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Health & Wellness[®] MAGAZINE

July 2021

Manatee/Sarasota Edition - Monthly

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SKIP & GAIL SACK

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

- Skip & Gail Sack



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Life-changing Metabolic Surgery Resolves Punta Gorda Man's Type 2 Diabetes

By Heidi Smith, Contributor

Robert Perry was in his early 40s and living in Massachusetts when his symptoms began. His vision became blurry, and he felt a tremendous thirst he couldn't quench. He thought it would go away, but he began feeling so ill he finally went to a hospital emergency room.

Four days later, he was discharged from the hospital with a diagnosis of Type 2 diabetes.

"It took a while to adjust my diet and medications, but for 20 years I was good. The diabetes was under control," said the 68-year-old Perry, who moved to Punta Gorda in 2011 to escape cold winters. Over time, his blood sugar became more difficult to manage. He was on oral medications and using an insulin pump.

"My endocrinologist changed medications and I felt much better for a while. But it was getting harder to stay in a good (blood sugar) range," he related. "I had heard that bariatric surgery could help with diabetes, and the endocrinologist suggested I talk to a surgeon."

Perry consulted with Joseph Chebli, M.D., an independent bariatric surgeon on the medical staff at Venice Regional Bayfront Health.

While individual results may vary, a number of surgical alternatives can help resolve conditions such as Type 2 diabetes, non-alcoholic fatty liver disease, infertility, and sleep apnea associated with obesity – even before weight loss occurs. Dr. Chebli has performed more than 1,000 metabolic/bariatric procedures at Venice Regional, which is accredited as a Center of Excellence by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program.

"Often after this surgery, obese patients see their conditions improve dramatically, even before substantial weight loss occurs," Dr. Chebli explained. "Type 2 diabetes patients may no longer need insulin or medication. Nonalcoholic fatty-liver disease can be halted or even reversed. Blood pressure medications can be reduced or even eliminated. And for women, it can resolve problems with conceiving and carrying a baby to term. Individual results may vary, but for many patients, it really is life-changing."



Robert Perry is an avid bicyclist whose Type 2 diabetes was resolved after metabolic surgery.

Dr. Chebli, in collaboration with a Venice endocrinologist, has developed special protocols for patients that are using an insulin pump. "These patients require very careful management after bariatric surgery. It's a complex metabolic process, and our protocols at Venice Regional are delivering outstanding results for patients," he said.

"Mr. Perry was an excellent candidate for metabolic surgery, and I am thrilled that he was able to cease diabetes medicines, including the insulin pump, immediately after surgery," Dr. Chebli said.

"With this type of procedure, the patient is up and around right away," he continued. "This isn't the type of operation where we tell the patient to go home and rest. We make very small incisions to conduct the surgery laparoscopically. Recovery time is generally rapid, and hospital stays are usually short – one to two days."

Patients who undergo metabolic/bariatric surgery with Dr. Chebli at Venice Regional also receive lifestyle and nutritional counseling and are encouraged to participate in a support group to manage

their metabolism long-term. The surgery changes the way the body digests food and takes up nutrients so maintaining a healthy weight requires lifelong behavioral and nutritional changes.

For Perry, Dr. Chebli performed a laparoscopic sleeve gastrectomy in September 2019, reducing the size of Perry's stomach. The surgeon also repaired a hiatal hernia, where the stomach was bulging up into the chest cavity, and he performed a liver biopsy.

"The liver appeared significantly abnormal," Dr. Chebli recalled. "Fatty liver disease is a common condition in people with Type 2 diabetes or obesity. After surgery, we referred Mr. Perry to a hepatologist who reports that the patient's liver has made an incredible recovery."

Perry says he wishes he had undergone the procedure 20 years ago.

"Words don't describe it," said Perry, who previously weighed 284 pounds and is maintaining a comfortable 179 pounds two years later. "I feel great. I'm very comfortable at this weight; in high school I weighed 175. My freedom of movement is so much better. I walk and ride my bike four to 10 miles, four to five times a week."

Perry has high praise for Dr. Chebli and his team. "I'd go back and have him do it again," Perry laughed. "Dr. Chebli is great to talk to. I learned a lot from him, and he explained everything to me. The office staff is great, very friendly. The nurse at the hospital, the dietitian, everyone was top notch. Venice Regional is exceptional. I would recommend the hospital and Dr. Chebli to everyone."



*Joseph Chebli, M.D.
Bariatric Surgeon*

Dr. Chebli and his team have developed a close relationship with Mr. Perry, as they do with many patients. Said the surgeon, "We affectionately call him 'Candy Man' because he owns a candy shop and ice cream store – and he's such a sweet guy."



For more information about approaches to achieving a healthy weight, please visit VeniceWeightLoss.com.

Academic Alliance in Dermatology Launches FIGHT MELANOMA Campaign

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

Melanoma is the sixth most common fatal malignancy in the United States. We are seeing a record number of newly diagnosed skin cancers both in the US and worldwide, with the incidence of melanoma increasing at a faster rate than almost all other cancers. Despite the rapid increase in melanoma incidence, we have seen a steady decline in the death rate for melanoma – something attributed in large part to increased focus on early detection. Academic Alliance in Dermatology is pioneering these 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 ABCDEFG 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 its pioneering efforts to improve the rates of early detection in melanoma patients, catching the disease when it is in its earliest and most curable form. We ask you to join us in this mission to **FIGHT MELANOMA!**



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Virtual Patient Specific Implant Positioning for Shoulder Surgery

In orthopedic surgery, there have been numerous advancements over the past few decades that are paving the way for customized treatment and procedures. Unlike hips and knees, shoulder surgery is more challenging to visualize the precise placement of an implant to replace a damaged or injured joint. The glenoid socket, in particular, is a difficult area within the shoulder, but with patient specific instrumentation (PSI), a surgeon can insure the most precise and accurate placement of your new shoulder joint.

Because every patient's anatomy is unique, the options for implant placement utilizing PSI are impressive. It all begins with preoperative planning, with intricate imaging via a CT scan, and once the images are uploaded to the PSI software, the magic begins.

The advanced software system will show the minute details and allow the surgeon to manipulate exactly where to place the ball and socket. Once this is established, a 3D model is created and allows the surgeon to utilize the 5D calibration system and prepare an exact replica of the procedure. This also allows the surgeon to place the central pin of the shoulder implant precisely.

PSI is like having blueprints for a house that is being built. It gives your surgeon the most accurate information possible to get the job done correctly.

The use of PSI is fundamental for a long-lasting and well-functioning shoulder implant. Not all orthopedic surgeons have invested in this type of technology and not all have the required skills.

Additionally, when it comes to your body, joints, and health, choosing a skilled orthopedic surgeon is critical.

You have a choice when deciding on an orthopedic surgeon. It is essential for patients to do their research, look at real reviews and patient testimonials, and, most importantly, go with a physician or group with the experience level and training necessary to improve your condition and get you back to doing the things you love.

Board certification and fellowship-trained doctors are the elite in the orthopedic industry. Their training, skills, and experience are bar none compared to others; it is an essential factor to consider when choosing an orthopedic surgeon.



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

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Here are what some of their patients have to say:
"I want to let you know how grateful I am for your help in paving the way for an absolutely great experience yesterday. I really wasn't holding out much hope that dad would change his mind about going forward with his original surgeon. He can be stubborn about some things."

"My brother Scott and I asked dad to please remain open minded during his visit with Dr. Stewart, however I was preparing myself for the worst. But then the elevator doors opened and from the minute we stepped out and were greeted by Caroline, and Bonnie spent so much time listening and going over dad's health history, even the young man who took the x-rays was super friendly and to top it all off Dr. Stewart had answers that made sense! The entire staff obviously has a mindset of putting patients first and we all felt like royalty."

"When we walked out and called my brother my dad said, 'well, I think we have a winner!' I could have fallen out of my chair. I really had very little hope his mind could be swayed. But you all did it! This is a huge answer to prayer for me and I'm very grateful to each one of you for playing a part in getting my dad the help he truly needs."

"I told dad afterwards that it looked to me like there was a picture of Dr. Stewart with Shaq - and maybe a little room to the side for HIS picture with Dr. Stewart. He said who is Shaq? Ah well - I was impressed." —Michelle

"The staff is one of the most professional that I have been privy to, from the receptionists, nurse, radiology tech, to the Doctor and billing. The offices are meticulous and immaculate. There is no clutter, furniture needing repair, non-working appliances or any of the other items that you'd find in other Medical facilities." —Charles

You Have a Choice

Any physicians you choose to see are always your personal decision. It should never be mandated by policy or chosen for you without regard to your needs and best interest. When you choose Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine, you can rest assured that you will be treated with respect and 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.

DECLUTTER. DETACH. DESTRESS.

4 Tips for Seniors Ready to Sell Their Home

Selling a home can be a huge stress, and for the 60+ crowd, it can be even more stressful. Why? Because after living in homespun bliss for longer than the average homeowner, it may be harder to "let go" and do what it takes to get the very best price from the sale.

Even in today's housing market, in which high buyer demand paired with record-low housing inventory is creating the ultimate seller's market, sellers are not guaranteed success no matter what. There are still some key things to know so you can avoid costly mistakes and win big when you make your move.

1. Price Your House Right

When inventory is low, like it is in the current market, it's common to think buyers will pay whatever you ask when setting a listing price. Believe it or not, that's not always true. Even in a sellers' market, listing your house for the right price will maximize the number of buyers that see your house. This creates the best environment for bidding wars, which in turn are more likely to increase the final sale price. A real estate professional is the best person to help you set the best price for your house so you can achieve your financial goals.

2. Keep Your Emotions in Check

Today, homeowners are living in their houses for longer periods of time. Since 1985, the average time a homeowner owned their home has increased from 5 to 10 years. This is several years longer than what used to be the historical norm. For many seniors, home tenure is even longer. The side effect, however, is when you stay in one place for so long, you may get even more emotionally attached to your space. If it's the first home you purchased or the house where your children grew up, it very likely means something extra special to you. Every room has memories, and it's hard to detach from that sentimental value.

For some homeowners, that connection makes it even harder to separate the emotional value of the house from the fair market price. That's why you need a real estate professional to help you with the negotiations along the way.

3. Stage Your House Properly

You may be quite proud of your décor and how you've customized your house to make it your own.

However, not all buyers will feel the same way about your design and personal touches. That's why it's so important to make sure you stage your house with the buyer in mind.

Buyers want to envision themselves in the space so it truly feels like it could be their own. They need to see themselves inside with their furniture and keepsakes – not your pictures and decorations. Stage, clean, and declutter so they can visualize their own dreams as they walk through each room. A real estate professional can help you with tips to get your home ready to stage and sell.

4. Make a Grand Entrance

It takes just a quick glance, maybe three seconds, for someone to evaluate your home when seen for the first time. This look-see typically happens online within the first 24 hours of your home going on the market. Making a good first impression, online, on the first day is critical for attracting buyer interest and increasing ROI. Professional photos, video, 3D tour and copywriting helps buyers get an immersive experience of your home. Working with a real estate professional pays off in an elevated marketing presence designed to get buyers to "♥" it!

Testimonial

"I wanted to express my appreciation for the work you did to sell our home. You and your team did an excellent job of keeping in consistent and frequent communication, ensuring my wife and I knew exactly what was going on. From the fabulous video to the final offer on our property, we always knew where we stood and were confident that the sale of our property was a priority to you. Your expertise and personal touch made all the difference in what is often a very difficult experience. We thank you for your efforts and would not hesitate to recommend you and your team." - Al P

Bottom Line

Today's sellers' market might be your best chance to make a move. If you're considering selling your house, let's connect today so you have the expert guidance you need to navigate through the process and prioritize these key elements to get the very best price from your sale.

When It Comes To Selling a House

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We're here to help and answer any questions you may have. We look forward to hearing from you.

ANSWERING YOUR QUESTIONS ABOUT THE TREATMENT OF ANXIETY/PTSD AND DEPRESSION

1. 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.

2. Can you describe the Transmagnetic Cranial Stimulation modality, how it works and how it's can be used to treat depression as well?

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.

Specifically, what we use at the Brain Wave Center 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.



3. Can you talk more in depth about the Diagnostic Testing and Therapy Clinic that The Brain Wave Center is launching, and how this will serve the community?

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.

4. Why is it important to make mental health treatment interventions widely accessible to the public—especially in the midst of this global pandemic?

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. As 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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HEALTHY EATING REDUCES VASCULAR DISEASE

Vascular disease affects millions of Americans, and it's a leading cause of death. There are multiple comorbid disease states that are interrelated to vascular issues. Although arterial and venous disease can happen to anyone, the most common factors that put you at risk are family history, smoking, being overweight, and a sedentary lifestyle. Atherosclerosis, which is a buildup of plaque and hardens the arteries, causes life-threatening complications.

Complications

- Stroke
- Heart attack
- Amputation
- Poor wound healing
- Pain upon standing or walking

For severe cases, there are important interventional procedures that are necessary; however, cardiovascular disorders are initially treated with lifestyle changes. These include getting blood pressure and cholesterol levels at a normal range through medications. It also includes treating any underlying or comorbid conditions. There are several primary factors that shouldn't be overlooked. These include, regular exercise and dietary changes. If you smoke, stop now or seek out a smoking cessation program.

The main causes of cardiovascular issues include being overweight, poor dietary habits, having high blood sugar levels, and living a sedentary lifestyle.

Too Much Sugar

High blood sugar and cardiovascular disease have more in common than most people realize. In our country, nearly 30 million people have diabetes, and a vast majority of our population unknowingly has what's known as prediabetes, which quickly escalates into the disease within a short amount of time. Sugar causes inflammation in the body and metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders.

Too Much Salt

Excessive salt intake leads to high blood pressure and makes the heart work harder than in a person with less salt intake. Too much salt, such as sodium, increases your risks of strokes and heart failure, along with other disorders and diseases.



Keeping your sodium intake low is one of the major ways to keep your blood pressure and heart healthy. Eating fresh foods is imperative to keeping your sodium levels in check and also to make you healthier, by lowering cholesterol and increasing antioxidants and nutrients from meals.

Improve Your Diet

Shopping the periphery of the grocery store is a great way to avoid all of the processed foods, excessive sugar and salt found in the center aisles. There are exceptions of course, like frozen fruits and vegetables, and 'no salt added' canned produce, as well as dried spices to take the place of your saltshaker. However, for the most part, you should focus your shopping efforts on fresh produce, lean protein like poultry, seafood, eggs, and some dairy.

The Mediterranean or the Dash diet are examples of what foods you should be eating, which provide essential nutrients for the brain's functioning. All three of these diets emphasize eating plenty of vegetables, fruit, healthy fats, whole grains and lean protein (especially cold-water fish) while avoiding excess salt, sugar, simple carbs and saturated fats. Eating this way is thought to prevent cognitive decline by providing the heart, brain and entire body with antioxidants, and the good fats that it needs to function properly. Excessive sugar, simple carbohydrates, processed foods, and chemicals are known to cause inflammation and vascular degeneration.

If you or a loved one has any of the vascular symptoms or risk factors discussed above, you should seek medical attention immediately. Making an appointment with a board-certified vascular surgeon specializing in arterial and venous disease is critical.

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Sarasota Vascular Specialists have been the leading vascular specialists in the tricity area for over 30 years. Their practice is the only medical practice in the region dedicated to the treatment of patients with disorders of the veins and arteries. They are uniquely trained and experienced to offer all forms of diagnosis and therapy including:

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Staying Safe on The 4th of July

As we celebrate our freedom and enjoy time with friends and family, this year, we're all thankful for the ability to be in public. However, being in a large crowd for fireworks or an event can seem a bit overwhelming.

Staying safe in crowds

If you haven't been vaccinated, you should avoid large crowds. People are still being diagnosed with COVID. The disease hasn't miraculously disappeared as some may think. If you are vulnerable or have underlying conditions or have not been vaccinated, do not attend large events for yours and the safety of others.

Fireworks

Each year, thousands, of people flock to the emergency room due to firework hazards and accidents. Some are luckier than others; however, these explosives are much more dangerous than most people are aware of. If you are near or setting off fireworks, please use extreme precautions. Even sparklers, which parents think are harmless, can cause severe burns and even affect the eyes of children and adults that think they are completely safe. Use caution this 4th of July and stay safe.

Don't get overheated

Our bodies self-regulate heat by sweating and also through radiating heat back into the atmosphere. When we sweat, we perspire potassium and sodium. Both of these minerals help to control nerve function, water balance, and heart rhythm. When our bodies are hot, the skin radiates heat into the air to normalize our body temperature. However, when the air is sweltering, our bodies can no longer reduce its high temperature this way, as it has nowhere to radiate the heat into or to take in cooler air from, as the temperature is higher than your bodies.

Warm weather makes the heart pump faster, which requires more oxygen. When it's hot, and we can't cool down, or breathe efficiently, we complicate the heart's normal functioning, by putting undue stress on its muscle contractions. Each year during the summer months, more than 8,000 children and teens and over 10,000 adults are admitted to the emergency room due to dehydration. Make sure to drink plenty of water, seek shade or an air conditioned area and avoid exercising outside in the middle of the day.



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

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.

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

HOW KETAMINE IV THERAPY IS HELPING THOSE WITH ALCOHOL USE DISORDER

Social drinking has become commonplace in our society, many people are unaware of the long term effects that it has on the body and body and brain and how quickly it can escalate into alcohol use disorders, which affects over 14 million adults and nearly half a million adolescents.

Depending on the length of time someone has been drinking, and the amount consumed regularly, or in bingeing episodes, the impact can have moderate to severe outcomes. If left untreated, alcoholism can lead to permanent brain dysfunction, disabilities, chronic pain, disease states, and death. 3.3 million people die each year due to alcohol. The cumulative effects of drinking are the most damaging.

For heavy drinkers, trying to abstain from drinking for long periods of time, it is significantly challenging, as the brain is programmed to associate drinking with pleasure, and it's also triggered by environmental and psychological issues.

For years there have been medically assisted treatments that block the NMDA (N-methyl-D-aspartate) receptor in the brain, which reduces the desire to drink. However, there is another way to block this receptor safely, and that is with Ketamine IV therapy.

A recent study was conducted to evaluate the outcome of ketamine IV infusion therapy for alcohol use disorder. The trial included the following baseline information and conclusions:

Objective: *Pharmacotherapy and behavioral treatments for alcohol use disorder are limited in their effectiveness, and new treatments with innovative mechanisms would be valuable. In this pilot study, the authors tested whether a single subanesthetic infusion of ketamine administered to adults with alcohol dependence and engaged in motivational enhancement therapy affects drinking outcomes.¹*

Methods: *Participants were randomly assigned to a 52-minute intravenous administration of ketamine (0.71 mg/kg, N=17) or the active control midazolam (0.025 mg/kg, N=23), provided during the second week of a 5-week outpatient regimen of motivational enhancement therapy. Alcohol use following the infusion was assessed with timeline followback method, with abstinence confirmed by urine ethyl glucuronide testing. A longitudinal logistic mixed-effects model was used to model daily abstinence from alcohol over the 21 days after ketamine infusion.¹*



Results: *Participants (N=40) were mostly middle-aged (mean age=53 years [SD=9.8]), predominantly white (70.3%), and largely employed (71.8%) and consumed an average of five drinks per day prior to entering the study. Ketamine significantly increased the likelihood of abstinence, delayed the time to relapse, and reduced the likelihood of heavy drinking days compared with midazolam. Infusions were well tolerated, with no participants removed from the study as a result of adverse events.¹*

Conclusions: *A single ketamine infusion was found to improve measures of drinking in persons with alcohol dependence engaged in motivational enhancement therapy. These preliminary data suggest new directions in integrated pharmacotherapy-behavioral treatments for alcohol use disorder. Further research is needed to replicate these promising results in a larger sample.¹*

Ketamine IV Therapy

For many years, Ketamine has been studied in patients with severe depression and PTSD. It is now also being studied for its effectiveness in treating alcohol and substance use disorders. A rapid, instantaneous effect takes place immediately upon the drug being dispensed intravenously. When a well-trained physician administers Ketamine, it can help with symptoms associated with depression such as like moodiness, decreased concentration, low self-esteem, impaired sleep, decreased sexual desire, diminished appetite, addiction, and can even alleviate suicidal thoughts. During the treatment, the initial infusions usually take place over approximately two weeks, with six infusions that are administered every other day.

Gulf Coast Ketamine Center

Gulf Coast Ketamine Center works closely with a therapist well-versed in Ketamine therapy to maximize the benefits of the therapy in patients

References:

1. E Dakwar, M.D., A Single Ketamine Infusion Combined With Motivational Enhancement Therapy for Alcohol Use Disorder: A Randomized Midazolam-Controlled Pilot Trial, The American Journal of Psychiatry, December 2019, <https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2019.19070684>

who are appropriate for this particular treatment. The uses of IV Ketamine keep expanding as far as the mental health field is concerned; selecting a practitioner with a significant amount of Ketamine experience who follows and practices evidence-based medicine, and who tailors each patient's individual protocol as best suited to their clinical situation is essential.

Dr. Steven Reichbach states, "In our opinion, IV Ketamine infusions are the gold standard for patients with severe mood disorders or those suffering from chronic pain. It is now purported as viable option for those that suffer from addictions as well.

"IV ketamine provides 100% bioavailability meaning that 100% of the drug administered, gets where it needs to go (the brain). This provides easier titration and a higher likelihood for a positive response. At the end of the day, the out of pocket cost to the patient may be more than the IV infusions depending on an individual's insurance coverage, not to mention the time convenience advantage for the patient of the IV ketamine infusions."

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



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



Lolita Borges, RN
Clinical Director, Gulf Coast
Ketamine Center

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Emotion takes control and overrides logic and facts.

Continuing the discussion from last month's article of whether the market is primed for a pullback it leads to the problem of heavy social media involvement in markets that furthers the problem of making logic and fact-based decisions.

So, the missing critical facts are...

1. When did someone get information and buy in or get out?
2. Was the information obtained legally?
3. How accurate is the information?

Euphoria or Panic? Both are emotional with very little fact or process.

Although this has been going on for decades the rapid growth of social media and even alternative investment choices like crypto currency are accelerating the amount of misinformation which pushes emotions to the limit.

Another way to look at how you react to greed and emotion is if you have played a slot machine. Did you put in a reasonable amount based on your income and net worth? Did you cash out with a small profit or loss?

Did you put in more than you should have and let it ride up, down and maybe to zero?

In other words, how do you personally react to greed and desire? Does it have a similar influence on your investment decisions?

Do you have a process that helps you identify facts, clear up misconceptions, and control emotion when you make major investment decisions? Most people don't.

EMOTIONAL INVESTING

Generally, research shows over 80% of our investment decisions are based on emotion and possibly 100% of other decisions in our life. This is hard to control and hard to determine and we usually end up taking too much risk, paying too much in taxes, and not preparing properly for our future.

Going through a proper discovery meeting or attending an educational event on how you arrive at decisions will help you determine if you have too much emotion, misconceptions, myths, or other missing facts built into your investment, tax, and estate planning.

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 - Traumatic Brain Injury Pain • Trigeminal Neuralgia
- Other Forms of Neuropathic Pain



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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.

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- **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).

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1. A 2018 study that compared the Catalys with another leading laser concluded that the Catalys demonstrated superior outcomes in terms of the patient experience, completeness of capsulotomy and ease of cortex removal. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6087026/>
2. In addition to the 2018 study noted above, a 2016 study showed that when compared to another leading laser, the other laser showed significantly higher cumulative dissipated energy and phacoemulsification power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077266/>

Is My Rotator Cuff Tear the Cause of My Shoulder Pain?

By Regenexx Tampa Bay, Regenerative Medicine

What's causing your shoulder pain? Is it due to instability? Could it be a rotator cuff tear? A labral tear? Arthritis? Inflammation? Swelling? Bone edema? Tendinosis (tendon degeneration)? A pinched nerve? More and more studies continue to show that shoulder MRI results often cannot predict why the patient is experiencing pain.

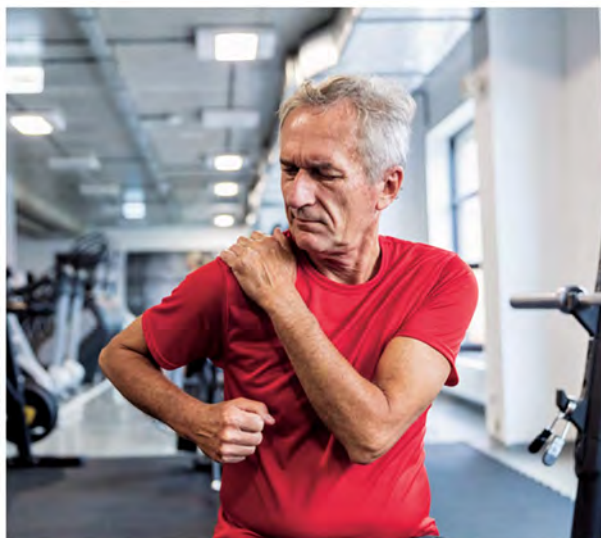
This is the case for various body areas including the lumbar spine, knee, and certainly shoulder. The MRI can provide a lot of good information, but it has been repeatedly shown not to substitute for a thorough history, exam and a diagnostic ultrasound by the physician. This takes time and focus.

Although most patients and providers will blame the rotator cuff tear as the cause of pain, it is never a given that a rotator cuff tear is actually the source of the pain. In fact, the studies we will cover in this article show that it is often inaccurate to assume that a rotator cuff tear is what is causing your shoulder pain despite what is seen on an MRI. Let's dive a bit deeper into rotator cuff tears, surgery, and determining the cause of your shoulder pain.

What is a Rotator Cuff Tear?

The rotator cuff is a complex series of muscles and tendons that surround the shoulder and help lift the arm and stabilize the shoulder joint. A rotator cuff tear is simply a tear in the tendon usually close to where it attaches to the bone. While some rotator cuff tears result from trauma, the vast majority happen from wear and tear as we age- this is referred to as a degenerative tear.

The most common cause of a rotator cuff tear is simply a slightly more demanding movement than usual. How might this happen? It has been known for a considerable amount of time that the rotator cuff does not have a great blood supply which makes it harder for the body to heal an injury in that area.



So, what is the problem? It is likely to be a lack of healthy progenitor cells and stem cells to repair the damage as it occurs over time, and at some point with little provocation, the unhealthy tissue simply fails and a tear occurs.

What Happens During Rotator Cuff Surgery?

Rotator cuff surgery involves cutting into the shoulder and stitching the tear back together. Recovery time from surgery can be lengthy and there is a good amount of research showing that this surgery is often ineffective for many types of rotator cuff tears. The tissue is often too weak to stay together with a stitch.

In larger tears, approximately 6 in 10 do not heal properly, even with surgery. For patients over 60, shoulder surgery recovery is even more difficult, with 1 in 3 rotator cuff tears not healing.

It is also notable that a good number of surgical patients never return to their full range of motion following surgery and pain can linger. Additionally, many studies show that shoulder pain prior to surgery actually has little to no correlation with the rotator cuff tear or the severity of the tear. So, what is causing the pain?

Shoulder Pain and Inflammation

One study performed in Japan analyzed joint fluid obtained from 38 patients before and after orthopedic rotator cuff surgery for various chemical messenger molecules (cytokines). These cytokines work for the immune system and call our immune cells into action when there is inflammation, infection, or trauma.

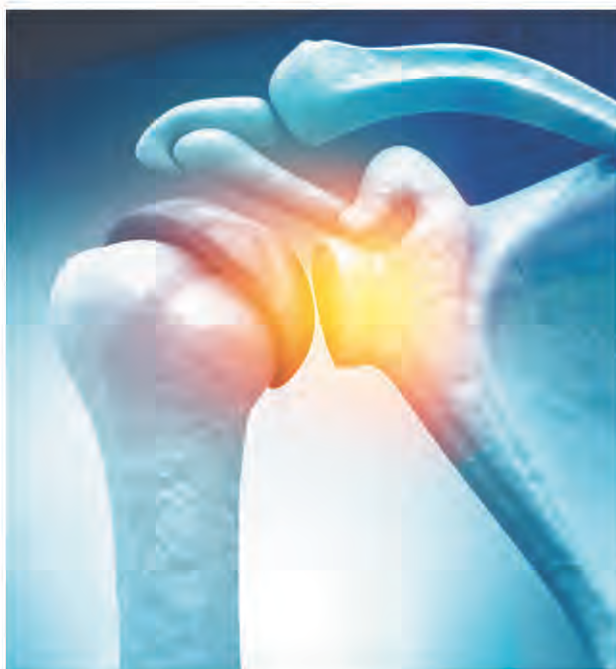
Imagine that our immune cells are like firefighters, always ready and waiting. The firefighters might be at the station cleaning trucks, training, or stocking their equipment, but when that alarm sounds, they jump into action and race to the fire. For us, that alarm is our cytokines, and when it sounds, our immune cells race straight to the inflammatory fire as our first responders.

Interestingly enough, the study that we referenced earlier concluded that larger rotator cuff tears were associated with less pain and that more pain was accurately predicted by more IL-8 (interleukin 8) in the joint fluid. IL-8 is an inflammatory cytokine or an alarm sounding when inflammation is present. The pain that was studied in this study was due to the inflammation and not the tear itself.

Another study states that "the prevalence of full-thickness rotator cuff tears increases with age [and] many patients are asymptomatic and may not require surgical repair." Even while there was pain present, the study concluded that physical therapy rather than surgery should be sufficient to address the symptoms in most cases.

Does Rotator Cuff Repair Surgery Fix Pain?

Unfortunately, the answer is no. One study proved this disappointing result that rotator cuff repair does not fix pain or function in the shoulder. This should be eyeopening for patients, whose primary goal for undergoing a rotator cuff repair is to reduce or eliminate their pain. There are countless studies showing that shoulder pain is often not due to the presence of



a rotator cuff tear. If a surgeon repairs a tear in your rotator cuff to eliminate your pain, but your tear is not the actual source of your pain, why was it necessary to have the surgery? It may be that the tear caused inflammation which thereby causes the pain. Sewing up the tear may not get rid of the inflammation.

Why not use Cortisone or Anti-inflammatories to get rid of Inflammation?

The problem is that cortisone gets rid of inflammation at a cost. The tissue gets even weaker and unhealthier. The local stem cells are damaged or killed leaving the tissue in worse condition than it already was in. If someone receives a cortisone injection within a year of a rotator cuff repair, it is more likely to fail and need a revision.

In regards to NSAIDS, aside from the myriad of systemic problems they can cause (gastrointestinal bleeding, kidney damage, stroke and heart attack to name a few), they also have been shown to inhibit tendon healing and in Regenexx's laboratory, they have been shown to negatively impact stem cells.

The Best Alternative

If the reason that the rotator cuff fails in the first place is a lack of local stem cells, doesn't it make logical sense that replacing those cells is critical to get the structure as healthy as possible?

What if you could avoid rotator cuff surgery and have a much quicker recovery? Well, for about 70-80% of rotator cuff tears, you can. We have pioneered a

procedure to do just that over the last 14 years that includes an ultra-precise injection of your own stem cells under image guidance using a patented protocol.

Rotator cuff tears are one of the most commonly treated conditions at Regenexx Tampa Bay, and we consistently see successful outcomes in these patients. With that said, while most tears will heal with just a precise injection, there are a few massive tears that are unlikely to be helped without surgery. Keep in mind that even after surgery to repair a massively damaged rotator cuff, stem cell injections may assist in the healing and improvement of the tissue. For example, one study showed that using stem cells after surgery reduced the retear rate by half.

The Regenexx procedure addresses more than just the rotator cuff tear. Precise injections of the surrounding ligaments improve stability, injections of the other nontorn rotator cuff tendons and biceps tendons improve their strength and function, injections of the labral tissue, when there is evidence of damage, strengthens that tissue and injections of the joint and cartilage can improve any arthritis that is present.

In some cases, when there is edema (swelling) in the bone itself seen on MRI (which represents small microfractures), injections will help heal the bone. There may even be a component of a pinched nerve in the neck that is contributing to the pain and accelerated degeneration of the tissue in the shoulder. In these cases, platelet lysate injections around the nerve (epidurals) can help as well.

Following the procedure, skilled physical therapy will likely be recommended. For our patients in the Tampa Bay region, we recommend Competitive Edge Performance (CEP) therapy at our Tampa location with EXOS. As you can see, this is a comprehensive plan to get you back to the activities you love to do. CEP offers the latest in recovery science and "bio-tech" to expand the scope of physical therapy practice beyond injury rehabilitation into the realm of achieving optimal health and wellness for all clients.

Whether you've had surgery to repair your rotator cuff or not, Regenexx may be able to help you with your shoulder pain. Contact us today to find out how.



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, DO, FAOSM -

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.



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Don't Let Chronic Pain Keep You From Enjoying Life!

Non-Opioid Alternatives with Compounding

Gerry Letendre, RPh, MBA, CHT

An estimated 50 million Americans are partially or totally disabled due to chronic pain. This makes pain the single most common symptom for which individuals seek medical help. Acute pain can easily evolve into chronic pain. Chronic neuropathic pain is often the result of multiple unknown sources, which share a common pathway of how pain is perceived and registered.

There are many mass-produced oral pain relief medications on the market. Opioids, also known as narcotics, are a common treatment option for chronic pain. However, due to their dosage strength, dosage format or other factors, they can lead to unwanted side effects such as drowsiness, dizziness, stomach irritation, gastritis, ulcers, and addiction. Additionally, many people have difficulty swallowing pills or tablets, presenting further obstacles to pain treatment.

Topical Pain therapeutics work remarkably well to control and alleviate pain for numerous individuals, but it takes the right combination and specific formulations that are custom-tailored to each patient's specific needs to make a real impact in their lives.

The Compounding Solution

Sarasota Compounding Pharmacy specializes in offering custom compounded transdermal pain creams. Transdermal Therapy is the absorption of medication through the skin and provides a unique alternative to traditional methods of drug delivery and pain management. We can compound pain cream medications for patients with both acute and chronic pain including:

- Neuropathy / Diabetic Neuropathy
- Joint Pain
- Carpal Tunnel
- Chemotherapy induced Neuropathy
- Shingles
- Plantar Fasciitis
- Herniated/Bulging Discs
- Tennis Elbow
- Gout
- Osteoarthritis

Alternate Dosage Forms

The most common varieties of Transdermal Therapy are creams or gels that you rub onto the skin over your painful joints. Some types come in the form of a spray or a patch that sticks to the skin. Since the ingredients are absorbed through the skin, most topical medications are best used on joints that are close to the skin's surface, such as joints in your hands or knees. Our innovative transdermal topical pain management formulations offer many advantages:

- Rapid onset of relief
- Targeted to the site of pain
- High local concentrations
- Non-Narcotic
- Non-Addictive
- Minimal Systemic Absorption
- Minimal Drug Interaction Risk
- Odorless
- Non-Sedating
- Precise, customized formulations & dosages

Combined Formulations

Most of the mass-produced topical treatments on the market are utilizing a single ingredient approach, typically an anti-inflammatory, in hopes that decreasing inflammation will decrease pain. Compounded pain creams use a multi-ingredient approach, incorporating four to six different ingredients. Each of these ingredients has a different mechanism of action, all working together synergistically to offer the possibility of a stronger therapeutic outcome for our patients.

At Sarasota Compounding Pharmacy, we use either Lipoderm or Lipoderm ActiveMax for the base in our pain cream formulations. These gluten-free bases from PCCA have been clinically proven to effectively deliver drugs through a patient's skin. The molecular structure of Lipoderm ActiveMax allows it to penetrate through multiple layers of skin, soft tissue, fascia, tendons and muscle. Lipoderm ActiveMax's unique composition also enables it to successfully carry multiple ingredients at once and deliver those medications deep down to the origin site of the pain.

Strength Variations

Compounded pain management medications are available by prescription only. Because patients vary in size, symptoms, and pain tolerance, commercially available medications sometimes may not provide the appropriate dosage strength for an individual patient. Through compounding, a prescriber and pharmacist can customize the dosage to the exact amount the patient requires and find a dosage form that best suits the patient's needs.

Pain can be debilitating, whether it's acute muscle or nerve pain resulting from an accident, or a chronic condition such as arthritis or fibromyalgia. Pharmacy compounding may help improve a patient's quality of life by providing relief with potentially fewer side effects and less overall medication.

Please discuss it with your physician or contact us with your physician's name and contact information, and we will supply them with information. Sarasota Compounding Pharmacy will work with your physician to design a custom compound to fit your specific needs.

Contact our Compounding Pharmacists for more information on how we can help you!

Sarasota Compounding Pharmacy: More Than Just a Pharmacy

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



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Leg Pain?

It May Be Peripheral Artery Disease or PAD

Do you happen to have these symptoms?

- Painful cramping in your hip, thigh or calf muscles after certain activities, such as walking or climbing stairs (claudication)
- Leg numbness or weakness
- Coldness in your lower leg or foot, especially when compared with the other side
- Sores on your toes, feet or legs that won't heal
- A change in the color of your legs
- Hair loss or slower hair growth on your feet and legs
- Slower growth of your toenails
- Shiny skin on your legs
- No pulse or a weak pulse in your legs or feet
- Erectile dysfunction in men

Then you may have Peripheral Artery Disease or PAD. If peripheral artery disease progresses, pain may even occur when you're at rest or when you're lying down (ischemic rest pain). It may be intense enough to disrupt sleep. Hanging your legs over the edge of your bed or walking around your room may temporarily relieve the pain.

What are the causes and Risk factors?

Atherosclerosis is a process in which blood, fats such as cholesterol, and other substances build up on your artery walls. Eventually, deposits called plaques may form. The deposits may narrow — or block — your arteries. These plaques can also rupture, causing a blood clot.

Peripheral artery disease is often caused by atherosclerosis. In atherosclerosis, fatty deposits (plaques) build up in your artery walls and reduce blood flow.

Although the heart is usually the focus of discussion of atherosclerosis, this disease can and usually does affect arteries throughout your body. When it occurs in the arteries supplying blood to your limbs, it causes peripheral artery disease.



Risk factors of PAD

- Smoking
- Diabetes
- Obesity (a body mass index over 30)
- High blood pressure
- High cholesterol
- Increasing age, especially after reaching 50 years of age
- A family history of peripheral artery disease, heart disease or stroke
- High levels of homocysteine, a protein component that helps build and maintain tissue

People who smoke or have diabetes have the greatest risk of developing peripheral artery disease due to reduced blood flow.

When should I see my doctor?

If you have leg pain, numbness or other symptoms, don't dismiss them as a normal part of aging. Call your doctor and make an appointment.

Even if you don't have symptoms of peripheral artery disease, you may need to be screened if you are:

- Over age 70
- Over age 50 and have a history of diabetes or smoking
- Under age 50, but have diabetes and other peripheral artery disease risk factors, such as obesity or high blood pressure

While many people with peripheral artery disease have mild or no symptoms, some people have leg pain when walking (claudication). Claudication symptoms include muscle pain or cramping in your legs or arms that's triggered by activity, such as walking, but disappears after a few minutes of rest. The location of the pain depends on the location of the clogged or narrowed artery. Calf pain is the most common location.

The Good News is RAVE can help

Our Physicians Dr. Craig Reiheld and Dr. Charles Gordon are able to provide an outpatient minimally invasive surgery that can have you in and out our facility within a few hours. Our state of the art outpatient surgical suite allows us to give you the best treatment option if you suffer with Peripheral Artery Disease (PAD).

If left untreated it could lead to:

• **Critical limb ischemia.** This condition begins as open sores that don't heal, an injury, or an infection of your feet or legs. Critical limb ischemia occurs when such injuries or infections progress and can cause tissue death (gangrene), sometimes requiring amputation of the affected limb.

• **Stroke and heart attack.** The atherosclerosis that causes the signs and symptoms of peripheral artery disease isn't limited to your legs. Fat deposits also build up in arteries supplying your heart and brain.

If you feel that you have or have been diagnosed with PAD have your physicians set up a consultation with our Board Certified Interventional Radiologists to review your treatment options.



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WHY IS A CALLUS ON THE BOTTOM OF MY FOOT POTENTIALLY DANGEROUS?

By Desmond Bell, DPM, CWS - Chief Medical Officer at Omeza

Calluses are one of nature's ways of protecting our bodies, especially when occurring on the hands and feet. Simply stated, calluses are a build-up of skin, typically over a bony prominence where repetitive, minor trauma has occurred over time. Athletes, manual laborers, guitar players, dancers, or anyone who uses their hands or feet regularly has likely experienced callus formation as it pertains to their relevant activity. Calluses are also known as "hyperkeratotic lesions" and in some instances, "pre-ulcerative lesions". They are thick skin pads that reduce shearing, torque, and the likelihood of a break in the skin that can lead to infection or more extensive damage.

Why then, would calluses become the cause of the very things they are intended to protect the body from?

A simple way to illustrate how things can go from good to bad where calluses are concerned, is to take one finger, and press it against the palm of your hand for 5 seconds, then release. You'll likely notice an area of blanching followed by a return of color to the area where pressure had been applied. The temporary blanching is caused by the pressure from your finger reducing the blood supply to the skin. When you released your finger, blood and normal color returned. If skin on the bottom of the foot or surface of a toe develops a callus over a bony prominence, there should be concern, especially when diabetes is also present. The callus that developed to protect the underlying bone can often create increased pressure underlying the skin, resulting in reduced blood flow to the area. Since the main function of red blood cells is to deliver oxygen, reducing blood flow to the skin by way of a callus development can lead to death of skin cells and hence, the beginning of an ulcer.



Diabetics are especially at risk for ulceration for several reasons, including the loss of protective sensation when peripheral neuropathy (damage to the nerves that supply the skin) is involved.



Imagine having a pebble inside your shoe. Walking several steps will cause you to stop and remove the shoe and the pebble, in an otherwise healthy person. The pain that was temporarily present when the pebble was causing irritation, was the body protecting you from more serious injury, such as a blister or possibly an open sore. Someone with diabetes and/or neuropathy may not be able to detect the presence of a pebble, and over the course of a few minutes, not to mention hours or days, can suffer serious injury from something so relatively benign. A callus on a toe or foot represents a similar potential danger, analogous to the pebble inside the shoe. When someone with diabetes and neuropathy develops such a callus, the underlying tissue not only receives less blood flow and oxygen, but the trauma over the course of days and weeks can result in the breakdown of skin at the site. The breakdown of the skin from the reduced blood flow and repetitive trauma is how an ulcer can form. If such an ulcer results, this can become the pathway to amputation should infection or slow healing ensue.

Calluses themselves are not always preventable, and diabetics who have lost sensation and suppleness of their skin should heed these recommendations:

1. Never attempt self-treatment. I have seen patients over the years who developed ulcers and infections after attempting to manage their calluses

at home. Over the counter treatments, such as moleskin pads, may contain salicylic acid, which can cause further injury to the skin in the process of attempting to soften or loosen the callus. Likewise, attempting to trim calluses with a pocketknife, for example, while working at an awkward angle (sometimes referred to as "Saturday night bathroom surgery") is a recipe for disaster. I wish these examples were products of my imagination, but they are firsthand accounts and often the reality of what precedes a visit to a hospital emergency department. The best way to manage calluses is a strategy that involves professional care, protective insoles, and daily skin care.

2. Professional care, especially when diabetes is present, should be in the form of annual if not more frequent visits to a podiatrist. A podiatrist can not only trim (debride) calluses, but can also check blood flow, nerve function and assess for **additional risk factors**. They can also prescribe protective or custom insoles or orthotics that can accommodate and reduce pressure areas to **slow the return of recurrent callus formation**.

3. Cushioned socks (often sold as "diabetic socks") can help reduce pressure and shear, as well as help disperse excessive moisture (that can cause maceration), away from the surface of the skin.



4. Ultimately, the individual can play an active role in the prevention of foot ulcers when calluses are present. The **simple act of inspecting the feet twice a day, cannot be emphasized enough**. Looking for redness surrounding a callus is one example. If bloody, clear or foul-smelling drainage is present on a sock or floor (for those not wearing shoes around the house) the source may be from an existing callus. Such a scenario can represent an underlying infection, and immediate medical attention is a must.

5. Part of the daily skin care routine, besides inspection, is **moisturizing of skin**. After bathing in the morning and in the evening before bed, applying an emollient to the skin can help reduce the intensity of calluses and make skin more supple. A skin cream or protectant that does not contain alcohol, such as Omeza, is recommended. It's also a great way to further inspect the feet, as feeling for irregularities in addition to visualizing the potentially problematic areas, can provide a much more thorough assessment.

This article was originally published on omeza.com January 19, 2019.



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

Chief Medical Officer of Omeza

Dr. Bell 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. He is nationally recognized speaker, with regular faculty roles at AMP, ASCENT and Modern Wound Care Management.

Omeza is a skin science company based in Sarasota, FL USA whose mission is to restore skin integrity for people with serious skin problems and to optimize skin quality for all. For information about Omeza products or clinical trials, please contact info@omeza.com.



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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.

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*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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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

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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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HEALTHY FATS FOR YOUR BRAIN: WHAT YOU SHOULD KNOW

Years ago, fat was demonized, but today, researchers, physicians, and nutrition experts know that healthy fats are critical for our body and brain performance and overall health. This is especially true for optimal cognitive function.

Seventy percent of the brain is fat, and fat is an essential building block of the brain for learning, problem-solving, and memory. DHA and EPA are both critical forms of essential fatty acids that our brains need from before birth throughout our lives. The brain holds on to 25% of the body's cholesterol to help form neuron connections. Cholesterol also helps the body make vitamin D, which is a key component of brain health. Supplementing with Vitamin D is also recommended for most people.

Unhealthy fats such as trans fatty acid or saturated fats can damage the brain. Balancing healthy fats and limited unhealthy fats will help stave off some diseases that affect the brain, like diabetes and cardiovascular disorders. Having an influx of healthy fats like Omega-3 fatty acids will help ward off many chronic conditions and help your brain function better.

Examples of healthy fats are the following:

- Cold-water fish such as salmon, mackerel, sardines, and herring (wild-caught is best)
- Olive oil (all oils should be cold-pressed, organic, and non GMO whenever available)
- Avocado oil



- Walnut oil
- Avocados
- Nuts and seeds such as flaxseeds, almonds, walnuts, pistachios, and pumpkin seeds
- Eggs (pasture-raised if possible)
- Nut Butters
- Nut Milk

If appropriate, some people benefit from full-fat dairy, coconut oil, and other healthier cuts of saturated fats from animal products.

Including healthy fats in your diet does not mean that you have to go into ketosis. While ketosis is beneficial for some individuals, it's not ideal for all people. It's best to speak to your physician about your blood count levels, lab results, medical history, and any healthcare concerns before starting

any specific diet. It is ideal for all people to eat plenty of plant-based vegetables, berries, nuts, and seeds. If you are able to eat animal protein, the best options are fish and pasture-raised eggs.

The Carroll Institute Specializes in Brain Health

At The Carroll Institute we are proud to offer one of the most comprehensive health restoration and optimization programs available. Our goal is a multi-faceted approach to your health. This includes functional lab testing, lifestyle coaching, personalized nutrition, supplementation, and mindset mastery.

We promise to always take a personalized root cause approach and provide empowerment through partnership; giving you the ability to continue your progress for the rest of your life.

Our programs are based on the most up-to-date research in the field of cognitive decline, Alzheimer's Disease, and neuro-degeneration. The Carroll Institute utilizes the most advanced imaging, DNA and laboratory testing to identify the exact root cause of the condition.

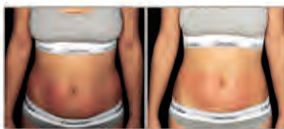


Dr. Garland Glenn is the founder and clinical director of The Carroll Institute where we focus on reversing the symptoms of Cognitive Decline including Alzheimer's Disease. Dr. Glenn is an international speaker with a global patient base. He is certified in both Reversing Cognitive Decline (ReCODE 2.0) 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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ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

Walking, standing and exercising put a lot of strain on our knees. For example, a person that weighs 150 lbs. walking up a flight of stairs will put approximately 500 lbs. of pressure on their knees with each step. Not only is the knee one of the most intricate of all the joints in the body, but they are also the most susceptible to arthritis. Multiple types of arthritis affect the knees, but osteoarthritis is by far the number one type that surpasses all others.

What is Osteoarthritis (OA) of the Knee?

Positioned between the three bones of the knee (the femur, tibia, and patella) the articular cartilage provides a smooth gliding surface and acts as a shock absorber. This cartilage is smooth and resilient but susceptible to wear and tear. Once the cartilage begins to break down it is difficult to stop and often the cartilage breaks down completely and wears away. This can cause soreness, swelling, and stiffness, and it is the beginning stages of osteoarthritis, or bone rubbing against bone, which in turn causes bone spurs and a great deal of discomfort.

Articular cartilage has no blood supply. The cells that make the cartilage are nourished by the synovial fluid, and hydrostatic pressure of the joint influences the health and pathological condition of arthritis. The wear and tear process can be slowed often by weight reduction, strengthening the muscles surrounding the joints, and by minimizing or reducing activities that put excessive weight on the knee joints. However, there are well-known non-invasive treatments that have helped numerous people regenerate knee joint function and tissue.

Osteoarthritis develops slowly, and the often the pain becomes worse with time. This type of arthritis is also known as degenerative joint disease, because it is often associated with the aging process. But occasionally, this process can also affect younger people too. The pain can be debilitating and interfere with daily activities, affect your ability to work and create limited range of motion in your life.

MANY PHYSICIANS WILL RECOMMEND SURGERY, BUT DO YOU REALLY NEED IT?



Knee Replacement Surgery is Permanent

Starting with a more conservative approach is a better choice. Knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis. Physicians Rehabilitation has an effective knee program that entails several non-invasive treatments that can alleviate pain, increase weight bearing and strength, and regenerate tissue.

Physicians Rehabilitation's Knee Therapy Program Includes:

- PRP (Platelet Rich Plasma)
- Physical therapy
- Bracing
- Rehabilitation
- Supplementation and more



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Viscosupplementation

Viscosupplementation is an FDA approved, guided, hyaluronic acid injection. It is a gel like substance that is very similar to the synovial fluid in our joints, which reduces inflammation and increases cushioning and lubrication of your knees immediately. This treatment protocol is used to treat the symptoms associated with arthritis.

Viscosupplementation (also known as hyaluronic acid injection) involves injecting a lubricating fluid into the knee joint to promote more comfortable knee movement, reduce friction in the joint, and slow the progression of arthritis. This treatment is also commonly paired with physical therapy to help strengthen the joint and improve range of motion. At Physicians Rehabilitation, we perform viscosupplementation with the guidance of advanced fluoroscopic technology to achieve enhanced precision and provide our patients with optimal results. Viscosupplementation is considered to be a safe procedure, and is covered by Medicare and most insurances.

PRP (Platelet-Rich Plasma)

Fortunately for our patients today, advances in science have allowed us to find new and targeted approaches to treating degeneration and injuries. Platelet-rich plasma or PRP is an "autologous blood therapy" that uses a patient's own blood components to stimulate a healing response in damaged tissues. PRP provides an alternative to surgery by promoting safe and natural healing.

Research studies and clinical practice have shown PRP therapy is very effective at relieving pain and returning patients to their normal lives. Both ultrasound and MRI images have shown definitive tissue repair after PRP therapy, confirming the healing process. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

Physicians Rehabilitation

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

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

By Dr. David S. Zamikoff

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

How Can GAINSWave Prevent & Treat ED?

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

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of



new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronies disease (scar tissue) as well as enhance sexual performance.

Younger Men Should Seek Treatment Early

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

Men are Preventing ED with GAINSWave

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

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

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

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CARING FOR A DISABLED SPOUSE CAN INCREASE MORTALITY RISK 63%

Journal of the American Medical Association



We have recently reported on the relationship between unmet needs for support with activities of daily living (ADL) and increased mortality risk for the patient. Did you know that caring for a disabled spouse is also independently associated with increased mortality risk for the family caregiver?

Doctors Schulz and Beach published a landmark study in the *Journal of the American Medical Association*.¹ They tracked 819 people, age 66+, who were living with their spouses. Compared to spouses without a caregiving role, spousal caregivers who experienced strain due to the caregiving role had a 4-year mortality increased by 63%. The increase in mortality risk was even higher when spousal caregivers had their own health problems. Among strained spousal caregivers with prevalent disease, the 4-year mortality risk increased more than fourfold.

Senior family caregivers without proper resources lose normal opportunities for selfcare.² They have interrupted sleep patterns. They are less likely to rest when ill. They skip doctors' appointments and have other reductions in self-reported health care behaviors. This is the suspected mechanism by which caregiver fatigue causes increased mortality among caregivers.

Statistically significant increased mortality risk only occurred among senior caregivers who reported strain from the caregiving role. Spousal

caregivers who reported no strain did not see the same increases. Similarly, seniors with a disabled spouse, but who did not provide caregiving, did not have an increase in mortality risk. The conclusion is that family caregiving can be done safely, but caregiver fatigue is a deadly condition affecting millions of seniors. Families, friends and healthcare providers can be of great service to their patients by looking for caregiver fatigue and by educating senior patients.

Of course, caregiver fatigue is deadly for more than the caregivers. Among people with dementia, when caregivers report needing help with two or more activities of daily living for the person with dementia, the mortality risk of the person with dementia goes up 37%.³ Those people are also 77% more likely to be placed in a facility. Caregiver fatigue proves deadly for both spousal caregivers and the care recipients, not to mention the effects on quality of life. A recommendation for long-term home care can initiate the support needed to correct increased mortality risk and improve quality of life.

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3. Gaugler JE, Kane RL, Kane RA, Newcomer R. Unmet care needs and key outcomes in dementia. *Journal of the American Geriatrics Society*. 2005 Dec; 53 (12): 2098-105.

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

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

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

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



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Failure is a Part of Growth

By Pastor Timothy L. Neptune

The Apostle Peter was a bold man. He stepped up when others stepped back. He was often the first to speak in a group setting. Because of his faith, he was able to walk on water. And, like most risk takers, he experienced his share of failures.

Faith involves risk. Failure is a possibility. But that's okay. Step out of the boat anyway. I love a small part of a speech given by President Teddy Roosevelt back in 1910. He said,

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

I would rather die on the playing field engaged in the battle than rot in the grandstands as a spectator.

Did Peter fail when he started to sink? Yes, he failed. But I think there were 11 bigger failures sitting in the boat afraid to even try to walk on water.

We need men and women of courage today. High-impact people who are willing to take risks and trust God with the results.

Failure is an indispensable part of growth.

The greatest lessons I've learned in life are from the many mistakes I've made along the way.

If you want to be a high-impact person, you too, will make some mistakes and need God to bail you out.

Peter took his eyes off of Jesus and his faith began to waver. But give Peter some credit... he was in the middle of a really big storm, he was outside of his boat in the darkest part of the night. Can you imagine how scary that must have been? I get nervous just standing at the back of cruise ship at night looking out at the sea!

Nevertheless, if we keep our eyes on Christ, what do we really have to fear?

As followers of Jesus Christ, we've been called to live a life of adventure that requires great risk and great faith.



Perhaps you've tried before but failed. That's okay. Admit your lack of faith and move on.

Whatever you do, don't give up, give in, or quit.

You lose more often than you win in life. There are more bad days than good days. You fail more often than you achieve. Remember that God is sovereign and always in control. Nothing can happen to you except by divine permission or divine directive.

Don't live with regrets and second guesses. Learn from your mistakes and then move on. It does no good to dwell on the past and wish you could do it over. Just keep moving forward... that's how your faith grows.

Tim Neptune is the lead pastor of Venture Church Naples, a new church located on the campus of Florida SouthWestern State College in Naples, FL. For church times and other information, visit www.venturenaples.com or call (239) 775-5323.



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