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A photograph of an older couple embracing outdoors. The woman is smiling broadly, and the man is looking at her with a gentle smile. They are both wearing blue denim shirts. The background is a soft-focus outdoor scene.

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Dr. Panos Vasiloudes
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Englewood Woman Credits Venice Regional Heart Team for Return to Active Lifestyle

By Heidi Smith, Contributor

Swimming, tennis and long walks are among Victoria Vertacnik's favorite activities. But in December 2020 she started experiencing shortness of breath during exertion and while lying down at night.

"I knew something was wrong," said the 70-year-old Englewood woman. "My cardiologist ran tests and said my aortic valve was leaking."

"A leaking aortic valve allows blood to flow in two directions, rather than directing oxygen-rich blood only through the aorta," explained James Landis, M.D., an interventional cardiologist with Gulf Coast Medical Group. "If blood flows back into the left ventricle when the ventricle relaxes, the heart becomes a less efficient pump. The condition can become life-threatening, and surgery is often necessary."

Dr. Landis referred Vertacnik to John Galat, M.D., a cardiothoracic surgeon also with Gulf Coast Medical Group. Dr. Galat founded and directs the surgical heart program at Venice Regional Bayfront Health. Five days before her appointment with Dr. Galat, Vertacnik felt tingling in her hands, chest pain and shortness of breath while she was driving. She immediately detoured to Venice Regional's Emergency Department where she was admitted for observation and further tests.

On January 20, 2021, Vertacnik was in surgery to have her aortic valve replaced with a prosthetic valve.

"We used a minimally invasive approach to access her heart, which allowed for a more rapid recovery with less pain," Dr. Galat said.

In addition to replacing the malfunctioning valve, Dr. Galat closed off the left atrial appendage, or LAA, to prevent blood from pooling and potentially clotting in that area of the heart. If a blood clot escapes from the LAA and travels to another part of



Courtesy Venice Regional Bayfront Health

Victoria Vertacnik has regained an active lifestyle following aortic valve replacement at Venice Regional Bayfront Health.

the body, it can cut off the blood supply to the brain, causing a stroke. Closing off this part of the heart with special clips is an effective way to reduce stroke risk, Dr. Galat explained.

"Our interdisciplinary heart team at Venice Regional performs procedures – from open heart to minimally invasive – that are done at the largest institutions," Dr. Galat said. "Surgeons, nurses, anesthesiologists, physical therapists, nutritionists – they are all dedicated solely to our cardiac patients. I believe this continuity of care is best for patients, and I believe they and their families can feel the difference."

"Dr. Galat's team cares for patients in a dedicated unit of the hospital," said Vertacnik, who felt better immediately after surgery. "Everybody was wonderful and took great care of me."

Two months after surgery, she was taking long walks with no breathing problems.

"Now I'm looking forward to hiking and having fun with my family in New Hampshire this summer!" she exclaimed.

How healthy is your heart?

Find out in just five minutes. Take a free heart risk assessment at GulfCoastMedicalGroup.com/HealthyHeart or call 844-406-1007 to schedule an appointment today. In-person and telehealth visits are available.



John Galat, M.D.
Cardiothoracic Surgeon



James Landis, M.D.
Interventional Cardiologist



VeniceRegional.com

Academic Alliance in Dermatology Launches FIGHT MELANOMA Campaign

At Academic Alliance in Dermatology, we firmly believe that *no lives should ever be lost to malignant melanoma*. Our staff's mission is clear: eliminate deaths from melanoma completely through early detection, exceptional dermatological care, and by raising awareness about melanoma prevention and screening methods.

Melanoma is the sixth most common fatal malignancy in the United States. We are seeing a record number of newly diagnosed skin cancers both in the US and worldwide, with the incidence of melanoma increasing at a faster rate than almost all other cancers. Despite the rapid increase in melanoma incidence, we have seen a steady decline in the death rate for melanoma – something attributed in large part to increased focus on early detection. Academic Alliance in Dermatology is leading the extensive efforts for the early detection of Melanoma.

As dermatologists we continue to have the greatest impact on reducing melanoma incidence through improved methods of early diagnosis, applying proven prevention methods and techniques for the wellbeing of our patients. With over 40 trained providers on staff, AAD is leading the efforts to increase the training of health care personnel who play a crucial role in diagnosing and treating patients with melanoma.

Our Melanoma Training Program, spearheaded by Dr. Panos Vasiloudes, has analyzed over 7,500 melanoma cases, with new melanoma cases evaluated every week. These clinical scenarios are shared with industry peers and serve as a critical educational resource to help improve melanoma detection across the country.

Among the Florida community Academic Alliance in Dermatology continues to expand its footprint, with offices spanning from Tampa east to Orlando and all the way south to Naples, providing melanoma screening and treatment access to more and more Floridians.



As an organization we continually work to educate our staff and our patients about melanoma risk factors and prevention tactics, emphasizing the role that family history plays in melanoma risk and focusing attention on co-malignancies while stressing the importance of total body skin exams.

Academic Alliance in Dermatology has refined the ABCDEFGHI criteria for the EARLY detection of melanoma as follows:

A: ANCESTRY ANALYSIS of the whole family, deep to the roots and wide to the branches.

B: BLADE BIOPSY when in doubt; a razor blade biopsy is easy to perform but powerful to make the diagnosis.

C: COLOR & CO-MALIGNANCIES - knowing all malignancies in the family tree is very powerful as the genes can be the same.

D: DERMOSCOPY & DISTRIBUTION - knowing the anatomic site, performing exam with a magnifying glass (dermoscope).

E: EVOLUTION & EMBRYOLOGY - understanding change and embryologic development.

F: FAMILY TREE & FUNNY LOOK - examine all generations of the family and expand it to even distant relatives.

G: GENERATIONS & GENETICS - understand all genes in every generation causing any type of cancer.

H: HISTORY & HISTOPATHOLOGY - explore every aspect of history and histopathology, the examination of tissue under the microscope.

I: INSTINCT OF THE DOCTOR listen to the patient and follow the instinct of the patient and doctor.

This comprehensive algorithm has shaped our melanoma diagnosis process and serves as a guide for all dermatologists. Part of the AAD research findings were presented at the World Congress of Dermatology in Milano, Italy, in June of 2019, and to this day they serve as a valuable resource for industry peers.

Academic Alliance in Dermatology will continue to deliver quality dermatology care and push forward with efforts to improve the rates of early detection of melanoma, catching the disease when it is in its earliest and most curable form. We ask you to join us in this mission to FIGHT MELANOMA!



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Three of The Top Reasons to Consider Senior Living

#1 The Housing Market & Maintenance-Free Living

If you're a senior that's contemplating senior living options, now is a great time to make a move. With real estate listings skyrocketing, limited inventory, and out-of-towners clamoring to move to the sunshine state, if you're considering selling your home and moving into a senior community with independent living and luxurious amenities, schedule a tour of Freedom Village of Bradenton. You'll discover the retirement lifestyle that allows you to socialize, stay active, and enjoy your senior years without the worries of home upkeep and yard work. At Freedom Village of Bradenton, residents enjoy a maintenance-free lifestyle in a great location that's close to the beach, medical care, hospitals, shopping, and restaurants.

Amenities:

- Private dining room for family gatherings
- Walking paths
- Business Center with computers and internet access
- Wi-Fi throughout common areas
- Guest suites
- Clinic
- On-campus postal services
- On-campus chapel
- Restaurant-style, chef-prepared meals
- Café/Bistro
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- Indoor heated pool
- Fully equipped Fitness Center
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- Fitness and Wellness programs
- Many wonderful places to gather, including our courtyard and gardens, Library, Game Room, Pub Sports Bar, meeting rooms, fireside living room
- Located minutes away from several of the most beautiful beaches in the U.S.

#2 You or Your Loved One Needs Assistance With Daily Living

Research shows seniors who stay active and social experience better health, a greater sense of well-being, and may recover from illness more quickly. Many assisted living communities have medical needs, but two of the main emphasis of assisted living are socializing and staying active.

If needed, assisted living residents can benefit from help with daily living activities such as bathing, dressing, grooming, personal hygiene, medication reminders, and meals. Residents can also maintain their independence with Freedom Villages' transportation services for shopping and outings. Laundry and housekeeping services are also provided.

#3 A Safe Place For a Loved One With Memory Issues

Memory care residences at Freedom Village of Bradenton provide the safety, security, professionals and programs to help preserve the things that bring meaning and order to your loved one's life. Making this transition can be a difficult one for your family; however, at Freedom Village of Bradenton, you can feel good about your decision. Because each day their mission to enrich the lives of residents with Alzheimer's disease and other related dementias by creating success stories and celebrating the abilities that remain. And because Freedom Village is a life care community, residents can seamlessly transition from another level of care to memory care.

Your Options

Freedom Village is committed to enriching the lives of each resident by providing personalized care, welcoming living spaces, remarkable amenities, and customized services within the phases of living arrangements that many senior communities fail to offer. We are a CCRC, (Continuing Care Retirement Community), that offers independent living, assisted living, and memory care and skilled nursing.

Independent Living at Freedom Village of Bradenton

At Freedom Village, our independent living is for seniors who are able to live on their own and desire the conveniences of life that provide top-of-the-line amenities and services, such as social activities, chef-inspired dining, transportation, and security within a community that feels like family. Independent Living is where many individuals and couples begin their journey, and if they ever need to transition into the higher level care, it is conveniently located within the same comfortable and family-oriented community.

Freedom Village's senior living commitment and expertise are to help residents thrive in a vibrant environment through socialization, personalized care, comfortable and inviting living spaces, numerous amenities, and incomparable services for the aging population.

You'll experience maintenance-free living as part of a lovely, secure community. Stay close to friends and enjoy a host of social, recreational, spiritual, and educational activities. Our staff will ensure the movers place everything in the correct area and leave everything else in your capable hands.

You'll feel right at home as we strive to give you a warm welcome, including introducing all of our staff members, encouraging visits from other residents, inviting you to social events, and more. Your family and friends are always welcome and will quickly become a part of the community as well.

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.

Your Life, Your Way, Every Day—Contact Freedom Village of Bradenton Today to Find Out More at 941-798-8122 or visit fvbradenton.com.



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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

ANTI-AGING:

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ROTATOR CUFF TEARS: Do You Really Need Surgery?

The rotator cuff tendons cover the head of the humerus (upper arm bone), helping us raise and rotate our arms. A rotator cuff tear may result from an acute injury, such as a fall, or might be caused by normal age-related wear and tear with degeneration of the tendon.

If you're biking and your tire gets punctured by a sharp object, you know that your time is limited before it completely goes flat, and you're riding on the rim with an increased risk of crashing. Logically, the best thing to do is to fix the flat. When it comes to shoulder injuries and tears, these are unfortunately a common disorder that many people try to ignore and magically wish away the pain or mask it with pain medications. If left untreated, the injury will progress.

In some cases, rotator cuff tears can be maintained non-surgically with anti-inflammatory medication, steroid injections, and physical therapy, and in some cases with biologics (PRP and stem cells) but tears typically do not heal on their own, so the goal of non-surgical treatment is to relieve pain and restore strength, but limited range of motion may continue to be an issue, in most cases.

If the tear is repairable, an orthopedic surgeon can perform an arthroscopic procedure, but the tear needs to be tended to quickly. If left untreated, the ability to repair and have an optimal outcome becomes more challenging.

In some cases, individuals might find it difficult or impossible to move their arms. If the shoulder injury is severe, a total shoulder replacement might be necessary. With total replacement, the outcomes are generally excellent with marked improvement in pain and possibly range-of-motion, significantly improving the patients' quality of life.

The most common reasons for shoulder replacement surgery are due to the degenerative effects of arthritis and rotator cuff tears. Age-related degeneration of the joint and rotator cuff is a common issue. When patients struggle through the pain and put off treatment, secondary arthritis develops, causing even more degeneration, impingement and progressively increases pain.

Dr. Christopher Sforzo and Dr. Christopher Dillingham (of Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine) are experts in shoulder repair and offer comprehensive protocols to get their patients back to living and enjoying their lives again with personalized, rehabilitative guidance. Depending on the severity of the tear, they use three techniques for rotator cuff repair: arthroscopic, mini-open repair, and traditional open repair.



Christopher Dillingham, M.D., Charles Stewart, M.D., Philip Meinhardt, M.D., Christopher Sforzo, M.D.

Christopher R. Sforzo, M.D. is a board-certified orthopedic surgeon and fellowship-trained in hand and upper extremity surgery. He provides expert care in the treatment of problems involving the shoulder, arm, elbow, forearm, wrist, and hand. Including, carpal tunnel syndrome, joint replacement, fracture and tendon repair.

Christopher L. Dillingham, M.D. is a board-certified orthopedic surgeon and fellowship-trained in hand, shoulder, and arm surgery. He is an expert in the treatment of problems with rotator cuff disorders, carpal tunnel syndrome and nerve injury, joint replacement, arthritis surgery, fracture repair, tendon repair and total reverse shoulder surgery.

Charles E. Stewart, M.D. is a Johns Hopkins fellowship-trained and board-certified orthopedic surgeon specializing in adult complex reconstruction of the lower extremity. His specialties include lower extremity sports injuries, meniscal injuries, ACL reconstruction, partial knee replacement, total hip and knee arthroplasty (replacement), as well as, the reconstruction of failed hip and knee arthroplasties, and complete fracture care.

Philip A. Meinhardt, M.D. is a board-certified orthopedic surgeon and fellowship-trained spine surgeon. He specializes in adult spinal surgeries, including reconstruction of spinal deformities, minimally invasive/microscopic spinal procedures, decompression, spinal instrumentation, fusion procedures, and microscopic cervical disc replacements.

When you choose Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine, you can rest assured that you will be treated with respect, given the opportunity to ask questions, your options will be explained in detail, and you will be in the hands of experienced surgeons with the utmost integrity, receiving optimal care.

Surgical treatment

Arthroscopic Repair – Arthroscopic repair is done with small incisions (less than 1 cm), and the repair is accomplished via a small camera and monitor that the surgeon uses to view the shoulder injury. This is a more recent development in treatment of rotator cuff tears, and not all surgeons can treat tears by this method. The surgery to perform the rotator cuff repair generally lasts between one and two hours.

Open Repair – A larger incision of 6-10 centimeters allows the surgeon to visualize the torn tendon directly, and to repair the area through the incision with unrestricted access. Healing time is increased with this method due to the larger incision.

Mini-Open Repair – The mini-open method of repairing a rotator cuff involves both the use of an arthroscope, and a short incision to get access to torn tendon. By using the arthroscope, the surgeon can also look into the shoulder joint to clean out any damaged tissue or bone spurs. The incision is about 3-4 cm, and the recovery is somewhat less involved than the open cuff repair.

Recovery

Length of recovery will depend on several factors, including your level of strength before the operation and the severity of the rotator cuff disease/tear. For rehabilitation following a subacromial decompression, patients are placed in a shoulder sling following surgery, but they can begin shoulder motion quickly. Strengthening can begin within a few weeks, and sports can resume after the swelling has subsided. However, after the rotator cuff is repaired, physical therapy begins more gradually and with caution. Initially, the therapy is gentle so as not to affect the rotator cuff repair. Within four to six weeks, more active lifting with the arm begins. Approximately eight to 10 weeks after the rotator cuff repair, physical therapy will become more intense in an effort to strengthen the rotator cuff muscles. Complete recovery usually requires at least four to six months.

Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine are everything healthcare should be, and along with their elite expertise, they put their patient's needs first above all else.

Orthopedic injury and degenerative disorders are common conditions that millions of patients face. Whether your orthopedic condition needs surgery, minimally invasive repair, or regenerative medicine, choosing an orthopedic surgeon should not be something that is taken lightly. Ensuring the physician you select has the credentials and experience necessary is essential, and when it comes to healing your body, improving range-of-motion, functionality, and comfort level finding the best orthopedic surgeon is critical.

You have a choice when deciding on an orthopedic surgeon. It's essential for patients to do their research, look at real reviews and patient testimonials, and most importantly, to go with a physician or group that has the experience level and training necessary to improve their condition, restore their joints, and get them back to living the life they deserve.

Board certification and fellowship-trained doctors are the elite in the orthopedic industry. Their training, skills, and experience are superior, and it is a critical factor to consider when choosing an orthopedic surgeon.

Please call 941-378-5100 to schedule your appointment or visit www.sforzodillingham.com for more information.



SKIP & GAIL SACK

As a result of treatment - feeling great and enjoying life!

My wife and I consider ourselves very fortunate to have been treated by Sforzo | Dillingham | Stewart Orthopedics. Dr. Sforzo's assessment of my broken wrist and Gail's broken finger and rotator cuff damage was spot on. We both are physically as good as we were before our injuries. They are not only excellent and caring doctors, they actually see patients within minutes of the appointment time. Additionally, the staff is not only pleasant, they are cheerful and made us feel like we were among friends.

- Skip & Gail Sack



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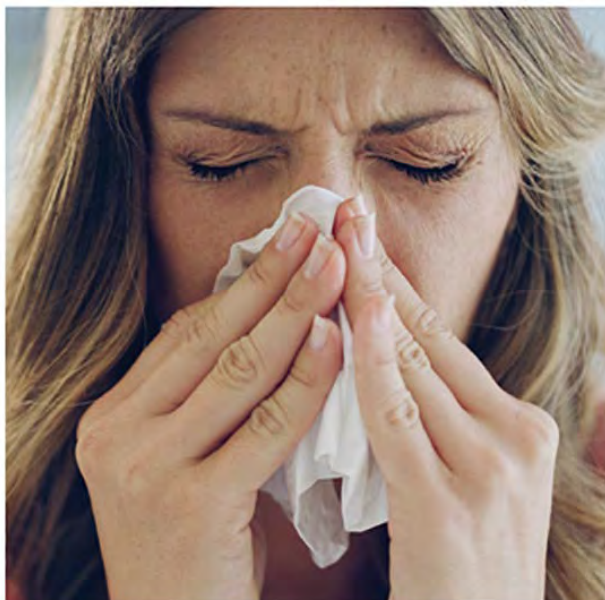
Master Herbalist Steve Frank

Treating Sinusitis Naturally and Effectively

If you suffer from chronic sinusitis and have been through multiple courses of antibiotics then you know the ills of the antibiotic approach. The antibiotics leave you with intestinal problems and often yeast infections while they only get rid of the sinus infection for 6 months or so. The next time it comes back, you have to try a different antibiotic and this one will cost more and make you feel worse. So why is this cycle escalating? Why aren't you winning the war when you frequently win the battles? Because the antibiotic solution does more harm than good. It shifts the fauna and flora of bacteria in your sinuses to the ones that are not so easily killed by the antibiotics and leaves you with a more formidable foe after each round. Additionally, the antibiotics are taken systemically, which means that they are coursing through your entire body when you only need them in your sinuses. This distorts all of the fauna in your body and can lead to a yeast infection. What's a sinus sufferer to do?

Glad you asked. The problem is two fold. First, you are fighting what is a symbiotic relationship of fungus and bacteria with an active agent that kills only the bacteria. Second, the active agent that you are using to kill the bacteria kills only some of the bacteria. The types that are not susceptible to your chosen antibiotic will take-over the feeding grounds of the ones that you have killed, leaving you with a fauna of germs that you cannot kill. This is really a recipe for how to take a bad neighborhood and make it worse by killing off only the weakest of criminals.

Let's explore the first point. Your sinuses are host to many fungi. They thrive on the muco-polysaccharides (mucus) that line your sinus passage and produce exotoxins that irritate the sinus membranes. Your immune system does its best to kill these invaders but this is a constant battle, for every breath that you take will contain bacteria and molds. What makes this problem worse is the fact that the fungus acts as a platform of insulation on which the bacteria can live and thrive. The bacteria can digest the conversion of the muco-polysaccharides by the fungus and live on top of them. In this manner, they are insulated from your immune system and from the drugs that you would take to reach them by distribution through your micro-capillary bed.



And so you see, approaching the problem of sinusitis with merely an antibiotic to kill the bacteria would be only half the solution. You need an anti-fungal as well to attenuate the population of molds (fungi) that inhabit your sinuses. For it is these molds that insulate the bacteria, keeping them out of reach of your immune system.

And now for the second part. It is very important to choose an anti-microbial that will kill ALL the bacteria. Antibiotics work in three discrete manners and can kill three different groups of bacteria. Each type of antibiotic will kill only a portion of the fauna leaving the survivors to take-over the sinus tissue that was abandoned by the bacteria which you killed. What you *want* is a broad-spectrum antimicrobial that kills all types of bacteria as evenly as possible so that you don't just kill the easy ones. And, an antimicrobial that will kill the fungus.

Ah, so you ask, "where can I find such an active agent that kills fungus and all types of bacteria?"

Glad you asked. Clinical studies have shown that an enhanced aqueous colloid of silver (EACS) of 35 parts per million or more, is able to terminate sinus infections in a week or less and this is far better than sinus surgery or antibiotics. What's more, it can be sprayed directly into the sinuses and so it doesn't have to be taken systemically. You apply it only where the infection is occurring; In your sinuses.

To reach the deeper sinuses, it is best to use a Neti Pot. You can fill your sinuses with the solution and then close off your nose with your fingers. Sitting this way for 10 or more minutes will kill more bacteria and fungus than a week of antibiotics.

Of course, since you have a sinus infection, the mucosal flow is pretty large. This will flush the anti-microbial from the area in less than 10 minutes. If it's not there, it's not working. *It is absolutely paramount to the success of this therapy that you spray every 20 to 30 minutes. Using the Neti Pot in the morning and evening for 10 minutes is also advised.* Bacteria and fungus can double in number every 20 minutes.

So you see, the balanced holistic approach to sinusitis rests with using the right active agent, in the right concentration, in the right place and with the right protocol. If this is done, you will attenuate the fungus and the bacteria while not shifting the fauna and flora. You will re-establish the balance of power in your sinuses. I suggest that you look for an enhanced aqueous silver colloid product that offers Sinus Relief or some Super Neti-Juice for your neti pot. Colloids that espouse concentrations of 250ppm and 500ppm are compounded (this ruins them) and in my testing have performed horribly. Look for 35ppm to 50ppm pure colloids.

Over the past 20 years, Mr. Frank has directed and participated in more than a dozen clinical studies, written numerous papers, articles and books relating to natural solutions for health. His many hours in the clinics and labs have generated patents on respiratory antiseptics and enhancement of colloids.



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NATURAL LONG-TERM RELIEF FOR DEPRESSION AND ANXIETY

How Neurofeedback Improves Brain Function and Mental Health

The first thing you can do is put yourself first and care for yourself. Your feelings are real and trust yourself to find a solution. Secondly, ask for help. One non-invasive, drug free answer may be neurofeedback. Anxiety and Depression are frequently related to brainwave imbalances in the brain, so a brain based solution makes sense.

Depression

Depression is frequently related to brainwave imbalances in the brain. Many people, suffering with depression, have an excess of Alpha brainwaves on the left side of their brain. Alpha brainwaves are normal, however, too many of them can create negative thought patterns, leading to depression.

Depression was one of the earliest clinical applications of Neurofeedback. According to leading researchers, when there is a brain imbalance there is the potential that a person is predisposed to become depressed more easily, to withdraw from other people, and to be anxious.

Neurofeedback training can eliminate these excess Alpha waves, which leads to a more balanced outlook on life, and a marked decrease in depression tendencies.

Anxiety & Panic Attacks

If worry, fear and apprehension are normal human emotions. Anxiety can be described as an extreme version of them. While these emotions come and go in most people, anxiety sufferers constantly live with these sensations, often limiting their ability to perform simple daily tasks.

Anxiety symptoms can also be generated by brainwave imbalance. For example, research has shown that an anxiety and panic attacks can be experienced when your brain goes too fast. This can be measured as an excess of Beta (high frequency) brainwaves, typically on the right side of the brain. Beta brainwaves occur naturally when you are thinking. However, most people with anxiety experience run-on thoughts. **If these repeating, negative thoughts get out of control, instead of just feeling anxious, you can develop a full-blown anxiety attack.**



Neurofeedback treatments for anxiety and depression appear very promising not only in bringing relief, but in modifying the underlying biological predisposition for these symptoms.

How Does Neurofeedback Eliminate These Symptoms?

To Begin, We Check Brainwave Activity. This is done using a quantitative EEG brain scan, also called a "brain map". This is a painless process that can measure the actual brainwave activity in real time. The goal is to determine where the brainwaves are imbalanced, and also how those imbalances may relate to your feelings of depression.

Patient Testimonial: A More Optimistic Outlook

"Thank you so much to The Brain Wave Center for the neurofeedback treatment. The experience is life changing & your support throughout the process very helpful. Overall, my outlook on life is more optimistic and enjoyable." - T S P

The Training Is Enjoyable

A neurofeedback training session is a relaxed, pleasant, enjoyable experience. All you need to do is sit comfortably, relax, and watch a video that you pick out. During the training session, the equipment measures your real-time brainwave activity using two small sensors placed lightly on the scalp.

The measurements taken during the session provide immediate feedback on how the brain is functioning. If you start feeling sad, and have negative thoughts, this will be measured as an excess of Alpha energy. When this happens the movie dims, and the sound goes down. Your brain responds to this feedback by creating new, healthier neural connections. **Over time, the continuous feedback helps your brain to create new neural pathways that allow you to think in a calmer, more positive manner.**

Patient Testimonial: A Family Affair

"Neurofeedback has worked so well for our adopted child that suffers from childhood traumas that both my husband and I have started using the training as well." -Sue C.

An All-Natural Solution

This is a natural learning process known as operant conditioning. Similar to learning how to ride a bike, this is a natural, easy way to teach the brain how to think better. Not only does it help to create change, but the improved neural connections represent a permanent improvement in the way your brain processes information. **So – No More Depression, Anxiety or Panic Attacks!**

Recent Neurofeedback Study

A study conducted by Resilient Retreat, asked The Brain Wave Center to participate as the neurofeedback researchers. The study looked at numerous modalities to decrease stress and depression in first responders and those that have undergone abuse or emotional trauma. The outcomes were significant. After Neurofeedback training and evaluation, there was a 52.79 decrease in depression and a 38.39% decrease in PTSD. There were also remarkable improvements in emotional responses including overall feeling that participants mattered to others, feelings of worth and importance, and emotional awareness and clarity to name a few.

A Better Brain Means a Better You!

The Brain Wave Center has helped many patients overcome disorders using safe, noninvasive, and drug-free relief from chronic issues including:

- ADHD
- Autism
- Anxiety / Depression
- PTSD / Stress
- Learning Disabilities
- Memory Loss / Brain Fog
- Concussion / Brain Injury
- Migraines
- and More

The Brain Wave Center Treats children and adults.

Find out today how neurofeedback can help you or a loved one. Call **941-552-4500** or schedule your **Free Initial Evaluation** online.

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THE DANGERS OF TEEN DEPRESSION: A New Study on Ketamine Efficacy

Adolescents and teens have purportedly become more depressed in recent years, but with the pandemic, the number of teens with mental health disorders has increased significantly.

A new report published by the Kaiser Foundation, found the following to be true about teen mental health during the COVID-19 pandemic.

- **One in three adolescents (31.9 percent) will meet the criteria for an anxiety disorder by the age of 18.**
- **A new poll finds many teens show signs of anxiety and depression.**
- **The restrictions of the pandemic have been felt across the board. For teenagers, restrictions have meant months of virtual learning, more time isolated from friends, and the canceling of important social activities like sports, school performances, graduations, and proms.**

Mental health disorders are exacerbated by stress. For teens the perceived stress of their parent's personal stress can lead to depression and anxiety. The stress of virtual learning, being away from friends and the pressures of social media have been intensified over the past year. Feelings of loneliness and despondency are the tip for the iceberg for this generation. These mental health issues are associated with both significant morbidity and mortality.

Many traditional therapeutics and drugs like SSRIs or mood stabilizers have a long list of side effects including the fact that they often stop working altogether. This is called treatment-resistance.

Ketamine in Adolescence

Although intravenous ketamine has shown efficacy in adult treatment-resistant depression, its efficacy in pediatric populations is unknown. In a recent study called, *Efficacy of Intravenous Ketamine in Adolescent Treatment-Resistant Depression: A Randomized Midazolam-Controlled Trial*, the authors conducted an active-placebo-controlled study of ketamine's safety and efficacy in adolescents.



Results: A single ketamine infusion significantly reduced depressive symptoms 24 hours after infusion compared with midazolam. In secondary analyses, the treatment gains associated with ketamine appeared to remain 14 days after treatment. In this first randomized placebo-controlled clinical trial of intravenous ketamine in adolescents with depression, the findings suggest that it is well tolerated acutely and has significant short-term (2-week) efficacy in reducing depressive symptoms compared with an active placebo.

Over the past ten years, Ketamine has been studied in patients with severe depression and PTSD. A rapid instantaneous effect takes place immediately upon the drug being dispensed intravenously. When a well-trained physician administers ketamine, it can help with symptoms like moodiness, chronic pain, decreased concentration, low self-esteem, impaired sleep, decreased sexual desire, diminished appetite and can even alleviate suicidal thoughts. During the treatment, the initial infusions usually take place over approximately two weeks with six infusions that are administered every other day.

In parts of the brain that control mood and emotions, ketamine infusion creates new connections in the brain. These new neurological connections help the brain to send positive signals to the psyche, along with beneficial physical conditions to the body. The effect is notable within hours, but most patients report the results are instantaneous. These astonishing changes can be seen on brain scans and imaging, and the results are long-lasting.

Source: <https://pubmed.ncbi.nlm.nih.gov/33653121/>

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

- Severe or Chronic Depression
- 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

Dr. Steven 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. Ketamine is a very good option for patients with severe mood disorders which have not responded to treatment modalities. Ketamine can also be extremely beneficial for certain chronic pain conditions."

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.



Steven Reichbach, MD
Board-Certified Anesthesiologist
President and Founder,
Gulf Coast Ketamine Center



Lolita Borges, RN
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PEYRONIE'S DISEASE

What is Peyronie's Disease?

Peyronie's Disease is a condition in which plaque formation occurs inside the penis. The plaque build up leads to a reduction in the elasticity of the tissues and the flexibility of the penis during erection, leading to curvature.

Prevalence and Impact:

Peyronie's Disease is estimated to affect up to 9% of men each year. It is more likely to occur in men over the age of fifty. However, the occurrence of Peyronie's Disease may actually be higher due to men's embarrassment about the condition and limiting reporting of disease. Therefore, this condition can cause a great deal of stress to patients, so detailed history and physical examinations are important.

Causes:

The cause of Peyronie's disease is not completely understood, however, it appears to be most commonly due to trauma or injury. Additionally, men who have a connective tissue disorder such as Dupuytren's Contracture, appear to have an increased risk of developing Peyronie's Disease. There is inconsistent evidence between the association of Peyronie's Disease and diabetes, high blood pressure, and high cholesterol.

Signs and Symptoms:

- Penile Pain with or without an erection
- Abnormal penile curvature
- Difficulty attaining or maintaining an erection
- Difficulty or complete inability to penetrate penis
- Palpable fibrosis plaque
- Indentation in the shaft of the penis

Peyronie's Disease can be divided into two phases. The acute phase usually last for the first 18-24 months. During this phase, penile pain can occur and some bending/curvature of the penis. The chronic phase is often characterized by stable plaque formation, and penile angulation. Erectile dysfunction is often related to the chronic phase.



Peyronie's Disease is often diagnosed on physical examination. No imaging study is mandatory for the diagnosis of Peyronie's Disease, however, under certain circumstances; additional imaging through ultrasound may be beneficial to locate plaque that not easily palpated on physical examination.

Treatment

Spontaneous resolution of Peyronie's Disease is unlikely to occur. This condition can remain stable or worsen over time. Treatment is based on how bothered the patient is by penile pain and the impact it has on patients sexual relations. The optimal treatment for Peyronie's Disease has not

yet been identified, however; there are a number of different options. Oral medications, injections, and surgical options are available depending on the severity of the disease course. The success of the treatment is measured by the degree of improvement in the penile curvature and plaque, and the return of sexual functioning.

It is always recommended to consult an experienced urologist to determine the best next step in the treatment of Peyronie's Disease.

Florida Urology Specialists

We aim to keep you healthy and well educated about your particular condition. Florida Urology Specialists provides educational seminars throughout Sarasota county, as well as resources and articles so that you are well informed and can make the most appropriate decision for your care.

Florida Urology Specialists' treatment teams develop an individual treatment plan for peyronie's disease, taking into consideration the patient's general health, and the patient's own preferences; among other factors. To find out more, please call (941) 309-7000.



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DO YOU HAVE CLAUDICATION?

Pain in the leg or calf while walking is often an indicator of claudication. The pain usually subsides rather quickly once a person rests for a period of time. Other symptoms are a weak pulse in the ankle or foot, hair loss on the legs and feet, burning or tingling in extremities, swelling of calves, dry skin, dark veins, ulcers on legs or feet, and shortness of breath. Claudication can also affect the arms.

Those with claudication have poor blood flow due to peripheral artery disease (PAD), which affects 8.5 million Americans. PAD is caused by plaque buildup, known as atherosclerosis. The arteries can become damaged by smoking, high cholesterol, high blood pressure, and insulin resistance (high blood sugar). When this damage occurs, the body begins a healing and regenerative mechanism that allows plaque to act as a bandage over the damaged arterial walls. This is dangerous for multiple reasons, but the two most detrimental are that the plaque can break off, causing a blood clot to form, leading to strokes or embolisms. And the other issue is narrowing of the artery, which blocks blood flow in the legs, arms, brain, and heart. These issues are often linked to unhealthy lifestyles, and PAD can also lead to other complications and comorbidities.

Maintaining a healthy diet is critical to keep your lipid levels in proper balance. A healthy diet will also support the vascular structures through nutrient and antioxidant-dense foods. The typical recommendation is a Mediterranean-style diet full of healthy fruits, vegetables, and lean protein. Preventing atherosclerosis, or the hardening of the arteries due to plaque buildup can be achieved through medications as well. However, if the blockage from PAD is severe and life-threatening, a medical procedure will be necessary to open and repair the artery to allow blood to flow normally again.

The following intensifies and may contribute to PAD

- Smoking
- High cholesterol levels
- High triglyceride levels
- High Blood Pressure (Hypertension)
- Diabetes
- Family History of PAD or heart disease
- Obesity
- Lack of exercise



Conservative Treatment Options

Lifestyle Changes: Changing ones diet, incorporating exercise and quitting smoking can help heal the body, and are especially important to incorporate after having a procedure.

Medications: These include, antiplatelet agents, blood thinners, cholesterol-lowering drugs, blood pressure medications, and medications that increase blood supply to the extremities.

Endovascular procedures

Atherectomy: A special catheter is placed through the blockage which debulks (removes) a component of the blockage. Several different catheters are available on the market, we use one that involves laser technology.

Balloon Angioplasty: This procedure can be performed for short areas of narrowing. A balloon is threaded into the artery and inflated, thus breaking the plaque and widening the artery. The balloon is then removed.

Stents: After balloon angioplasty some arteries will tend to collapse again. A stent is a small metal scaffold that is placed in the artery to prevent this narrowing.

Thrombolytic Therapy: Sometimes a blood clot can form on plaque causing a sudden worsening of the circulation. In some patients the doctor can pass a catheter into the clot and clean the clot out with a special medication.

If you or a loved one has any of the symptoms or risk factors discussed above, you should seek medical attention immediately. Making an appointment with a board certified vascular surgeon is advised.

Sarasota Vascular Specialists

All of the surgeons at Sarasota Vascular Specialists are board certified. Their practice is the premier medical practice in the Tri-county area dedicated to the treatment of patients with disorders of the veins and arteries. Unlike most vascular surgical groups, they are also uniquely trained and experienced to offer all forms of diagnosis and therapy including:

- Varicose veins, spider veins, deep venous thrombosis
- Carotid artery surgery and carotid stenting
- Medical management, angioplasty, bypass
- Thoracic and abdominal aortic aneurysms

Sarasota Vascular Specialists has an onsite lab to perform ultrasound and give rapid diagnostics. Their vascular lab can non-invasively diagnose all arterial and venous diseases. Their experienced vascular lab staff includes seven registered vascular technologists.

It's the first vascular laboratory in Sarasota to be certified by the Intersocietal Commission for the Accreditation of Vascular Laboratories. The lab was also featured as the gold standard facility by ABC Television's Prime Time when it evaluated vascular labs in Florida. They have over \$500,000 invested in state-of-the-art GE Ultrasound machines.

To schedule your appointment, please call 941-371-6565, or visit veinsandarteries.com to find out more.



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Sarasota
600 N. Cattlemen Road, Sarasota, Florida 34232



COVID-19, LUNGS AND SMOKING

C OVID-19, otherwise known as Coronavirus Disease 2019, is a disease that comes from a coronavirus—an upper-respiratory illness that can be transmitted from person to person.

It is common knowledge that smoking is bad for your health, however; the scientific and medical community is just beginning to understand COVID-19 and the health implications of smoking or e-cigarette use. While much is left to be learned about the health complications due to this virus, we do know that being a current or former smoker increases your risk of severe illness from COVID-19.¹



Know the risks:

1. Smoking can cause lung disease by damaging your airways and the small air sacs (alveoli) found in your lungs.^{2, 3}
2. Smoking can cause a higher risk of getting lung and chest infections in general.⁴

3. People who smoke have a higher risk of dying from respiratory infections such as influenza and pneumonia.⁴

4. Using e-cigarettes can increase your odds of developing respiratory disease by 95%.⁵

5. Smoking is a major cause of heart disease and lung disease. People of any age with severe underlying health conditions, like heart disease and lung disease, might be at higher risk for serious illness from COVID-19.⁶

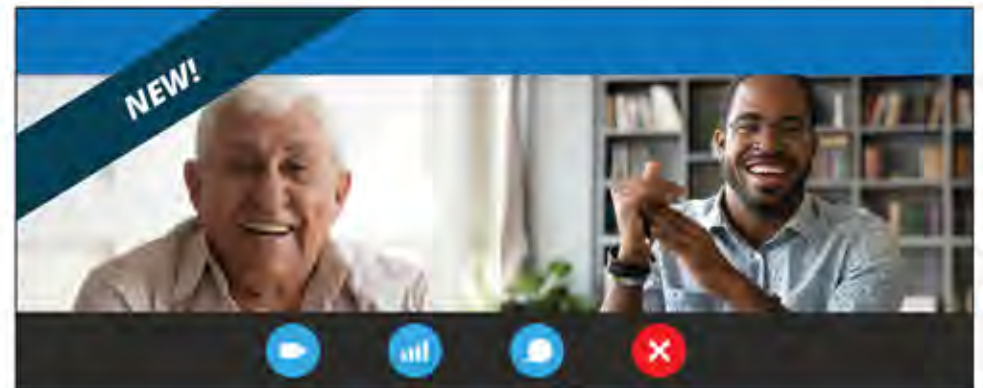
6. According to Dr. J. Taylor Hays, director of Mayo Clinic's Nicotine Dependence Center, the social behavior of smoking and vaping also can increase the risk of spreading the virus, as people who smoke or vape often-times do so in groups and are unmasked.⁷

We are here to help:

If you ever had a reason to quit smoking, here's another one. The best thing you can do for your health is to stop smoking. If you need help quitting, Gulfcoast South Area Health Education Center (GSAHEC), as part of the Tobacco Free Florida AHEC Cessation Program — offers free tobacco cessation sessions that are available to help someone quit all forms of tobacco. These group cessation sessions, held virtually and in-person, provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum or lozenges (if medically appropriate and while supplies last) are provided with the session. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist. Contact us today at **866-534-7909** or visit our page to schedule a class or learn more about the program!

Resources:

- 1 Centers for Disease Control and Prevention. Certain Medical Conditions and Risk for Severe COVID-19 Illness. October 2020. Accessed October 09, 2020
- 2 U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014 [accessed 2020 May 5].
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- 6 Centers for Disease Control and Prevention. "People at Risk for Serious Illness from COVID-19." Centers for Disease Control and Prevention, 10 Mar. 2020. www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html. Accessed April 3, 2020.
- 7 The connection Between Smoking, COVID-19. (n.d.). Retrieved April 13, 2021, from <https://newsnetwork.mayoclinic.org/discussion/the-connection-between-smoking-covid-19/>



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GULF COAST SOUTH AREA HEALTH EDUCATION CENTER



New Treatments For Knee Arthritis Now Available

By: Regenxx Tampa Bay, Non-Surgical Orthopedic Specialists

Knee arthritis affects more Americans than any other joint disorder in the United States. By age 60, an estimated 10 percent of men and 13 percent of women have knee arthritis. Knee arthritis and chronic knee pain often mean that you have to avoid the activities you love (from hiking to dancing to chasing the grandchildren), relying on over-the-counter pain medications, toxic steroid injections, dangerous narcotics, knee arthroscopy (which increases the likelihood of a knee replacement down the line), and knee replacement surgery. But new advancements in precise image-guide injections using bone marrow concentrate containing your own stem cells offer hope, healing, and pain relief for arthritis of the knee.

Symptoms and Treatments: How is Knee Arthritis Identified and Cured?

Arthritis of the knee, as with arthritis anywhere else in your body, is the result of chronic inflammation in your joints resulting in deterioration and degeneration of the structures in the knee. Common symptoms for knee arthritis include:

- Swelling and tenderness in your knee especially after activity.
- Unstable knee. Over time, ligaments can weaken and result in instability in your knee. This can cause a buckling sensation when you put weight on it.
- Poor, limited range of motion in your knee when doing everyday activities, such as sitting, standing, and walking.

If your doctor diagnoses you with knee arthritis, he or she may recommend a combination of medical interventions and lifestyle modifications. These may include:

- Low-impact exercise/Physical Therapy
- Losing weight if you're overweight
- Other treatments such as: Acupuncture, natural topical creams, and ice packs

Common medical interventions often start with taking over-the-counter pain medications like aspirin, ibuprofen, and other nonsteroidal anti-inflammatory drugs (NSAIDs). NSAIDs can temporarily help pain associated with arthritis but can lead to damage in the heart, kidneys, and GI tract over the long term (and sometimes even in the short-term) and do not improve long-term pain. More serious medical approaches often graduate to:



- Prescription pain drugs
- Injections, such as corticosteroid injections to temporarily reduce pain
- Surgery

Are Corticosteroid injections Helpful For Knee Arthritis?

Your doctor may recommend corticosteroid injections for knee arthritis. Corticosteroids are powerful anti-inflammatory agents that temporarily reduce inflammation in an arthritic joint. Unfortunately, corticosteroids are also toxic to cartilage and increase the rate of arthritic progression. In a recent 2020 study from The Bone and Joint Journal, patients with knee arthritis who underwent corticosteroid injections were compared to patients with similar levels of knee arthritis who did not have any steroid injections. The patients who were given steroid injections were more than 6 times as likely to undergo a knee replacement.

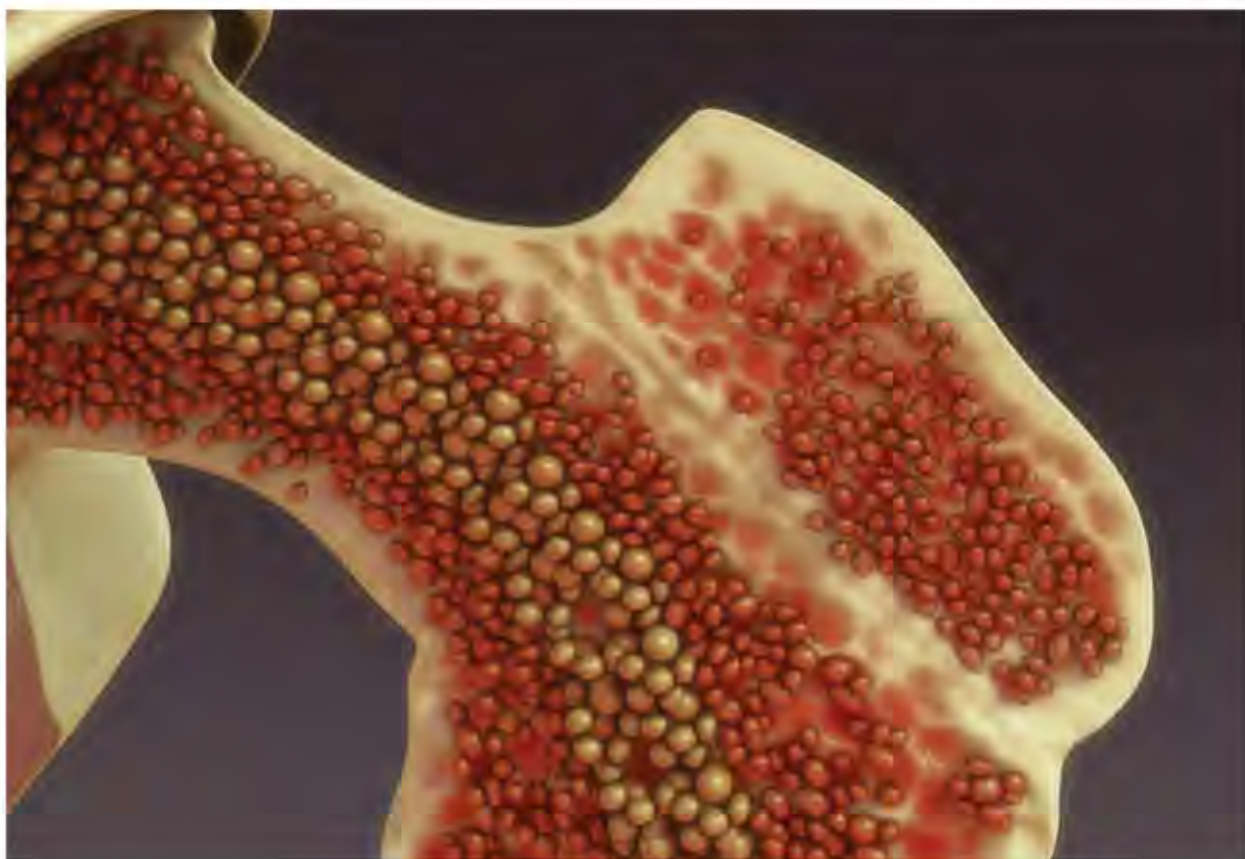
While helpful for knee pain in the short term, corticosteroid injections can actually worsen knee arthritis and pain over the long term.

Is Surgery the Right Answer For Knee Pain and Knee Arthritis?

Your doctor may recommend a knee replacement, which involves removing the damaged knee joint entirely and installing an artificial knee.

In fact, arthritis is the #1 reason for people to get knee replacement surgery or hip replacement surgery. However, most surgeons recommend joint replacement surgery be the last resort because:

- Knee replacements can wear out and may need to be replaced, which is an even bigger operation than the first
- There have been many "mechanical problems" and manufacturer recalls related to artificial joints
- May entail a long recovery process
- An artificial joint that becomes infected is a very serious complication that can lead to another joint replacement and long term IV antibiotics in the best case or can lead to leg amputation or death in more serious cases.
- More than one-third of patients who have a knee replacement still have some knee pain.
- Range of motion in the knee after the surgery is often reduced.
- Thankfully, a growing body of research is revealing new, cutting-edge approaches to knee arthritis, with many men and women finding the relief they need through various skilled orthobiologic procedures utilizing the person's own bone marrow concentrate, platelet rich plasma, and/or microfragmented adipose/fat tissue.



Bone Marrow Concentrate (BMAC) and Knee Arthritis

The premise is simple, yet the science is groundbreaking. Your bone marrow and blood get drawn through a patented same-day protocol, and your bone marrow concentrate, where your body's stem cells are found in highest concentration, is processed in a specialized lab.

Then, your BMAC and natural growth factors are injected under precise image-guidance using sonographic and X-ray devices directly into multiple tissue structures in your affected knee (eg. cartilage, ligaments, tendons, bone, meniscus). This provides more cells to the injured, degenerated, and inflamed joint than your body would otherwise send to the area, resulting in significant improvements in your knee pain and knee function within just a 2-3 months.

Unfortunately, the world of stem cell treatments is often referred to by scientists as a "wild wild west." The efficacy of "stem cell" procedures for knee arthritis and chronic knee pain means many companies have rushed to market with various health claims and procedures. Alas, many (if not most) of what you'll find on the market — such as the use of exosomes or umbilical cord "stem cells" — isn't backed by real research and in fact, is illegal to use.

When choosing a regenerative treatment for knee arthritis, it's critical that you look for a procedure

that's truly backed by science, and specifically peer-reviewed randomized controlled medical trials and other clinical trials.

When reviewing the published research, the science is clear: The most advanced and effective treatment for knee arthritis is from your bone marrow concentrate (BMAC) injected into the joint and sometimes into the bone.

In one study, BMAC injections into the knee joint significantly reduced the need for knee replacement surgery. Another study tracked patients for 15 years and found that BMC injections into the bone (near the joint line) also significantly reduced the need for knee replacement.

At Regenexx, this is the exact same procedure we employ in our clinics. These advancements in regenerative medicine and technology mean our Regenexx approach, overseen by expert technicians and clinicians who have been doing this for over a decade, is far more effective than the run-of-the-mill treatments offered by other providers.

If you suffer from knee arthritis and want to avoid costly and invasive knee replacement surgery, contact us today to learn how you can use these advancements in regenerative medicine to naturally and effectively target your knee health concerns.



Dr. James Leiber

James Leiber, DO, is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician

to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

Dr. Leiber specializes in Interventional Regenerative Orthopedics with years of experience and is honored to have been the first Regenexx Network Provider in Florida. In 2012, Dr. Leiber began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).

He is a published author, presenter, and is currently the program director for the Interventional Orthopedic Foundation.

He lives in Sarasota, Florida with his wife and teenage daughter. Dr Leiber travels regularly to Denver, to teach regenerative orthopedic techniques to fellow doctors, and to Grand Cayman, where he is also licensed to treat patients.

The other physicians at Regenexx Tampa Bay are:



Ron Torrance II, D.O. - Board Certified in Sports Medicine and recent co-author of *Exercise 2.0* for Regenexx and author of the 2018 best paper of the year on *The Concussed Athlete*. Dr. Torrance has achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete.



Ignatios Papas, D.O. - Specializes in Physical Medicine and Rehabilitation. He is a research collaborator with Columbia and Cornell University on multiple projects. Dr. Papas enjoys spending time with his wife and son, playing soccer, practicing guitar, and listening to historical podcasts.



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Nobody wants to hear it, but we will say it anyways.

The market is primed for a pullback.

We cannot know whether the sell-off will come next week, next month, or sometime thereafter. But it seems a market correction – an overall drop of 10% or more – is coming sooner than you think. And, frankly, we look forward to it after the irrational behavior we have seen in the markets recently. Of course, we are speaking mostly about the collaborative strategy retail speculators are using to squeeze short sellers from highly shorted stocks, like GameStop (GME) and AMC Entertainment (AMC)... with no regard for the fundamentals of the businesses or the fact that these companies are struggling holdouts of dying industries.

It is OK to make speculative bets on stocks from time to time. And if you have money to play with and want to make some "just for fun," gambler-style investments, that is your prerogative. But please remember... that is not what we do here.

At **Vimvest**, we think long term. We do not chase quick returns. We do not "trade" stocks. We *invest* in *Exchange traded Funds* based on deep study of the fundamentals – revenue, profitability, using science as our guide.

Market sentiment can move prices significantly in the short term. But it is the fundamentals that drive sustained stock price performance. You cannot simply wish them higher.

We are not calling a top or predicting a depression, but corrections are a normal and healthy part of a long-term rising market. That is why we see stock market corrections – like the one we had last year – not just as a healthy, natural part of the investing life cycle... but also as *an opportunity*.

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EARLY DETECTION SAVES LIVES:

WHAT YOU SHOULD KNOW ABOUT THE LATEST LIFE-SAVING TECHNOLOGY

The best way to conquer, fight and overcome any disease state is to have early diagnostic testing at the onset of symptoms, or as a preventative measure. Individuals with high-risk factors for coronary artery disease, or certain cancers are highly encouraged to have annual screenings for their specific disease states potentials.

RAVE RADIOLOGY

At RAVE Radiology, they put your health at the forefront of their mission, by investing in the latest most up to date technology available. RAVE, Radiology Associates of Venice & Englewood understand the importance of providing the best methods and the most advanced diagnostic tools for their patients.

RAVE is a radiology practice, which has been active for over 30 years. They currently consist of 10 board-certified radiologists, many of which have postgraduate fellowships with subspecialty training, all of whom have years of full-time experience. There are over 90 healthcare professions working with RAVE to provide the best possible radiologic services in Sarasota County. In addition to their personnel, they have some of the best radiologic imaging devices available. Superior visualization makes your diagnoses accurate and timely, preventing potentially dangerous delays in initiation of your therapy. At RAVE, you can have confidence you're getting top-notch professional assistance in your diagnosis and care.

CRITICAL CARDIAC TESTING

Cardiac Scoring is a Non-Invasive CT Scan of the heart, which calculates the risk of developing Coronary Artery Disease by measuring the amount of calcified plaque in the coronary arteries.

LEADING LUNG DISEASE DIAGNOSTIC TOOLS

CT Lung Screening: If you have been a heavy smoker, then you are at significantly increased risk of developing lung cancer. CT can find small lung nodules that might be cancer before any other test can detect them. If you are between the ages of 55 and 75, then national experts recommend you undergo low dose CT screening for lung cancer. These recommendations come from many groups of medical experts including the National Lung Screening Trial Research Team, the American College of Chest Physicians, and American Society of Clinical Oncology.

RAVE is committed to you and your family's health. If you wish to undergo a lung cancer screening, you should ask your doctor to order it, or you can contact RAVE directly to schedule an appointment.

THE DIFFERENCE BETWEEN MRI AND CT SCANS

MRI uses a strong magnetic field, radio waves and a computer. This enables MRI to make very detailed pictures of bone, organs, soft tissues and any other body structures. Differences between normal and abnormal tissue is often clearer on an MRI image than a CT.

CT uses a very thin unique X-ray beam to produce detailed, cross-sectional views of the area being studied. CT is often the preferred method of diagnosing causes of pain and many different forms of cancer.

KNOW YOUR RISK FACTORS

CARDIAC

- Smoking
- Atherosclerosis
- Family History
- Shortness of Breath
- Lethargy
- Chest pain
- Leg pain

LUNG

- Smoking
- Pollutants
- Asthma
- COPD
- Frequent Coughing
- Shortness of Breath and more...

ADDITIONAL RAVE DIAGNOSTIC SERVICES

- Magnetic Resonance Imaging
- 3T Wide Bore MRI (Open)
- Multi-Slice CT
- Cancer & Heart Calcium Screening
- MRA
- CTA
- P.E.T. (Positron Emission Tomography)
- Digital Mammography
- Nuclear Medicine
- Ultrasound
- Osteoporosis (Bone Density/DEXA) Evaluation
- Diagnostic Radiology/X-ray
- Non-invasive Vascular Testing



To find out if you're a candidate for CT Lung Cancer Screening, you can use the Lung Cancer Risk Calculator at <http://www.shouldiscreen.com>.

For more information on early diagnostic testing and screenings, please visit their website at www.RaveRad.com



www.raverad.com

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941-342-RAVE (7283)
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What Telemedicine Means for Florida

Telemedicine (also referred to as telehealth) has become the main medium for healthcare workers that are able to do so. Telemedicine refers to the practice of caring for patients remotely when the provider and patient are not physically present with each other. Modern technology has let doctors to consult patients by using HIPAA compliant videoconferencing tools such as Zoom, TheraNest, and VSee. Allowing patients to continue on with their scheduled appointments remotely has also been a positive for those that do not find the experience comfortable. Telemedicine also allows patients, as well as doctors, to save themselves the commute to the office. This also allows doctors, specifically specialists, to potentially see new patients from across the state (or country for other fields) where they otherwise would have to travel long distances to do so. Patients who are home-bound also now have many more options to choose from as they were previously limited to doctors who do home visitations.

Policies vary widely state by state but Florida has been lenient in allowing telemedicine to continue on until May 8th. With that in mind, many wonder if the state can take advantage of this new medium in the medical marijuana world especially given the unknown of when we will see normal everyday life start to return. Hopefully telemedicine will be implemented across the country, even in non-medical marijuana fields, as it has its clear advantages to both the doctor and patient.

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KETOGENIC DIETS IN REVERSING COGNITIVE DECLINE INCLUDING ALZHEIMER'S DISEASE

Over the last several years we have come to learn more and more about the role nutrition plays in not only the creation of Cognitive Decline conditions including Alzheimer's, but also in their reversal. Based on research at UCLA and The Buck Institute, we have discovered at least 36 different conditions which are at the Root Cause of developing Cognitive Decline of all types. These 36 conditions can be grouped into the following six categories:

1. Inflammation
2. Blood Sugar Regulation (Diabetes)
3. Trophic (Optimal Nutrition and Hormone Support)
4. Toxins (Mercury, Lead, Mold, etc.)
5. Vascular (Stroke)
6. Trauma

By the time the average person begins forgetting a word here and there, they can have 10 or more of these 36 "drivers" actively damaging their brain. A Ketogenic diet can profoundly impact all of these factors, especially inflammation, blood sugar regulation, detoxing toxins, and reaching optimal nutrition levels.

What is a Ketogenic Diet?

It's fascinating to see all the recent interest in ketogenic diets in the form of books and social media. While many people think "Eating Keto" is something new and innovative, we have been using ketogenic eating to assist in conditions like Cancer and Epilepsy for thousands of years.

The ketogenic diet as we know it today involves a significant reduction in carbohydrates, keeping proteins at a moderate level, and a simultaneous increase in healthy, good quality fat. Healthy fats convert to an energy form called "Ketones", and your brain will use whatever quantity of Ketones you produce. Ketones are a clean form of energy and your brain loves them.

Switching to a Ketogenic way of eating, is a lifestyle change you can make which can have a profound effect on all six of the types of Cognitive Decline. Your brain is made up of approximately 60% healthy fats, so feeding it what it is made up of makes sense.



How Does eating a Ketogenic Diet Help the Brain?

1. Ketogenic diets dramatically reduce inflammation, which is the fundamental mechanism underlying all of our chronic degenerative conditions. Inflammation is primarily driven by high carbohydrate diets. Carbohydrate is a fancy word for sugar. Sugar of all types is inflammatory.

2. Ketogenic diets increase GI or digestive efficiency. When our bodies are inflamed, the inflammation spreads into all of our systems including the GI system. Gut inflammation leads to a decreased ability to absorb nutrients, vitamins, and minerals from our food, which can ultimately lead to the Trophic type of Cognitive Decline.

3. Ketogenic diets increase insulin sensitivity and lowers blood sugar. Decreased insulin sensitivity sets the stage for Type 2 Diabetes, coronary artery disease, and Dementia including Alzheimer's. Going aggressively low carb and increasing healthy fats has a dramatic effect on lowering blood sugar and increasing insulin sensitivity.

4. Ketogenic diets help increase energy levels. Shifting brain cell metabolism away from sugar in favor of burning ketones is one of the most effective ways of improving cognitive function, energy levels though out the day, and even sleep quality.

5. Ketogenic diets help people lose unhealthy weight and is far superior to a low-fat program in terms of controlling hunger, regulating appetite, and weight loss.

6. Ketogenic diets keep our genes healthy by reducing free radicals. Free radicals are the by-product of energy production by the mitochondria, which is the energy powerhouse within our cells. When mitochondria are burning sugar, the amount of damaging free radicals produced is significantly

greater than when mitochondria are burning ketones for fuel. Free radicals are molecules which can damage protein, fat, and even our DNA.

As you already know, mainstream medicine largely considers Cognitive Decline including Dementia to be unpreventable, incurable, and progressive based upon years of clinical observation and hundreds of failed pharmaceutical trials. Alzheimer's is currently one of the top causes of death globally. Conventional medicine has spent billions of dollars, and still currently only have a handful of medications which do nothing to stop the progression of the disease process and may even hasten Cognitive Decline, despite a short-lived improvement in symptoms.

By adopting a Ketogenic Diet, you can have an active role in effectively addressing Inflammation, balancing Blood Sugar Regulation and optimizing your Nutrition. Also, by eliminating sugar as a toxin, you support the detoxification process of all other toxins out of the body.



Dr. Garland Glenn is the founder and clinical director of The Carroll Institute where we focus on reversing the symptoms of Cognitive Decline including Alzheimer's Disease. By using specialized and proprietary DNA and Lab testing, we are able to identify exactly what factors are attacking the brain. Once these are identified and prioritized, we develop a program, unique to each patient, which resolves each one.

Who is our program for?

Our protocols are for everyone, from those who want to be proactive and prevent Cognitive Decline, to those already suffering early-stage Alzheimer's. The Carroll Institute's ReCODE (Reversing Cognitive Decline) Program is unlike any other. Each person is treated like the individual they are.

Dr. Garland Glenn is an international speaker with a global patient base. He is certified in both Reversing Cognitive Decline (ReCODE 2.0) and Functional Neurology. He believes it is possible for people to enjoy their lives at 95 as much as they do at 25.

Maintaining cognitive function is the key to living better longer.



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Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

VAX-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.

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Lakewood Ranch, Sarasota 34240

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 and runner up for 2020.



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More Than Just a Pharmacy: Learn More About Compounding & Sarasota Compounding Pharmacy's Numerous Options to Enhance Your Health

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

Compounding

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 and patients 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".

Our compounding professionals can prepare

- Unique dosage forms containing the ideal dose of medication for each individual.
- Medications in dosage forms that are not commercially available, such as transdermal gels, troches, "chewie's", and lollipops.
- Medications free of problem-causing excipients such as allergens, dyes, sugar, lactose, or alcohol.
- Combinations of various compatible medications into a single dosage form for easier administration and improved compliance.
- Medications that are not commercially available.



Quality Compounding Maximizes Therapeutic Outcomes

The efficacy of any formulation is directly related to its preparation, which is why THE SELECTION OF YOUR COMPOUNDING PHARMACY IS CRITICAL. Ongoing training for compounding pharmacists and technicians, state-of-the-art equipment, and high-quality chemicals are essential. Experience and ingenuity are important factors as well. When modifying a formula or developing a unique preparation, the compounding pharmacist must consider physical and chemical properties of both the active ingredient and excipients, solubility, tonicity, viscosity, and the most appropriate dosage form or device for administering the needed medication. Standard Operating Procedures should be in place and appropriate potency testing should be performed.

Our compounding professionals can formulate suitable medications as sublingual drops, oral and nasal sprays, lollipops, rectal solutions and suppositories, and other customized dosage forms. Please contact us to discuss your needs and medication problems.

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Speaker:
Sara Hover, RPh, FAARM
PCCA Clinical
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Sara Hover, RPh, FAARM

Sara has been a compounding pharmacist for more than 20 years and with the PCCA Clinical Services team since 2013.



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How Do You Know if You're taking the Right Supplements and Vitamins?

What is Nutrigenomic (DNA) Testing? It's a simple test that requires swabbing the inside of our cheek with a soft bristled swab. This provides the DNA to access your genes and receive results. It takes 7-10 days for results. This personalized report is a comprehensive solution for safer and more targeted nutritional recommendations based on the individual's DNA. This test is only available through Genomix Nutrition Approved Providers.

More than 75% of all patients have significant genetic variations in the most important nutritional metabolism pathways. Why spend your money on nutritional supplements without scientific proof of nutritional need or benefit?

Micronutrient Testing

Are you taking too many supplements? Not enough? Nutritional status is a vital foundation of health and performance. SpectraCell's micronutrient testing is an innovative assessment of nutritional status. Unlike traditional serum, hair and urine tests, SpectraCell's tests evaluate how an individual's white blood cells respond to varied environments of over 33 vitamins, minerals, amino acids and antioxidants. As a result, individual differences in metabolism, age, genetics, health, prescription drug usage, absorption rate or other factors are taken into consideration.

Saliva and Blood Spot Testing

At Sarasota Compounding Pharmacy, we offer minimally-invasive hormone testing. The simplicity of sample collection, using saliva and blood spots, and the stability of samples in storage and



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Low-Dose Naltrexone (LDN)

Individuals who suffer from symptoms of gastrointestinal, autoimmune, dermatological and pain conditions make up 80% of the patient population. The good news? Low-dose naltrexone has been studied recently as a potential treatment option.

LDN increases endorphins, which are known to enhance immunity. How does this mechanism work? By blocking opioid receptors, the brain receives a signal that endorphins are low and begins to increase endorphin production.

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Omeza® Aims to Heal Wounds and Help Patients Recover: Innovative Products & A Local Clinical Trial

Ask the majority of adults today how important omega fatty acids are, and they are sure to have an opinion on taking oral supplements or incorporating cold-water fish, krill, or algae into their daily diet.

Several researchers, physicians, and key thought leaders in wound care began to develop prototypes based on omega fatty acid profiles to reduce inflammation, enhance blood flow, and address biofilm and its capability to treat non-healing wounds. Once they perfected their core formulations' ability to protect skin and form microstructures within wounds without becoming oxidized, they knew they had a topical treatment that physicians, nurses, home health workers, wound care specialists, and patients were longing for—it's called Omeza®.

For individuals that have experienced non-healing wounds, the treatment options and outcomes can be lengthy, disappointing, and expensive. When it comes to venous leg ulcers or diabetic foot ulcers, these can be life-threatening and, in many cases, lead to complicated procedures or amputation. Omeza® offers hope and real-world results with care plans custom-designed with leading physicians and researchers to repair and protect wounds and assist in pain reduction.

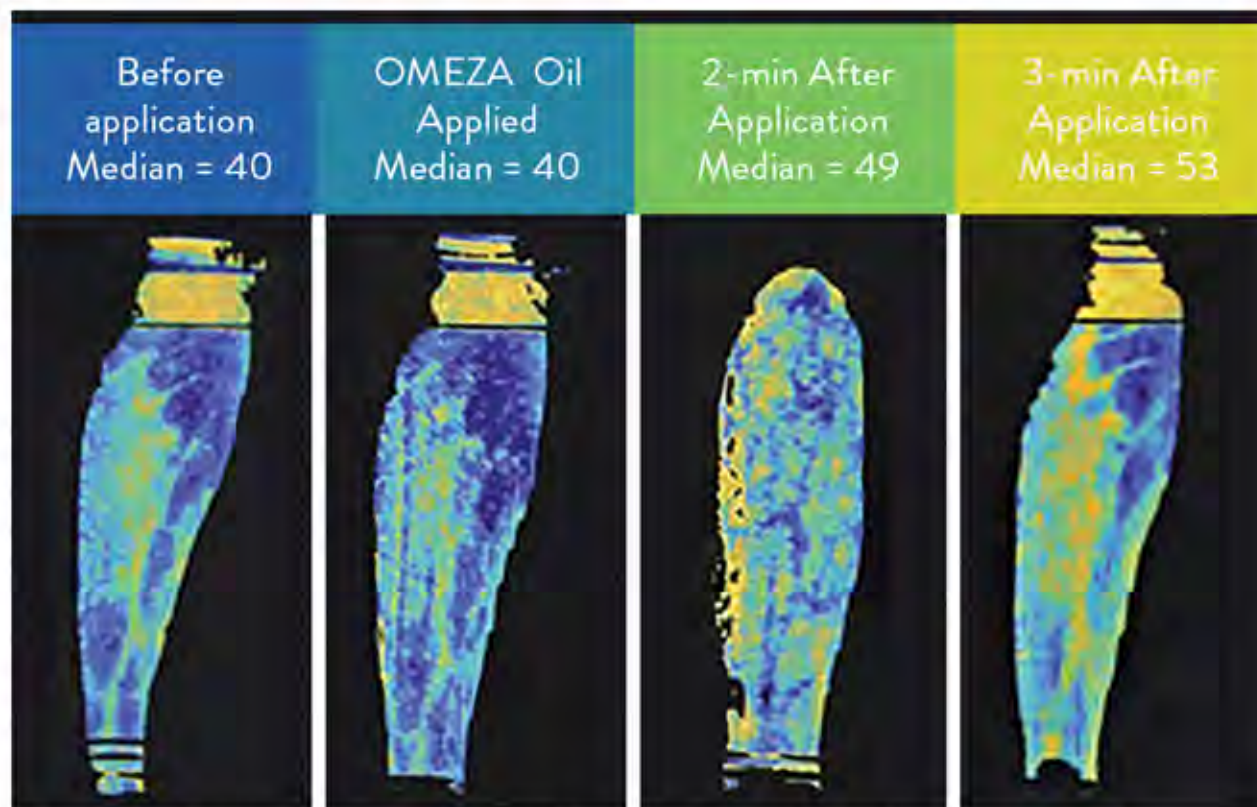
We caught up with Omeza's Chief Operating Officer, Sarah Kitlowski, and Chief Medical Officer, Dr. Desmond Bell, to find out more about their products and clinical trials.



OMEZA® CLINICAL TRIALS
Sarah Kitlowski, President and Chief Operating Officer

"Omeza's largest focus is to help all patients, including those who are unable to get to a wound care clinic, patients with mobility issues, patients without insurance, and those who want to treat their wounds in the convenience of their home.

"We have four clinical trials around the country and soon, one here locally in Sarasota. The Sarasota trial is an expanded indications trial, studying multiple types of wounds, including non-healing ulcers, traumatic injuries, and pressure wounds to name a few. We want to allow access to Omeza® and its remark-



Above: Spectral imaging measuring oxidation and hemoglobin after application of an Omeza oil on a leg

able ability to treat and repair wounds to as many patients as we can.

The trial offers flexibility for patients to participate under optimally safe and supportive conditions for them, such as visiting a clinic in-person, virtual telehealth appointments, or a combination of both."

OMEZA® PRODUCTS AND EFFICACY

Dr. Desmond Bell, DPM, CWS and Chief Medical Officer



"Years ago, when we first developed Omeza®, we did a small study on diabetic patients with poor vascularization and significant non-healing ulcers, and the results were impressive."

"Many times, you'll hear home health care workers refer to their "Mary Poppins Bag" for wound care treatment because they never know what patients need, but in our clinical trials, we are studying three advanced products that all do different things depending on the patient's needs. These include a skin

protectant, a lidocaine lavage, and a collagen matrix. The collagen matrix, when applied to the wound, provides a biocompatible matrix to support the body's natural wound healing process. With our lidocaine lavage, we can alleviate the painful, fear-driven aspect of wound care, which helps them stick with the treatment and benefit from the unique healing properties of Omeza®."

"Additionally, there is an opioid epidemic, and many physicians got caught up in trying to help patients combat painful wounds, but with our lidocaine products, the pain is controlled, and the outcomes are remarkable. It's also important to note that opioid pain medications can slow wound healing as another undesirable side effect.

"Our skin protectant helps with and addresses the skin of the entire limb or area surrounding an existing wound. We've studied what occurs after application, using a special spectral imaging camera to measure oxidation, hemoglobin, and vascularization as Omeza® is absorbed into the skin. The results are significant. Even bruises and pooling blood have been diminished with the use of Omeza®. Our patented, topically applied formulas

focus nutrients directly to the area of skin concern. There is no other product providing results like this."

WHY NOT ANY FISH OIL?

Sarah Kitlowski, President & Chief Operating Officer

"Could someone open a fish oil capsule, apply it to a wound and get the same results as Omeza®? Unfortunately, it's not that simple. Omeza® was developed by incorporating key fatty acid ratios and calibration of surfactants to create a product that would not fully oxidize before absorption. It is bio-available and readily absorbed by the skin through specific structural capabilities. Although EFA and DHA are incredibly beneficial in many ways, it's been shown that you can't eat enough fish or take enough supplements to get the same benefits as a topically delivered omega-3. The Omeza® technology is designed to be truly life-changing."

IS OMEZA® RIGHT FOR YOU?

Omeza® end-users are people who have or are at risk for developing chronic wounds due to diabetes, obesity, chronic venous insufficiency, peripheral artery disease, autoimmune disease or other comorbidities. Current standard care is ineffective, with wound closure hindered by biofilm, excessive debridement, and inadequate provider training that results in stalled wounds and expensive, often ineffective advanced wound care treatments. These wounds frequently result in costly hospital admissions and amputations.

WHAT MAKES OMEZA® PRODUCTS DIFFERENT?

- Products are anhydrous (without water) for calibrated moisture management
- The patented omega-3 formulas deliver topical nutrients without oxidization



Above: Omeza's products are designed to work with current standard of care treatments including compression therapy and off-loading devices

- As wound care leaders, Omeza has focused on repairing the hardest to heal wounds

THE FUTURE OF OMEZA'S SARASOTA CLINICAL TRIAL

Florida Primary Physician Dr. John Yee of Florida Primary Physician is Sarasota's local sub-investigator for the clinical trial. The study, called An Open-Label Pilot Study to Evaluate the Omeza® Treatment Bundle in the Management and Treatment of Chronic Cutaneous Ulcers of Multiple Etiologies, will take place over a period of 12 weeks per patient.

Says Sarah Kitlowski, "We are incredibly excited to be working with Dr. Yee for this study, as his focus in treating the whole patient, coupled with industry experience in wound care, makes him a great partner. The Sarasota area has recently become a hub of healthcare innovation, with numerous clinical trials and researchers in the area, and we look forward to this next stage of growth."

To find out more about Omeza®, please visit their website at omeza.com.



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"Now, whenever we have any kind of scrape, whether it's from yard work, or a cut, we both reach for the Omeza Lidocaine."

ARTHRITIS AND THE AGING POPULATION



Some of the common arthritic symptoms are joint pain, stiffness, warmth, immobilization, and loss of range of motion, fatigue and inadequate blood flow. Two of the main types of arthritis are Osteoarthritis (OA) and Rheumatoid Arthritis (RA). With Osteoarthritis, wear and tear damages the cartilage in the joints and causes friction between the bones rubbing together. Injury or infection usually causes Rheumatoid Arthritis. RA is an autoimmune disease that causes the body to attack its own lining of the joints and membranes; this results in painful swelling and inflammation.

Arthritis causes significant inflammation of the joints. When arthritis affects the neck, back, hands, feet or hips, difficulties arise when trying to get through even the most menial daily tasks. The surrounding muscles begin to tighten as they try to overcompensate for the pain and protect the injured area. These tight muscles can create tension headaches, stiff joints, and impinged range of motion. Although exercising can be extremely beneficial for arthritis, the thought of movement is too much for many individuals. As time goes on, arthritis can make it difficult to maintain a normal lifestyle and perform the tasks necessary to live a high-quality of life. It also can lead to other interrelated conditions, such as hip and knee issues. If an individual needs a joint replacement procedure, learning to get around in an optimal manner, can require home health care.

McKenney Home Care provides exceptional in-home health services and client-centered care. With a passion for maximizing the quality of life of their clients and their families, they are driven to ensure social engagement and specialty services during all stages of life.

For Individuals with arthritis, joint replacement, and other disorders that make it difficult to maintain daily tasks safely, McKenney Home Care delivers enriched specialized training for its caregivers working with these patients and their specific medical needs. In addition to specialized videos and manuals, McKenney personally educates the caregivers involved in helping their loved-one at home.

Seniors face many challenges as they age. If you or a loved one could benefit from assistance, it's important to seek help as soon as possible from a reputable home health care company.

McKenney Home Care is a trusted home health care provider. They specialize in medical care that fits your needs in the comfort of your own home. They have a highly-trained, experienced, licensed staff who are passionate about giving genuine care to their clients.

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.



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

By Dr. David S. Zamikoff

With 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.¹

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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Dr. David Zamikoff and Natural Healing Arts Medical Center - a professional Bradenton Chiropractic and Medical office. In practice as well as online, Bradenton Florida 34209 chiropractor Dr. Zamikoff strives for excellence through superior patient treatment, education and satisfaction.

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Finally, after all these years of research there is a Medical Break-through 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.
(Adjacent to SMH Urgent Care)

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.

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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!"

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When You Partner With Physicians Rehabilitation Experts, You Receive Elite Treatment in Multiple Disciplines of Care

Physicians Rehabilitation specializes in the diagnosis and treatment of acute and chronic pain. Some of the most common conditions we treat here include osteoarthritis of the knee, shoulder, elbow, fingers, feet, back, neck, strains and sprains, herniated discs, bulging discs, spinal stenosis, failed back surgery syndrome, facet arthrosis and soft tissue injuries.

Our care combines the unique talents of medical doctors, physical therapists and wellness specialists all under one roof. This team approach provides you with the unique opportunity to benefit from the highest quality of health care services to help restore each patient to optimal health and well-being. A completely individualized program will be designed utilizing the most advanced combination of diagnostics and treatment options available.

Stem Cell Therapy

Stem cell therapy offers the opportunity to repair and heal worn out and damaged tissues naturally, without the need for surgery. Stem cells modulate the immune response to injury, regenerate musculoskeletal tissues and prevent tissue damage. The result is improved mobility, better quality of life and better outcomes.

Platelet Rich Plasma (PRP) Therapy

PRP therapy is a revolutionary treatment to eliminate pain caused by injuries of the muscles, tendons and ligaments, and osteoarthritis. PRP initiates wound healing, and tissue repair. In essence, it is biologically enhanced healing, using your body's



natural healing capabilities. PRP provides a long-lasting solution for pain and symptom relief of soft tissue injuries.

Spinal Decompression

Spinal decompression therapy is a medical technology that gently stretches the spine and decompresses discs. The injured disc is located and gently pulled, creating a vacuum, which allows the disc to be "pulled back in," taking the pressure off the nerve. Spinal decompression therapy treatment is able to reduce the pressure in the disc, allowing fluids and nutrients to re-enter the disc, thus reducing swelling and relieving the pressure on irritated or pinched nerves.

Physical Therapy

Your body is much like a machine. If it is in good shape, it works well. However, many things can arise to inhibit, interfere, or even disrupt the proper functioning of the body's muscles, bones, and joints. When that happens, you need a physical therapist from Physicians Rehabilitation to get you back in the action.

Bracing

At Physicians Rehabilitation we utilize braces for back, neck and knees for pain relief, to allow healing and provide support during treatment. Bracing provides support to the weakened body area by decreasing stress to lessen pain, allow healing and increase mobility.

PATIENT TESTIMONIALS

Improved Golf Game

"My pain level was extreme...I just couldn't walk. I came to Physicians Rehabilitation because I was told elsewhere surgery was my only answer. WRONG! Physicians Rehabilitation is my TRUE answer! Thanks for saving me!"— Mary Lou R.

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We are a leading provider of nonsurgical orthopedic solutions in the Florida. We cater to patients of all ages and lifestyles who are at their wit's end with symptoms of osteoarthritis and other debilitating joint conditions. If you're ready to find meaningful relief from your knee pain, we encourage you to consult with our board-certified physicians about your nonsurgical treatment options – even if other doctors have told you that surgery is the only answer.

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Physicians Rehabilitation will answer all of your questions in a warm, friendly environment. Once complete, you will know exactly what your treatment options are and if our various therapies and our specialized rehab program is right for you.

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Slowing the Pace of Your Life

By Pastor Timothy Neptune

Remember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

²In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.
Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹²I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³I can do everything through him who gives me strength.* Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: *"But godliness with contentment is great gain. ⁷For we brought nothing into the world, and we can take nothing out of it.* 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things.

Contentment means this: I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.

Jesus said it like this, *"Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."* Luke 12:15

If you find yourself making statements like this:

- **My life is a rat race.**
- **I don't know how I'm going to get it all done.**
- **I am just so exhausted.**
- **I don't know how much more of this I can take.**
- **I just want to escape.**

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.



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