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Health & Wellness[®] MAGAZINE

June 2021

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Injured Sarasota Woman Returns to Skiing and Riding Within Two Months

By Heidi Smith, Contributor

The first time Priscilla Gratton injured her knee, she was 13 years old, roller-skating with friends. The next time, she was an adult playing tennis. Both injuries required surgery, so at age 66, the physically active Sarasota woman wasn't surprised that her knee became painful, with clicking and popping sensations.

"Then one day, I was just walking along, and my knee gave out. I hit the deck," Gratton recalled. "I had plans to go skiing with my family in a couple of months, and I wasn't going to miss out because of my knee."

A family member recommended North Port orthopedic surgeon Jason Collins, M.D., with Gulf Coast Medical Group. Dr. Collins is a board-certified member of the medical staff at Venice Regional Bayfront Health. He specializes in sports medicine and minimally invasive treatments for joint preservation.

"We generally start with conservative, non-operative treatments," Dr. Collins explained. "If the injury requires surgical treatment or a patient doesn't improve with conservative approaches, then we look at minimally invasive surgical procedures. Our goal is to return patients to full function, including athletics, as quickly and painlessly as possible."

"When someone is very active and has pain and clicking in the knee, we're concerned about the meniscus, which is the knee's shock absorber," Dr. Collins continued. "When I examined Priscilla, she felt tenderness where the knee bends. Manipulating her knee, I could replicate the clicking and popping. An MRI showed a fairly large, loose body (fragment of bone) in her knee and a small tear in the inner meniscus."

Dr. Collins and Gratton discussed arthroscopic surgery, in which the surgeon uses minimally invasive techniques to go inside the knee to make repairs. Gratton was eager to move ahead so she could recover in time for the family ski vacation.

Courtesy Venice Regional Bayfront Health



Priscilla Gratton returned to her favorite activities, including horseback riding and skiing, in less than two months after minimally invasive surgery on her injured knee.



"Dr. Collins was so sweet and scheduled my surgery almost immediately," said Gratton, whose outpatient surgery was performed at Venice HealthPark. "I think Dr. Collins is awesome. He has a great personality and is very caring. Everything with the surgery went so smoothly."

Dr. Collins described the bone fragment to be like a marble in Gratton's knee. "I removed the fragment and trimmed the meniscus where it had a small tear. I saw Priscilla a week and a half later, and she was doing well. All of her symptoms were resolved or significantly improved. I saw her again just before her ski trip and told her as long as she was careful, she could ski."



Less than seven weeks after arthroscopic knee surgery, Gratton was skiing intermediate runs with her family in the Colorado Rockies. She has since returned to her other favorite activities – horseback riding, golf and tennis.

"As active as I am, I didn't need to go to rehab (rehabilitative therapy)," Gratton said happily. "When I got back to riding after this surgery, it felt better to ride. My knee joint feels much looser than before. I have the flexibility back. I ride two horses in the mornings and play golf or tennis in the afternoons."

Dr. Collins said with sports medicine, the focus is on keeping active patients happy and healthy. "Priscilla went from barely being able to walk to getting back to all her activities," he said. "That's what we hope for when we treat these patients."

Dr. Collins sees patients at Gulf Coast Medical Group in North Port.

To schedule an appointment, call 844-406-1007.

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KETAMINE FOR LYME DISEASE, MOOD AND PAIN MANAGEMENT

By Steven Reichbach, MD

Each year about 30,000 new cases of Lyme disease are reported. According to the CDC, other methods of tracking suggest that number is actually closer to 476,000 diagnoses each year. Lyme disease is a debilitating disorder. Neuropathic pain syndromes are the root cause of many individuals' chronic discomfort. Neuropathic pain syndromes are related to many disorders including Lyme disease.

Lyme Disease

The initial symptoms of Lyme are flu-like symptoms, joint pain, muscle weakness and brain fog. Lyme disease can cause significant disorders including neurodegenerative effects. If Lyme disease isn't promptly or effectively treated in the first two stages, late disseminated Lyme occurs weeks, months or even years after the tick bite. The Lyme bacteria have spread throughout the body and many patients develop depression, chronic arthritis as well as an increase in neurological and cardiac symptoms.¹

- Arthritis in joints or near the point of infection
- Severe headaches or migraines
- Vertigo, dizziness
- Migrating pains that come and go in joints/tendons
- Stiff, aching neck
- Sleep disturbances, insomnia
- Disturbances in heart rhythm
- Mental foginess, concentration issues
- Numbness in the arms, legs, hands or feet
- Problems following conversations and processing information
- Bone infections
- Severe fatigue

Due to the pain and other symptoms associated with Lyme, it can cause psychological distress. Many patients succumb to using pain and antidepressant medications. Pain medications and antidepressants have adverse side effects and also, in many cases, show signs of cognitive decline in long-term use the other issue with standard pain medication is that they, more often than not, become ineffective and are unable to mask the pain signals. This is called treatment resistance. Pain medication and antidepressants don't treat the health condition; They merely mask the pain by disrupting the signals to the brain.

ONE OF THE MOST PROMISING ALTERNATIVE METHODS IS KETAMINE IV THERAPY

How does ketamine work?

Ketamine is an NMDA receptor antagonist. Through this mechanism, it is able to modulate the neurotransmitter glutamate. This, in turn, leads to a cascade of events that can allow for "hardwired" changes in the brain which may result in lifting of depression, reductions in anxiety as well as improvements in other mood disorders. It also allows for a "resetting" of the pathways responsible for central pain, which is a large component of chronic pain in many patients.

Lyme and Ketamine Study

A recent double-blind, randomized, placebo-controlled clinical trial was conducted to evaluate the efficacy of IV ketamine in patients with treatment-resistant depression.¹⁵ These investigators reported that IV ketamine was effective at reducing depressive symptoms in this patient population. The results of our case report and evidence from similar studies and preceding case reports substantiate the antidepressant efficacy of ketamine.^{4,16-18} To our knowledge, there have been no other reports in the literature that have assessed the effects of IV ketamine in a patient with PTLDS until now.²

In this patient with whole-body chronic pain associated with PTLDS, IV ketamine drastically reduced pain levels. The patient's depression and suicidal ideations were also eliminated post-ketamine infusion.²

IV ketamine is currently used to help treat neuropathic pain syndromes such as CRPS, fibromyalgia, trigeminal neuralgia, migraines and herpetic neuralgia's. There is a growing body of evidence to support that it may have long term effects for pain relief.

In recent FDA and other professional associated studies, patient results with ketamine show:

- Reduced pain
- Decrease depression
- Diminished suicidal thoughts and episodes
- Rapid ability to reverse depression and symptoms

How is ketamine administered?

In our office, ketamine is administered intravenously. The initial series of infusions are completed

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Ketamine IV therapy impacts pain relief, mood, and anxiety and can result in positive treatment outcomes for the following disorders:

- Severe or chronic depression
- Chronic pain
- Bipolar disorder
- Obsessive compulsive disorder OCD
- Post-traumatic stress disorder PTSD
- Produces rapid onset of neural connections

With our ongoing drug related epidemic, ketamine therapy can reduce the risk of opioids, benzodiazepines, and other narcotic addictions. Physicians are often over prescribing these types of highly addictive drugs to help minimize or mask patients chronic pain, depression or other ailments. With ketamine therapy, the treatment is safe, non-habit forming and highly effective.

References:

1. Global Lyme Alliance, "Stages of Lyme Disease" Stamford CT, 2019, globallymealliance.org
2. A. Hanna, Effects of intravenous ketamine in a patient with post-treatment Lyme disease syndrome, *Int Med Case Rep J*, 2017; 10: 305-308. Published online 2017 Aug 18. doi: 10.2147/IMCRJ.S137975, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5571854/>

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



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NEW MODALITIES FOR THE TREATMENT OF ANXIETY/PTSD AND DEPRESSION

Neurofeedback After Abuse or Experiencing Trauma

Throughout the psychological community, it is known that abuse in one's lifetime (e.g., domestic violence, sexual violence, child abuse, trafficking, stalking) can have adverse effects on the victims well-being. Continuous exposure to the stress of abuse can negatively effect the brain and body of the victim. These negative effects can be seen throughout different regions of the brain via brainwaves, which can lead to PTSD, anxiety, and depression. Given this knowledge, neurofeedback aims to retrain a person's brainwaves to minimize or subside the effects of PTSD, anxiety, and depression. Indeed, several research studies have suggested that neurofeedback can be helpful for trauma survivors (e.g., van der Kolk et al., 2016; Brown, Clark, & Pooley, 2019).

In fact, a recent study measuring the impact of neurofeedback on survivors of trauma found the following positive results after completing neurofeedback:

- Increase in overall health
- Decrease in depression
- Increase in sleep quality
- Decrease in PTSD
- Increase in happiness
- Increase in feeling like you matter
- Increase in emotional regulation (emotional awareness, emotional clarity, goal directed behavior, and acceptance of emotional responses)

How does neurofeedback specifically help in the treatment of depression and other mental health conditions?

Depression and other common mental health conditions such as anxiety, PTSD, and ADHD are accompanied by abnormal brain electrical activity. Just as the electrical activity of the heart can be determined by an EKG, brain electrical activity can be observed by qEEG brain mapping and used by neurofeedback equipment to train the brain back to more harmonious and healthy brain activity. As brain activity becomes more regulated and healthy, the symptoms of out of sync brain electrical activity – depression, anxiety, PTSD, ADHD, etc. become reduced or eliminated.



Transmagnetic Cranial Stimulation gets an upgrade to Personalized repetitive Transcranial Magnetic Stimulation (PrTMS.)

Transcranial Magnetic Stimulation (TMS) is a drug-free, painless, non-invasive treatment therapy that uses magnetic pulses to stimulate activity in neurons. There are several TMS medical devices cleared by the FDA for use in treating Major Depressive Disorder, Obsessive-Compulsive Disorder, and Migraine.

A new version is being used at the Brain Wave Center in Sarasota, Florida is Personalized repetitive Transcranial Magnetic Stimulation (PrTMS.) This method of treatment was designed to offer a personalized, gentler, and more sophisticated approach. Unlike traditional TMS where all clients receive the same treatment therapy, PrTMS incorporates diagnostic assessments and a brain function analysis for a more personalized TMS treatment plan designed to provide optimal results.

Research suggests that PrTMS may be helpful for patients suffering from a variety of mental health conditions, and also for healthy individuals, such as athletes, who are interested in high-level human performance. It's an outpatient therapy, and clients are able to drive themselves to and from appointments.

New combination of Diagnostic Testing and Therapy at The Brain Wave Center

Launching our new Diagnostic Testing and Therapy Clinic is based on two separate needs expressed by both Charity Organizations we work with and our own client base.

The diagnostic part of the clinic evolved from requests from partners such as Easterseals and The Florida Center for Early Childhood regarding the backlog they have for children requiring assessments such as ADOS (spectrum disorder) and general attention deficient. They've cited a several month waiting period, which is too long for many families trying to get help for their children. Since we already had two Doctors of Psychology working with us, it just made sense to help reduce the backlog and help more children and families get the care they need and deserve. Our team incorporates proven testing and assessment methods backed up by qEEG Brain Map analysis to accurately identify underlying issues and correctly identify appropriate therapies.

We are opening the therapy side of the clinic based on our own experience and peer-reviewed studies, that by merging advances in applied neuroscience, specifically, neurofeedback, with evidenced based models of psychotherapy, we often see superior results. At The Brain Wave Center, we will offer psychotherapy services alone or in combination with neurofeedback training sessions.

Our goal is to achieve break-through results, we use proven traditional treatment approaches, combined with leading-edge technology to build an individualized treatment solution.

Conclusion

The stigma of mental health treatment has begun to fade and more & more people are becoming aware that it's possible to live a more happier and healthy life. At The Brain Wave Center we are focused on assisting everyone in improving their emotional health and overcoming anxiety, depression, PTSD, and common mood disorders.

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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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



CHRISTOPHER SFORZO, M.D.



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Summer Fun & Travel: How to Stay Safe

During the summer months, we're all dreaming of our upcoming vacations, time at the beach, outdoor events, and amazing destinations. But when the times comes for our travel or fun to begin, there are often injuries that can coincide.

COVID-19

The CDC has stated that wearing masks is optional for those that have been fully vaccinated from COVID-19, but it's still wise to choose what is best for you specifically. If you have underlying health issues, wearing a mask, practicing good hygiene and staying away from large crowds might be important for a while longer.

Travel

When traveling for long distances, whether by car, plane, or other means, we can become somewhat cramped up in small spaces. It's wise to take breaks, get up and stretch or move and to get the muscles moving and the blood circulating to prevent injuries. Moving throughout the trip can help limit stress on the spine, shoulders, neck, back, and hips.

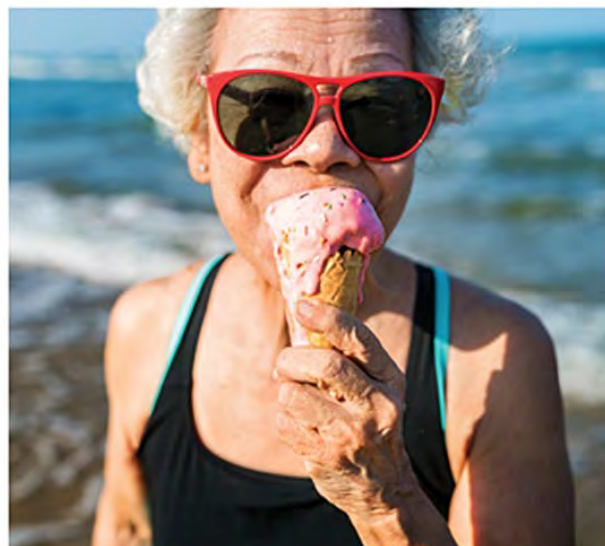
Hauling Luggage

It's also essential to think about the heavy luggage that you'll need to lift in and out of the car or place in the overhead bin. Is it too heavy, and do you know how to lift it correctly? Lifting from the waist is not a good idea as it can put extreme stress on your back. Bending your legs is the proper way to lift heavier objects. Try to pack as lightly as possible and ask for help if you've got several bags.

Excessive Heat

The summer months can be unbearably hot. Besides the risk of heat stroke and cardiovascular issues, being outside in the summer heat can cause muscles to cramp and tear. It's best to limit or alleviate any activities outside when the is too hot. Going out in the early morning or evening may be best as it's usually cooler. Staying inside, in the airconditioned areas are best. Remember to stay hydrated, avoid caffeinated and sugary drinks, and be smart about the heat.

Freedom Village of Bradenton offers Independent Living, Assisted Living and Memory Care 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.



**Freedom Village
of Bradenton**

941-798-8122

www.fvbradenton.com

6406 21st Avenue West
Bradenton, FL 34209

  AL Facility #5415, 1168096

*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

Be Heart Smart this Summer and Kick that Smoking Habit

Tobacco use is the chief cause of preventable death and disease in the U.S. and can harm every organ and cell in the body, including the heart.¹ The heart is a vital organ that performs a very important job – ensuring that oxygen rich blood reaches other organs in the body. Smoking interferes with the heart's ability to perform this function and makes the heart work overtime to pump oxygen through the body. Send your heart on a much-needed summer vacation by quitting smoking!

When the heart works harder than necessary, this extra stress can cause damage to blood vessels and lead to cardiovascular disease (CVD). CVD is responsible for 800,000 deaths annually and, consequently, is the leading cause of all deaths in the United States. CVD is also responsible for one out of every 5 smoking-related deaths.²

In addition to causing damage to the heart and blood vessels directly, cigarette smoke can also cause CVD by changing the blood's chemistry, which results in thickened blood and plaque build-up in the walls of arteries. When this happens, it becomes difficult for blood to flow through the arteries and for blood vessels to get to the vital organs, such as your heart or brain, which can result in blood clots and ultimately lead to a heart attack or stroke.¹

The best way to protect your heart from smoking-related disease and death is to never start using cigarettes; but if you are smoker, the earlier you quit, the better. Quitting smoking benefits your heart and your cardiovascular system now and in the future:

- Twenty minutes after you quit smoking, your heart rate drops.
- Just 12 hours after quitting smoking, the carbon monoxide level in the blood drops to normal, allowing more oxygen to vital organs like your heart.
- Within four years of quitting, your risk of stroke drops to that of lifetime nonsmokers.¹



Although quitting smoking is difficult, it is certainly achievable, and cessation aids such as nicotine replacement therapy (NRT) may be able to help you on your quit journey. Many smokers addicted to nicotine find that NRT helps them push through the hardest parts of quitting by lessening cravings and symptoms of withdrawal.¹

Resources:

¹ Products, C. for T. (n.d.). *How Smoking Affects Heart Health*, U.S. Food and Drug Administration. <https://www.fda.gov/tobacco-products/health-information/how-smoking-affects-heart-health>.

² *Smoking and Cardiovascular Disease*, Johns Hopkins Medicine. (n.d.). <https://www.hopkinsmedicine.org/health/conditions-and-diseases/smoking-and-cardiovascular-disease>.

If you are a smoker and you are concerned about your heart health, contact Gulfcoast South Area Health Education Center (GSAHEC) today! As part of the Tobacco Free Florida AHEC Cessation Program, GSAHEC 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 for those 18 years of age or older, 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 us at www.gsahec.org to schedule a class or learn more about the program!






Quit tobacco with virtual Group Quit.
There's never been a more important time to quit.

Free, expert-led online sessions are now available for all Florida residents. Upon class completion, participants are eligible to receive free nicotine replacement therapy such as gum, patches or logenzes.*

For more information on virtual Group Quit classes, contact
Gulfcoast South AHEC
866-534-7909
www.gsahec.org

**if medically appropriate for those 18 years of age or older*

Learn more about all of Tobacco Free Florida's tools and services at tobaccofreeflorida.com/quityourway.



GULF COAST SOUTH AREA HEALTH EDUCATION CENTER



Tobacco Free Florida



Florida HEALTH

THE IMPORTANCE OF CAROTID ARTERY SCREENINGS

When carotid arteries build up with plaque, the risk of stroke is high; it's common for individuals to show no symptoms until the plaque build-up (atherosclerosis) is severe, this condition is referred to as Carotid Arterial Stenosis. Because atherosclerosis causes a blockage and narrowing of the artery, it prevents proper oxygen and blood flow to the brain. The plaque can break off, and/or blood clots can form in this area and travel the brain.

SCREENINGS AND DIAGNOSTICS

Duplex Scan

In order to get a picture of where the blockage is, very advanced machines using ultrasound can painlessly and non-invasively produce pictures showing the blood vessels and the blood flowing through them. This process is a little like radar. The test is called a duplex or ultrasound scan. When performed in an accredited vascular lab such as ours, this test should be all that is necessary to diagnose and plan treatment.

CT Scan

Most commonly, information not obtained about the carotid artery on ultrasound can be obtained by performing a CAT scan. During the CAT scan, dye is injected in the blood vessels through an IV. The procedure is otherwise noninvasive and only takes 15 minutes.

Angiogram

Rarely, an angiogram will need to be performed. In this procedure, the doctor will insert a needle into the artery and inject a special dye. This will allow detailed pictures of the inside of the arteries. The needle is usually inserted via the groin or femoral artery. A sensation of heat often accompanies the dye injection however, local anesthesia and sedation is used to eliminate pain.

TREATMENT OPTIONS

Medications

There are no medications that can make the plaque disappear; however in some patients, strict control of cholesterol can stabilize the plaque and decrease plaque progression.

However, some TIA (Transient Ischemic Attack) and strokes are due to dislodgement of blood clots from the plaque into the brain. These blood "clots"



are really aggregations of small blood particles called platelets. Using anti-platelet medication such as Aspirin may prevent this aggregation and subsequent TIA or stroke. Newer more effective medications are being added every year such as Aggrenox® and Plavix®. In patients with mild plaque these medications should be considered. However, side effects can occur, and you should discuss the potential risk/benefit with your doctor.

Surgical Endarterectomy

The surgical procedure to remove plaque is called a carotid endarterectomy. Although usually quite safe, some patients will suffer a stroke, nerve damage or heart attack from the procedure. Accordingly, the benefits of this procedure will depend greatly on the skill of the surgeon. It is imperative that you ask your board certified surgeon about his or her experience. A major study of stroke risk has been conducted under the auspices of the National Institute of Health. Current guidelines recommend treatment for asymptomatic disease >80% narrowing and symptomatic narrowing >50% (history of stroke/ministroke).

Stent/TCAR Procedure

Recently, a new procedure for the placement of stents in the carotid artery has been developed. This procedure is called TransCarotid Revascularization (TCAR). Sarasota Vascular Specialists is considered a center of excellence for performing the TCAR procedure. In the procedure, an incision is made low in the neck to isolate the carotid artery. A catheter and wire are then inserted through the artery. The procedure involves reversing the flow of

blood in the carotid artery before the artery is ballooned and stented. If material breaks off when the artery is ballooned, it is suctioned out of the body instead of going to the brain to cause a stroke. Not all patients qualify for the procedure.

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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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!**



Services

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Medical & Surgical Dermatology
MOHS Micrographic Surgery

(941) 800-5001

www.AcademicAllDerm.com

Knee Pain Treatments:

New FDA-Compliant Bone Marrow Concentrate Procedure Advancements, Containing Stem Cells, Bring Hope and Relief For Knee Arthritis

By Regenexx Tampa Bay, Regenerative Medicine

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, and knee replacement surgery. But new advancements in bone marrow derived stem cell therapy (that comes from the patient, not someone else) 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 or knees, with swelling being more prominent after activity.
- Unstable knee. Over time, if left untreated, knee arthritis can create weakness and instability in your knee. This can cause your knee to lock up, freeze up, or even buckle 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
- 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 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?

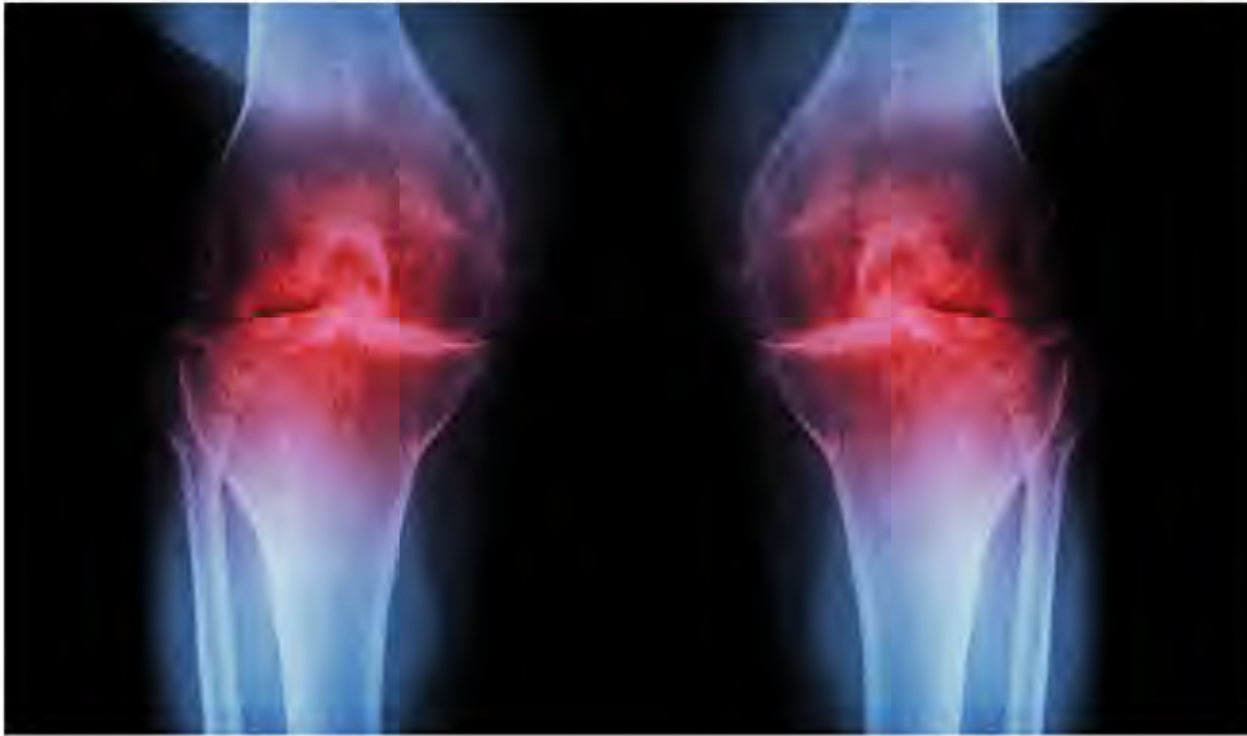
Your doctor may recommend a knee replacement, which involves removing the damaged knee joint entirely and installing an artificial knee.

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 wear out and most will 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
- The surgery itself can cause damage to your joints and bones and 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 in more serious cases.
- More than one-third of patients who have a knee replacement still have knee pain.
- Range of motion in the knee after the surgery is usually reduced significantly.

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 orthobiologic injection procedures using: bone marrow concentrate, containing one's own stem cells, platelet-rich-plasma (PRP), and/or microfragmented adipose/fat.



Bone Marrow Concentrate 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 processed by a specialized lab.

Then, the layers containing concentrated stem cells 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 healing cells to the injured, degenerated, weakened, and inflamed joint tissue than your body would otherwise send to the area, resulting in significant improvements in your knee pain and knee function within just a couple of months.

Unfortunately, the world of stem cell treatments is often referred to by scientists as a "wild wild west." Many companies have rushed in with various false health claims about "stem cell" 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 an orthobiologic procedure 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 orthobiologic procedures for knee arthritis are platelet-rich-plasma for mild to moderate arthritis and bone marrow concentrate (BMAC), containing one's own stem cells, injected into the joint and other weakened, painful, or inflamed tissue.

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 BMAC injections into the bone also significantly reduced the need for knee replacement.

At Regenexx, this is the exact same procedure we employ in our clinics. The advancements in this technology mean that 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. Regenexx tracks all willing patients in the world's largest database registry evaluating outcomes and safety, and has done the hard work of publishing results from this registry and from clinical trials year after year. With consistent laboratory and clinical procedural skill advancements, Regenexx is the clear leader at the forefront of this blossoming field.

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 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.



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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100 2nd Ave S, Suite 904S
St. Petersburg, FL 33701

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*.

Sound investing.



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Stuart Dickson, Fiduciary of Vimvest



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ANTI-AGING:

Wild Lily Medspa Offers Microneedling with RegeneDerm!



Microneedling also known Collagen Induction Therapy is known for its ability to stimulate growth of collagen and elastin, which is the key to new, youthful-looking skin. Some doctors would even go so far as to say that the procedure is the most powerful way to stop aging in its tracks and prevent new fine lines and wrinkles from forming. With its ability to trigger the generation of new skin cells, just a few sessions of microneedling will noticeably reduce fine lines, crow's feet, and deep wrinkles on the forehead. Microneedling is able to utilize the body's own natural healing mechanisms to tighten the skin.

At Wild Lily Medspa we combine Microneedling with RegeneDerm growth factors.

These growth factors stimulate and accelerate the repair of damaged and aging skin by increasing production of collagen and elastin, making it an effective anti-aging remedy.

What's in RegeneDerm?

- **Epidermal growth factor** – Clinically improves wrinkling, skin thickness, and density by over 30% and produces new collagen formation within the skin.
- **Fibroblast growth factor** – Improved skin softness, thickness, and viscoelasticity, as well as reducing wrinkle volume and depth. Rejuvenation of aging skin.

- **Platelet-derived growth factor** – Increases healthy cell growth and type 1 collagen and skin fibroblasts that maintain skin integrity and youth.

- **Erythropoietin** – Reparative and rejuvenating for skin tissue. Reduces inflammation and helps heal.

- **Transforming growth factors Alpha & Beta** – Stimulation of collagen secretion and maintaining healthy skin structure. Enhances the rate of healing damaged skin.

- **Interleukins** – Stimulate immune responses within cells. Reduces inflammation, enhances healing and activation of growth factors.

- **Insulin-like growth factors 1 & 2** – Increase healing and healthy cell growth, collagen and elastin. Decrease both intrinsic skin aging (natural aging process) and extrinsic skin aging (aging from environmental factors).

Call to schedule with a licensed professional today! There's minimal downtime and pain-free!

Wellness and aesthetic procedures are a great way to boost your confidence, mood, and satisfaction. And who of us doesn't need more of that right now?

If you're ready to get started or want more information, call us today at **941.350.9008**, or visit wildlilymedspa.com.

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- **Face** (Mini lifts, face lifts, blepharoplasty, etc.)
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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.

BACK PAIN INSTITUTE OF WEST FLORIDA

5221 26th Street West, Bradenton, Florida 34207

Second Location: 7345 International Place, Suite 101
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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"My Doctor Said There Was No Help For Neuropathy...Until Now!"

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

Brought to you by The Foundation for Wellness Professionals

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

Do you suffer from:

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

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



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

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

Discover the Answer to Defeating Neuropathy Pain



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

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

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

Are You A Candidate for this Neuropathy Medical Breakthrough?

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

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

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

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

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

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

The Platinum Healthcare Center is located at:
5560 Bee Ridge Rd. suite 7, Sarasota.
(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.

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



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

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

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



*Rick M. Age 66
Sarasota, FL*

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

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Omeza - A National Company With Local Roots

Find Out More About Sarasota's Most Advanced Wound Care And Its Founders

Dr. Desmond Bell, DPM, CWS, is the Founder and President of "The Save A Leg, Save A Life" Foundation, a multi-disciplinary non-profit organization dedicated to the reduction in lower extremity amputations and improving wound healing outcomes through education, evidence-based methodology and community outreach. His private practice in Jacksonville, FL, specialized in wound management and is dedicated to lower extremity preservation. He also serves as Chief Medical Officer of Omeza, a skin health company initially focused on healing chronic wounds and preventing their recurrence.

Omeza, founded in 2017 and based in Sarasota, FL, states its mission is to "restore skin integrity for people with serious skin problems and to optimize skin quality for all."

We sat down with Dr. Bell to find out more about Omeza's products and their advanced skin care for chronic wounds and other skin conditions.

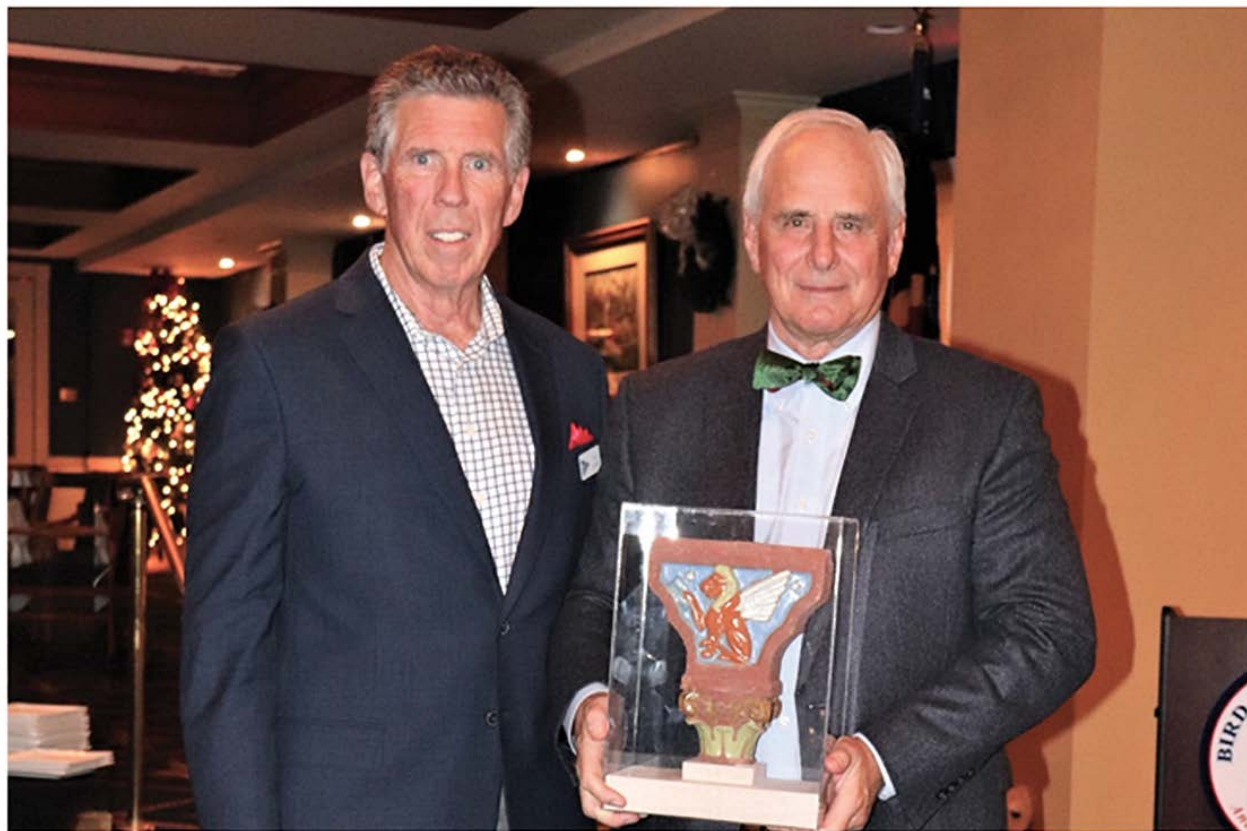


Dr. Desmond Bell,
DPM, CWS

Q: How did you get started with Omeza?

A: The background story of how Omeza began is an interesting one. Ten years ago, I was presenting at a conference, and a few individuals in the audience were part of a company that created a product

that stopped bleeding on contact. After I finished my presentation, they introduced themselves, told me they were from Sarasota and asked me if they could visit my practice to allow me to evaluate their product and see if it had any potential for wound healing. I agreed, and the first day they visited, a man named Chip Bettel was with them. I had never met Chip, nor did I know anything about him at the time. Chip is a renowned inventor and chemical engineer. Interestingly, he invented liquid Tide. Chip has this inherent interest in learning things to create and find solutions for people. He is also an avid biotechnology solutions developer. He was interested in chronic wounds, so he shadowed me for a few weeks and took detailed notes. Chip started bringing me prototypes from components derived from fish oil. Chip was studying the effects that Omega-3 fatty acids have on wound healing.



Omeza Founder and CEO Thomas Gardner (L) and Chief Innovations Officer Griscom "Chip" Bettel (R).

A few years later, I heard from Chip, and he invited me to join his team for a new company that he was forming in Sarasota, called Omeza. The team is comprised of fascinating people, and over the years, it's been growing with impressive talent. Tom Gardner and Chip Bettel are the innovators behind the brand and the product pipeline. Tom is equally as impressive as our CEO. He has a background in the pharmaceutical industry and was involved with the launch of Tylenol for Johnson & Johnson.

What's different about Omeza on a business level is that the founders were already incredibly successful before forming Omeza. They didn't need to do it for notoriety or money; they just thrive on inventing and launching products that help people. In this case, we are focusing on the hardest to heal wounds. We all love what we do.

I've been in the wound care industry long enough to see companies and products come and go; that's why it's crucial to explain how this company was derived from such an altruistic, pure state and its mission comes from a genuine place.

Q: Tell us more about Omeza's efficacy for wound and skin treatment.

A: With chronic wounds, there are three main issues: inflammation, decreased blood flow, and chronic bacteria called biofilm. Biofilm is different than bacteria in a normal wound; it buries itself deep within the wound and creates colonies that are antibiotic-resistant. Our treatment is designed to address all three issues.

Many chronic wound treatments ask practitioners and patients to wait until the wound is progressively infected before their products can be used. Omeza can be used day one.

Advanced wound treatments are only administered via a practitioner, and they are often extremely expensive and require advanced application knowledge. Our products are simple to use, and require no specialized training



This patient had severe, excessively draining, and painful wounds to both legs and feet that resulted in her requiring the use of a wheelchair as walking was no longer possible. It was a challenging case, but this photo shows the amazing progress she made under our care—she is now fully healed, pain free and working out at the gym with her husband.

Bringing us back to the fatty acid research and development that Omeza has done, I'm currently putting together a lecture for my peers for an upcoming national convention, and I'm highlighting the fact that marine life, when injured, has an innate healing mechanism. If a fish cuts itself on coral, it bleeds, which can attract predators. However, most marine life heals very quickly, and we believe that has to do with their internal omega fatty acid production. As humans, we don't produce omega-3 fatty acids, so we need to obtain them from other sources including fish and some plants.

It's important to explain to patients and physicians that we have several products for patients and consumers to purchase directly. We also have proprietary medical-grade products that are for professional use, and we also have a remarkable new product that is waiting on FDA approval. This new product combines a collagen matrix and fatty acids for advanced healing outcomes.

Omeza technology is not the same as a fish oil supplement. It was developed by incorporating key fatty acid ratios and the calibration of surfactants to create a product that would not fully oxidize before absorption. It is bioavailable and readily absorbed by the skin through specific structural capabilities. Although EPA 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.



Q. Can you summarize what makes Omeza products different?

A. First, products are anhydrous – meaning that they contain no water – for calibrated moisture management. The patented omega-3 formulas deliver topical nutrients without oxidation. And the technology is cost-effective, and simple to use.



**DR. DESMOND BELL,
DPM, CWS**

*Chief Medical Officer of
Omeza*

Dr. Bell was awarded the Frist Humanitarian Award by Specialty Hospital Jacksonville for 2009 and Memorial Hospital Jacksonville in 2018. He is a Board Certified Wound Specialist (CWS) having served on the Board of Directors of the American Board of Wound Management for 6 years and presently serving on the Board of the American Board of Wound Management Foundation. He has also been elected as a Fellow of the Royal College of Physicians and Surgeons of Glasgow and is a member of the CLI Global Society. Dr. Bell has published numerous articles primarily pertaining to wound management and lower extremity amputation prevention and has served as an Editorial Board Member for the publication "Today's Wound Clinic" since its inception. He is nationally recognized speaker, with regular faculty roles at AMP, ASCENT and Modern Wound Care Management.

OMEZA

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Gerry Letendre,
RPh, MBA, CHt

Emerging Trends in Men's Health

When it comes to men's health, we typically discuss conditions like heart disease and prostate cancer, but there is one issue that gets put on the back burner and chalked up to a "normal" issue more often than not—Low Testosterone. Along with hormonal imbalance, what's even more telling, is that having low testosterone is usually contributed to other health issues and poor lifestyle choices and dietary habits.

Men often think they won't have any health problems until they reach a certain age, but Dr. Al Peters, Center for Anti-Aging Medicine & Hormone Wellness, says that's not always the case. In fact, younger and younger men are coming into his office.

His male patients in their 30s and 40s suffer from conditions like fatigue, weight gain, low libido, sleep disorders and erectile dysfunction. In his 30 years as a physician, he has never seen so many men with such low testosterone levels.

Low Testosterone

As men's hormonal testosterone levels begin to decline, they will experience a lack of energy, low libido, loss of muscle, weight gain, decreased mental focus, hair loss and low metabolism. Hormone levels can be adjusted through Testosterone Replacement Therapy, which alleviates or in many cases eliminates the associated symptoms and life fluctuations surrounding hormones. There are even studies now that suggest hormone replacement therapy can help reduce the risk of Alzheimer's and Dementia.

Low testosterone and weight gain go hand in hand. It's imperative to lose weight in order for testosterone treatment to benefit you long term. Fat contains an enzyme called aromatase. Aromatase converts testosterone in estrogen, so without losing weight, it will be a constant battle.

Low Testosterone Can Lead To:

- Heart Disease
- Obesity
- Metabolic Syndrome
- Cognitive Decline
- Depression
- Lack of libido
- Diabetes

Lessening Environmental Toxins and Making Lifestyle Changes

Dr. Peters attributes this trend to two main factors: lifestyle and the environment.

"We live in a very stressed society," he says. "We're required to do more day in and day out."

He worries about environmental effects on our health, as well. Toxins in our water and the air can have negative affects on men's fertility, among other functions.

To uncover all the possible contributing causes, Dr. Peters takes a holistic approach with his patients and their treatment plans. He begins his 1.5-hour initial consultation getting a very detailed history, ranging from diet and nutrition to exercise and sex function. Dr. Peters also looks at what the patient does for a living and how that might affect his daily health.

Only after gathering this lifestyle information does the medical testing take place. Dr. Peters then reviews the lab results and makes correlations between them and the patient's symptoms to create a course of action.

If you have a hole in your gas tank, adding more gas is pointless. You need to fix the hole. It's the same thing with living a healthy lifestyle, fixing a symptom with a pill is not the comprehensive solution your body needs.

"It's not just medications or hormones," he says. "For many, it's going to involve lifestyle change."

A typical patient of Dr. Peters is 45 years old and has two kids and a good but stressful job. He complains about increased belly fat, lack of energy, no sex drive and ED. Dr. Peters usually assesses the patient's nutritional intake and devises a tailored workout program. Hormone balance is another important component of the treatment plan. His patients often have high estrogen and low testosterone, making them weak and rundown.

These men do extremely well on the treatment plan, excelling at work and having better relationships with their wives and children.

His biggest challenge with his male patients is their reluctance to see a doctor. "We still have a bit of a stigma that if you ask for help, it's a sign of weakness," he says. "This couldn't be further from the truth."

Dr. Peters urges men to be proactive with their health problems. "Put your health first," he says. "If you don't keep your body in the best shape, you won't be able to help your loved ones."

Bio-Identical Hormones

In the U.S., Bio-identical Hormone Replacement Therapy (BHRT) has been used since the 1930s. And based on hundreds of current medically thorough studies, the results for patient's overall quality of life and dramatic changes in their hormonal symptoms are astounding.

BHRT is equal to our body's natural hormones on a molecular level. The difference between synthetic and bio-identical hormones is that synthetic hormones do not match human hormones on a biological level.

Bio-identical hormones are made from plant sources and are readily received by the body as natural and normal. They are much more therapeutic and effective than synthetic hormonal substances.

Why 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".

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.



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FINALLY, THERE ARE SURVIVORS FROM ALZHEIMER'S

Cognitive Decline including Alzheimer's disease, is one of the most significant health threats we face today. It is a condition that is forecast to become a worldwide epidemic.

Most people are aware that pharmaceutical trials for an Alzheimer's drug have failed repeatedly. While each new drug ends in disappointment, there is a new and fundamentally different approach based on the research of Dr. Dale Bredesen and the Buck Institute at UCLA. Using precision medicine to identify and target the underlying drivers of Alzheimer's, we are now able to design individualized treatment protocols for each person. This has been published in medRxiv, the Yale backed site for health sciences.

What causes Alzheimer's and Cognitive Decline?

Alzheimer's is a protective response by the brain to an attack. Through research at UCLA and The Buck Institute, we have discovered 36 different things which can trigger Cognitive Decline including Alzheimer's.

These have been grouped into 6 categories.

1. Inflammation
2. Blood Sugar Regulation – ex. diabetes
3. Hormonal and Chemical Imbalances
4. Bio-Toxins and Heavy Metals – ex. mold and mercury poisoning
5. Vascular – ex. strokes
6. Trauma



"Fear of losing my mind" is at the top of the list of what most people fear about aging.

Most people suffering from Cognitive Decline have between 10 and 25 contributors attacking their brains. This means in order to come up with a solution, each contributor must be identified and resolved.

Can you detect Alzheimer's before it's too late?

Early detection is the key to reversing Alzheimer's and Cognitive Decline.

The two most effective ways are:

1. Volumetric MRI – This is a special type of MRI allowing us to see brain shrinkage before symptoms begin.

2. Central Nervous System Vital Signs – This is a non-invasive 30 min. computerized test we run in our office which can show us how different parts of the brain are working.

How do you reverse the symptoms of Cognitive Decline and Alzheimer's?

By using specialist and proprietary 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, that resolves each one.

Who is your 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.

As you already know, mainstream medicine largely considers Cognitive Decline including Alzheimer's and 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.



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. Dr. 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.

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When a loved one is experiencing memory problems, confusion, and frustration every day is progressively more challenging for them and their caregiver. In the beginning stages of the disease, individuals suffering from cognitive decline are aware that they forget things. This is especially the case with short-term memory recall. Because of the added anxiety and fear, it can be overwhelming to go to a strange medical office to receive cognitive testing.

IN-HOME MEMORY SCREENING

Loss of memory can be a sign of Dementia, including Alzheimer's Disease, but not always. Your memory issues could be due to aging, medication, or even depression. McKenney Home Care is now providing Professional in Home Memory Screening to help you get a baseline and to better understand your memory issues.

Angel Duncan has partnered with McKenney Home Care to provide In Home Memory Screening. Angel is a Ph.D. Candidate working towards her doctorate in Psychology with a focus in Gerontology. She has an extensive background in marriage and family therapy, art therapy, teaching and research. Angel has been involved in clinical research trials in Alzheimer's disease, medical and psychiatric disorders coming from Stanford University and the University of California-San Francisco.

If You or Your loved one has Dementia or other neurodegenerative issues, we have Certified Dementia Practitioners on Staff to meet with your family or your loved one. Our Caregivers receive enriched specialized training for working with Alzheimer's and Dementia Patients.

EMPATHETIC TRAINING

In addition to videos and manuals, McKenney caregivers are sensitized through the use of the Virtual Alzheimer's App. This virtual reality experience helps caregivers understand the feelings and experience of those suffering with Alzheimer's and other forms of Dementia.

MUSIC THERAPY

McKenney Home Care is an educated Music & Memory Agency. Providing help for Alzheimer's and Dementia Patients, this specialized music therapy program is highly personalized and has been



shown to reduce the need for antianxiety and antipsychotic drugs by 50%. In addition to bringing joy to the lives of Patients suffering with Alzheimer's and Dementia.

Please contact McKenney Home Care if you would like to schedule a private, In Home Memory Screen for yourself or a loved one.

McKenney Home Care, in Sarasota Florida 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.

McKenney is a family owned, private pay home care agency servicing Naples, Marco Island, Ft. Myers, Sanibel, Pine Island, Sarasota, Venice as well as all of Collier, Lee, Sarasota and Charlotte Counties.

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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871 Venetia Bay Blvd #231, Venice, FL 34285

AHCA Registration #299994901



Angel C. Duncan is a Ph.D. Candidate working towards her doctorate in Psychology with a focus in Gerontology. She has an extensive background in marriage and family therapy, art therapy, teaching and research.

Angel has been involved in clinical research trials in Alzheimer's disease, medical and psychiatric disorders coming from Stanford University and the University of California- San Francisco. She was the Programs Director and Supervisor for the Alzheimer's Association of Northern California- Northern Nevada chapter, later serving as the Research Associate and Director of Education at the Neuropsychiatric Research Center of Southwest Florida.

Angel has worked with leading organizations in brain health initiatives nationally and internationally, such as GE Healthcare, Eli Lilly, Oxford Brain Diagnostics, Gerontological Society of America, among others. She resides on the Medical Advisory Boards for the Cognitive Dynamics Foundation, a national nonprofit in dementia research, education and therapeutic programming, and Lorenzo's House, a Chicago based nonprofit foundation providing resource and support programs for families living with Young-Onset Alzheimer's disease. She has secured and supported large grants for various organizations on state and federal levels, including the Center for Medicare and Medicaid Services. Angel is part-time faculty at the University of Tampa and guest teaches throughout the country. She founded and co-directs a monthly museum program, *Arts in Mind* at the Yale University Art Gallery.

Angel served on the Research Committee for the American Art Therapy Association and was a journal peer reviewer for the *Journal of the American Art Therapy Association* for eight years. She currently is a journal peer reviewer for *Frontiers in Psychology*. She founded and hosts the podcast *N2Creative Aging* on Spotify, RadioPublic, Google Podcast and other platforms- highlighting the importance of creativity on brain health, aging empowerment, research efforts and lifestyle factors in health and wellness. Angel is a widely published author, and recognized speaker featured in diverse media for her work in mental health and dementia forms.

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

GAINSWave
THE NEW WAVE IN MALE ENHANCEMENT

- ✓ Achieve Harder & Stronger Erections
- ✓ Improve Sexual Performance
- ✓ Increase Sensation
- ✓ Treat ED & Peyronie's Disease



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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RAVE IMAGING IS HERE FOR YOU WITH YOUR SAFETY IN MIND

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

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

RAVE's Advanced safety protocols to keep you safe

- RAVE will continue to meet or exceed the CDC guidelines
- All patients will be screened with a temperature check and COVID19 specific questionnaire before being seen.
- Daily deep cleaning/sanitizing of all areas within every building
- All RAVE Team Members are required to wear protective masks and encourage all patients to do so as well
- Plexiglass barriers at all check-in desks
- Additional time between patients for added sanitizing protocols in all exam rooms and on equipment

RAVE Imaging continues to be here for you, and if you have any concerns or questions, please speak to a RAVE Team member. RAVE appreciates your continued trust in their 40 years of experience and service to the local communities they serve.

RAVE Imaging

RAVE Imaging, Radiology Associates of Venice & Englewood, understands the importance of providing the best technology 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 fulltime experience. There are over 90 health care 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 the initiation of your therapy. At RAVE, you can have confidence you're getting top-notch professional assistance in your diagnosis and care.

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

Along with screenings, imaging, and diagnostic services, RAVE also offers advanced, interventional procedures.

Interventional Radiology

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



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

You can Trust that RAVE Imaging is here for you through these uncertain times, and their top priority is your health and safety.

To schedule your appointment or for more information, please visit their website at www.RaveRad.com.



VENICE	ENGLEWOOD
512-516 S. Nokomis Ave Venice, FL 34285 941-488-7781 Hours: 8:00am-5:00pm	900 Pine Street Englewood, FL 34223 941-475-5471 Hours: 8:00am-5:00pm
SARASOTA	
3501 Cattlemen Road Sarasota, FL 34223 941-342-RAVE (7283) Hours: 8:00am-5:00pm	

When You Are At Your Wits End

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

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

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

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

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

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

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

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





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