

S O U T H W E S T F L O R I D A ' S

# Health & Wellness<sup>®</sup> MAGAZINE

June 2020

Manatee/Sarasota Edition - Monthly

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## Providing information that will promote living a healthy, well-balanced lifestyle.

Southwest Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

The screenshot shows the website interface for Health & Wellness Magazine. At the top, there's a search bar and navigation links for different editions (Charlotte, Collier, Lee) and archives. The main content area features a large article on Skincancer with a photo of a woman. Below it, there are sections for 'Read Our Flip Book Version' showing magazine covers for Charlotte County, Collier County, and Lee County. A 'Featured Article' section highlights 'The Other Side of Parkinson's Disease' by Ramon A. Di Jorio. On the right side, there's a 'In This Issue' sidebar with links to various topics like 'Living with Diabetes?' and 'City Business Inside'. At the bottom right, there's a newsletter sign-up form with fields for Name and Email.

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Health & Wellness MAGAZINE

INFORMATION & UPDATES

# CORONAVIRUS

COVID-19

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## LETTER FROM THE PUBLISHER

As we're all trying to navigate through our changing world due to the novel coronavirus, we are blessed to have such resilient and dedicated partners, educators, and readers. We thank you all for supporting us as a small business, and in return, we are also always here for you. In these uncertain times, the stories you've shared regarding your solidarity are inspiring. We encourage you all to continue to rally together, support local businesses, and connect with each other.

There has never been a more important time to stay the course with your health and wellness goals. As always, we have in-depth articles from key-thought leaders, practitioners, and entrepreneurs that are here to help you live your most vibrant life. Reassuringly, we will get through this together.

In challenging times, we're reminded of our shared strength and encouraged to be grateful for what truly matters.

Yours Sincerely,

Cristan and Sonny Gensing

# Physicians Warn:

## Delaying Care Can Lead to Serious Complications or Death

By Heidi Smith, Contributor

**P**hysicians associated with Venice Regional Bayfront Health are urging the local community to seek emergency medical care when needed – without delay.

If you experience a medical emergency such as chest pain that may be a heart attack or stroke symptoms, getting timely care will support the best possible outcome. As the hospital responds to COVID-19 it is taking extra precautions, going above and beyond all normal efforts, to keep the hospital and clinics clean and safe for patients and caregivers.

The latest campaign by the American Heart Association (AHA) – Be Certain In Uncertain Times – reinforces the critical need to secure treatment as soon as possible. The AHA is working to remind everyone that heart attacks, strokes and cardiac arrests don't stop for COVID-19.

“Safety remains the hospital's highest priority and we have taken action to enhance infection prevention, restrict access to the facility and support social distancing to maintain a safe environment for patients who need medical care,” said John Galat, M.D., a cardiothoracic surgeon who leads Venice Regional's open-heart surgery program. “Our Emergency Department and cardiac team have continued to safely care for patients requiring diagnosis, treatment and surgery for heart attacks and stroke, while following strict COVID-19 protocols.”

“Chest pain, stroke symptoms and difficulty breathing can be life threatening. Delaying care can have serious consequences. People experiencing those symptoms should call 911 without hesitation,” said Scott Fell, D.O., emergency department medical director, “Our team of board certified emergency physicians along with highly skilled nurses, nurse practitioners, physician assistants and emergency technicians know what to do to protect and care for you. Emergencies don't stop for COVID-19.”

### Safety Precautions

Many safety precautions are in place at Venice Regional, the Venice HealthPark outpatient surgery center and Gulf Coast Medical Group practices.



Courtesy Venice Regional Bayfront Health

All who enter the buildings, including staff, are screened, and all employees, physicians and patients are expected to wear masks. Care for any individuals with suspected or confirmed COVID-19 is delivered in a restricted, separate area away from other patients. Cleaning and disinfection are emphasized in caregiving areas and throughout the facilities, including high-touch items like door handles, elevator buttons, tables and chairs.

“Getting fast medical treatment could be the difference between life and death,” said Dr. Galat. “We ask everyone to pay attention to the signs of a health emergency and act quickly. Call 911, go to the hospital, and get the help you need.”



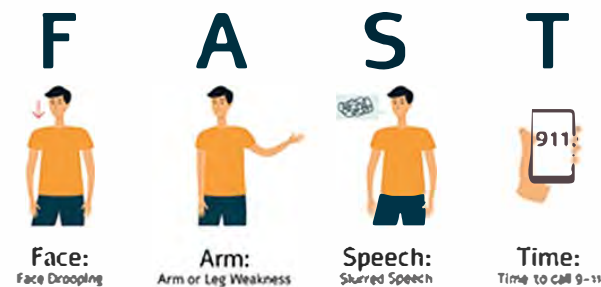
Scott Fell, MD



John Galat, MD

### STROKE SIGNS AND SYMPTOMS

#### Act FAST



### KNOW THE SIGNS AND SYMPTOMS

#### Heart Attack

- Chest discomfort.
- Discomfort in other areas of the upper body.
- Shortness of breath.
- Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.
- Women's most common heart attack symptom is chest pain. Some women are more likely to experience shortness of breath, nausea/vomiting and back or jaw pain.

#### Remember to act F.A.S.T. for Stroke

- Face drooping: Does one side of the face droop or is it numb?
- Arm weakness: Is one arm weak or numb?
- Speech difficulty: Is speech slurred, are they unable to speak, or are they hard to understand?
- If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

#### Cardiac Arrest

- Cardiac arrest occurs when the heart malfunctions and stops beating unexpectedly.
- Within seconds a person becomes unresponsive, is not breathing or is only gasping.
- Survival depends on getting immediate CPR.



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[VeniceRegional.com](http://VeniceRegional.com)

# TELEHEALTH IS HELPING PROTECT CANCER PATIENTS DURING THE COVID-19 CRISIS

In March, 2020, Florida Cancer Specialists & Research Institute (FCS) launched telehealth services across all FCS sites statewide, allowing patients continued and convenient access to care, while mitigating the impact and spread of COVID-19. Since the implementation of telehealth, thousands of patients have taken advantage of the service and have participated in more than 16,000 virtual visits (about 22% of all patient visits) with FCS physicians and other clinicians in the past three months.

## Cancer Patients Are at Increased Risk

Cancer patients are among the most vulnerable populations in terms of contracting viral infections due to a compromised immune system, which can occur as a result of chemotherapy or other underlying health conditions, such as heart disease, diabetes or hypertension, that are often found in older adults. Wearing masks, increased handwashing, social distancing and other extra precautions help to reduce exposure to the virus. Beyond these measures, Florida Cancer Specialists has instituted visitor restrictions and other safety protocols at all of its clinics across the state and is providing telehealth visits to continue vital cancer care for those patients who are not required to come into the clinic for treatment.

## Telehealth Helps Reduce Risk of Exposure

Using video chat, FCS providers consult with patients remotely to share their laboratory results, treatment plans and more. To date, more than 600 providers, including physicians, advanced practice providers, nurses, social workers and nutritionists, have embraced the adoption telehealth not only to fulfill immediate healthcare needs in response to the outbreak, but also to support the delivery of high-quality patient-centered care. Telehealth visits are now covered by most insurance plans; patients may pay the same or possibly less than an in-office visit.



Prior to the COVID-19 crisis, telehealth did not play a significant role in oncology; however, due to the relaxation and updating of previous guidelines from the Centers for Medicare & Medicaid Services (CMS), we have now been able to introduce video meetings with our patients that maintain the high level of care and experiences our patients deserve and expect.

## Technology Makes Telehealth Simple for Patients and Physicians

Connecting providers and patients is easy, thanks to advanced technologies, which allow FCS to successfully integrate multiple electronic platforms to ensure our patients have the critical access needed for their continuation of care and communication. Further, and most importantly, personal health information is protected and secure in virtual visits, just as it is with an office visit. While telehealth is not suitable for every patient served by FCS, physicians can identify appropriate patients who are a good fit.

This virtual care solution plays a vital role in response to the pandemic crisis, maintaining patient access to care directly from home for cancer patients who are among the most immunocompromised populations. FCS was among the first cancer care groups in Florida to launch telehealth resources to cancer patients during the pandemic.

## WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, in nearly 100 locations throughout Florida. FCS is also on the leading edge of clinical trial research that provides FCS patients with access to the newest, most innovative and promising new treatments.

Florida Cancer Specialists treats patients with all types of cancer and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location, that deliver the most advanced and personalized care in your local community.



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# 5 Reasons to Avoid Knee Replacement Surgery

By Regenxx Tampa Bay, Regenerative Medicine

**K**nee replacements are occurring far too often today and the simple truth is that many are entirely unnecessary. In some cases, the knee pain may actually be stemming from another part of the body. Even when using standard criteria for determining candidacy, about one-third of knee replacements are deemed inappropriate when evaluated by independent researchers.

When knee pain is legitimately caused by a knee condition, many knee replacement candidates seek out effective alternatives to surgery. For those who are still considering a replacement, here are five reasons that may make you want to think twice.

## 1. Chronic Knee Pain

Relief from chronic knee pain is the main reason that most people decide to have a knee replacement. Although many people can get good relief from a knee replacement, unfortunately, for some people, surgery may come with continued or additional pain. Studies have shown that many patients still have at least mild pain after their knee replacement. Most people decrease their sporting and athletic activities within 5 years of their surgery.

Although there are many reasons why someone may continue to have pain, one explanation of chronic knee pain could be that the source of the pain was not actually a knee condition, to begin with. If the knee pain is actually caused by spinal nerves from the back, for example, then your pain will not simply go away after a knee replacement. It is essential that the root cause of the pain is discovered and is the focus of treatment.

## 2. Pseudotumors & Tissue Damage

Wear particles are microscopic pieces of metal, ceramic, or plastic that come from the joint replacement part, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in the blood, have been the subject of many class-action lawsuits and can cause harmful metal toxicity as well as create pseudotumors, tissue damage, and even DNA injury. According to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes, psychological status changes, kidney function impairment, and thyroid dysfunction.



## 3. Device Failure Caused By Allergies

In the past few years, multiple studies have discussed that the components of knee replacement prostheses can cause allergies. Two groups of people are at a significantly higher risk of potential rejection or loosening of their device and/or toxicity from wear particles.

*1. Those with any type of allergy. Even patients with allergies to pollen or dander should think twice about knee replacement surgery. These people have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful.*

*2. Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.*

## 4. Increased Risk of Heart Attack & Stroke

Knee replacement patients aged 60 and up are about 30 times more likely to experience a heart attack or stroke in the two weeks following surgery. When you amputate a joint from a patient, there is severe trauma to the blood vessels and bone marrow space. The stress of undergoing joint removal alone may be enough to trigger a stroke or a heart attack. Additionally, there is a higher risk of blood clots that could potentially cause an embolism in the heart, lungs, or brain.

## 5. Increased Risk of Hip Fracture

A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A national Dutch study showed a 54% increased risk of hip fracture after a knee replacement among adults aged <71 years old. We are also seeing bone density loss in hips.

## Alternatives to Surgery

Although many patients have tried steroid injections to decrease pain in their knee joints, this is not the best approach. Steroid shots kill off stem cells, cartilage cells, and increase cartilage breakdown. Even commonly used local anesthetics can be toxic to stem and cartilage cells.

Those who suffer from mild arthritis may benefit from precise injections of highly concentrated platelet-rich plasma (PRP). These natural growth factors from your own platelets can support healthy cartilage and prevent the natural breakdown over time.

The Regenxx protocols allow for the ability to produce higher quality and more individualized platelet products than the typical PRP centrifuge. Precise guided injections of your own bone marrow derived stem cells may also be a better choice to provide relief especially in those with moderate to advanced arthritis.

When considering knee replacement surgery, make sure that you research alternative options. Our website is a great place to start understanding if regenerative orthopedic medicine is right for you.

Regenxx Tampa Bay provides trusted solutions by orthopedic stem cell experts. We offer the nation's most advanced, researched, and evidence-based non-surgical stem cell and platelet treatments for injuries and arthritis.



James Leiber, D.D. | Ron Torrance II, D.O. | Ignatios Papas, D.O.




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## Passport Health Sarasota Offers In-Depth Respiratory Screening Panels & Pneumonia Vaccinations

### Panels Include COVID-19

**A**cute Respiratory Infections (ARIs) are responsible for 4.25 million deaths annually and are the third largest cause of mortality in the world.<sup>1</sup> The symptoms of viral and bacterial respiratory illnesses are often similar and may require testing to differentiate between them. Comprehensive molecular screening panels help clinicians accurately diagnose and appropriately treat their patients within an acceptable time frame.

Our nasal swab test looks for the DNA of 47 different pathogens causing infection of the respiratory tract. Because nothing is grown in a lab, results are sent to your primary care physician within 36 hours of testing, allowing your physician a more accurate and timely way to treat any infection. Your physician will know what harmful pathogens are present and in what quantities-providing you with a more specific treatment for your condition.

Testing with this panel has determined that more than 40% of patients that test positive for Flu or the COVID-19 virus also have a significant bacterial infection that requires treatment with antibiotics. These co-infections can make outcomes worse. Treating and eliminating these harmful pathogens prior to or while being exposed to a viral infection should also allow the body to respond more effectively.

The test is a simple nasal swab performed in office or curb-side by a trained health professional. Insurance is accepted and submitted by the laboratory. The only out-of-pocket cost is the standard co-pay/office visit fee at our office, and Most major insurance carriers and Medicare are accepted.

Appointments are limited. Please call our office to schedule an appointment for your screening.

**During the COVID-19 Pandemic, we are all trying to stay healthy, but for many individuals, the pneumonia vaccine can provide extra protection.**

Pneumonia is a lung infection that can affect people of all ages. It is often treated with medication, but it can be prevented with vaccination. Pneumonia infection can come from different sources including influenza, coronavirus, bacteria, fungi and various other viruses.

#### How does pneumonia factor in with viruses such as Coronavirus?

It is well known that bacterial pneumonia infections are a common cause of influenza-related hospitalization in

otherwise healthy individuals. Analysis of the influenza pandemic of 1957 showed that more than two thirds of the fatal cases were associated with bacterial pneumonia.<sup>1</sup>

Bacterial pathogens work in two ways to cause a worsened outcome when a viral infection is also involved. If a viral and bacterial infection are present at the same time, the inflammation caused by the bacterial infection can allow the virus to spread without response from the body. Pneumonia causing bacteria can spread undetected by the body causing a super infection even when the viral infection has been taken care of by the immune system.<sup>2</sup>

Initial studies of Coronavirus show that this virus behaves similarly to other respiratory viruses. The pneumonia vaccine can prevent bacterial pneumonia from becoming part of a co-infection complicating the condition.

#### What Is the Pneumonia Vaccine?

The pneumonia vaccine provides protection against all forms of bacterial pneumonia. It is primarily designed for use in seniors, to help protect against potentially deadly or life-altering infection. The vaccine does not protect against influenza, coronavirus or fungal pneumonia.

#### Who Should Get the Pneumonia Vaccine?

Pneumonia vaccination is recommended for all adults 65 or over. Other individuals should consider pneumonia vaccination. These include:

- Adults with chronic illness like liver or heart disease
- People with a weakened immune system over the age of 2
- Individuals with cochlear implants
- Those who smoke
- People with asthma
- People with who are immunocompromised (Cancer, Rheumatoid Arthritis, Multiple Sclerosis, Lupus, HIV, Hepatitis C, etc.)
- Those with a previous history of respiratory infections
- Individuals with diabetes
- People who have COPD or emphysema
- Anyone on oxygen therapy for medical conditions



While the pneumonia vaccine may not be covered by insurance if you are under 65, everyone can elect to get the vaccine if it is not medically contraindicated. To schedule an appointment with one of our travel health specialists, call one of our office locations listed. They can assist you in determining if this vaccine is recommended for you.

**Passport Health** is the largest and leading provider of travel medicine and immunization services in North America. With 270+ travel clinic locations, a commitment to first-class medical care, and rigorously trained medical staff, Passport Health sets the immunization industry standard. Our deep vaccine inventory and vast clinic network provides clients with what they need, when they need it. We strive to be all travelers' one-stop-shop for all their vaccination, travel document and travel supply needs.

Passport Health was founded in 1994 in Baltimore, Maryland, and now operates 270+ clinic locations across North America. Each travel clinic serves its local community via convenient locations where the public can access travel medicine specialists who have received rigorous training in the fields of travel medicine and immunology.

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[www.passporthealthusa.com/sarasota](http://www.passporthealthusa.com/sarasota)

#### References:

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# Safety Awareness Month:

## Physical Therapist, Adam Pennell Offers Insight to Keep you Safe at Home

**G**rowing older has its set of challenges that, to some, might seem to snowball into multiple tasks and increased risks of injury. At any age, we know it's essential to ask for help, but for the elderly, it's critical to maintain safety within the home.

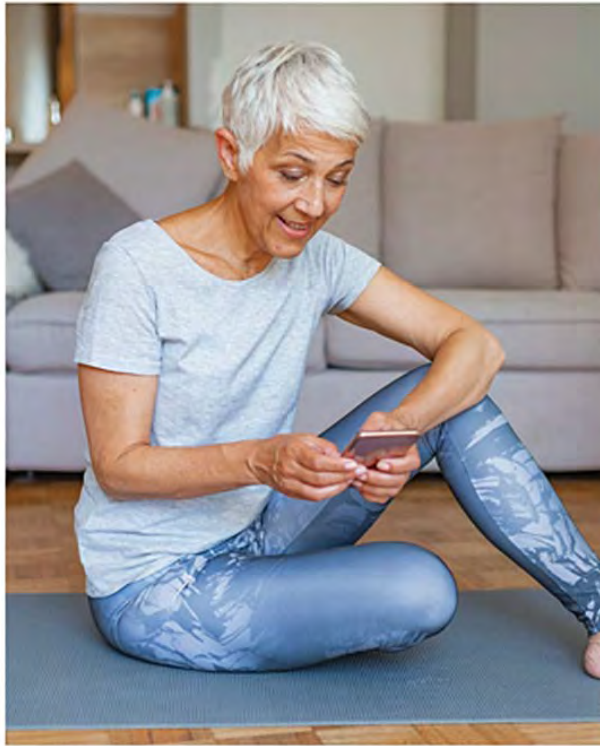
With issues such as low vision, loss of hearing, arthritis, decreased mobility, and imbalance, to name a few, there are multiple ways that Physical Therapist help their patients retrain and strengthen range-of-motion, balance, and muscle strength. However, one step that Adam Pennell, DPT, and his colleagues take further is evaluating the home and giving valuable tips to keep their patients' safe long term.

**We caught up with Millennium Physician Groups Doctor of Physical Therapy and Program Manager, Adam Pennell, to find out more about PT and Patient Safety Protocols.**

"The biggest thing we can do to improve home safety is to plan ahead," Pennell explains. "Doing an assessment of the home to look for trip hazards, installing nightlights, and performing home repairs in a timely manner can go a long way toward preventing catastrophe."

The most common fall hazards are power cords, rugs, uneven concrete, rolling chairs, and slippery surfaces. Taking the time to address these issues ahead of time could prevent disaster. You should also be aware of fall hazards that might not always be present such as tile flooring that gets slippery when wet, blankets that may hang off the bed at night, and pets that have a tendency to get underfoot.

"Another important aspect is planning ahead and making arrangements to ensure safety. Having a system in place to call for help, especially for people who live alone. Going to the restroom at night is the most common time people fall, and in addition to being tired and walking in the dark,



most people don't carry their cell phones with them. Having a friend or family member who checks in on regular intervals is also important to make sure people can get timely help when needed."

It's important to be proactive and seek out reputable PT if you've injured yourself, if you're suffering from a chronic issue or if you need assistance after a stroke, heart attack, surgery or hospitalization. If you have any musculoskeletal disorders, physical therapy can help to improve your condition significantly. Millennium Physician Group's Physical Therapy can be the solution to helping you get back to safely doing the things you love.

### Millennium Physician Group's PT

Millennium Physician Group has 9 offices from Venice to Naples. If patients are unclear if they have a balance issue, they can always get an order for a Physical Therapist to evaluate their balance and see if further therapy is needed. All of the therapists at Millennium are certified in treatment of balance disorders and vestibular rehabilitation.

### Adam Pennell, DPT

Adam W. Pennell is a Doctor of Physical Therapy and Manager of Millennium Physician Groups PT department. He graduated with honors in 2004 from Northwestern State University and has over 16 years of experience in patient care.

### PT Services provided:

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# 4 Things You Should Know About Alzheimer's Disease & Brain Health

**A**t this point, most of us know someone that is affected by Alzheimer's disease. Numerous studies and statistics show Alzheimer's and other related dementias are on the rise. According to the Alzheimer's Association's latest figures, nearly 5.2 million Americans have Alzheimer's disease, and that number is expected to triple by 2050. Experts estimate that an Alzheimer's diagnosis will affect close to 15 million people by mid-century. Currently, every 66 seconds, someone develops dementia in the United States.

## 1. What are the risk factors and causes of Alzheimer's and dementia?

For years, medical professionals and researchers have been trying to find the exact cause of Alzheimer's disease (AD). Even with the top three speculative triggers, it's still unclear as to what is causing this devastating disease to rob so many people of their cognition.

The main characteristics of the disease are attributed to amyloid plaques, cerebral amyloid angiopathy, and neurofibrillary tangles. While these pathological markers are evident in many individuals with Alzheimer's disease, they are not always present in all; consequently, they cannot entirely account for the umbrella of cognitive disorders.

In a recent study, top neurologists and researchers went a few steps further, to shed light on a new discovery in the causes of Alzheimer's. The study looked at the cerebrovascular pathologies, cardiovascular health, and microvascular disorders. Almost all individuals with dementia show signs of some vascular impairment on various levels.

## 2. What are the signs?

The signs and symptoms of dementia are different throughout the various stages of the disease, but common indicators are as follows:

- Forgetfulness, especially short-term memory
- Change in personality
- Agitation/Frustration
- Difficulty with daily tasks
- Social withdraw
- Aphasia (speech disorders)
- Sundowning (confusion and sleeplessness in the evening)

## 3. What are the treatment options?

Some medications can slow the progression of the disease, but these are unfortunately not a curative treatment method. However, we do know that following helps patients stave off the disorder:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

**4. Staying active and social is also a useful method for maintaining optimal brain health.** Along with socialization, staying physically active is imperative in the production of oxygen-rich blood flow and can decrease your risk of Alzheimer's and dementia.

A few years ago, there was a cognitive study performed, the first of its kind, which incorporated an interventional methodology to take a multi-domain approach to dementia prevention. The trial called the FINGER Study was conducted over a two-year period in Finland by a team of healthcare providers.

With over 1200 participants, the randomized tests were done on a control group and a multi-domain intervention group. The control group was given regular health advice on a weekly basis, while the intervention group was given tactical exercise, diets and performance studies three to four times per week.

**The multi-domain intervention group's protocol consisted of:**

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

The conclusion of the study showed that it is possible to prevent cognitive decline through physical exercise, diet, cognitive training and socialization, and by lower metabolic risk factors.

**If caught early, this progressive disease can be delayed** through specifically advanced treatment options like diet, exercise and refining memory skills. Primary Care Doctors, Neurologists and other professionally trained practitioners are essential in putting the pieces back together.

**If you need help, Freedom Village of Bradenton has options for you and your loved one.**



*As a CCRC, Freedom Village of Bradenton offers multiple phases of living for your specific needs, which include Independent Living, Assisted Living, Memory Care and Skilled Nursing.*

At Freedom Village of Bradenton, they are committed to doing everything they can to make their senior living community the best it can be. That is why they are excited to announce that Freedom Village's management team will now be working with Life Care Services®, an LCS® Company\*, the nationwide leader in senior living that provides management support to over 140 communities across the country. It is the same strong Freedom Village team with even better resources for a vibrant, active community! Freedom Village of Bradenton has been part of the Bradenton, Florida, community for over 30 years.

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*\*Life Care Services received the highest score in the J.D. Power 2019 Senior Living Satisfaction Study of resident/family member/friend's satisfaction with senior living communities. Visit [jdpower.com/awards](http://jdpower.com/awards)*

# Did You Know That Men Can Get Varicose Veins Too?

By Federico M. Richter, MD

It's typically associated with women, but 45% of men will develop varicose veins. One out of two people over the age of 50 have varicose veins, but that's not to say that younger people can't also develop them. For men and women, the main risk factor is a family history of varicose veins, but some of the other risk factors include being overweight, standing or sitting for long periods of time, blood clots, abdominal pressure, or frequent crossing of the legs. For females, hormonal imbalance, and birth control medications are also top risk factors.

Varicose veins can cause tingling, throbbing, weakness, a sensation of heaviness in the legs, restlessness, and dark blue or purple bulging veins in the legs, calves or behind the knee. Varicose veins can cause pooling of the blood and blood clots, but not all varicose veins are initially dangerous or systemically damaging.

Many individuals find relief from compression garments, elevating the legs, cold compresses and rest, but once you have varicose veins, these remedies will not "heal" their underlying issue.

## Treatment

Years ago, the only options for alleviating varicose veins was surgery, which includes stripping (removes long portions of the vein), or ligation, which ties the vein off from the blood supply. These treatments are still used in some instances, but now there are other options.

- **Ultrasound Guided Foam Sclerotherapy** - A minimal invasive painless treatment to treat the veins in an outpatient 15 minute procedure.
- **Endovenous thermal ablation** - The procedure uses laser energy to collapse the vein. Under Ultrasound guidance, this treatment is offered in the office.
- **Varithena** - An injectable foam treatment, which makes the vein naturally scar shut.
- **VenaSeal** - This FDA approved treatment for varicose veins utilizes a small catheter, which is inserted into the vein. An adhesive material is injected through the catheter into the vein to close it off.

Not all varicose veins pose a health threat, but because proper blood circulation aids the body's flow of nutrients and oxygen to the heart, brain and other

organs, it's essential to get a medical consultation to discuss the severity of your venous condition and your treatment options. Varicose veins can lead to venous insufficiency which is a valve and vein condition that can be dangerous if left untreated.

## Symptoms of venous insufficiency:

- Swollen legs
- Discoloration on skin (brown or red)
- Tingling/burning/itching sensations
- Heaviness
- Aching
- Cramping



*If you or someone you love is experiencing any venous issues, please contact your physician immediately.*



Federico M. Richter, MD  
American Board of  
Venous and Lymphatic  
Medicine Diplomate

## About Federico M. Richter, MD

*Dr. Richter was born and raised in Argentina and grew up in a family of vein doctors. His Grandfather, one of the first vein specialists in Argentina, helped pioneer sclerotherapy for treatment of varicose and spider veins in the 1940s. His Father has been treating veins for over 45 years.*

*Dr. Richter recently re-located from the busy suburbs of Indianapolis where he completed his residency and practiced for 5 years. Since completion of his residency here in the United States, he has also focused on the newest developments in minimally invasive vein treatments. Dr. Richter received his medical degree in Argentina in 2003 from Universidad Nacional de Cordoba. He then completed a year of general surgery and a 3-year Fellowship in vein and lymphatic disorders in 2007. As a venous and lymphatic medicine specialist, he is dedicated to treating varicose and spider veins and their underlying causes.*

*With over a decade of experience in the specialized medical field of diagnosing and treating vein disease, Dr. Richter was one of the first doctors to use lasers to treat a variety of vein diseases in Argentina. Certified by the American Board of Venous and Lymphatic Medicine and an active member of the American College Of Phlebology, Dr. Richter has also accumulated an impressive list of qualifications and educational accomplishments during the course of his career.*

*Dr. Richter's 1st priority is the well-being and quality of life his patients in the Bradenton, Sarasota, Sun City, Ruskin, and surrounding areas.*



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# IV Ketamine for PTSD, GAD and MDD

**A**nxiety disorders affect approximately 40 million adults in the United States. Patients need to be wary of "proprietary protocols" and "special formulas" when deciding to undergo treatment.

## IV Ketamine

Over the past ten years, Ketamine has been studied in patients with severe depression. A rapid instantaneous effect takes place immediately upon the drug being dispensed intravenously. Due to the outcomes, there has been a lot of buzz in the news lately about IV Ketamine therapy for treating treatment-resistant depression as well other mental health disorders such as PTSD, OCD, and phobias. We can now add Social Anxiety Disorder to the list. For people who suffer from social anxiety, its effects can be crippling. Everyday interactions may cause such distress in these people that it interferes with opportunities for employment, healthy positive interactions with friends and family, and for students, not being able to reach their full academic potential in the classroom. These people may exhibit physical manifestations of their anxiety in the form of sweaty palms, high blood pressure, and a racing heart. Over an extended period of time, these symptoms not only cause mental anguish but also affect one's overall physical health.

Three of the most common forms of depression are GAD, MDD and PTSD.

## GAD

GAD or general anxiety disorder is very common and on the verge of sudden rise given our current pandemic situation causing isolation, fear, agitation and stress. According to the Anxiety and Depression Association of America, GAD is diagnosed when a person finds it difficult to control worry on more days than not for at least six months and has three or more symptoms. This differentiates GAD from worry that may be specific to a set stressor or for a more limited period of time."

## PTSD

PTSD (post traumatic stress disorder) causes extreme side effects. Many individuals have severe nightmares, flashbacks, hyper startle responses, and loss of interest, severe anxiety and are often suicidal. Numerous military veterans



with PTSD have issues with employment, violence, and relationships. These veterans often have severe flashbacks. Many people who suffer from PTSD have difficulty sleeping, feel detached and estranged, which can lead to permanent disability.

The standard treatment options for PTSD are anti-depressant medications. Some of the most widely known drugs prescribed are Prozac, Lexapro, Zoloft, and Oxycontin. The classes of these medications play a role in how the neurotransmitters affect the mood by improving your state-of-mind and creating a more peaceful, cheerful spirit, by extinguishing the brain's transmitters. The problem is these drugs are highly addictive, have adverse side effects, and also in many cases, show signs of cognitive decline in long-term use.

## MDD

The typical treatment options for MDD (major depressive disorder) are antidepressant medications and counseling therapy. According to the National Institute of Mental health, Depression (major depressive disorder or clinical depression) is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. To be diagnosed with depression, the symptoms must be present for at least two weeks.

The other issue with standard medications is that they more often than not, become ineffective and are unable to reverse feelings of severe depression. This is called treatment-resistant depression.

**Ketamine impacts mood, anxiety and alleviates pain, which can result in positive treatment outcomes for the following disorders:**

- Severe or Chronic Depression (such as GAD and MDD)
- Post-Traumatic Stress Disorder (PTSD)
- Chronic Inflammation and Pain
- Bipolar Disorder
- Obsessive Compulsive Disorder (OCD)
- Post-Partum Depression (PPD)
- Produces Rapid Onset of Neural Connections

**Symptoms of depression vary, but these are a few common causes for concern:<sup>1</sup>**

- Feeling nervous, irritable, or on edge
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation), sweating, and/or trembling
- Feeling weak or tired
- Difficulty concentrating
- Trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Feelings of Despondency
- Suicidal Tendencies

Typically, anxiety disorders are treated with several modalities that include behavioral counseling and anti-anxiety or antidepressant medications. The issue is that one-third of those prescribed medication fail to recover due to treatment resistance. In other words, these drugs offer minimal to no solutions.

A recent 2020, peer-reviewed study in France looked at the correlation of Ketamine therapy and its effect for those with major depressive disorder, and bipolar disorder. The researchers determined that "Ketamine may provide a rapid, robust, but transient antidepressant effect in MDD and BD. It appears particularly interesting in patients experiencing suicidal thoughts with its rapid effect in suicidal ideation. The benefits of ketamine are transient, up to 1-2 weeks after infusion and its long-term effect is less reported. Acute side effects associated with single-dose use in depression are common, although generally transient and resolve spontaneously. However, acute and long-term efficacy and safety issues must be further explored, and adverse event should be systematically assessed.

Further studies are needed to explore the best dose and mode of administration to optimize ketamine antidepressant effect and to clarify its mechanism of action.”

**PTSD**

Another study in 2019 found that Ketamine treatment in those with PTSD to be beneficial. “PTSD continues to be a problematic psychiatric condition that can be difficult to treat. SSRIs are the first-line treatment, and they are the only pharmaceutical class approved – their use may lead to a reduction in symptoms but, oftentimes, PTSD can be found to be treatment resistant. In addition, there are many patients who have participated in trials of SSRIs as well as many other psychoactive drugs without complete remission. Atypical antipsychotics such as quetiapine and risperidone are sometimes used clinically to control these symptoms. Benzodiazepines are used at times as well, but with caution as individuals suffering from PTSD are at heightened risk for addiction. Prazosin is used regularly now to combat nightmares, which contribute to the insomnia but may not lower other PTSD symptoms. Some are supplemented with psychotherapy and hospitalization but to no avail.

“Given this, novel treatments are needed for PTSD. One such treatment could be ketamine. As noted, there exists some hesitation for its use based on the fact that it may cause transient dissociation; however, more recent studies suggest that this may not be as frequent as previously thought. Based on the limited data in the form of animal studies, a randomized controlled trial, and case reports, ketamine has been shown to result in a near complete resolution of symptoms over the short term and seems to have similar findings to the use of ketamine in MDD. These clinical improvements are immediate and last well beyond the half-life of ketamine but unfortunately are transient lasting 1–2 weeks. It is thought that upregulating BDNF and

antagonizing NMDA serve to reverse some of the damage caused by chronic stress. With more investigation, ketamine may prove to be a viable tool in treating PTSD for those who fail more conventional treatments.”

Dr. Stephen Reichbach states, “In our opinion, IV Ketamine infusions are the gold standard for patients with severe mood disorders or those suffering from chronic pain. IV ketamine provides 100% bioavailability meaning that 100% of the drug administered, gets where it needs to go (the brain). This provides easier titration and a higher likelihood for a positive response. At the end of the day, the out of pocket cost to the patient may be more than the IV infusions depending on an individual’s insurance coverage, not to mention the time convenience advantage for the patient of the IV ketamine infusions.”

*Steven Reichbach, MD*, Board-Certified Anesthesiologist, specializes in pain management. For more information, please contact their office today at 941-213-4444, or visit their website at findpainrelief.com.



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  - Chronic Joint and Musculoskeletal Pain
  - Chronic Neck and Back Pain • Chronic Temporomandibular Joint (TMJ) Pain
  - Complex Regional Pain Syndrome (CRPS or RSD) • Diabetic Neuropathies
  - Fibromyalgia • Lichen Sclerosus • Lyme Disease • Multiple Sclerosis Pain
  - Post-laminectomy Syndrome (Failed Back Surgery Syndrome)
  - Shingles Pain (Post-Herpetic Neuralgia) • Small-Fiber Peripheral Neuropathy
  - Traumatic Brain Injury Pain • Trigeminal Neuralgia
- Other Forms of Neuropathic Pain



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# Endocrinologist Dr. Raymond de la Rosa Sheds Light on COVID-19 and Diabetic Patients

**I**t is well known that those with diabetes are more susceptible to infections. There are two coronavirus receptor proteins involved in regulating inflammation, glucose handling, kidney function and cardiovascular physiology.

**We caught up with Dr. Raymond de la Rosa of Millennium Physician Group in Englewood to find out more about receptors and drug inhibitors that affect immune function during COVID-19 in individuals with Diabetes.**

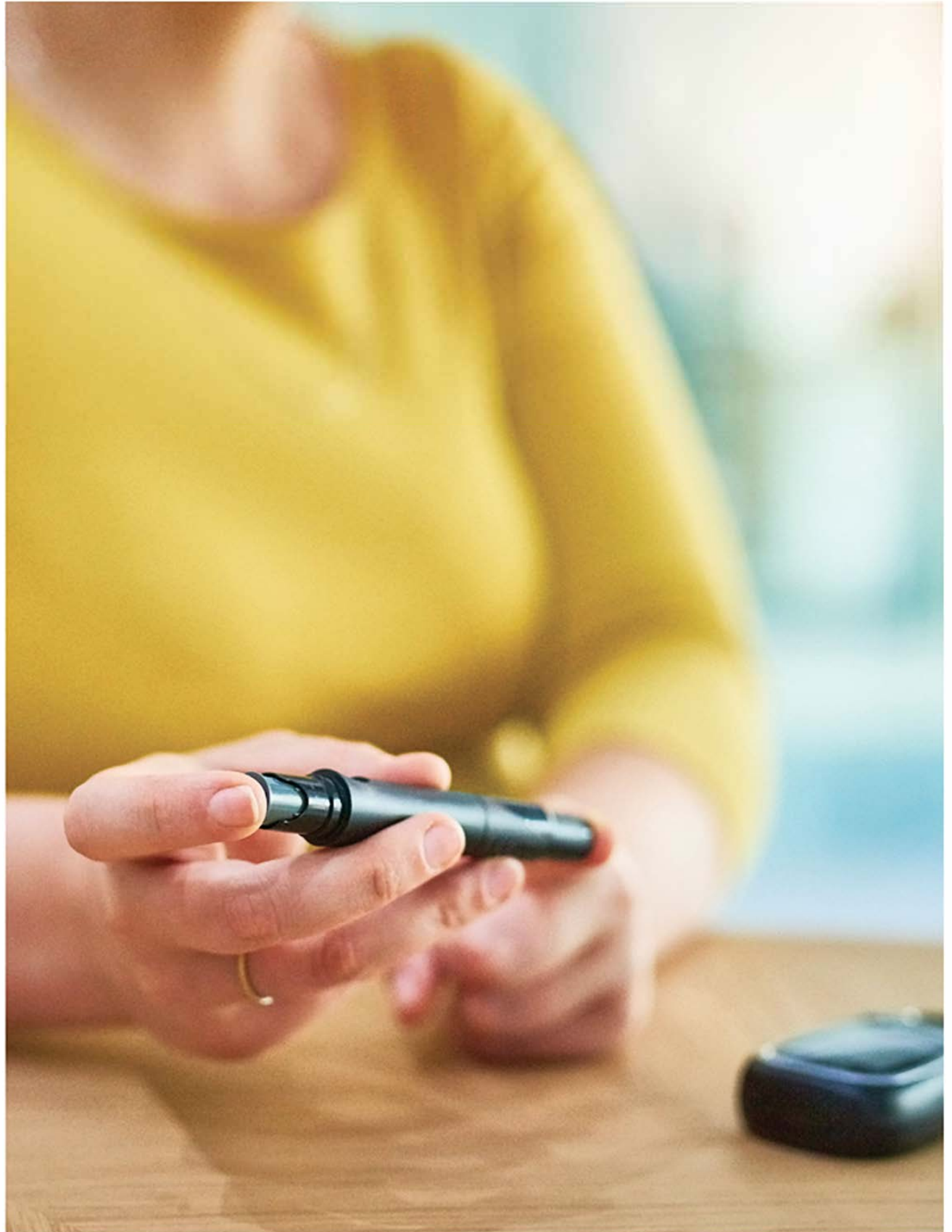
“COVID-19 is thought to modify immune system pathways through two receptor proteins commonly associated with diabetes mellitus. Inhibition of the DPP4 receptor is the mechanism of action for drugs like sitagliptin (Januvia) or linagliptin (Tradjenta). In rodents, disruption of DPP4 activity plays a role in regulating inflammation, which is typically increased in patients with COVID-19. There is no evidence that DPP4 inhibitors significantly modify immune response in humans.”

“Diabetic patients should stay on their prescribed medications, as discontinuing them can be dangerous and increase the probability of experiencing diabetic-related comorbidities.”

“The other diabetes-related receptor protein is ACE-2. This protein appears in large quantities in the organs of patients with COVID-19 and may cause increased inflammation in the lungs. Nearly every patient with diabetes is on an ACE inhibitor or an angiotensin receptor blocker to protect their kidneys from diabetes and to keep blood pressure under control.”

“If you have concerns regarding any of your diabetes medications and COVID-19, it would be prudent to speak with your doctor either in person or remotely.”

“Preliminary data from China and Italy indicate that 15 % of patients with COVID-19 have diabetes. Keep in mind that the prevalence of diabetes worldwide is about 10%. Diabetics also tend to be overweight and obesity is another risk factor for developing complications from coronavirus.”





“Diabetics are known to have compromised immune systems. A rise in blood glucose may be an early sign of impending clinical infection in some individuals. Patients with diabetes who have their blood sugar under control have a better chance of recovering from an infection.”

“In the United States, about 24 % of patients hospitalized for COVID-19 have diabetes mellitus. Up to 32% of patients in the ICU with COVID-19 have diabetes. During the 2003 SARS epidemic, patients with diabetes and SARS had 3 times the risk of dying compared to non-diabetics.”

“There are reports of younger individuals developing thyroid dysfunction after infection with COVID-19. The effects of this virus on fertility, cholesterol, bone loss and long-term blood sugar control on COVID-19 survivors remains unclear until we have more data.”

“My advice is to continue to keep blood sugar regulated, monitor your glucose levels regularly, stay on your medications. Keep your scheduled appointments with your endocrinologist or primary care physician. If you are more comfortable with telehealth, virtual visits are available. The staff at our practice will guide you through the steps needed to have a remote visit.”

“Many people are apprehensive about visiting a doctor’s office, but we have implemented measures to further protect our patients and staff. We do not have large numbers of people sitting in our waiting areas; patients can wait in their cars until we are ready to see them. We also ask them to wear face masks when social distancing is not possible. Our treatment areas, waiting areas, and equipment are stringently cleaned and disinfected. We also monitor all patients for fever, cough, nasal discharges before they enter our facilities. It may actually be safer to go to a doctor’s office than other public spaces like supermarkets and gas stations.”

#### Studies on ACE-2 and DPP-4

In a recent peer-reviewed study, researchers looked at the effects of diabetes and COVID-19 patients in regards to ACE 2 inhibitors. This is what they found: The clinical spectrum of COVID-19 is heterogeneous, ranging from mild flu-like symptoms to acute respiratory distress syndrome, multiple organ failure and death. Older age, diabetes and other comorbidities are reported as significant predictors of morbidity and mortality. Chronic inflammation, increased coagulation activity, immune

response impairment, and potential direct pancreatic damage by SARS-CoV-2 might be among the underlying mechanisms of the association between diabetes and COVID-19. No conclusive evidence exists to support the discontinuation of angiotensin-converting enzyme inhibitors (ACEI) or angiotensin receptor blockers because of COVID-19 in people with diabetes. Caution should be taken to potential hypoglycemic events with the use of chloroquine in these subjects. Patient tailored therapeutic strategies, rigorous glucose monitoring and careful consideration of drug interactions might reduce adverse outcomes.<sup>1</sup>

Similarly, another recent study by D. Drucker, looked at the same receptor proteins and reported that both ACE2 and DPP-4 are established transducers of metabolic pathways that regulate diabetic conditions; however, stopping taking the inhibitor drugs is more of a risk to stop taking in those with diabetes.

The available evidence implicates diabetes and obesity as significant risk factors impacting the clinical severity of coronavirus infections, including SARS-CoV-2. Although ACE2 and DPP4 are important physiological regulators of glucose homeostasis, there is little compelling clinical evidence that drugs targeting ACE2- or DPP4-related pathways produce differential harm or benefit in the context of human coronavirus infections.<sup>2</sup>

Dipeptidyl Peptidase-4 (DPP4) is an established transducer of metabolic signals and pathways regulating inflammation, renal and cardiovascular physiology, and glucose homeostasis. Moreover, glucose-lowering agents such as the DPP4 inhibitors, widely used in subjects with T2D, are known to modify the biological activities of multiple substrates.<sup>2</sup>

#### Endocrinology

If your physician suspects that the underlying cause of a medical condition is related to hormone production, they may refer you to an endocrinologist who specializes in endocrinology and hormone production in various organs. They have extensive training in diseases that affect the glands and hormones, such as diabetes, thyroid disease, cancers, infertility, metabolic disorder, and other conditions.

#### Reference:

1. A Hussain, COVID-19 and Diabetes: Knowledge in Progress, *Diabetes Res Clin Pract.* 2020 Apr 9 : 108142. doi: 10.1016/j.diabres.2020.108142 [Epub ahead of print] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7144611/>

2. D Drucker, Coronavirus Infections and Type 2 Diabetes—Shared Pathways with Therapeutic Implications, *Endocrine Reviews*, Volume 41, Issue 3, June 2020, bnaa011, <https://doi.org/10.1210/edrv/bnaa011>



**Raymond de la Rosa, M.D.**, earned his Doctor of Medicine at the University of the Philippines College of Medicine in Manila. Dr. de la Rosa finished his residency in Internal Medicine at Lutheran Medical Center in Brooklyn, New York. He later completed his fellowship in Endocrinology at the Brown University Program in Providence, Rhode Island.

Dr. de la Rosa has over 24 years of experience as an Endocrinologist and is certified by the American Board of Internal Medicine in Endocrinology, Diabetes and Metabolism. He is the author of several scientific articles in the area of diabetes, thyroid dysfunction and other metabolic conditions. He has also served as a principal investigator in over 30 clinical trials for new diabetes treatments.

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# RAVE IMAGING IS HERE FOR YOU WITH YOUR SAFETY IN MIND

One of the most shared and common concerns today is wondering about the safety, cleanliness, and risk factors involved as we venture out. Some of the most populated places like markets, stores, gas stations, and beaches are thought to be the most dangerous due to crowds and cross-contamination. However, for those that need medical care, you should not put off any screenings or treatment due to these fears. Why? Because medical facilities, especially ones such as RAVE Imaging, are trained in rigorous protocols to keep everyone safe (patients and staff), and in a time like this, the methods RAVE uses are amplified with stringent guidelines.

## RAVE Imaging continues to make you and your family's safety their top priority

### RAVE's Advanced safety protocols to keep you safe

- RAVE will continue to meet or exceed the CDC guidelines
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- Social distancing will continue in all lobbies
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- Plexiglass barriers at all check-in desks
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RAVE Imaging continues to be here for you, and if you have any concerns or questions, please speak to a RAVE Team member. RAVE appreciates your continued trust in their 40 years of experience and service to the local communities they serve.

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Interventional Radiology is a subspecialty of radiology in which minimally invasive procedures are performed using imaging guidance. Some of these procedures are done for purely diagnostic purposes, while others are done for treatment purposes. Pictures are used to direct these procedures, which are usually done with needles or other tiny instruments like small tubes called catheters. The images provide road maps that allow the Interventional Radiologist to guide these instruments through the body to the areas of interest.



As mentioned, it's imperative not to put off any screenings, such as breast mammography, lung CT's, Brain imaging, or any other services or surgical procedures that are crucial to monitor and maintain your health at the highest level. Some cancers and conditions can rapidly proliferate or wreak havoc on your health if they are not examined and evaluated in a timely manner.

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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 40mmHg, 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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**NEW LOCATION:** 7345 International Place, Suite 101  
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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, 2016 and is the Sarasota Herald-Tribune Awards winner for 2019.*



**Voted #1**  
**Chiropractic Physician**  
Herald-Tribune  
Awards Winner for 2019



# NAD for Optimal Aging

**N**AD (Nicotinamide adenine dinucleotide) has been used and studied since the early 1900s. Research is showing that slowing down the aging process by modifying the cellular responses creates healthier more robust individuals that are able to age well. NAD is an ancient molecular coenzyme found in the body. It improves sirtuin pathways. Years ago, our ancestors, during famine or fasting had to fight off animals and continue to hunt, gather, and take care of their families or tribe. Their molecules were stimulated and triggered by calorie restriction, fasting and the increase in their NAD production.

Today, people who take NAD supplements increase their nicotinic acid or B3 production and metabolism significantly, much more so than what the body can produce. In aging NAD decreases rapidly, which causes various health conditions to take place. Studies on the effects of NAD and alcohol withdrawal, schizophrenia, depression, neurodegenerative disease, chronic conditions, and aging are of growing interest.

Different forms of NAD can be taken, and several companies make NAD supplements. Mostly due to the absorption and digestive functionality in the gut, these work well to a certain extent and for limited conditions; however, IV NAD is a reliable means to make certain the body is absorbing and utilizing this powerful supplement in the most optimal way.

## IV NAD

With its ability to bypass the intestines and limit the breakdown that digestion produces (or lack thereof), IV infusion of vitamins and minerals absorption is most efficacious. As mentioned, NAD helps to increase sirtuins, these help to modulate metabolism and makes the cells less prone to oxidative stress. These sirtuins are dependent on NAD. Currently, there is a substantial amount of research on sirtuins to help fight chronic diseases and the overall aging process.

Another area of research is, of course, in modulating chronic inflammation and keeping glucose levels down. These two processes also influence sirtuins and NAD stimulation.



Dr. Williams of FLIMC states, “We see 50 to 100 people in our infusion center per day. We offer several vitamins, minerals, and pharmaceutical IV treatments. I introduced NAD to our clinic because I had been studying its effects for years. I’d been prescribing it to many of my patients in oral form, but with the revival of NAD in IV infusion therapy, I knew our patients would benefit at a much higher rate if we offered it intravenously. It was offered in a few metropolitan areas, and we were able to track down a high-quality manufacturer and implement it into our protocol here at the clinic. If you are deficient in vitamin B and you get B12 or B complex injection, you will immediately feel energized. However, if you are not deficient in B vitamins and you take them orally or get an injection, you usually don’t feel much of a difference.

“With NAD, if you take it orally, you typically don’t feel much, but if you get it through IV infusion, there is a big boost in an overall feeling of wellbeing. With myself, and our patients that get NAD IV, the results are immediate. The feeling of being more alert, relaxed, energized, less tired, and healthier is our patient consensus. We can pair it with CoQ10 enzyme or resveratrol for an increase in mitochondrial energy. Mitochondria are the powerhouse inside our cells.



“NAD regulates how quickly your cells age. With basic cellular metabolic processing, multiple benefits prevail, which include cellular repair, improved nervous system function, reduced pain, arterial healing, improved cognitive function, and muscular conditions to name a few. I’ve been using it on my patients with Parkinson’s disease, and their speech is improving, their mobility is increasing; the results are impressive.”

Although NAD is naturally produced by the body, it declines drastically with age. Supplementing with NAD is essential for ideal aging. It can be used as an add on to a healthy lifestyle or for those that are facing illness, chronic disease or other adverse conditions, getting NAD infusions is proving to reverse DNA damage, increase antioxidant intake, modulates inflammation and acts as a neurodegenerative treatment.

Getting Well & Staying Healthy Naturally is the philosophy of practice that has earned Florida Integrative Medical Center (FLIMC) the reputation as the premier destination for holistic and integrative health care on the Gulf Coast.

Florida Integrative Medical Center treats the full spectrum of chronic health conditions including: aging, chronic viral illness, immune system regeneration, autoimmune conditions, chronic fatigue, fibromyalgia, and more. Our diagnostic and treatment services help to promote healthier cells and tissues for a better quality of life by improving energy and promoting overall wellbeing.

To find out more about Florida Integrative Medical Center (FLIMC) or to schedule an appointment please contact them today at (941) 955-6220.



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Sarasota FL 34243

# Why Pet Owners & Veterinarians Are Requesting Compounded Medications for Animals

Sarasota Specialty Pharmacy and Wellness Center

**T**rying to get pets to take medications can sometimes be challenging, but there are also other reasons that traditional, off-the-shelf, and over-the-counter drugs are not the best choice. Before we get into those issues, let's detail more information on compounded medications.

## Compounding Drugs

Compounding combines an ageless art with the latest medical knowledge and state-of-the-art technology, allowing specially trained professionals to prepare customized medications to meet each patient's specific needs. Compounding is fundamental to the profession of pharmacy and was a standard means of providing prescription medications before drugs began to be produced in mass quantities by pharmaceutical manufacturers. The demand for professional compounding has increased as healthcare professionals, patients, and pet parents realize that the limited number of strengths and dosage forms that are commercially available are unable to meet the unique needs of many patients. These patients may have a better response to a customized dosage form that is "just what the doctor ordered."

## Why Compound Drugs for Pets?

### Taste

Customizing drugs is essential to humans and pets, but for pets, one primary reason is due to the difficulty that pet owners have administering the medications. Animals are smart—They often eat the food or treat around the pill and leave the pill behind. If you've

ever tasted a bitter or metallic drug, you'd agree that you'd rather not chew and taste drugs. Compounding pharmacists can flavor and change the texture of any drug. Many flavors, include, tuna oil, beef, chicken, and fruit, and they can create soft chewable treats, harder cookies, transdermal gels, injectables, and much more to suit your pet's needs. Transdermal gels can be rubbed into the animals skin, such as the ear.

### Adverse Reactions/Allergies

Another issue is that many pets are allergic or have adverse reactions to certain fillers that are commonly used in prescription medications. Compounding pharmacists can create pure drugs that do not contain any additives, dyes, or fillers.

### Unique Dosages

Some animals are more sensitive to the standard dose of medications. If you have an issue with the dose being too large or too small, a compounding pharmacist can create any dose that a veterinarian recommends for your pet. Many times sensitive pets will become lethargic or have GI issues if traditional medications are not appropriate for them.

### Combining Drugs

Compounding pharmacists can also create unique combinations and/or adjust the dosages of those drugs. For example, if your pet has diabetes, they might also suffer from hypertension, and a pill can be combined with both or more meds for optimal results.

## Creating hard to find or Discontinued Drugs

If you are having trouble finding a new drug that is flying off of the veterinarian's pharmaceutical manufacturers shelves, or if a drug has been discontinued that your pet needs, a compounding pharmacist can create those for your pet.

## Customizing Medications for People and Their Pets

Sarasota Specialty Pharmacy and Wellness Center specializes in human and animal health. They work directly with your physician or your pet's veterinarian to create personalized medications that are custom-tailored for each patient's needs.

## Sarasota Specialty Pharmacy: More Than Just a Pharmacy

Sarasota Specialty Pharmacy and Wellness Center is an independent, family owned pharmacy that has served the Sarasota community for over 40 years. They specialize in meeting patient's needs through innovative compounding. Their compounding pharmacists work with physicians, veterinarians, dentists and other health care practitioners to prepare patient specific medications. Their compounding services allow them to create formulations in unique strengths and dosage forms.

*Your Options with Sarasota Specialty Pharmacy are numerous! Stop by and see them today!*

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*"My Doctor Said There Was No Help For Neuropathy...Until Now!"*

## Neuropathy Treatment Breakthrough Proves Highly Effective at Reversing Neuropathy Pain and Symptoms

Brought to you by The Foundation for Wellness Professionals

Finally, after all these years of research there is a Medical Breakthrough Treatment for Neuropathy. 10-20 Million Americans suffer from Neuropathy. Many suffering do not even realize that the symptoms listed below could be due to Peripheral Neuropathy.

**Do you suffer from:**

- 1. Numbness**
- 2. Burning Pain**
- 3. Restless Legs**
- 4. Sharp, electric pain**
- 5. Difficulty sleeping**
- 6. Prickling/tingling feeling**
- 7. Balance & walking difficulty**

If you suffer from one or more of these problems, you may have Peripheral Neuropathy and if you do, you're not alone. Often, these good people have been frustrated by taking prescribed medication such as Lyrica®, Neurotin®, Gabapentin®, or Cymbalta® for these terrible problems.



***Do you suffer with pain, burning, numbness and tingling in your feet?***

Many patients are still seeking help. Platinum Healthcare has studied 10 years of research on "peripheral neuropathies." In fact, helping people with these problems has become their primary focus.

## Discover the Answer to Defeating Neuropathy Pain



***This unique individualized program has already helped hundreds of neuropathy pain sufferers nationwide.***

It's not unusual for them to hear stories from patients who've suffered for years with terrible symptoms. For many, they are missing out on the things they love to do. They aren't enjoying life as they once did.

Platinum Healthcare utilizes a unique approach to the treatment of pain that only a select group of medical physicians have been trained to treat your neuropathy symptoms. Their "Peripheral Neuropathy Optimal Therapy System" consists of a complete treatment plan that provides a non-surgical and non-narcotic therapy that provides relief by increasing oxygen and blood directly to the nerve-the cause of your pain/burning/numbness/tingling at the source. This type of therapy reduces swelling around the nerve and helps repair nerve function. This type of Neuropathy Treatment system and other progressive treatments attacks the source of the pain in multiple ways. These therapies work together to provide far superior results than anyone could on its own resulting in their high success rates.

## Are You A Candidate for this Neuropathy Medical Breakthrough?

There is a treatment for anyone suffering from the symptoms of peripheral neuropathy pain. And, the beautiful thing is that when these health situations are resolved, people have great improvements in the quality of their lives.

Do not let peripheral neuropathy keep you from simply walking or even wearing shoes. Don't let tingling legs keep you up at night.

### If all else has failed you may still benefit from this remarkable treatment.

Platinum Healthcare is now accepting 23 patient cases who suffer from these conditions, who will receive a NO COST Screening to determine if you are a candidate for this life altering program. They recommend immediate action as these slots fill up quickly.

Call (941) 927-1123 today to determine if you are a good candidate for acceptance into their program.

When you call, tell the receptionist you'd like to come in for the Neuropathy Screening so she can get you on the schedule and make sure you receive proper credit for this special offer.

The Platinum Healthcare Center is located at:  
5560 Bee Ridge Rd. suite 7, Sarasota.  
(In Centergate Office Park)

Add some peace to your life or the life of someone you love.

Call today to make an appointment.  
**(941) 927-1123**

#### There is Hope.

P.S. Does your spouse, family member, or friend suffer from peripheral neuropathy? This offer is also available to them too. You can even come together. Their lack of health affects your life also. Maybe this will be your chance to really give them the help they need.

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.



**Call today. They may be able to help you live a normal, pain-free life again...941-927-1123**

In just a matter of weeks you could be back on the golf course, enjoying your love life, or traveling again.

*Listen to what Others are Doing to Solve their Neuropathy & Pain Problems...*



*Rick M. Age 66  
Sarasota, FL*

*"...I've taken thousands of pain pills, tried physical therapy, podiatrist and a neurologist who told me I needed surgery, all with no improvement...Platinum Healthcare correctly diagnosed the root cause of my problems and developed a special treatment protocol designed for me, and it was so successful it helped my low back pain, neuropathy burning, and even my erectile dysfunction! My wife and I are finally making travel plans, many Thanks!"*



### QUIT YOUR WAY

Quitting tobacco isn't easy. Finding help should be.

**In the wake of the COVID-19 pandemic, quitting is more important than ever! Let us help you get the support you need from the comfort of your own home.**

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**Pre-registration required!**

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# UNMET HOME CARE NEEDS CORRELATE WITH INCREASED MORTALITY

## The Risk of Turning Away Home Care Aides During COVID-19

**D**uring the COVID-19 outbreak in the U.S., McKenney Home Care is one of the many agencies experiencing resistance to care from clients. Families and the elderly generally exhibit concern about hospital and community transmission of the novel SARS-CoV-2 virus. Surprisingly, many of them are turning away their home care aides. They are making the calculation that allowing an aide in the home is riskier than enduring unmet needs for assistance. However, it is likely that people are unaware of the risks of forgoing home care.

Non-medical home care supports clients in activities of daily living (ADLs) such as nutrition, medication adherence, safe mobility, safe bathing, etc. To some, this may sound like a luxury service, but make no mistake. These healthcare services are of vital importance. Unmet home care needs correlate with mortality increased by 37% to 96%.<sup>1,2</sup>

For instance, Gaugler et al. found that among patients with dementia and who had a family caregiver, unmet needs for assistance with two or more ADLs correlated with a 37% higher mortality rate and a 77% higher institutionalization rate. Additionally, researchers from Purdue found that among a general Medicare population, a single unmet ADL need correlated with a 96% increase in mortality risk.<sup>2</sup> This increased mortality likely stems from a combination of lack of supervision, increased fall risk, decreased medication adherence, reduced nutrition, etc. For instance, Manias et al. find that a lack of social support increases the risk of medication discrepancies 171%, making a lack of social support the number one modifiable risk factor in medication discrepancies.<sup>3</sup>

Furthermore, companionship services prove important in the preservation of cognitive and emotional wellbeing. Social disengagement and hobby disengagement triggers cognitive decline among the elderly.<sup>4,5</sup> Similarly, staying socially active and engaged with hobbies seems to convey a protective effect against loneliness, depression, declining quality of life, and cognitive decline.<sup>6,7</sup>

In addition to considering the risks of refusing home care, it may also be worthwhile to denote the safety of non-medical home care. Aides from licensed home care agencies have specific training in standard precautions. At McKenney Home Care, this training is reinforced at least annually under normal circumstances, and that training is currently heightened. Unlike other healthcare professionals, non-medical home care aides tend to support patients with chronic disabilities, rather than sick patients. Patients tend to be homebound, and McKenney aides tend to one or two clients per week. Compared to other healthcare and other sources of social support, these factors mitigate the risk of healthcare-associated infections.

What's more, private-duty aide services include shopping and errands, further reducing the need for seniors to have community contact. It is possible that there is no safer person to help a senior than a private-duty home care aide. It also possible, if not likely, that turning away established aide services has the opposite of the intended effect – increasing the risk of morbidity and mortality rather than decreasing it.

#### References:

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*McKenney Home Care in Naples, FL hosts a Lewy Body Dementia Support Group on the first Wednesday of every month. This ongoing support group is approved by the Lewy Body Dementia Association in Atlanta and is in affiliation with the Parkinson's Association of SWFL and the Alzheimer's Support Network.*

For Individuals with neurodegenerative disorders, McKenney Home Care delivers enriched specialized training for its caregivers working with Dementia Patients. In addition to specialized videos and manuals, McKenney educates the caregivers through the use of the Virtual Alzheimer's App. This virtual reality experience helps caregivers understand the feelings and experience of those suffering from Alzheimer's and other forms of Dementia.

Along with their medical expertise, McKenney Home Care is a certified Music & Memory Agency. Providing help for Dementia Patients; this specialized music therapy program is highly personalized and has been shown to reduce the need for anti-anxiety and antipsychotic drugs by up to 50%, while bringing joy to the lives of patients who have Dementia.

If you or someone you know would like more information about McKenney Home Care or the LBD Support Group, please call McKenney Home Care at 941-548-1182, or visit [mckenneyhomecare.com](http://mckenneyhomecare.com).



**CALL US TODAY!**  
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AHCA Registration #299994901



# SMOKING AND CORONAVIRUS SUSCEPTIBILITY

**A**s we all strive to stay healthy during this coronavirus pandemic, Gulfcoast South Area Health Education Center (GSAHEC) wanted to share this important update from Campaign for Tobacco-Free Kids® regarding how smoking and vaping leaves one susceptible to this serious respiratory disease.

The coronavirus (COVID-19) attacks the lungs, and behaviors that weaken the lungs put individuals at greater risk.

The harmful impact of smoking on the lungs is well-documented. There is conclusive evidence that smoking increases the risk for respiratory infections, weakens the immune system and is a major cause of a number of chronic health conditions, including chronic obstructive pulmonary disease, heart disease and diabetes. In addition, there is a growing body of evidence that vaping can also harm lung health.

**These factors put smokers, and in all likelihood vapers, at greater risk when confronted with the coronavirus.**

**There has never been a better time for smokers to quit and for individuals to protect their health by avoiding use of all tobacco products, including e-cigarettes.**

For more information, please see this recent blog post by Dr. Nora Volkow, director of the National Institute on Drug Abuse. It includes the following:



*"Because it attacks the lungs, the coronavirus that causes COVID-19 could be an especially serious threat to those who smoke tobacco or marijuana or who vape."*

*"It is therefore reasonable to be concerned that compromised lung function or lung disease related to smoking history, such as chronic obstructive pulmonary disease (COPD), could put people at risk for serious complications of COVID-19."*

*"Vaping, like smoking, may also harm lung health. Whether it can lead to COPD is still unknown, but emerging evidence suggests that exposure to aerosols*

*from e-cigarettes harms the cells of the lung and diminishes the ability to respond to infection."*<sup>1</sup>

**Gulfcoast South AHEC (GSAHEC) can help you quit!**

In fact, GSAHEC is now offering free group quit classes virtually! Participants in this program receive free nicotine patches, gum or lozenges, participant workbook, and cessation materials. Call 866-534-7909 to register today (registration is required)!

Reference:  
1 Covid-19: Never Has It Been More Important For Smokers To Quit and For Individuals To Avoid Damaging Their Lungs By Vaping  
[https://www.tobaccofreekids.org/press-releases/2020\\_03\\_20\\_covid-19](https://www.tobaccofreekids.org/press-releases/2020_03_20_covid-19)



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# GAINSWave is Making Headlines Due to its Ability to Prevent & Treat ED

By Dr. David S. Zamikoff

**W**ith remarkable outcomes, GAINSWave is growing in popularity in regard to treating erectile dysfunction (ED) and Peyronies Disease, yet it's also used as a preventative treatment. GAINSWave treatment is available for any man looking to enhance sexual health and performance. A medical condition like ED or Peyronies disease does not have to be present for men to benefit. In fact, many healthy men without an issue opt for treatment to "biohack" or optimize their performance as a prevention method.<sup>1</sup>

## How Can GAINSWave Prevent & Treat ED?

The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through soundwaves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. These soundwaves or 'shockwaves' also are beneficial in preventing the buildup of plaque and increasing blood vessel growth and circulation. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and



results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronies disease (scar tissue) as well as enhance sexual performance.

## Younger Men Should Seek Treatment Early

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible. The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that GAINSWave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be.

## Men are Preventing ED with GAINSWave

Many men are now understanding the importance of this technology and how it can benefit them in the long term. GAINSWave offers immediate results that are cumulative. Much like living a healthy lifestyle, starting GAINSWave treatments early is another way men can be proactive about their health.

**SEEK EARLY TREATMENT & DON'T JUST MASK YOUR SYMPTOMS—TREAT THE ROOT CAUSE!**

Source: GainesWave  
<https://www.biospace.com/article/releases/mobility-spine-and-sports-is-helping-men-wave-goodbye-to-erectile-dysfunction-with-cutting-edge-gainwave-treatment/>

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**A Breakthrough Solution for Men Seeking Better Erections & Optimal Sexual Performance**



# When You Are At Your Wits End

**H**ave you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

*<sup>23</sup>Others went out on the sea in ships; they were merchants on the mighty waters. <sup>24</sup>They saw the works of the LORD, his wonderful deeds in the deep. <sup>25</sup>For he spoke and stirred up a tempest that lifted high the waves. <sup>26</sup>They mounted up to the heavens and went down to the depths; in their peril their courage melted away. <sup>27</sup>They reeled and staggered like drunken men; they were at their wits' end. <sup>28</sup>Then they cried out to the LORD in their trouble, and he brought them out of their distress. <sup>29</sup>He stilled the storm to a whisper; the waves of the sea were hushed. <sup>30</sup>They were glad when it grew calm, and he guided them to their desired haven. <sup>31</sup>Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men.* Psalm 107:23-31

**Can you relate to this group of sailors?** Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

There first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.



When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.

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