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January 2016

Manatee/Sarasota Edition - Monthly

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- January 3<sup>rd</sup> - Bladeless Laser Cataract Surgery
- January 10<sup>th</sup> - Dry Eye Disease
- January 17<sup>th</sup> - Bladeless Laser Cataract Surgery
- January 24<sup>th</sup> - Understanding Glaucoma
- January 31<sup>st</sup> - Bladeless Laser Cataract Surgery

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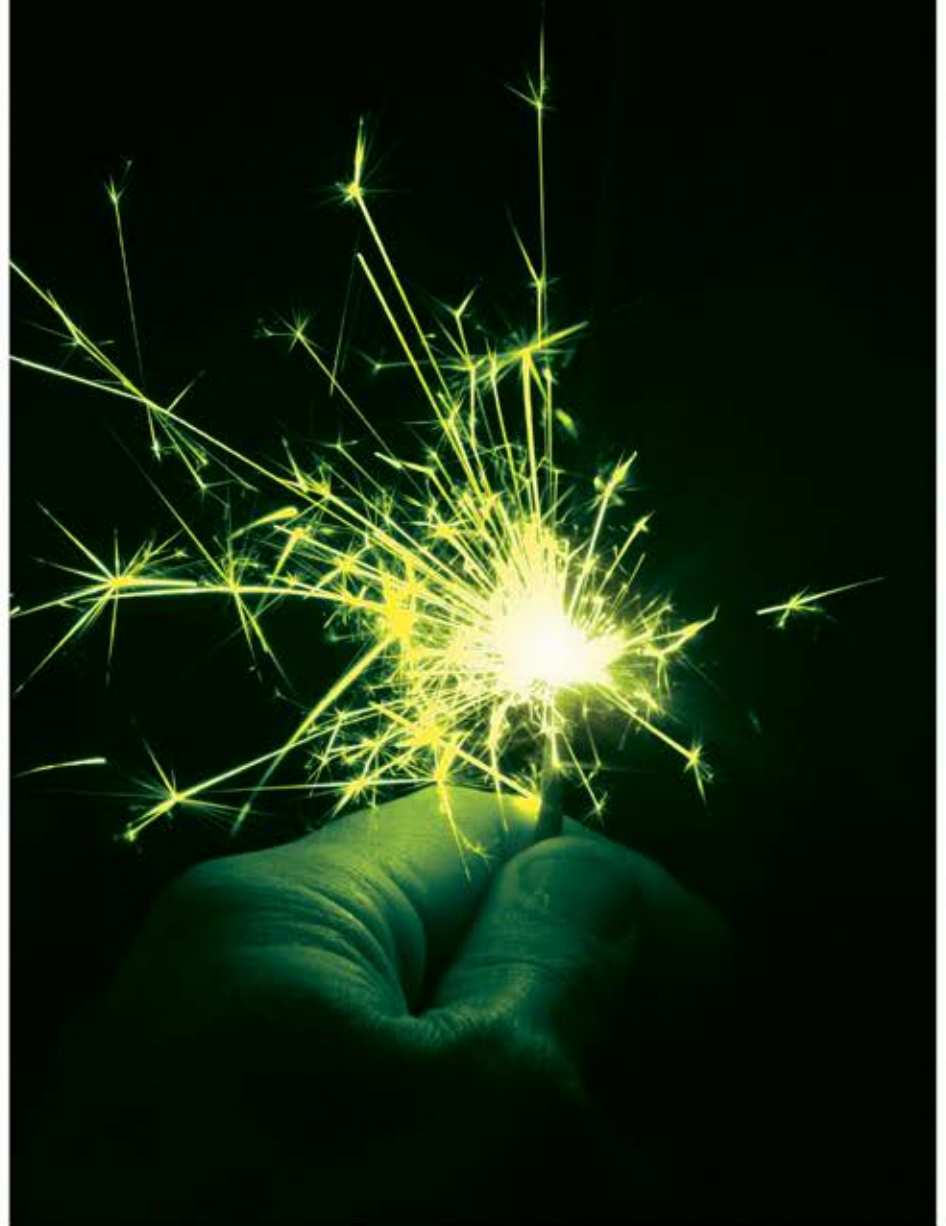
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# Resolve to Take Better Care of Your Teeth and Gums

By Dr. Alexander Gaukhman

**W**ith the onset of New Year, everyone makes certain resolutions. While some decide to overcome and control their bad habits, some make plans about achieving something, but have you ever considered making any resolution for the well being of your teeth and gums? Our health and body deserve the most attention and care than anything else and this includes our oral health too. Therefore, if you have been careless about your teeth, this year try to pay some heed to them by acting upon following oral care resolutions:

## Regular Visits to Dentists

Many believe that there is no need to visit a dentist unless a dental problem occurs or there is pain in any tooth, but do you know that regular visits for no reason can help you from having oral issues?

When you make visiting dentist your habit, you are routinely updated about the health of your gums and teeth and if there is any kind of problem, you get the immediate treatment and, thus, you can avoid the severe pains, medicines, etc.

## Brushing Teeth Twice a Day

Many people consider it insignificant to brush their teeth twice a day and normally skip brushing before going to sleep at nights, but do you know when you go to sleep the bacteria inside your mouth wake up?

The food you eat at night remains in your mouth as residuals which give rise to bacteria, form cavities and leave a bad smell in your mouth. When you skip brushing daily, the residuals make home in your mouth and further affect your oral health. Thus, to avoid the bacteria, bad smell and activities, you just need to develop the habit of brushing teeth in the morning and before going to bed.

## Quit Smoking

When you smoke, you invite plaque, tartar, bad breath, discolored teeth, tooth loss, periodontal disease/s, lung, mouth and throat cancers, etc. The solution to avoid these heinous and dreadful oral issues is to quit smoking. Kickoff your new year by quitting the habit of smoking if you love your teeth and want a bright smile.

## Say No to Junk Food and Fizzy Drinks

Health experts suggest that Junk food is the main cause of obesity among youngsters. Dentists also consider fast food enemy of our oral health as this food gives rise to cavities and makes teeth sensitive. Similarly, the fizzy drinks that are great taste wise are extremely harmful for teeth. The composition of fizzy drinks contain certain elements that form cavities and impair teeth.

As Junk food and fizzy drinks both are detrimental, be determined to quit both this year.

## Don't Linger on with Aching Tooth

Whether you have teeth sensitivity or any kind of sensation in mouth, whether you have pain in tooth or a bleeding gum, you should immediately visit the dentist. Once teeth start decaying, lingering on with them only make the situation worse. For instance, a cavity gets bigger and serious when one delays the treatment. Thus, immediate treatment saves one from bigger dental problems and prolonged pain. So, if you have any oral issue and you have been delaying it, get that fixed today as your New Year resolution.

## Transferring Good Habits

Being parent or an elder in the family, you can develop good oral habits and transfer them in the young generation. When you quit smoking, your children and family will understand the consequences of smoking and its negatives effects on their teeth. Similarly, when adults make brushing teeth twice a day their habit, they can easily inculcate this practice in their children. Thus, the adults in a family can play a significant role in transferring teeth-care habits by following and sticking to these resolutions.

Health of your teeth depends on your determination and will and the efforts you make to prevent them from decaying. Therefore, this year, follow these oral care resolutions to overcome oral issues.



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# Cancer Drink – Fuels the Fight Against Cancer

**W**hat is the most important thing you can do once you or a loved one finds out they have cancer? The answer is simple and complex at the same time – prepare for the fight of your life and plan on winning!

Finding the best care possible and following the treatment protocols of your oncologist to the tee is a must. Keeping yourself as healthy as possible to be able to stand the rigors of chemotherapy, radiation, surgery and the emotional stress is absolutely essential as well.

CellMark Biopharma™ developed a revolutionary new medical nutrition drink, CellAssure, designed for the needs of all cancer patients battling the detrimental effects of cancer and even the side effects from cancer treatments.

**Fact: 20-40% of cancer deaths are from malnutrition (cachexia) not cancer and the medical community agrees that nutritional intervention is imperative.**

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:

- Provide needed nutrition for cancer patients without adding sugar
- 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
- Help reduce inflammation and possibly even pain

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.

## What is Cancer Cachexia and how can I best avoid it?

With figures showing as much as 40% of cancer deaths are from cancer induced malnutrition (cachexia) avoiding becoming cachexic should be a top priority for all cancer patients. Cachexia is a series of metabolic changes in the cancer patient's body. Cachexia is initiated when proinflammatory cytokines and other catabolic factors, such as proteolysis-inducing factor and lipid-mobilizing factor are released in tissues and in circulation. Increases in stress, anxiety, cortisol levels, inflammation and decreases in appetite, nutrient absorption, and liver function add to this hypermetabolic scenario.

Cancer cachexia is far more complex and different than other types of weight loss (simple malnutrition or starvation) and it cannot be reversed by the simple addition of extra calories. CellAssure™ is targeted medical nutrition for these specific inflammatory triggers and all of their resultant metabolic abnormalities!

**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 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. There has never been a product like CellAssure before because there never has been a company like CellMark Biopharma™. CellMark Biopharma™ is the leader in advanced medical nutrition for all cancer patients offering unique products for cachexia, CellAssure, and chemo brain, Cognify (chemotherapy induced cognitive decline).

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# New Hope For High Risk Heart Valve Patients

By CardioVascular Solutions Institute



Image is larger than actual size.

## TAVR (Transcatheter Aortic Valve Replacement)

is a procedure performed in Europe for years which was recently approved by the FDA in the United States. It is a minimally invasive procedure which allows for aortic valve replacement in patients who were previously considered too high risk for conventional open heart surgery.

The procedure allows for the aortic valve to be replaced with an artificial valve by one of two ways. One method is by the trans-femoral approach. This is done through a small puncture in the groin (femoral artery) and is the least invasive of the two options. The second approach is by a trans-apical method, where a key-hole opening in the chest is made, through which the valve is replaced. Neither method requires the patient to have their sternum (breast bone) split and neither requires the patient to go on to a cardio-pulmonary bypass machine. In most cases, a two day hospital stay is required after the procedure. Most patients can expect a quick recovery time.

## Who qualifies for this procedure?

Currently, only patients with severe aortic stenosis (narrowing) who are felt to be too high risk for conventional open heart surgery qualify for this procedure. Some factors that make a patient high risk patients include the following:

- Previous open heart surgery
- Severe advanced lung disease (COPD)
- Advanced age or frailty
- Weak heart muscle



## How would you benefit from the new TAVR procedure?

People with severe aortic stenosis often experience symptoms of shortness of breath, fatigue, dizziness etc. Many patients report feeling better and experience relief of symptoms shortly after the procedure. Most importantly, TAVR patients can live longer with a better quality of life.

## How does your physician diagnose heart valve disease?

Though many people may experience no symptoms in the early stages, most patients with severe aortic stenosis experience symptoms like chest pain, tiredness, shortness of breath, light-headedness, and loss of consciousness. Some of the tools that your doctor may use to diagnose heart valve disease includes:

- **Physical exam**—your physician will take a careful and detailed history from you and will perform a thorough physical exam. During this, your doctor will listen for evidence of heart failure or a heart murmur.
- **Electrocardiography (EKG)**—an EKG can show the heart's rhythm, the heart's rate, and the strength and timing of the electrical currents. This can prove useful for doctors trying to uncover a patient's underlying symptoms that may be signs of heart disease.
- **Chest x-ray**—used to diagnose diseases of the heart and lungs as well as to evaluate placement of pacemakers, defibrillators etc.
- **Echocardiography**—a test used to evaluate the walls and valves of the heart. An echo can evaluate for heart weakness and whether the heart valves function properly.
- **Cardiac catheterization (angiography)**—used to determine if a patient has coronary artery disease or any blockages in the artery which are contributing to the patient's condition

If you think that you or someone you love may be suffering from severe aortic stenosis and may benefit from this revolutionary procedure, feel free to call our office to find out more or talk to your doctor to learn more about your heart condition.

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 there 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.

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# Your New Year Quit Smoking Plan

If your New Year's resolution is to quit smoking, you're in good company. It's a popular goal and many, many people succeed. According to the U.S. Department of Health and Human Services, there are more former smokers in the United States—nearly 50 million—than current smokers. Planning ahead can help make your healthy resolution a reality. An excellent resource is Tobacco Free Florida's 3 Ways to Quit.

While some smokers successfully quit by going cold turkey, most people do better with a plan to keep themselves on track. A good plan addresses both the short-term challenge of quitting smoking and the long-term challenge of preventing relapse. It should also be tailored to your specific needs and smoking habits.

Whether you're a teen smoker or a lifetime pack-a-day smoker, quitting can be tough. But the more you learn about your options and prepare for quitting, the easier the process will be. With the right game plan tailored to your needs, you can break the addiction, manage your cravings, and join the millions of people who have kicked the habit for good.

## Find your reason(s) to quit.

To get motivated, you need a powerful, personal reason to quit. It may be to protect your family from secondhand smoke. Or lower your chance of getting lung cancer, heart disease, or other conditions. Or to look and feel younger. Choose a reason that is strong enough to outweigh the urge to light up.

## For inspiration, look to successful quitters.

Many people find that the greatest support comes from those who have been in their shoes. Talking with someone who has successfully quit smoking can offer you personal support and tips to help with cravings to get you through the tough days.

## Let others help you.

Get support from other people. There are many ways to do this. For example, tell your family, friends, and coworkers that you are going to quit and that you want their support. Studies have shown that you have a better chance of being successful if you have help.

## How does smoking hurt your health?

Knowing the facts about smoking can make you more determined to stop smoking this year.

- Tobacco smoke contains a deadly mix of more than 7,000 chemicals and chemical compounds. Hundreds are toxic, and about 70 cause cancer.
- Smoking causes immediate damage to the body.

- Tobacco use causes an estimated 443,000 deaths each year. It kills more people every year than human immunodeficiency virus (HIV), illegal drugs, alcohol abuse, car crashes, suicides, and murders combined.

- For every person who dies from a tobacco-related disease, another 20 people live with a serious smoking-related illness.

People who stop smoking can greatly reduce their risk for disease and early death. The younger you are when you quit, the better your chances of avoiding health problems.

## Save your breath.

Most cases of the serious lung disease called COPD (chronic obstructive pulmonary disease) are caused by smoking. COPD makes it harder and harder to breathe. The disease can make people too sick to work and lead to an early death. When you quit smoking, you can:

- Reduce your coughing, wheezing, and shortness of breath
- Reduce your risk of developing COPD
- Slow the weakening of your lungs, if you already have some damage

## Protect your loved ones.

When you quit smoking, you also help protect your children, family, and friends from exposure to secondhand smoke. It can cause immediate harm to those who breathe it.

## No one said quitting would be easy.

Quitting smoking can be challenging. Most people make multiple attempts. That's because nicotine is a very addictive drug. But don't give up trying just because you haven't succeeded in the past.

Think about your past attempts to quit—what worked and what didn't. If one method didn't work, don't hesitate



hesitate to try another method. You can learn something new every time you try. This time might be time you quit for good!

**Tobacco Free Florida offers 3 Ways to Quit:**  
Insert attached graphic here!

## Tobacco Free Florida's AHEC Cessation Program – Tools to Quit and Quit Smoking Now

Both programs offer education on the health effects related to tobacco use, but more importantly, they teach the benefits of quitting and what to expect when quitting. A Tobacco Cessation Specialist or trained facilitator guides participants as they identify triggers and withdrawal symptoms, and brainstorm ways to cope with them.

**Topics include:** Addiction, withdrawal and medications that help, Planning for the quit date, Dealing with triggers, Overcoming cravings, and Relapse prevention.

**The Tools to Quit Program** is a 2-hour seminar where participants learn how to develop a successful quit plan.

**The Quit Smoking Now Program** meets once a week for six weeks. Participants offer each other support as they go through the quit process.

Both programs offer free nicotine replacement therapy (when medically necessary and while supplies last), educational materials, goodies for their quit day, and follow-up support. We like to have patients referred who are ready to quit within the next 30 days.

Regardless of how you decide to quit—whether you use medicines, counseling, or simply stop smoking on your own—it's most important to commit to quit, make a plan, and stick with it.

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# COPD Treatment Takes Center Stage

By David Ebner - Staff Writer

The world will never forget the momentous day when four young men from Liverpool, England, walked onto the stage of the Ed Sullivan show in 1964. The Fab Four strolled onstage, squinting in the glare of the lights and smiling at the squealing fans, and that grainy black and white image became the music history icon of the "British Invasion."

Stem cell research appeared on the world stage with much less fanfare. There were no screaming fans or standing ovations when doctors conducted the first stem cell treatment in the form of a bone marrow transplant in 1956. The painstaking hours scientists spent researching and studying cells in laboratories across the world passed unremarked upon in the pages of Life Magazine. Even in 2012, when John B. Gurdon and Shinya Yamanaka won a Nobel Prize for their discovery that "mature cells can be reprogrammed to become pluripotent," enthusiasm was limited mostly to the medical community.

The advent of stem cell research may seem inconsequential in comparison to the rise of the Beatles or Elvis Presley, but its impact on the medical industry is nothing less than revolutionary. Although the ethical implications of using embryonic stem cells have a high-profile and controversial history, knowledge of *adult* stem cells—cells present inside the body of every adult, remains relatively obscure. Adult stem cells live in the blood, fat and bone marrow, and can be extracted and reintroduced into different parts of the body, as needed. Stem cells re-specialize to mimic whatever type of cell they are near. For example, when adipose (fat) stem cells are extracted, isolated and reintroduced to the lungs of the patient with a progressive lung disease, the stem cells have the potential to morph into lung cells. The hope is that the new cells will be disease-free and will promote healing and increasing lung function. For someone suffering from a debilitating disease, such stem cell therapy could mean the difference between struggling for air and singing "Twist and Shout" in the shower.

Physicians at the Lung Institute ([lunginstitute.com](http://lunginstitute.com)) have been performing such procedures since 2013, increasing quality of life for over 1,500 patients with a 70 percent success rate as reported by the patients themselves. During a stem cell therapy procedure, cells are extracted from the patient's fat, blood or bone marrow tissue. The cells are then isolated and returned intravenously or through a nebulizer. This outpatient procedure is completed over three days and is considered minimally invasive. According to the Lung Institute's Medical Director, Kevin Huffman D.O., "stem cells are important because they offer a different approach. Instead of treating symptoms simply to make the patient more comfortable, stem cell therapy targets the disease and can actually repair damaged tissue, challenging conventional medicine's fatalistic mindset that there's nothing more we can do."

It's difficult to imagine a medical breakthrough stealing the show from the latest trending celebrity. However, real people have sought these innovative treatments, and are already seeing these advancements make a difference in their lives. They may not be screaming like the crazed Beatles fans of the sixties, but the alternative treatment fan base grows

every day among people who are breathing easier thanks to stem cell therapy.

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.



The Beatles changed the world of music; stem cells are changing the world of medicine.

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

**S**wan Age Reversal Centers is Southwest Florida's leading Aesthetic services provider. They have four offices located in Naples, Bonita Springs, Fort Myers and Sarasota, with two more locations opening by late fall in Venice and Lakewood Ranch.

Swan Centers performs thousands of aesthetic procedures annually for men and women that help their clients look younger, thinner, and more vibrant. All of the Swan services offered are custom tailored to each client's needs, wants, body type, skin type and age. They offer non-invasive, safe, pain-free treatments utilizing State of the Art Devices found exclusively only at their Centers. Whether you are interested in anti-aging skin treatments, skin tightening, wrinkle reduction, cellulite smoothing, body enhancement, body toning or targeted fat reduction, Swan Age Reversal Centers offers a unique and pleasant experience that delivers results that are somewhat affordable.

Swan Age Reversal Centers offers a wide array of head to treatment options and they specialize in innovative technologies like laser-light, electro-pulse, radio frequency, ultrasound cavitation, vacuum therapy, red light collagen therapy, ultrasonic anti-aging and other technologies. One of the most popular treatments offered is body contouring treatments that stimulates fat reduction that can be targeted to certain areas of the body. They also offer skin rejuvenation and anti-aging treatments that help restore the skins natural glow and helps slow the aging process. Swan Centers offer a wide range of customized services to help men and women between the ages 40 to 90, look younger, thinner and more vibrant. Many of the services that they offer can only be found only at Swan Age Reversal Centers because they use custom designed devices, proprietary serums and skin care products.

Swan Age Reversal Centers takes body enhancement where it was meant to be, combining health and beauty with cutting-edge science 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.

A complementary assessment is offered to all first time clients, where they meet a specialist, who suggests a specific treatment plan with realistic expectations. Swan Centers does not do contracts and offers multiple flexible payment options.

## SOME SWAN TREATMENT OPTIONS: SKIN TIGHTENING & WRINKLE REDUCTION



### Swan-Freeze™

Swan Freeze™ a state-of-the art, Skin Tightening, Wrinkle Reduction, Cellulite Smoothing device that is exclusive to only Swan Age Reversal Centers. Swan-Freeze™ creates radio frequency waves to penetrate and tighten the skin, reduce wrinkles, and has numerous anti-aging benefits. The treatments use radio frequency to consistently and uniformly heat the skin from the inside out. The collagen fibers heat up resulting in skin tightening to attain exceptional results. Swan-Freeze™ treatments are effective in circumference reduction, improving the appearance of cellulite, skin tightening and reducing the appearance of wrinkles. They deliver a safe, pleasant, pain-free experience in treatments for the body including arms, belly, hands, thighs, buttocks, décolleté, neck and face.



### FAT REDUCTION

Let's face it. Most of us wouldn't mind losing a few inches around the belly, love handles, thighs, buttocks or arms. Swan Age Reversal Centers believe that they have the answer! They offer two Exclusive fat reduction options once again only found at their Centers. Swan-Lipo™ utilizes state-of-the-art laser technology and Swan-Cavi™ is fat reduction with the use of ultrasound. They can use one or both of these exclusive devices to treat you, based on what your specific fat reduction needs are.

### Swan-Lipo™ & Swan-Cavi™

Swan-Lipo™ and Swan-Cavi™ are used to reduce fat to specific targeted body parts and transforms bodies with remarkable results. Targeted areas can be the waist, belly, bra-line, chest(men), love handles, buttocks, above the knees, the back, arms, hips and thighs.



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These treatments are a safe and effective way to lose inches of fat without surgery, with no pain, no bruising and no recovery time needed! The treatments help to contour your body, to lose inches and reduce stubborn body fat without having painful plastic surgery procedures! Swan-Lipo™ and Swan-Cavi™ works by painlessly creating a small pore in the wall of the fat cells to start the inch loss process. While the cells remain healthy and alive, the fat is emptied out of the cells through the open pore.

Our bodies then safely and naturally eliminate the fat using the lymphatic system which causes you to lose inches in the waist, buttocks, hips, arms, back and thighs. The treatments are quick and painless, generally taking 45 minutes or less. Unlike other plastic surgery procedures, these treatments allow you to continue your daily activities without any interruption.



### SKIN RENEWAL for the FACE & NECK

#### Swan Lift™

Swan Lift™ is an Age Reversal treatment for the face and neck that is Swan Centers Signature treatment. Swan Centers uses a unique combination of Ultrasound, Light Therapy and Radio Frequency Technologies to help lift, tighten and restore the skin to a more youthful state.

Clients need to do a series of treatments to get maximum benefits and results. Most clients see immediate improved skin appearance after just a few treatments.

#### Swan Light Therapy™

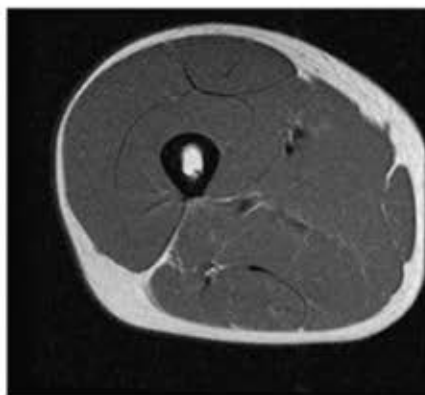
Skin care technology has made great strides in correcting the flaws resulting from sun damage to the skin. In particular, light therapy has emerged as one of the most effective methods of combating the effects of aging. The use of light is safe, pain free, and inexpensive, compared with other skin care solutions like laser skin resurfacing and facelifts. Everyone can enjoy relaxing, painless light therapy treatments that dramatically improve skin appearance. Cells in the skin and supporting tissue absorb wavelengths between 590 and 950 nanometers. Our cells/tissue convert this light energy into "fuel" that is used to increase cellular metabolism. Research by the National Aeronautics and Space Administration (NASA) has shown that light therapy increases cellular growth up to 200%. The increased cellular activity stimulates formation of new collagen and elastin - the building blocks of healthy skin.

# Your Big Obstacle to Staying Young: SARCOPENIA

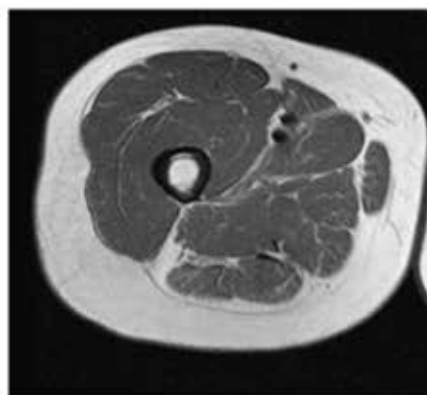


**S**ome people are afraid to start strength training because they worry they'll get big and bulky like a bodybuilder. While an honest concern and fear, it's almost always not just misguided but the exact opposite of what you should really be concerned about. Most people would be much better off worrying about not having ENOUGH muscle as they get older. Let's Explain:

Studies indicate that adults who don't strength train lose on average at least a half-pound of lean muscle tissue each year starting at about the age of 25. This process of muscle tissue loss is called "sarcopenia." The following MRI images show the deterioration of muscle over time. The left image is the cross section of the thigh of a 25 year-old woman. The right image is the cross section of a thigh of a 63 year-old woman. The circle in the center of each is the thigh bone, the gray tissue surrounding the bone is the muscle tissue and the white section on the outside of the thigh is fat tissue.



Age 25



Age 63

For more information, visit [TrueUFitness.com](http://TrueUFitness.com) or call 941-373-6300

So...why is having less muscle like this such a bad thing? To begin, muscle tissue requires energy and calories to maintain itself every day. The more lean muscle you have, the more fat and calories you burn all day and night just to maintain your extra muscle. In other words, less muscle means a slower metabolism. As people lose muscle with age (sarcopenia), their metabolism burns fewer and fewer calories making it one reason why most people gain fat as they get older.

Unfortunately, most people weigh more at age 55 than they did at 25, and their lost muscle tissue has been replaced by added fat. Here's an example: Our female subject's bodyweight on the scale is 20 pounds heavier now than it was in her twenties, she's not only lost 15 pounds of muscle but also gained 35 pounds of unwanted fat. Muscle takes up less space than fat, so this woman is larger, less firm and has a slower metabolism helping to burn fewer and fewer calories. To regain her youthful figure, this woman would need to not just lose the excess fat she's accumulated, she'd also need to add 15 pounds of body shaping lean muscle by performing effective super slow strength training.

Sarcopenia is one big reason why effective strength training is key to maintaining your youthful vitality. Effective strength training not only halts this progression of muscle loss, it can actually reverse the process and as a result, make your body "biologically" younger. Strength training increases your body's metabolism and reshapes and tones your legs and arms. Also, since muscle is denser than fat, strength training will not make you big and bulky. In fact, adding muscle and losing fat will make your body smaller, firmer, more shapely and you'll wear a smaller clothing size too. We call this turning the body into a "Fat Burning Machine."

Luckily, just two 20- minute slow- motion strength training session per week will reverse and even stop this unfortunate lean muscle tissue loss and you will be "biologically" younger as you age.



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# Stay Safe Behind The Wheel

*Cataract surgery can help you stay in the driver's seat*

**F**or most people, driving represents independence, freedom, and control over traveling wherever—and whenever. Getting a driver's license is a crucial rite of passage for sixteen-year-olds, eager to establish independence. On the other end of the scale, keeping a driver's license is of the utmost importance to senior citizens, as they struggle to maintain their independence and lifestyle while aging.

Driving requires sharp vision, and the ability to drive safely can be challenged by common cataract symptoms that make it hard to see the road, street signs, other cars, or even people walking. If you don't see things in time to react, your safety and the safety of others can be severely compromised. And having these symptoms can even interfere with the enjoyment of everyday activities. Common Florida hobbies like golf or tennis are made more difficult by cataract-induced sensitivity to bright sunlight, and reading can be a struggle.

Poor vision is often a consequence of advancing age, and can be a telltale sign of cataracts. Because cataracts are a clouding of the eye's natural lens, living with cataracts has been described as seeing life through a piece of wax paper. Other signs of a cataract include:

- Objects looking blurry
- Eyes being more sensitive to bright light
- Halos and glare from headlights and streetlights
- Colors appearing dull and washed out
- Poor night vision
- Depth perception being off
- Double vision



If you're experiencing one or more of the signs above, a visit to the eye doctor is in order to get a complete cataract evaluation. The good news is that cataract surgery could get you back on the road again!

### Can I still drive with a cataract?

Unfortunately having a cataract can threaten your driving privileges. It's hard to drive safely and confidently when you can't see sharply. Often people with cataracts start planning car trips to avoid times when vision may be most affected...for example, driving west at dusk into a bright setting sun or driving in rainy conditions at night.

### Restoring vision through the miracle of cataract surgery

Cataract surgery is highly successful and the most commonly performed surgery in the US. Using the newest, most advanced technology, The Eye Associates' skilled surgeons will safely and gently remove the cataract (which is actually your eye's natural lens that has become cloudy), and replace it with an Intraocular Lens Implant (IOL). The surgery is performed outpatient and under local anesthesia. The actual surgery takes less than 15 minutes, although you will be here longer for pre-op and post-op care. Patients are usually able to resume most normal activities within hours, and frequently have better vision than they had before they developed cataracts.



“Until recently, most cataract surgery patients did not have a choice of what kind of IOL they received. The standard single focus IOL was used; intended to give clear distance vision but no correction for near vision,” explains Dr. Cathleen McCabe. “but today’s cataract patients have more options than ever before and can even upgrade to a High Tech Lens Implant that offers distance and near vision! Some patients that have worn glasses for their entire lives are thrilled to discover they can now see without wearing glasses, thanks to their new IOL.” Imagine being able to read menus and newspapers, work on a computer, and also have the ability to drive, all without glasses! Now with the FDA approved High Tech IOLs available, you can do just that.

**Traditional Cataract Surgery VS Bladeless Laser Cataract Surgery**

There are no eyes like your eyes, and there is no cataract procedure like laser cataract surgery customized for you alone. The Eye Associates is pleased to offer Bladeless Laser Cataract Surgery with Alcon’s LenSx® laser. The LenSx® laser brings a new level of customization to cataract surgery, allowing each procedure to be specifically tailored to patient anatomy and surgeon preference.

By adding computer control to key steps of cataract surgery, the LenSx® laser is unquestionably the most technologically advanced option for cataract patients.

**Enhanced Driving Safety After Cataract Surgery**

Studies done over the years have shown that patients who have had cataracts removed had 50% fewer accidents compared with those who did not opt to have surgery. A recent Australian study presented at the American Academy of Ophthalmology demonstrated that cataract surgery not only improves vision and quality of life for older people, but it also reduces the number of car crashes and the costs incurred as a result of accidents. This Australian study shows that cataract surgery is a factor in public safety and provides economic cost benefits to society at large.

Cataract surgery is fast, safe and comfortable. If you're concerned that cataracts are threatening your ability to drive safely, call 1-866-865-2020 for a cataract evaluation appointment.



**Our Physicians - L to R:** Charles Anthony II, MD; David M. Rubin, OD; Michael Camp, OD; Edwin Detweiler, OD; Joshua Mali, MD; Jeffrey Kasper, MD; Robert Friedman, MD; Richard Hector, MD; Cathleen McCabe, MD; Lori Ann Long, OD; Brian Foster, MD; Todd Berger, MD; Scott Han, OD; Robert Rego, OD



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# New Year's Resolutions, Revelations and Revolutions

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

**M**y gosh! Another year has expired. I don't know about you, but in my world they seem to go faster and faster each year. It really is true – the older you are the quicker things seem to come and go.

So what are we going to do about it? Since there is no "Time Machine" as yet, we are faced with making the most of our 24 hours a day the only way we can: one day at a time; one hour at a time; one minute at a time.

I am making a New Year's Resolution to take better care of myself. I suggest you do the same. I already eat a fairly healthy diet (but I could do better); I exercise (but I could do better); my big issue is sleeping! I get tired but as soon as I go to bed, my mind goes into overdrive and I toss and turn thinking about what I did during the day and what is on my agenda for the next day. Perhaps the advice for me is: live in the moment. (Or better, sleep in the moment.) I am going to try to relax with some meditation or yoga before going to bed.

Because I work in a cancer center, I see daily the impact of this disease. I don't believe anyone has solved the cancer enigma – who gets it? who doesn't? what causes it? can it be avoided? can it really be cured?

Thousands of researchers worldwide have dedicated their lives to answering these questions and many hundreds of millions of dollars have been invested in this research. We've made progress, but there are still lightyears to go. We owe it to ourselves to apply what has been learned so far to our personal lives.

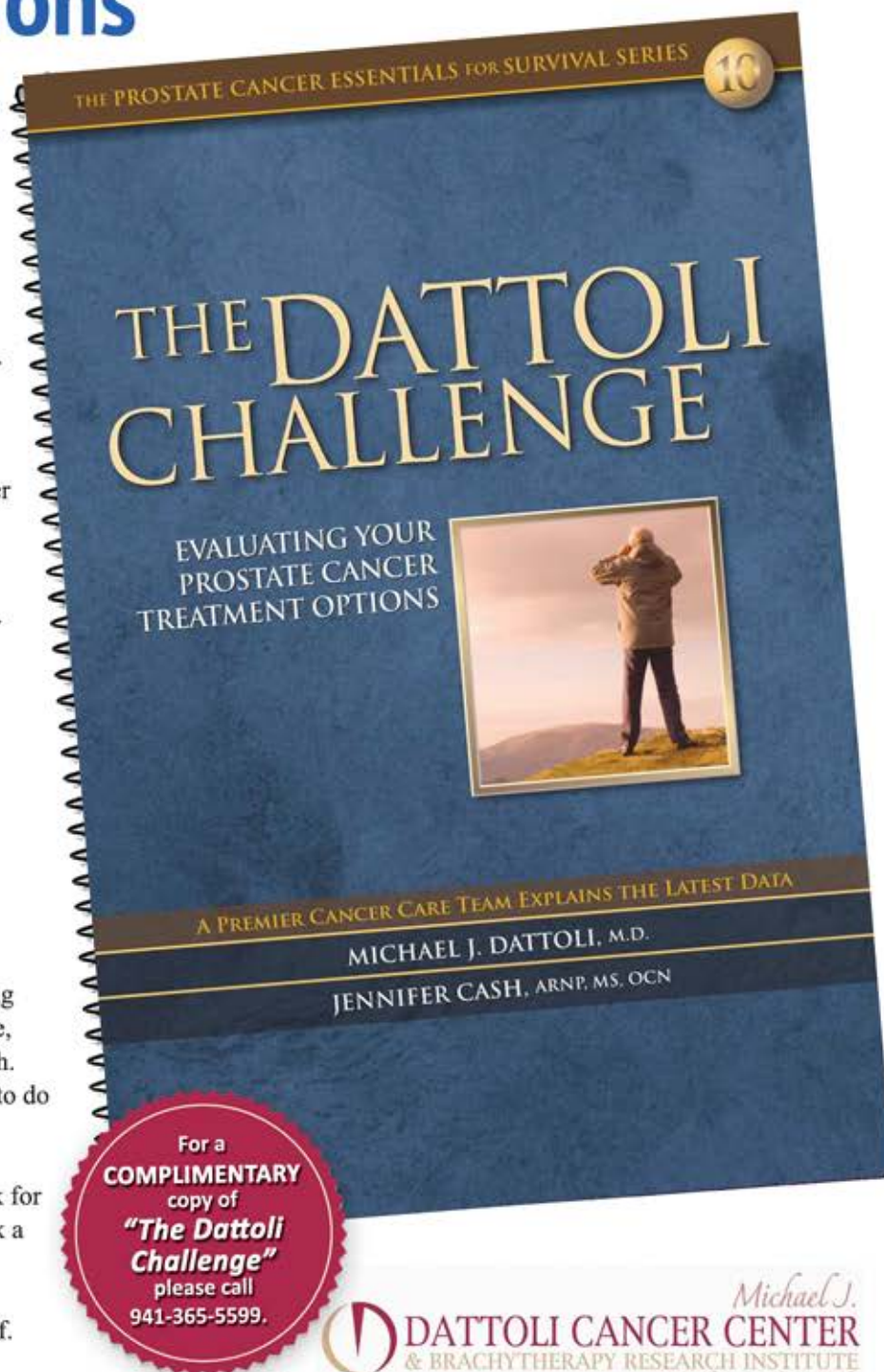
Some cancers have demonstrated a genetic link. Unfortunately we don't have the option of choosing our parents, so we must deal with what we've got. If your family members have fought the cancer battle it just makes good sense for you to take a look at your life and try to modify those things that are known to be cancer causing. The biggest one of these is cigarette smoking. Why stack your odds against yourself by smoking? Quit. Give it up. Leave it behind. If you need help, seek it. Talk to

your family doctor or pharmacist about nicotine patches, etc. Do whatever you have to do to kick that habit. You can have no better resolution than this one.

If you are carrying extra weight, face the facts and do something about it. It is never too late to start eating better. Embrace vegetables and fruits – forego red meat and fried foods. Limit your sugar intake and leave the milk products in the dairy case. Delete processed foods and fast food. We all know what is good for us. If you are unsure, check the internet or get a book from the library. 2016 will be a good year to learn to eat healthy!

Exercise – if you are not doing some form of regular exercise, get started. Start slow, though. Here are some simple things to do to get you started:

- When shopping, do not look for the closest parking spot. Park a little way out and walk some. If possible, carry your purchases to your car yourself.
- At work or in buildings with several floors, take the stairs – up and down.
- While watching TV, do some leg pumps or lift some small weights. Make that time count as exercise. (While brushing my teeth I do leg kicks – 100 in the morning and 100 in the evening. This year I'm going to try doing squats during one of my daily tooth-brushing sequences.)



Michael J.  
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- Exercise your brain, too – play games, work crossword puzzles, read!
- On a pretty day, get out and take a walk. Notice the world around you. See the flowers, trees, clouds, birds, and other walkers!



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Consists of PSA blood test and physician exam.

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A joint outreach of the Dattoli Cancer Foundation and  
Kappa Alpha Psi Fraternity Alumni



If you are healthy today, you are blessed. Pledge to maintain your good health by having an annual or bi-annual physical. Women get screening mammograms and PAP tests. Men be sure to get checked for prostate cancer starting at age 50 and at least every other year thereafter. Take care of your skin by avoiding too much sunlight and applying sunscreen; get annual dental exams, as well as eyesight and hearing tests.

Let's all try to be proactive about our health and wellbeing in 2016. Don't ignore unusual things such as changes in skin, increased heartburn, urinary changes, shortness of breath, etc. See your doctor for advice and diagnosis of anything that comes up and bothers you. The sooner you can find an answer, the sooner you can relax. When it comes to the serious health issues such as heart disease and cancer, the earlier you find it the

better are your odds of being able to treat it and perhaps cure it. In 2016, don't be an ostrich with your head in the ground. Face your fears. Do the smart thing. Seek information and advice.

Now about that revolution: Wouldn't it be wonderful if our earth experienced a peace revolution in 2016? Be kind to each other. We're all in this together, after all.

# Low Testosterone

By Dr. Mitch Yadven

**H**ormones are chemicals made in your body that act on another part of the body after traveling through the bloodstream. Testosterone is a hormone which is naturally produced in both men and women but is found in much higher levels in men. The majority of testosterone is made in the testicles in men with a small portion of it being made in the adrenal glands. In women it is made in the adrenal glands and ovaries.

Testosterone has been thought to be predominantly a “sex” hormone with the function of improving sex drive and helping maintain erections in men. Recent research has now shown testosterone to also have many other functions, including effects on metabolism, maintenance of bone strength, muscle integrity, cardiovascular health and support of the brain and cognition and mood, in both men and women. Additionally, evidence suggests testosterone deficiency can lead to other hormonal changes, which may then contribute to the development of type 2 diabetes. Lack of testosterone is also associated with decreased bone density and contributes to osteoporosis and osteopenia. Anemia, muscle weakness; impaired cognitive function, decreased motivational drive, fatigue, lethargy, and an overall decreased sense of well being can also be seen in testosterone deficiency. Low testosterone levels are associated with increased mortality.

Circulating testosterone levels do fall with age; however, the rate of decline can be quite variable amongst different individuals. A large number of men won't have their testosterone levels fall until the 70th th decade, whereas other men's levels will decline at a much younger age. For example, 20% of men older than 55 years of age will have low levels of testosterone. Bioavailable testosterone is the active form that has actual activity on the body's organs, which is only about 2% of a person's total testosterone. When bioavailable testosterone is measured, however, 50% of men above 50 years are defined as having low testosterone. This is why it is important to measure bioavailable testosterone when making clinical decisions about testosterone replacement.



## Men May Experience the Following Secondary to Low Testosterone:

- Decreased Sex Drive
- Impotence
- Decreased Muscle Mass and Strength
- Increased Body Fat
- Memory Dysfunction
- Decreased Appetite
- Decreased Hair Growth
- Bone Weakness
- Decreased Red Blood Cells

Once the diagnosis of low testosterone (hypogonadism) is made, further testing should be pursued to help to determine the cause of the deficiency. Some causes can be:

- Aging
- Chronic Medical Conditions
- Acute Illness
- Alcohol Abuse
- Birth Defect
- Testicular Infection
- Testicular Trauma
- Head Trauma
- Medications
- Problems with the Pituitary Gland
- Environmental Toxins
- Chemotherapy
- Type 2 Diabetes
- Sleep Apnea

There is even evidence that nutritional deficiencies can contribute to low testosterone.

The medical history for evaluating low testosterone includes questioning about sexual desire, reduced nocturnal and morning erections, loss of drive, decreased physical energy, fatigue, depressed mood and irritability and even alterations in memory. One must realize that these symptoms as well as others reported by men with low testosterone, such as depression, difficulty concentrating, irritability, and insomnia are non-specific and may be related to other medical conditions as well.

Physical examination for this evaluation may or may not be helpful in making the diagnosis, as findings of low testosterone such as muscle weakness, reduced body hair, and abdominal obesity may also be seen in men with a number of other medical conditions. Additional findings may be small testicular size or poor consistency, abnormal hair distribution, and enlarged breasts.

After history and physical examination is done, the next step in the evaluation would be laboratory testing. Historically, two early morning blood samples drawn prior to 10AM when blood levels are highest, are used to confirm the diagnosis of low testosterone.

Testosterone measurements can also be checked via saliva and urinary levels. The total testosterone can be used to calculate the free or bioavailable testosterone that is thought to be the active form of testosterone. Low levels can prompt the need for additional lab testing to check for potential causes of the low testosterone that may be correctable without testosterone replacement.





Testosterone can be converted to other hormones by different tissues in the body. These major hormones of interest are estradiol and dihydrotestosterone.

**Estradiol**

In peripheral fatty tissues testosterone can be converted by the enzyme aromatase to estradiol which is a primary form of estrogen. This is one of the reasons overweight men may have enlarged breasts. Significantly elevated estradiol levels in men has been linked to increased mortality and to diabetes.

**DHT**

Another hormone converted from testosterone is dihydrotestosterone (DHT). In adult males the two actions of DHT are on the prostate where it causes the growth enlargement and sometimes obstruction as is noted in the disease benign prostatic hypertrophy (BPH). DHT also effects the scalp where it causes hair loss as is seen in male pattern baldness. The enzyme that converts testosterone to DHT is called 5 alpha reductase and it has been targeted by medications like Proscar and Avodart to reverse prostate growth. On average, Proscar and Avodart reduce prostate size by 20 – 30 % and can greatly reduce urinary frequency and urgency in many men.

DHT levels are checked after starting testosterone replacement and if they are markedly elevated drugs like these that inhibit the formation of DHT can be utilized to prevent urinary symptoms that are associated with BPH and an enlarged prostate.

**DHEA** is another hormone that has some similar effects as testosterone. The majority of this hormone is made in the adrenal glands and it also diminishes with aging and can be depleted by chronic stress. DHEA has been shown to protect against heart disease, osteoporosis, diabetes, cancer, memory loss, lupus, and rheumatoid arthritis. It can increase energy levels, libido, memory and immunity.

**Replacement**

Once the diagnosis of low testosterone has been made, replacement options can be reviewed and a decision made about how to raise testosterone levels. Unfortunately oral testosterone replacement is not an option due to the breakdown by the liver when it is swallowed and can cause liver toxicity. Other options include IM injections, patches, pharmaceutical gels, compounded creams, and implanted Testosterone pellets. Although they all will deliver testosterone to the body, they each have their own pros and cons that can be reviewed by your doctor.

In younger patients a potential “kick start” may be needed to restart the body’s own natural testosterone production and this can be done with injections of the popular weight loss medication which is also a natural hormone HCG or the medication clomiphene.

After Testosterone replacement has been started it is very important to follow up and monitor testosterone levels as well as check other bloodwork to assure no possible complications arise. One such lab is PSA which is used as a screening test for prostate cancer.

Although there is an association between prostate cancer and testosterone, it is an old belief that testosterone administration could increase the risk of developing prostate cancer. In reality there is no evidence to support this and in fact now the medical community is investigating an association between low testosterone levels and prostate cancer.

It is still believed that if there is active cancer of the prostate whether localized or metastatic testosterone can promote cancer growth. Therefore the presence of active prostate cancer is a reason not to use supplemental testosterone.

PSA still needs to be monitored closely during testosterone replacement therapy especially in someone with a family history of prostate cancer. In cases of localized prostate cancer years after successful treatment, with no evidence of active disease as noted by PSA and examination it is very reasonable to initiate testosterone therapy as long as very close follow up is maintained.

Testosterone is a naturally occurring hormone and replacement with its bioidentical form to restore physiologic levels can support a normal and happy sex life as well as improve well being, quality of life and enhancing longevity.



**Dr. Mitchell Yadven**

Dr. Yadven was born and raised in the Bronx, New York. He received his undergraduate degree from Emory University in Atlanta, Georgia and a Masters degree in Molecular Biology from George Washington University in Washington D.C. After college, Dr. Yadven worked as a marine biologist for the Smithsonian Institute in both Washington, D.C. and the Caribbean. He then received his Medical Degree and General Surgery training at George Washington University. Wanting to return to the South, Dr. Yadven completed his Urology Residency at Tulane University in New Orleans, Louisiana. He is

Board Certified by the American Board of Urology. Dr. Yadven has been in private practice in Bradenton, Florida since 1997 and is happy to call Florida his home.

Dr. Yadven practices all aspects of general Urology, with particular interest in prostate disease, urinary stone management and minimally invasive therapies. He has developed products for the management of urinary retention resulting in a U.S. patent.

In his free time, Dr. Yadven enjoys photography and digital art, NFL football (he is a huge New York Giants and New Orleans Saints fan), computers, water sports and fun at home with his wife Sharon, his two children Sarah and Maxwell and his family’s animal menagerie.

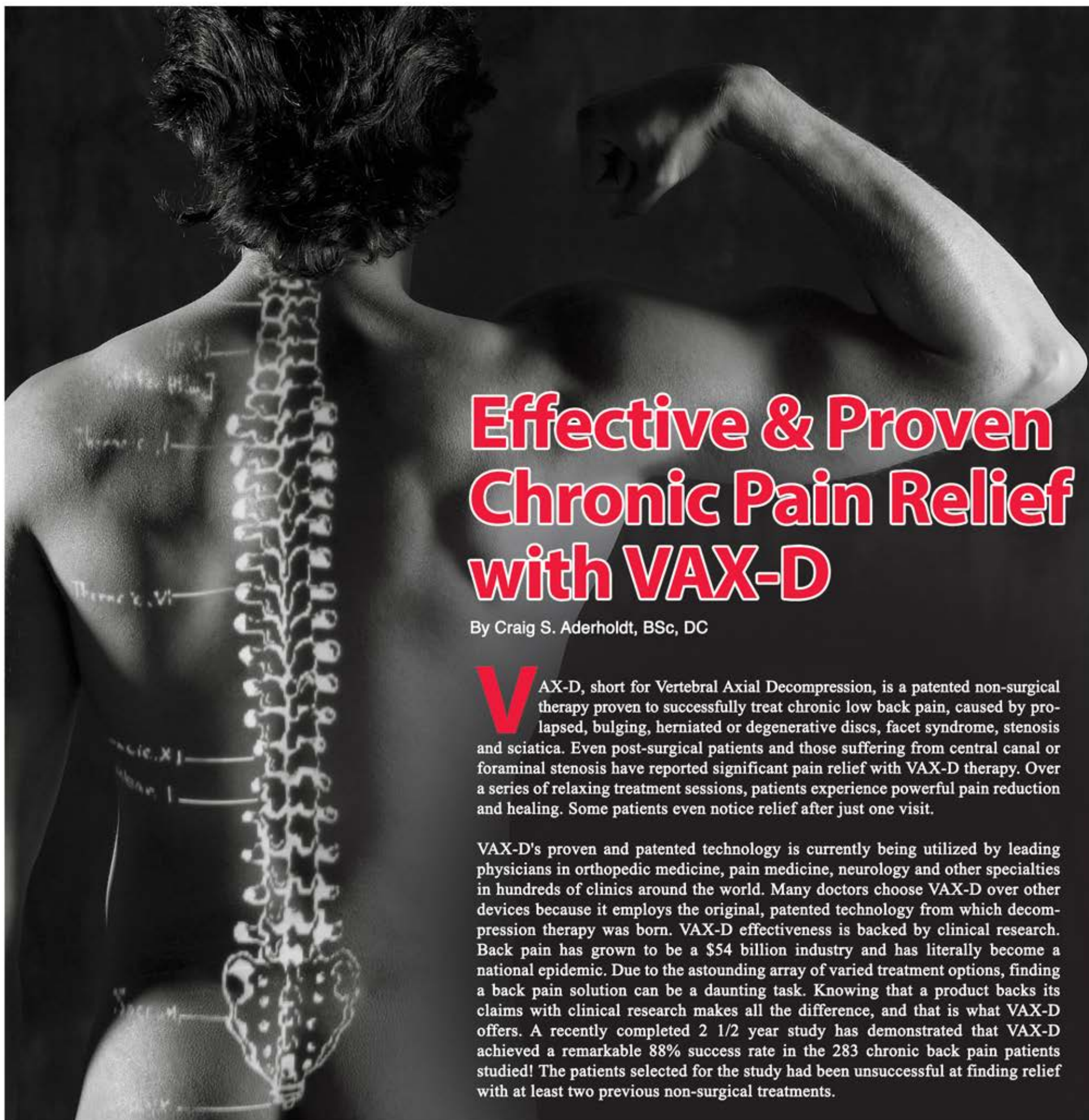


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## Effective & Proven Chronic Pain Relief with VAX-D

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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### 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.*

**Voted #1**  
**Chiropractic Physician**  
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Awards winner for 2015





**L**iquid BioCell™, with its award-winning, multi-patented collagen and HA matrix, set a new gold standard for joint health and skin-care as Winner of the global 2015 NutraIngredients Readers Choice Award. The industry-wide recognition was given to the best ingredient, product, and research in Geneva, Switzerland among the leading and most innovative companies in the global nutrition industry.

It is a true honor to receive this award and we appreciate the judging committee, VitaFoods, and NutraIngredients for recognizing innovative, evidence-based products like ours. It is important to our consumers to know that these world organizations have given their seal of approval on the research, effectiveness, and quality of our products.

The science behind the product is shown on the faces of thousands as testimonial to the ingredient's effectiveness. Collagen does not function by itself to support healthy joints and firm, youthful-looking skin; it works in conjunction with other essential components like hyaluronic acid (HA). Unlike the first wave of supplemental collagen products on the market that only contain collagen, second wave, advanced-science Liquid BioCell™ delivers a unique, patented, naturally-occurring matrix of hydrolyzed collagen type II, HA, and chondroitin sulfate to the joints and connective tissues of the body in an ideal molecular weight that the body can effectively absorb. Because it mirrors the joint's natural composition, the body readily accepts it. Furthermore, and adding to its unique competitive advantage, Liquid BioCell™ has been clinically tested independently on human subjects in double-blind, placebo controlled clinical trials in U.S. based, IRB-approved CROs (Clinical Research Organizations) showing efficacy in both skin and joint health.



Jusuru International, the makers of Liquid BioCell™ products, has formulated this clinically-tested nutraceutical product:

Liquid BioCell™ LIFE, for mitigating the joint discomfort and visible signs of advancing age; (Also available in a sugar-free soft chew).

Liquid BioCell™ SPORT, for peak athletic performance and recovery; (NSF Certified for Sport which certifies that the formula has been cleared of over 150 banned substances, and is officially recognized by the NFL, NFLPA, MLB, MLBPA, PGA, LPGA, NCAA, and CCES).

In a twelve-week human bioavailability study, researchers found that within 28 days, daily intake of Liquid BioCell™ lead to a 6000% increase of hyaluronic acid (HA) in the body. HA supports cartilage and joint-lubricating synovial fluid and has water-holding properties that are essential for hydration, which brings elasticity and firmness back to the skin.

In an eight-week clinical trial, dryness nearly disappeared without the use of topical moisturizers. Plus, subjects experienced a significant increase in the skin's collagen content, reduction in lines and wrinkles, and improvement in skin's micro-circulation, hydration, and skin tone.

An in-vitro study concluded that Liquid BioCell™ goes an important step further, it helps reduce hyaluronidase, which is the enzyme that breaks down HA in the body, providing long-lasting suppleness to aging skin.

Other clinical trials show that Liquid BioCell™ has a remarkably positive effect on joint mobility by reducing discomfort, helping to improve cartilage and connective tissues, and promoting joint lubrication. In an eight-week human clinical trial, 90% of subjects with chronic joint discomfort experienced a 40% improvement in physical activity. With continued use, many experienced significant improvement in mobility as well.

A ten-week trial enrolling subjects at an advanced stage of discomfort showed that more than 70% experienced a significant reduction of joint discomfort, improving their daily activities.

We also have Liquid BioCell™ for your horses. Liquid BioCell™ Equine is the cutting-edge, veterinarian-approved nutraceutical designed to meet the demanding needs of athletic performance and complete joint support for horses of all breeds. Exclusively formulated with Liquid BioCell™, clinically shown to improve mobility, reduce discomfort and improve joint health, while promoting healthy skin and a shiny coat and also supports hooves, gums and eyes. Our Bio-Optimized™ manufacturing process produces molecules that your horse's body can actually absorb. That's why Liquid BioCell™ has been awarded 7 patents and multiple industry awards, including "Best Bone and Joint Health Ingredient" by Frost and Sullivan. The advanced, fast-acting, liquid delivery system is highly effective in maintaining the structure, function and flexibility of your horse's joints, tendons and ligaments, while easing discomfort associated with both normal daily exercise and high-performance competition.

## PERFORMANCE SECRET OF TOP TRAINERS

LIQUID BIOCELL



A breakthrough so advanced, Liquid BioCell™ is a clinically substantiated nutraceutical for horses of all breeds. It's been debuted in 8 top Breeders' Cup horses, is veterinarian-approved and endorsed, is used by top trainers, manufactured in a cGMP, NSF, NPA certified facility, made in the USA and is great-tasting with a natural rosemary flavor.

Joint problems can affect any horse, no matter how much care he's had over his lifetime. As your horse ages, so does his joints; their contents diminish, leading to degeneration of the cartilage and chronic joint problems and although horses do not complain, the condition worsens without treatment. Liquid BioCell™ is clinically shown to help restore the joints, improve joint mobility and lubrication, reduce discomfort and promote healthy cartilage and connective tissue.

Liquid BioCell™ is a new generation of super ingredients. Our Bio-Optimized™ manufacturing process produces molecules that your horse's body can effectively absorb, and it's patented matrix of hydrolyzed collagen type II, hyaluronic acid, and chondroitin sulfate mirror the joint's natural composition so the body readily accepts it.



**ASK US HOW YOU CAN GET YOUR PRODUCT FOR FREE**

## 4 most common joint problems in horses

Learn More



The HA and collagen of Liquid BioCell™ can help nourish and hydrate the dermal layers of your horse's skin and aid in keratin production for a healthy, shiny coat.

Vitreous humor, the fluid in the eye, can break down due to aging or eye injury. HA is often used for possible restoration. Liquid BioCell™ elevates HA levels in the bloodstream after intake, potentially aiding in the health of eyes. Gums are integral to healthy teeth. Liquid BioCell's unique form of collagen and HA can help support the gingival fibers that attach the teeth.



Awards:

- Reader's Ingredient of the Year 2015  
Nutraceuticals Award Winner
- Best Bone and Joint Health Ingredient  
Frost and Sullivan Award Winner
- Most Innovative Dietary Ingredient  
Nutraceutical Business and Technology Award Finalist
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# FAQ Thyroid Awareness

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

## What is the thyroid gland?

The thyroid gland located in the neck produces thyroid hormones which help the body use energy, stay warm and keep the brain, heart, muscles, and other organs working normally.

## How important is my thyroid in my overall well-being?

The thyroid gland produces thyroid hormone, which controls virtually every cell, tissue and organ in the body. If your thyroid is not functioning properly, it can produce too much thyroid hormone, which causes the body's systems to speed up (hyperthyroidism); or it can create too little thyroid hormone, which causes the body's systems to slow down (hypothyroidism).

Untreated thyroid disease may lead to elevated cholesterol levels and subsequent heart disease, as well as infertility and osteoporosis. Research also shows that there is a strong genetic link between thyroid disease and other autoimmune diseases, including types of diabetes, arthritis and anemia.

Simply put, if your thyroid gland isn't working properly, neither are you.

## How can I tell if my thyroid is working properly?

Both an underactive and overactive thyroid gland can cause symptoms. If you are experiencing symptoms such as fatigue, depression or anxiety, changes in sleep, changes in weight, intolerance to hot or cold temperature, hair loss, dry skin, muscles aches or tremors, or menstrual irregularities, you may have a thyroid problem. Additionally, symptoms of thyroid enlargement such as a swelling in the neck, hoarse voice, or increased discomfort wearing neckties or turtlenecks, should prompt a thyroid investigation. Ask your doctor to test your thyroid function if you are experiencing any of these symptoms.



## What is thyroid disease?

Thyroid disease encompasses a large variety of problems with the thyroid. The thyroid can be become underactive (hypothyroid) or overactive (hyperthyroid) for many different reasons. Blood tests are usually the first step in diagnosing thyroid disease. The thyroid can also become enlarged (goiter) or develop nodules (growths within the thyroid). Based on physical exam and blood tests your doctor can determine if other studies are needed such as ultrasound, thyroid scan, or biopsy and the appropriate treatment.

## How common is thyroid disease?

Thyroid disease is more common than diabetes or heart disease. Thyroid disease is a fact of life for as many as 30 million Americans – and more than half of those people remain undiagnosed.



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**What causes hyperthyroidism?**

Hyperthyroidism, or overactive thyroid, can be caused by a number of conditions affecting the thyroid. Common causes of hyperthyroidism include Graves disease, toxic nodule, toxic multinodular goiter, thyroiditis, excess TSH secretion, taking excess thyroid hormone, or excess iodine intake.

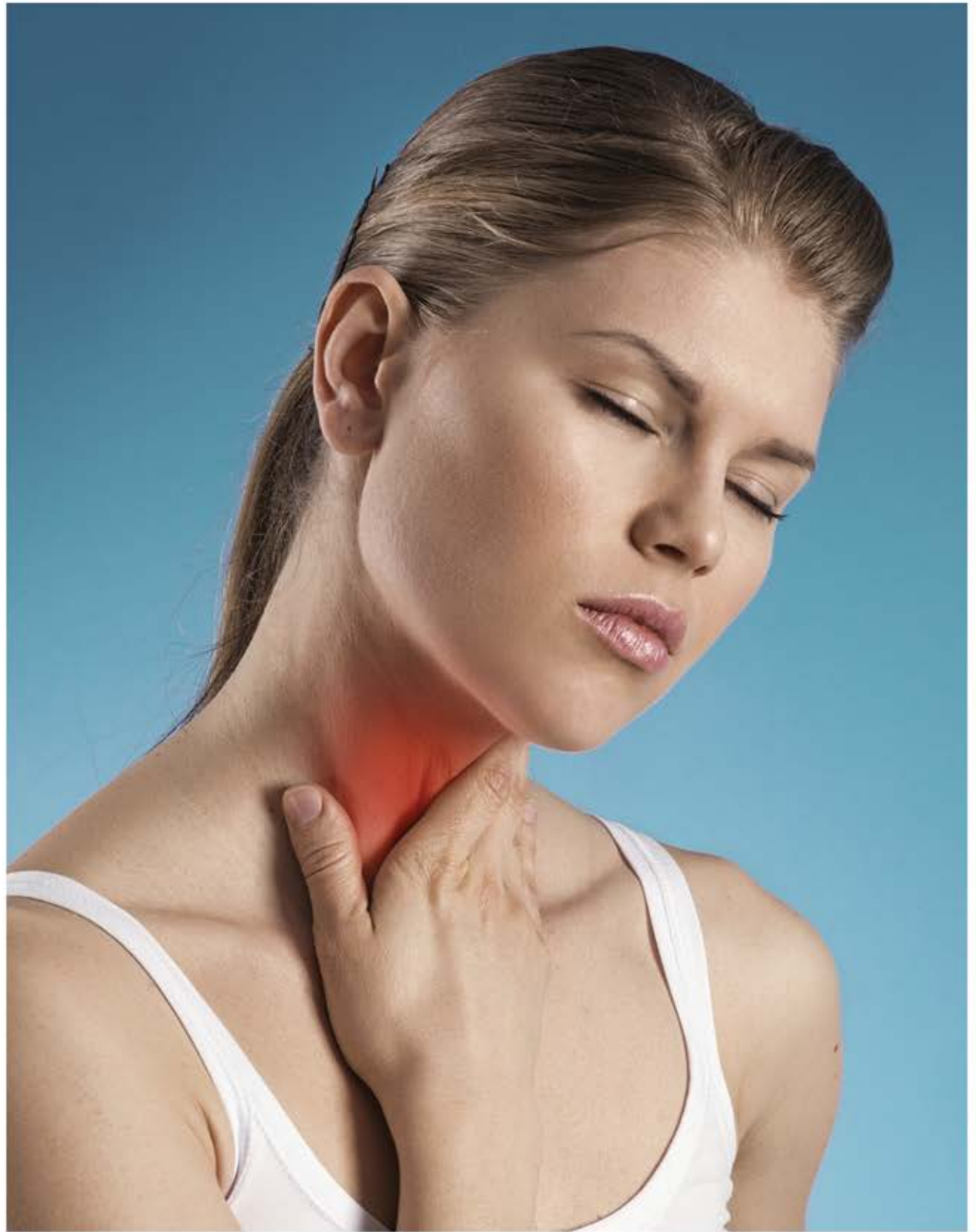
Graves disease is an autoimmune disorder characterized by generalized overactivity of the thyroid gland. It is more common in women and may be hereditary. Alternatively, the overactivity may be centered in areas of overgrowth, called nodules. When there is one or more overfunctioning nodules, this is called a toxic nodule or toxic multinodular goiter. Thyroiditis, or inflammation of the thyroid, may be associated with both hyper and hypothyroidism. Thyroiditis may occur following a viral infection or after pregnancy. Rarely, excess TSH secretion from the pituitary gland in the brain may cause hyperthyroidism. Excess iodine intake is also rare, and may be due to specific drugs, such as amiodarone.

**What causes hypothyroidism?**

Primary hypothyroidism is caused by an underlying disease of the thyroid.

The most common causes of primary hypothyroidism are autoimmune thyroiditis (i.e. Hashimoto's thyroiditis or lymphocytic thyroiditis), surgical removal of the thyroid (i.e. thyroidectomy), radioactive iodine treatment, or certain medications such as Lithium, Amiodarone.

Secondary hypothyroidism is a much less common problem. It is caused by diseases that affect the pituitary gland's ability to make and release TSH (which regulates thyroid hormone production). Specific problems include pituitary tumors, postpartum pituitary necrosis (Sheehan's syndrome — an uncommon problem where all or part of the pituitary dies after childbirth), trauma, or tumors that grow into the pituitary gland.

**When should I get tested for thyroid dysfunction?**

The thyroid gland is an important organ that secretes a hormone (thyroid hormone), which controls the body's metabolism. Thyroid hormone affects many bodily functions including heart contractility, gastrointestinal motility, and bone mineralization/turnover, among others. These functions are increased in patients who have hyperthyroidism, and decreased in patients with

hypothyroidism. Symptoms of hyperthyroidism include palpitations, insomnia, or weight loss, while hypothyroid patients may have fatigue, weight gain, dry skin, or constipation. If you have any of these symptoms, you should go to your healthcare provider for a thorough history and physical exam. Your provider will use information gained from such an evaluation to determine if testing is right for you.



# Do You Suffer From Shoulder Pain?

## Causes and Treatments for Chronic and Common Shoulder Pain

By James D. Shortt, M.D., Orthopaedic Surgeon

**W**hat most people call the shoulder is really several joints that combine with tendons and muscles to allow a wide range of motion in the arm — from scratching your back to throwing the perfect pitch.

Mobility has its price, however. It may lead to increasing problems with instability or impingement of the soft tissue or bony structures in your shoulder, resulting in pain. You may feel pain only when you move your shoulder, or all of the time. The pain may be temporary or it may continue and require medical diagnosis and treatment.

This article explains some of the common causes of shoulder pain, as well as some general treatment options. An Orthopedic Surgeon can give you more detailed information about your shoulder pain.

### Anatomy of the Shoulder

Your shoulder is made up of three bones: your upper arm bone (humerus), your shoulder blade (scapula), and your collarbone (clavicle).

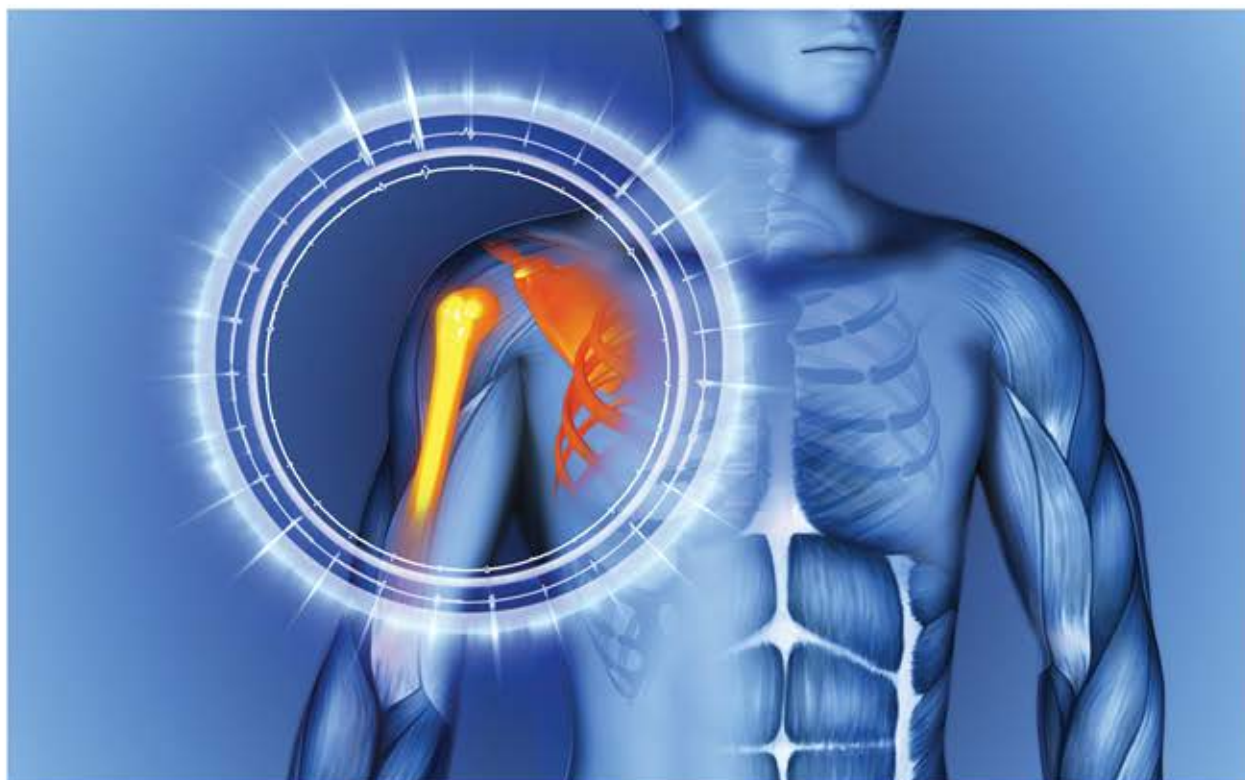
The head of your upper arm bone fits into a rounded socket in your shoulder blade. This socket is called the glenoid. A combination of muscles and tendons keeps your arm bone centered in your shoulder socket. These tissues are called the rotator cuff. They cover the head of your upper arm bone and attach it to your shoulder blade.

### Causes of Shoulder Pain

Most shoulder problems fall into four major categories:

- Tendon inflammation (bursitis or tendinitis) or tendon tear
- Instability
- Arthritis
- Fracture (broken bone)

Other much less common causes of shoulder pain are tumors, infection, and nerve-related problems.



### Bursitis

Bursae are small, fluid-filled sacs that are located in joints throughout the body, including the shoulder. They act as cushions between bones and the overlying soft tissues, and help reduce friction between the gliding muscles and the bone.

Sometimes, excessive use of the shoulder leads to inflammation and swelling of the bursa between the rotator cuff and part of the shoulder blade known as the acromion. The result is a condition known as subacromial bursitis. Bursitis often occurs in association with rotator cuff tendinitis. The many tissues in the shoulder can become inflamed and painful. Many daily activities, such as combing your hair or getting dressed, may become difficult.

### Tendinitis

A tendon is a cord that connects muscle to bone. Most tendinitis is a result of a wearing down of the tendon that occurs slowly over time, much like the wearing process on the sole of a shoe that eventually splits from overuse.

### Generally, tendinitis is one of two types:

**Acute.** Excessive ball throwing or other overhead activities during work or sport can lead to acute tendinitis.

**Chronic.** Degenerative diseases like arthritis or repetitive wear and tear due to age, can lead to chronic tendinitis.

The most commonly affected tendons in the shoulder are the four rotator cuff tendons and one of the biceps tendons. The rotator cuff is made up of four small muscles and their tendons that cover the head of your upper arm bone and keep it in the shoulder socket. Your rotator cuff helps provide shoulder motion and stability.

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**Tendon Tears**

Splitting and tearing of tendons may result from acute injury or degenerative changes in the tendons due to advancing age, long-term overuse and wear and tear, or a sudden injury. These tears may be partial or may completely split the tendon into two pieces. In most cases of complete tears, the tendon is pulled away from its attachment to the bone. Rotator cuff and biceps tendon injuries are among the most common of these injuries.

**Impingement**

Shoulder impingement occurs when the top of the shoulder blade (acromion) puts pressure on the underlying soft tissues when the arm is lifted away from the body. As the arm is lifted, the acromion rubs, or "impinges" on, the rotator cuff tendons and bursa. This can lead to bursitis and tendinitis, causing pain and limiting movement. Over time, severe impingement can even lead to a rotator cuff tear.

**Instability**

Shoulder instability occurs when the head of the upper arm bone is forced out of the shoulder socket. This can happen as a result of a sudden injury or from overuse.

Shoulder dislocations can be partial, with the ball of the upper arm coming just partially out of the socket. This is called a subluxation. A complete dislocation means the ball comes all the way out of the socket.

Once the ligaments, tendons, and muscles around the shoulder become loose or torn, dislocations can occur repeatedly. Recurring dislocations,

which may be partial or complete, cause pain and unsteadiness when you raise your arm or move it away from your body. Repeated episodes of subluxations or dislocations lead to an increased risk of developing arthritis in the joint.

**Arthritis**

Shoulder pain can also result from arthritis. There are many types of arthritis. The most common type of arthritis in the shoulder is osteoarthritis, also known as "wear and tear" arthritis. Symptoms, such as swelling, pain, and stiffness, typically begin during middle age. Osteoarthritis develops slowly and the pain it causes worsens over time.

Osteoarthritis, may be related to sports or work injuries and chronic wear and tear. Other types of arthritis can be related to rotator cuff tears, infection, or an inflammation of the joint lining.

Often people will avoid shoulder movements in an attempt to lessen arthritis pain. This sometimes leads to a tightening or stiffening of the soft tissue parts of the joint, resulting in a painful restriction of motion.

**Fracture**

Fractures are broken bones. Shoulder fractures commonly involve the clavicle (collarbone), humerus (upper arm bone), and scapula (shoulder blade).

Shoulder fractures in older patients are often the result of a fall from standing height. In younger patients, shoulder fractures are often caused by a high energy injury, such as a motor vehicle accident or contact sports injury.

Fractures often cause severe pain, swelling, and bruising about the shoulder.

**Treatment Options for Shoulder Pain**

**Activity Changes.** Treatment generally involves rest, altering your activities, and physical therapy to help you improve shoulder strength and flexibility. Common sense solutions such as avoiding overexertion or overdoing activities in which you normally do not participate can help to prevent shoulder pain.

**Medications.** Your doctor may prescribe medication to reduce inflammation and pain. If medication is prescribed to relieve pain, it should be taken only as directed. Your doctor may also recommend injections of numbing medicines or steroids to relieve pain.

**Surgery.** Surgery may be required to resolve some shoulder problems; however, 90 percent of patients with shoulder pain will respond to simple treatment methods such as altering activities, rest, exercise, and medication.

Certain types of shoulder problems, such as recurring dislocations and some rotator cuff tears, may not benefit from exercise. In these cases, surgery may be recommended fairly early.

Surgery can involve arthroscopy to remove scar tissue or repair torn tissues, or traditional, open procedures for larger reconstructions or shoulder replacement.

For more information on causes and treatments of shoulder pain, or to schedule a consultation to discuss your symptoms with an Orthopedic Surgeon, call the office of Dr. Shortt and Associates at 941-955-1231.

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# Compression Devices: Effective Treatment for Limb Swelling

By Alyssa Parker

**M**any individuals attempt to manage their limb swelling through various treatments such as compression stockings, exercise, diuretics, and elevation with little or no results. Limb swelling, also known as edema, may be a symptom of an underlying medical condition. Some of the most common conditions where limb swelling is the first symptom include venous insufficiency, post operative trauma, infection, and lymphedema. Clinicians may overlook the cause of your swelling; Lymphedema or venous insufficiency is not always evident in their earliest stages. It's important to seek treatment early on to prevent further complications. These conditions can be easily misdiagnosed as acute and minor swelling followed with minimal treatment. Pneumatic compression devices are one of the most highly recommended treatments for these conditions and are recognized by Medicare.



to the heart become damaged which then leads to pooling of the blood in the lower extremities. Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb. From poor circulation shallow wounds may develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

### Treatment

A widely recognized and highly effective treatment is using a compression pump. 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 and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rhythmic cycle, similar to that of a normally functioning lymphatic system that has

not been damaged. This is a great treatment option for patients who have tried compression stocking, elevation, diuretics, or massage with little or no relief. 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 and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility.

This is where choosing a physician experienced in recognizing and treating Lymphedema or CVI is critical. Some good questions to ask your physician include:

- Does my family have a history of swelling (Hereditary Lymphedema)?
- Stemmer's sign present?
- Pitting (push your finger into your skin and count how long it takes to return) or skin hardening?
- Hemosiderin staining (port wine skin stains or "red socks") appear from the ankles down
- Traumatic injury or surgery potentially damaging Lymph nodes (Hip replacements, etc)?
- Radiation to Lymph areas?

### Remember ANY swelling is an indication of an overloaded Lymphatic system.

The compression pump is recognized by Medicare and covered by many commercial insurers; Actual coverage varies with individual plans. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition.



### Lymphedema and Chronic Venous Insufficiency

After having a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) it may take months or years

for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema. When left untreated common complications include cellulitis or lymphangitis, skin changes such as skin thickening, restricted movement of a limb, or chronic wounds. Aside from surgical procedures and radiotherapy for cancer other known triggers include vein stripping, peripheral vascular surgery, trauma, inflammation, infection, and insect bites.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood



## ACUTE WOUND CARE

For more information and articles on this topic, Google "Acute Wound Care" or visit [www.AcuteWoundCare.com](http://www.AcuteWoundCare.com) or call

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and speak with a specialist.

# Prevent Surgery with Knee Injections

**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 nonsteroidal anti-inflammatories along with physical therapy, intra-articular injections can be a great option.

There is a substance known as hyaluronic and 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 all extracted from rooster combs. They have trade names such as Hyalgan, Synvisc and Orthovisc. While each company counts the benefits of their individual product, research studies have shown that all of them work consistently well while no one particular brand has shown superiority.

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 both come from hyaluronic acid work together to create such effective results.

Knee injections are typically extremely effective. Specifically, hyaluronic acid injections have shown over 80% satisfactory results as well which was maintained for over a six-month time period. These results are often good enough to delay the need for a knee replacement surgery or avoid it altogether. If you suffer from the pain due to osteoarthritis, rheumatoid arthritis or post traumatic arthritis, Physicians Rehabilitation can help.

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# Baby Boomers Know When It's Time to Consider Joint Replacement!

**W**ith 76 million Baby Boomers still thriving and active, many are rejecting the sedentary lifestyle of their parents' generation (remove comma) and are using advances in technology and surgical techniques that enable them to keep on running, cycling, skiing and engaging in other sports, while maintaining very active lifestyles.

The 45-64 age group accounted for more than 40% of the more than 906,000 total knee or total hip replacement surgeries in 2012, the last year for which figures were available from the American Academy of Orthopedic Surgeons. Baby Boomers will account for a majority of these joint replacements in 2014, according to a study done by Drexel University.

The study projects the 45-64 age group will account for a 17-fold increase in knee replacements alone, to 994,000 by 2030. Active Boomers often accelerate the arthritis which wears down their joints, and obesity is yet another factor.

"The majority of total hip and knee replacements are completed in patients aged 65 years and older, but the volume is increasing dramatically among 45-64 year-old patients," said Daniel Harmon, DO, of Orthopedic Center of Florida in the Lee and Collier County area. Dr. Daniel Harmon completed his five year orthopedic surgery internship and residency at The Cleveland Clinic Foundation/South Pointe Hospital in Cleveland, Ohio and then completed a fellowship in Adult Hip and Knee Reconstruction at Allegheny General Hospital in Pittsburgh, PA.

The majority of joint replacements are done for osteoarthritis, which is an arthritis that is developed over time from wear and tear. Nonetheless, Daniel Harmon claimed, "Regardless of age, the decision to pursue a total joint replacement is a decision made between the patient and physician with quality of life a determining factor. Obviously all conservative attempts at treatment must fail prior to surgical intervention. If surgery is an option, minimally invasive surgical techniques for

reconstruction of the hip and knee have improved post-operative pain and allowed for a more rapid recovery." One reason that there has been a surgical boom of joint replacements among Baby Boomers is that active Boomers have been proactive in opting to have replacement surgery sooner in order to experience less pain and a faster rehabilitation afterward.

Today's patients have greater expectations about activity and recovery," says Daniel Harmon, who specializes in minimal invasive joint replacements, and is an experienced instructor of the Anterior Total Hip Replacement procedure. "With implant companies turning their focus to longevity of the materials used, this has allowed us to consider joint replacement in younger patients in need of surgery. Current literature suggests that implants we use will last for 20 years or more." This means doctors will consider doing joint replacement on younger patients who are in otherwise good health, but suffer from pain and a decrease in function, when conservative nonsurgical methods have failed and x-rays support the surgical option.

Baby Boomers don't have to live with "Achy Breaky" parts and they are choosing not to. "It was an easy decision for me, when I learned the procedure was very likely to achieve benefits and very unlikely to have adverse effects, the decision was more about assessing the relative importance of quality of life factors," said Louis Libby, who had a hip replacement done this past July.



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# God's Original Purpose for Marriage

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

**S**o here is God's original reason for marriage. In Genesis, He said, "It is not good for man to be alone." Among other things, marriage creates intimacy. Intimacy is the cure for loneliness. Yep...loneliness.

I once heard someone say, "I'm committed to being married, but my intimacy is conditional upon the other person." They were not committed to intimacy. The problem with that comment is that it defines *roommates*, not Biblical marriage.

You don't commit just to live together when you marry. That's not what God meant a marriage commitment to be. What God wants is a commitment to love and intimacy until death do you part.

*Marriage is a ministry of service to God that is directed at your spouse on His behalf.*

Marriage is an act of faith and obedience, not between you and your spouse, but between you and your savior, Jesus Christ. You commit to cure loneliness for another person for life...on Christ's behalf.

Now here is where the power of the Gospel kicks in. Do you stay married or just stay together? Neither. You stay committed to *intimacy*.

You cannot do this without the power of the Gospel. You can only do this out of your recreated spirit—not your human soul (mind-will-emotions) only. The only way to do this is through the power of Holy Spirit.

So how does that work?

Here's where the power of the gospel comes into action in a marriage.

Jesus, the author and finisher of our faith, stayed committed to the cross—in the face of torture and death—because of the joy God had set before Him.

In other words, Jesus was Holy Spirit empowered (He was also baptized with Holy Spirit's power when He was water baptized by John the Baptist). Jesus, like a spirit-filled Christ follower, could "act before



He felt." He did not need to *feel it* before He *did it*. He would do it (die on the cross), then feel the joy the father promised...later.

We commit to intimate marriage the same way Jesus committed to the cross. Take a look at this.

*"We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne."*  
Hebrews 12:2 NLT.

The word "disregarding" means He belittled or thought very little of the shame, torture and death He would endure on the cross. Like Jesus, we have to keep our eyes on the "joy" that is set before us in marriage...life-giving intimacy.

Now you may be thinking, *What if it's one-sided and my love is never returned? How do I stay married to someone who is not as committed as I am to life-giving intimacy?*

It's not about them. It's about you. It's about doing it anyway, because you don't consider their lack of intimacy your joy...it's not important. What is important are your actions towards your spouse. By the way, the real odds on them not returning love are very slim anyway—if they are a Christ follower. Remember, the same Holy Spirit that lives in you lives in them. He will be active about bringing heart changes to your spouse. So like with Jesus and the cross, this is your act of faith.

Like Jesus, we have to keep our eyes on the prize. What's the prize? For husbands—love your wife like Christ loved the church and gave Himself for her (husbands, ask your wife what that means to her). This is your goal, guys—nothing else. Gals, for you, it's honor and respect for your husbands (wives, ask your husband what that means to him). That's it. That's your goal. (Ephesians 5: 25-33)

Now notice that neither one of these goals is dependent on whether or not they deserve it. It's your personal goal to do it. The goal is your "joy." It's not about them, it's about you and God. Everyone is called to ministry. If you are married, to do this for your spouse is *your ministry*. Remember your first and greatest ministry is to your spouse before anyone or anything else. This is how God engineered our loneliness to be satisfied—through life-giving intimacy.

So *what do I do now*, you say? Ask Holy Spirit to increase the grace (unconditional love) level in your heart and start acting the part. Act first, feel later, is the answer.

Yes, you can do it.

So how long do you do this? Remember the phrase "Till death do us part?" There was not a quick way to the cross. It took Jesus thirty-three years to get there. So get after it. You might say, *my spouse is a knucklehead, and they may never change*. Their change is not your goal. Serving the Lord by serving your spouse—that is the goal.

As a Christ follower, you were married to serve, not be served! Just like Jesus said, "The son of man (Jesus' favorite title for himself) came not to be served but to serve." Mark 10:45.

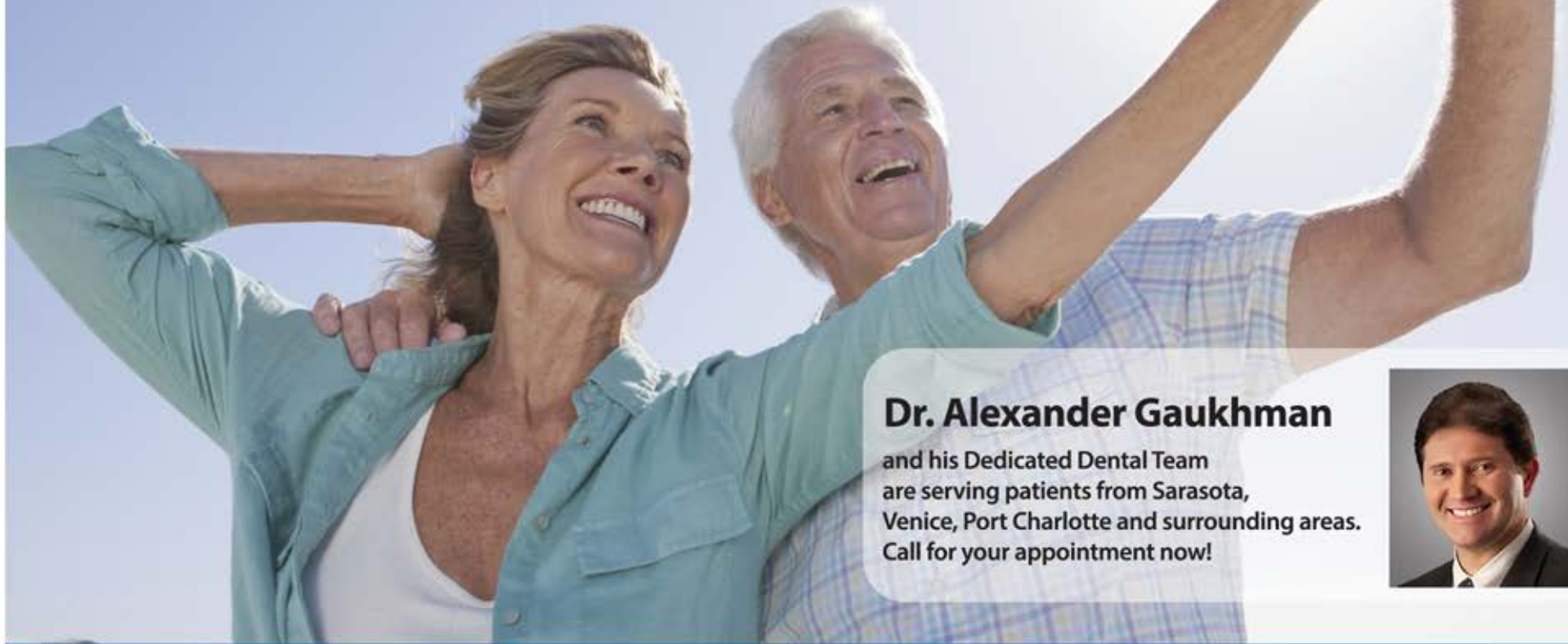
Okay...go get 'em tiger!

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