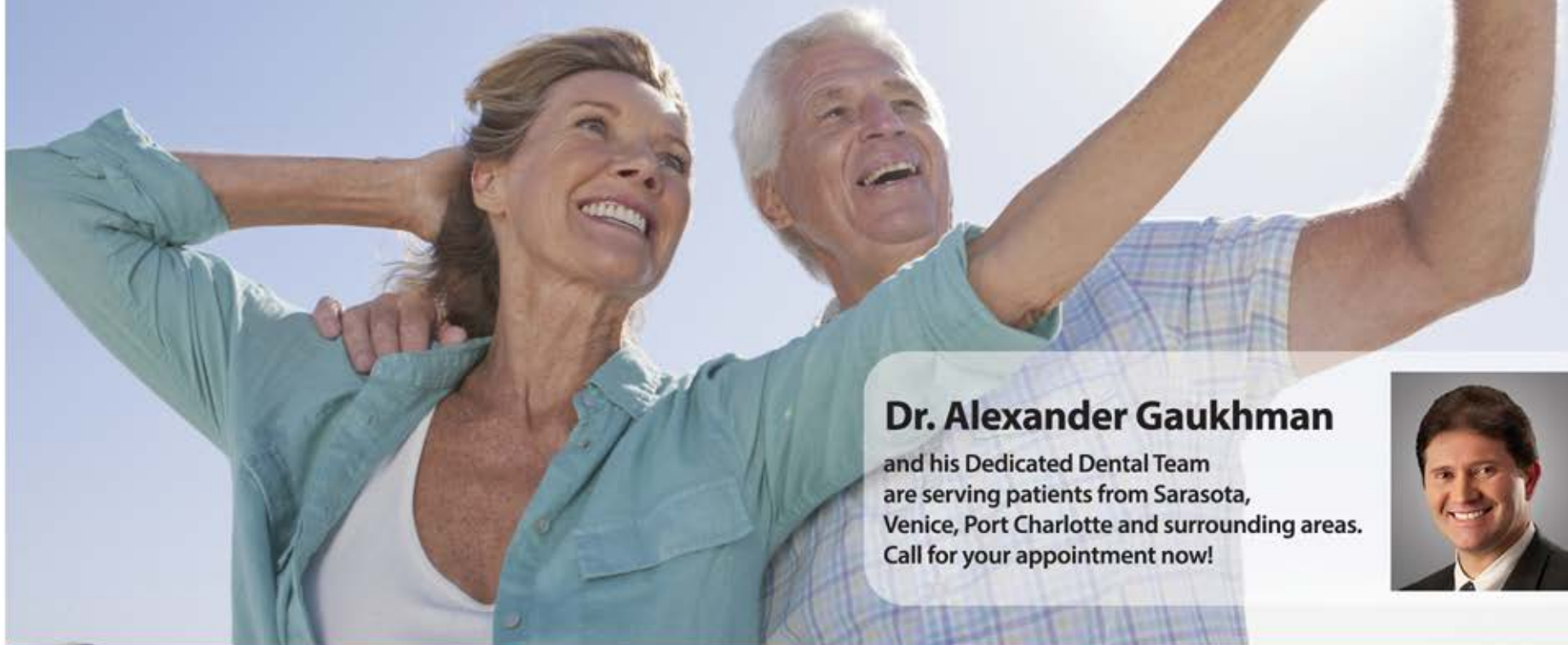
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