

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

Health & Wellness[®] MAGAZINE

August 2021

Manatee/Sarasota Edition - Monthly

FREE  

www.swfhealthandwellness.com

**EXERCISE
AND VENOUS
DISEASE**

**NECK AND
BACK PAIN
CAN BE
DEVASTATING:**

Do Not Ignore
Your Symptoms

**WHAT IS THE
SECRET TO
BETTER SLEEP**

& Why is it so Important?

**A PAINFUL
BLADDER
CONDITION**

What You Need to Know
About Interstitial Cystitis

**EXPERIENCE
RELIEF WITHOUT
MEDICATION!**



The BRAIN WAVE CENTER

Innovations in brain health for a better you!

Safe, Non-invasive, Drug-free Relief

Services Include:
Brain Mapping
Neurofeedback Training
Diagnostic Testing & Therapy Clinic
and PrTMS Coming Soon

FREE CONSULTATION

50% OFF BRAIN MAPS

640 S Washington Blvd., Sarasota, FL
Monday - Friday 9 am to 6 pm
For more information & to schedule an appointment
941-552-4500
or visit BrainWaveCenters.com

The Leading Vascular Specialists in the Tri-County Area for 30 Years.

SARASOTA VASCULAR SPECIALISTS

INTERNATIONALLY
RENOWNED
VASCULAR SURGEONS
ESTABLISHED IN
SARASOTA FOR MORE
THAN 30 YEARS.



SARASOTA
VASCULAR
SPECIALISTS

941-371-6565

WWW.VEINSANDARTERIES.COM

600 N Cattlemen Rd, Sarasota, FL 34232



**END Your Burning, Numbness & Tingling
in Your Legs and Feet!...**

NEUROPATHY?

Defeat Neuropathy Now

- ✓ NO Addictive
Drugs
- ✓ NO Surgery
- ✓ FDA Approved



NEW TREATMENT FOR NEUROPATHY
State-of-the-art technology targeting nerve damage

PLATINUM HEALTHCARE

PHYSICAL MEDICINE

5560 Bee Ridge Rd., Suite 7

*Insurance may cover all or parts of your care.

Call Now for your **FREE** screening
to see if you qualify for this
amazing treatment.

(941) 927-1123

The Proven Leaders in Neuropathy Treatment

We are so confident that you will be happy with your care, that we guarantee that if within 3 days of accepting our free offer you're not happy, you will not have to pay for any services performed in addition to this free service. For Medicare recipients this certificate will cover a 20-minute conversation with the doctor and a health screening prevention evaluation.



127,150+

**REGENEXX PROCEDURES
PERFORMED SINCE 2005**

Joint Surgery Alternatives?

Return to your active lifestyle without drugs, cortisone shots, or surgery.

We offer **the nation's most advanced non-surgical bone marrow concentrate and platelet treatments** for osteoarthritis, joint injuries and spine conditions. We use the patient's own bone marrow derived stem cells, which is the only FDA-compliant tissue source in the U.S. for orthopedic procedures.

All injection procedures are performed using ultrasound and fluoroscopic guidance for precise cell placement.



James Leiber, DO
Medical Director



Ron Torrance II, DO



Ignatios Papas, DO



Evan Musman, DO

REGENEXX TAMPA BAY

Sarasota

2401 University Pkwy, Suite 104
Sarasota, FL 34243

Tampa

8600 Hidden River Pkwy, Suite 700
Tampa, FL 33637

St. Petersburg

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

REGENEXX AT GOLD COAST ORTHOPEDICS

Miami

20754 W Dixie Hwy
Miami, FL 33180



Regenexx®
At New Regeneration Orthopedics

941-213-7518

NewRegenOrtho.com

If a significant missing fact was costing you money, when would you want to find out?

- **Clear up the misconceptions** that your CPA, attorney and financial advisor may be missing that could be costing you thousands!
- **Two must ask questions you should ask** right now if you own bonds or bond funds.
- Clarify the **facts** surrounding buy and hold versus timing the market.



Margaret Hixon
Founder & President



Stuart Dickson
Managing Partner

Call 941-925-2121 now or go to www.vimvestadvisors.com

If you would like to learn how wealthy high-income investors avoid myths and misconceptions and shelter income and assets from higher tax rates and risk going forward join us at our complimentary educational dinner event. This is not a product or investment sales presentation and the content is best suited for those with \$500,000 and above in retirement assets.

GULF COAST KETAMINE CENTER

Conditions

- Anxiety Disorders • Chronic Fatigue Syndrome
- Several Types of Depression (Unipolar Depression • Bipolar Depression Postpartum Depression) • Obsessive Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD) • Suicidal Ideations
- Atypical Facial Pain • Central Post-Stroke Pain (CPSP)
- Chronic Headaches and Migraines
- Chronic Joint and Musculoskeletal Pain
- Chronic Neck and Back Pain • Chronic Temporomandibular Joint (TMJ) Pain
- Complex Regional Pain Syndrome (CRPS or RSD) • Diabetic Neuropathies
- Fibromyalgia • Lichen Sclerosus • Lyme Disease • Multiple Sclerosis Pain
- Post-laminectomy Syndrome (Failed Back Surgery Syndrome)
- Shingles Pain (Post-Herpetic Neuralgia) • Small-Fiber Peripheral Neuropathy
- Traumatic Brain Injury Pain • Trigeminal Neuralgia
- Other Forms of Neuropathic Pain



Lolita Borges, RN
Clinical Director,
Gulf Coast Ketamine Center



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



2415 University Parkway
Building #3, 2nd Floor, Suite 215
Sarasota, FL 34243

Phone: 941-213-4444
<http://findpainrelief.com>

Start Feeling Better Today



EXPERIENCE MATTERS.

WE GET RESULTS!

Reduce fat and lose inches. During CryoSlimming® treatments the skin is warmed then rapidly cooled. We recommend 3 – 6 sessions for best results. On average, people see 18.96% fat reduction in treated areas. Improve skin appearance. With CryoToning® treatments, cold temperatures boost collagen production, which tightens loose skin, reduces the appearance of cellulite, and improves the skin's overall texture and appearance.

CryoSkin \$350
(Buy 2 get 1 free for readers)



WILD LILY

Medspa

941.350.9008 | 2650 BAHIA VISTA ST UNIT 303, SARASOTA, FL 34239

WILDLILYMEDSPA.COM | [f](#) [t](#) [i](#) [s](#)

contents AUGUST 2021

- 6** North Port Woman Hikes Connecticut Hills Five Months After Hip Replacement Surgery
- 7** Exercise and Venous Disease
- 8** Neck and Back Pain Can be Devastating: Do Not Ignore Your Symptoms
- 9** Real Estate Re-Imagined
- 10** Experience Relief Without Medication!
- 11** Ketamine for Pain Management
- 12** What is The Secret to Better Sleep & Why is it so Important?
- 13** Anti-Aging: Wild Lily Medspa Offers Microneedling with RegeneDerm!
- 14** How Interest Rates Affect Stocks Prices
- 16** Lumbar Spine Pain: Symptoms, Causes & Treatments
- 18** Dear Men: T Shots Aren't Always the Answer...
- 19** Beach Days and Healthy Feet
- 20** Diagnostic Imaging Saves Lives
- 21** Effective & Proven Chronic Pain Relief with VAX-D®
- 22** A Painful Bladder Condition: What You Need to Know About Interstitial Cystitis
- 23** The Benefits of Patient-Centered Care
- 24** Ketogenic Diets in Reversing Cognitive Decline Including Alzheimer's Disease
- 25** Medication Time Made Easy!
- 26** Arthritic Knee Pain
- 27** GAINSWave is Making Headlines Due to its Ability to Prevent & Treat ED
- 28** Neuropathy Treatment Breakthrough Proves Highly Effective at Reversing Neuropathy Pain and Symptoms
- 30** Eyeglasses and Sunglasses: Both Important-Both Somewhat Challenging to Jostle Between
- 31** Spiritual Wellness: Dealing With Life's Painful Situations

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR - Lisa Minic



Publishing • Advertising • Web Design • Graphic Design

239.588.1200

Southwest Florida's Health & Wellness Magazine can be found in over 600 Southwest Florida medical facilities including, hospitals, doctors, chiropractors and dentist offices. Find a copy of your FREE Southwest Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239.588.1200
Cristan@gwhizmarketing.com

G WHIZ Marketing, LLC | 1630 Caxambas Court | Marco Island, Florida 34145

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2020. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTHWEST FLORIDA'S Health & Wellness Magazine. SOUTHWEST FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTHWEST FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



SKIP & GAIL SACK

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

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

- Skip & Gail Sack



CHRISTOPHER SFORZO, M.D.



CHRISTOPHER DILLINGHAM, M.D.



CHARLES STEWART, M.D.



PHILIP MEINHARDT, M.D.

BOARD-CERTIFIED. FELLOWSHIP-TRAINED. ORTHOPEDIC SURGEONS.



5831 Bee Ridge Road
Suite 300 • Sarasota, FL 34233
941.378.5100
sforzodillingham.com



North Port Woman Hikes Connecticut Hills Five Months After Hip Replacement Surgery

By Heidi Smith, Contributor

The pain in Janine Salvo's right hip was excruciating – and familiar.

"I recognized the same bone-on-bone pain I had with my other hip," said the 60-year-old North Port woman, whose left hip was replaced in 2017 in Connecticut. "I knew it was time to get help."

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

"To diagnose a patient's condition, I conduct a thorough physical exam, and the patient's history provides many clues," said Dr. Collins, who estimated he has performed more than 1,000 hip replacements in his career. "Janine was walking with a limp. She had significant pain, grinding in the joint, and limited range of motion compared to a normal hip. Diagnostic X-ray confirmed bone-on-bone arthritis of the hip."

Dr. Collins recommended hip replacement surgery with an "anterior approach," which means accessing the hip through the front of the upper leg. This allows the surgeon to navigate between muscles, rather than cutting through them.

Salvo's 2017 surgery went through the back of the left hip area (posterior approach), requiring a longer recovery. She also suffered a dislocation of the new joint after that surgery:

"I was able to assure Janine that with the anterior approach, newer high-tech materials used in the replacement joint, and our use of real-time X-ray during the surgery, she was likely to have a quicker recovery with less pain," Dr. Collins explained. "She also would be less likely to suffer a dislocation of the new joint after surgery."

"I felt confident that Dr. Collins was going to do a great job," related Salvo, who liked that Dr. Collins is "very experienced in sports medicine and is up on the latest" advances in techniques and technology.



Courtesy Venice Regional Bayfront Health

Janine Salvo and her dog Syrus enjoyed hiking trails in Connecticut five months after Salvo's successful hip replacement surgery.

Salvo's surgery at Venice Regional required a one-night stay. She gave the hospital staff rave reviews: "They were just wonderful. Nice, caring and sweet." The nurses were attentive in managing pain, which she felt mainly at the incision site. Salvo also was reassured by the hospital's COVID-19 protocols.

"The day of surgery I was up walking around, and before I went home the next day, they had me doing physical and occupational therapy at the hospital," Salvo said. "They made sure I could go up and down steps, get in a car – everyday things."

Salvo went to outpatient physical therapy (PT) for about three weeks following the surgery. "The therapists were in touch with Dr. Collins' office every step of the way. He knew exactly what was going on," she said.

Dr. Collins commended Salvo's diligence with PT. "I tell all my patients that over 90 percent of recovery is based on how hard you work with PT, and Janine did very well," he said.

Salvo said she was back to normal activities three months after surgery, and two months later was hiking trails in Connecticut during summer vacation.

"I would definitely recommend Dr. Collins to anyone with hip pain," Salvo said. "He's a sweet



Jason Collins, M.D.
Orthopedic Surgeon

man and did a great job for me. He and his staff communicated with me all along the way. I wish he had done my left hip!"

Dr. Collins sees patients at Gulf Coast Medical Group in North Port. To schedule an appointment, call 844-406-1007.



To take a free joint pain assessment, visit GulfCoastMedicalGroup.com/JointPainRelief.

EXERCISE AND VENOUS DISEASE

Exercise is one of the most important factors in determining how healthy our veins are. Vein diseases, namely venous insufficiency and varicose veins, are caused by a variety of factors, but fortunately there are exercises that can make a huge impact in improving overall vein health.

CHRONIC VENOUS INSUFFICIENCY

As many as 40 million people suffer from varicose veins or a more serious form of venous disease called chronic venous insufficiency (CVI), according to the Society for Vascular Surgery.

CVI is a progressive medical condition that worsens over time and affects the veins in the legs that carry blood back toward the heart. Common signs and symptoms of CVI include leg heaviness and fatigue, leg or ankle swelling, leg pain, aching or cramping, varicose veins, skin changes, ulcers, open wounds or sores, and restless legs.

There are many causes and contributing factors of venous insufficiency and venous disease. Family history, gender, age, sedentary lifestyle, trauma, prolonged standing or sitting, obesity or excess weight, current or previous pregnancies and smoking can all play a role.

There are built-in mechanisms in our legs that function to help return blood back to the heart via the veins. CVI develops when the veins in the legs can no longer pump blood back to the heart effectively. Usually, when the leg muscles contract, they squeeze the deep veins of the legs, facilitating circulation and the return of blood to the heart.

Exercise strengthens the calf muscles and helps to pump blood throughout both legs, promoting better circulation.

Techniques that improve and strengthen the calf and ankle pumps include compression therapy, exercise, hydrotherapy, and physical therapy.

Direct physical conditioning of the calf musculature with specific exercises is proven beneficial for patients with chronic venous insufficiency.

Exercise is considered the No. 1 healthy vein principle. However, certain exercises are proven to be better for vein health. As you exercise, blood is



pumped from the veins in the arch of the foot toward the heart by the calf muscles. This process promotes healthy blood circulation and reduces vein disease.

Circulation is key. An active lifestyle is beneficial if it involves easy, fluid movements of the legs such as walking or swimming.

Simple leg and calf exercises that may be performed for additional benefit include bouncing your legs under your desk while seated and rotating your ankles and rocking your feet back and forth on the ground. In addition, wearing a good pair of compression socks or pantyhose will improve circulation back to the heart.

Varicose veins and venous insufficiency affect millions of people in the United States. To prevent or slow the progression of venous disease, exercise is one of the most important measures recommended by physicians across the nation.

But not all exercises are beneficial for optimal vein health. Walking, cycling, and swimming are most beneficial and may be performed at any age and mobility.

While exercising will not remove varicose veins and insufficiency, it can help to reduce the effects and symptoms. If you have symptoms of venous insufficiency and varicose veins, contact a vein specialist at Sarasota Vascular Specialists.

Sarasota Vascular Specialists

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:

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

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

It's the first vascular laboratory in Sarasota to be certified by the International Commission for the Accreditation of Vascular Laboratories. The lab was also featured as the gold standard facility by ABC Television's Prime Time when it evaluated vascular labs in Florida. They have state-of-the-art equipment and vascular imaging software.

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



941-371-6565

WWW.VEINSANDARTERIES.COM

Sarasota

600 N. Cattlemen Road, Sarasota, Florida 34232



Neck and Back Pain Can be Devastating: Do Not Ignore Your Symptoms

The agonizing and sometimes debilitating discomfort from back pain can cause us to lose out on the important things, like spending time with our families, and being productive at work. Even the simplest daily activities can require monumental strength to muster through them. The number of people with back pain in one form or another are staggering. Did you know that back pain is one of the most common reasons people seek medical care in the United States? Delays and misdiagnosis can lead to costly and inappropriate treatments. A proper diagnosis is crucial in determining the best course of treatment.

Common Causes of Back Pain

- Muscle/soft tissue sprains/strains
- Degenerative disc disease
- Herniated discs
- Fractures
- Osteoarthritis
- Nerve impingement
- Spinal stenosis
- Scoliosis/Kyphosis

How do you know when you need to seek treatment?

If you have ongoing, pain in your neck or back, your spine, it's imperative to have a proper evaluation by an orthopedic spine surgeon.

Experts in orthopedic care are your BEST option. The Physicians at Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine are experts in orthopedic diagnosis, treatment, and they deliver the best outcomes for their patients. Why? The training and expertise they have is unparalleled. Dr. Philip Meinhardt is the practice's spine expert. He has helped patients regain function and mobility, even with the most intricate cases.

Along with twenty-four vertebrae, the spine is also comprised of nerves and synovial fluid that acts as a shock absorber in between discs. Diagnosing and treating spine pain is complex. At Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine, patients always see a fellowship-trained physician who will lead a team to carefully evaluate the best course of treatment, custom-tailored to each patient specifically. With digital imaging and ultrasound we are able to make many diagnoses immediately at your visit.



Non-Surgical Options

Our team of in-house physical and occupational therapists combine many years of expertise with state of the art equipment. With close communication within our practice, we ensure continuity of care and a detailed approach.

There are also a variety of injection procedures available to treat a multitude of conditions. Advanced regenerative medicine procedures, have allowed Dr. Sforzo, Dr. Dillingham, Dr. Stewart, and Dr. Meinhardt, help many patients get back in the game without steroid injections or surgical procedures.

Providing advanced meticulous orthopedic care is what Dr. Christopher Sforzo envisioned when he opened the doors to Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine in 2006. And that is just what you can expect today when you choose the practice for your orthopedic and sports medicine needs.

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.



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

Philip A. Meinhardt, M.D. is a board certified orthopedic surgeon and fellowship trained spine surgeon. He specializes in adult spinal surgeries including reconstruction of spinal deformities, minimally invasive/microscopic spinal procedures, decompression, spinal instrumentation, fusion procedures and microscopic cervical disc replacements. Additionally, Dr. Meinhardt offers the latest in biologic regenerative medicine injections and regenerative treatments helping many patients eliminate the need for surgery. Dr. Meinhardt has medical appointments and admitting privileges at many local medical facilities, including Sarasota Memorial Hospital, Doctors Hospital of Sarasota, Advanced Surgery Center, Lakewood Ranch Medical Center, IMG (Intercoastal Medical Group), Ambulatory Surgical Center, and Doctors SameDay Surgical Center.

Patient Testimonial:

It was my first visit on the recommendation of my personal physician regarding a back issue. The thoroughness and professionalism was truly off the charts. Dr. Philip Meinhardt took his time explaining things very carefully, reviewed the MRI on my back and gave me what he felt were the best options going forward. One of the most professional and courteous environments I've ever experienced in medical care.—Daniel

SFORZO
DILLINGHAM • STEWART
ORTHOPEDICS + SPORTS MEDICINE
941.378.5100
SFORZODILLINGHAM.COM

CASTLE
CONNOLLY
TOP DOCTORS
2021

REAL ESTATE RE-IMAGINED

How a \$100K home improvement turned into \$700K ROI

When life's next adventure is waiting on the sale of your home, listing with the right realtor can put substantially more \$\$\$ in your pocket. The Peter G. Laughlin Group represents the sellers of Sarasota Luxury Homes to **maximize return on real estate investments**. Our value-added service is personal. It's professional. And it creates **outstanding results**.



BEFORE



BEFORE



CASE STUDY

When the seller of a 1990s contemporary waterfront home asked us to list his home, our first step was to do a thorough market analysis. During the analysis, we learned that the home is built on one of the highest natural grades on Siesta Key and that it is affectionately called "Selby on Siesta" because of its sublime native landscape.

Knowing the details that matter to buyers, we make recommendations and assist in transforming homes from glum to glam. We take the guesswork out of how to maximize your dollars for the greatest impact.

The initial market analysis suggested a list price of \$3,200,000. The price took into account the appearance of the home which was somewhat outdated.

After a comprehensive, in-person evaluation of the property, we determined that **with the proper updates, the home could sell at a higher price — possibly \$3,500,000.** We provided the seller with a list of recommendations that included landscaping, painting, repairs, deep cleaning and staging.

The seller followed all recommendations at a total cost of approximately \$100,000. When the work was complete, the updated home looked much better than anticipated. **A final market analysis in its new condition suggested a list price of \$3,995,000.** The home went on the market at that price, and **sold in 7 days above list price at \$4,072,000.**

The seller's \$100,000 investment resulted in a sale \$872,000 above the original list price – a gain of \$772,000.

See more "Before & After" photos at PGL.Group/Imagine.



941.356.8428 | PeterGLaughlin.com



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

EXPERIENCE RELIEF WITHOUT MEDICATION!

A BETTER BRAIN MEANS A BETTER YOU!

Neurofeedback Offers Safe, Noninvasive, and Drug-free Relief from Chronic Issues Such as: Anxiety, Depression, Attention Deficits, PTSD, Autism and more.

Neurofeedback is a measured learning process that takes advantage of the brain's ability to self-regulate and seek balance. By re-training irregular brainwave patterns, we are assisting the brain to function better. In addition, adding other proven modalities, such as psychotherapy, better nutrition & sleep, and more exercise, the outcomes could be superior. Sometimes the missing piece is simply the brain; how it is managing, processing, and responding.

Neurofeedback Can Improve These Imbalances

Remember when you learned to ride a bicycle? Or maybe how to swim for the first time? When you first started, your brain didn't know how to do it. However, with practice, and repetition, you soon mastered it. This process of learning with repetition and feedback is known as operant conditioning. It's a natural learning activity everyone uses when developing new skills.

Neurofeedback uses the same safe, natural approach in improving your brain function.

How does neurofeedback work?

First, the actual imbalances are measured. This is done using a time-tested technology known as an electroencephalogram (EEG). It's a painless, easy test – a cap is placed on the head that allows the computer to measure your actual brainwaves. A report or Brain Map is generated containing a detailed analysis of the brain. The report also gives a detailed plan for neurofeedback training options. The Brain Map gives the data needed to create a customized training program to correct the imbalances that are likely the cause of the symptoms in the first place.

The training is fun and easy.

All the patient needs to do (child or adult) is come in, sit down in a comfortable chair, and watch a movie or video that they pick. A normal training session is 30 minutes long. During that time, two small sensors are placed on the scalp that measures brainwave output in real time. Just like in real life, if your brain speeds up while you watch



the movie (you get fidgety, or anxious) – this is too much Beta energy. When this excess is detected, the movie dims, and the sound decreases.

This is a signal to your brain to slow down. Over time, the brain creates new, more efficient neural pathways that allow you to think in a calmer, healthier manner. The result- No More Symptoms!

Long term results.

Just like learning to swim, or ride a bike, these skills remain for a lifetime, even if you don't use them often. That's because the brainwave pathways remain in place permanently. Neurofeedback helps your brain to create the same long-term improvements in your brain activity. Once completed, the improved focus, concentration are yours to keep!

Conclusion.

The stigma of mental health treatment has begun to fade and more & more people are becoming aware that it's possible to live a more happier and

healthy life. At The Brain Wave Center we are focused on assisting everyone in improving their emotional health and overcoming anxiety, depression, PTSD, and common mood disorders.

If you or someone you know could benefit from the multiple therapeutic treatments that the Brain Wave Center offers, please contact them at (941) 552-4500. or visit BrainWaveCenters.com for more information.

The 
BRAIN WAVE CENTER
Innovations in brain health for a better you!

941.552.4500

BRAINWAVECENTERS.COM

640 S. Washington Blvd., Sarasota, Florida 34236

Ketamine for Pain Management

In the U.S., over 100 million people reportedly suffer from some form of chronic pain. Most people can relate to having experienced physical pain in their lifetime, but to have to live with. That pain on a daily basis can become intolerable. Neuropathic pain syndromes are the root cause of many individuals' chronic discomfort. Neuropathic pain syndromes are related to disorders like diabetes, fibromyalgia, CRPS, Lyme disease, and migraines, to name a few.

The most common treatment for neuropathy is to mask it with narcotic prescription pain medications. Narcotics like opioids are highly addictive, and our state is currently leading the country in abusing the drug and overdose episodes. The CDC reports that nearly half of all opioid-related deaths are due to the narcotic being prescribed for pain related circumstances.

Pain medications have adverse side effects and also, in many cases, show signs of cognitive decline in long-term use. The other issue with standard pain medication is that they, more often than not, become ineffective and are unable to mask the pain signals. This is called treatment resistance.

Opioids fool the body by binding to the opioid receptors in the brain, spine, and other areas of the body. They DON'T treat the health condition; They merely mask the pain by disrupting the signals to the brain. Opioids are one of the most highly addictive classes of drugs available.

ONE OF THE MOST PROMISING ALTERNATIVE METHODS IS KETAMINE IV THERAPY

How does ketamine work?

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

A recent study conducted at Thomas Jefferson University Hospital involved 61 patients with intractable migraines. Of the 61 patients in the study, 75% showed a decrease in the intensity of their headaches after receiving low dose IV ketamine infusions over five days.



On a scale of zero to 10 (10 being the highest), the self-reported pain score from patients was an average 7.5 before the initiation of the study and 3.4 at the conclusion of the IV ketamine infusions.

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

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

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

How is ketamine administered?

In our office, ketamine is administered intravenously. The initial series of infusions are completed over a one week. For pain and over a two week. For mental health and mood disorders.

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

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

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

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 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 a 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

2415 University Parkway, Building #3,
Suite 215, Sarasota, FL 34243
941-213-4444 | www.findpainrelief.com



What is The Secret to Better Sleep & Why is it so Important?

Better sleep is on the minds of many individuals these days. We hear so much about good sleep hygiene. This term refers to the importance of high-quality sleep without disruptions. When we sleep, we promote healing properties throughout the body.

Getting a good night's sleep is critical for optimal health. On the other hand, poor sleep leads to adverse effects. The side effects and complications associated with sleep disorders are irritability, fatigue, high blood pressure, cardiovascular disorders, chronic disease, diabetes, depression, behavioral issues, stroke, and brain function impairment. If not rectified, over time, sleep deprivation can lead to heart attacks, stroke, diabetes, and other serious complications.

According to the National Sleep Foundation, insomnia and sleep disruptions can be caused by the following:

- Medical conditions (sleep apnea, back pain, acid reflux, arthritis)
- Depression
- Anxiety
- PTSD
- Lifestyle Disruptors (naps, shift work, circadian rhythm imbalance)
- Medications
- Caffeine
- Alcohol
- Nicotine
- Heavy meals

Is blue light disrupting your sleep?

On top of these disturbances, lies the most common issue that interferes with circadian rhythm, which is blue light. Pathways of brainwave activity and wavelengths lie in various regions of the brain, and they can be affected by stimuli and blue light: Delta waves promote deep sleep and regeneration, beta make us sleep lighter with emotional dreaming, alpha promotes faster activity in a relaxed state, and theta causes stress and anxiety.

Blue light emits wavelengths that contribute to sleep disturbances within our brains. Blue light comes from artificial lighting and electronics like fluorescent and LED lightbulbs, laptops, mobile phones,



iPad, television, some alarm clocks, fiber-optic cable boxes, and other devices that use blue light. The issue is that blue light makes your brain think that it's still daytime, which makes it difficult to fall and stay asleep.

What can you do for a better night's sleep?

Setting a schedule is helpful. If you plan to go to sleep each night at the same time, this can help to reregulate your circadian rhythm. Winding down with the sun is also essential. Once the sun sets, that is your cue to dim the lights and start to relax. You can increase your relaxation by not watching anything action-packed on television, not eating or drinking anything three hours before bed, especially sugar or caffeine. It can help to take a relaxing bath, read a book or drink some herbal tea before bedtime. Exercise is also critical for increasing sleep hygiene. Exercise should be done earlier in the day. This is also known to increase the circadian rhythm and relax the body and mind. In saying this, many people find it helpful to take a leisurely walk in the evening after dinner, but it's not recommended to do intense exercise. Meditation is also a great way to relax the mind. Today, it's easy to find free meditation apps or videos online.

Sleep apnea disrupts sleep because of the lack of oxygen to the brain.

If you suspect you have sleep apnea, it's critical to seek medical attention. If you find yourself gasping for air in the middle of the night or snoring, you may be at risk. Sleep apnea can cause strokes, cognitive decline and other serious issues.

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

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

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

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

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



**Freedom Village
of Bradenton**

941-798-8122

www.fvbradenton.com

6406 21st Avenue West
Bradenton, FL 34209

 AL Facility #5415, 1168096

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

ANTI-AGING:

Wild Lily Medspa Offers Microneedling with RegeneDerm!



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

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

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

What's in RegeneDerm?

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

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

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

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

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

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

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

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

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

TREATMENTS & SERVICES

Dermal Filler & Neurotoxins

- Versa • Restylane • AquaGold
- Dysport • Botox

CryoSkin Therapy

- CryoSkin Fat Reduction
- CryoSkin Double Chin Reduction
- CryoToning Cellulite Smoothing

Facial Treatments

- Hydrafacial
- Signature Glo Treatment
- Custom Facial
- Microdermabrasion
- Microneedling Rejuvenation
- Dermaplane (deep cleanse & hydration mask included)
- CryoToning Facial
- Glycolic Peel
- TCA Peel

Add Ons

- Dermaplane
- HydroJelly Mask
- Extractions

NEW Plastic Surgery Procedures

- **Face** (Mini lifts, face lifts, blepharoplasty, etc.)
- **Breast** (Augmentation, reconstruction, reductions, lifts)
- **Body** (Liposuction and body contouring procedures)

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

WILD LILY
Medspa

2650 Bahia Vista Street #303
Sarasota, Florida 34239
941.350.9008

How Interest Rates Affect Stocks Prices

When the Fed lowers interest rates, it aims to increase borrowing and spending by businesses and consumers. It also aims to generate more business activity and more hiring. When the central bank raises interest rates, it is generally an action to reduce inflation and "cool off" the economy.

The focus right now is on Inflation. In latter July, the government reported that the Consumer Price index (CPI) rose by .9% which shows signs of rapidly rising costs of living. When this becomes chronic the Federal Reserve usually raises interest rates to cool off the economy. The high unemployment rate is the only thing holding them back, which is being manipulated by the Federal government by offering federal subsidies to the state unemployment structure. The subsidy is forcing companies to pay more than fifteen dollars an hour which has been a Democratic goal for the last few years. The Fed has signaled that it does not plan to raise interest rates until sometime in 2021.

But when rates do increase it is important to know how that affects your portfolios. A rate hike reduces the amount of money in circulation, then the cost of borrowing goes up. This affects the rate you pay on auto loans, credit cards and other forms of loans. Not only do higher rates affect what it costs consumers, it also has a profound impact on corporations. Higher interest rates mean it costs more for corporations to pay on interest rates. Those costs are generally passed on to the consumers which leads to more inflation and then higher interest rates. Costs go up until they cannot and that spells trouble.

Higher interest rates impact a company's cash flow because they need to make higher interest payments. All of this slows the economy and slows down GDP. If you have long dated bonds in your portfolio or bond mutual funds, you need to



call and make an appointment for us to analyze your asset allocation. (941 925-2121 Vimvest HDmoney). So what can we do for investors who are looking for both safety and income? There is a range of answers to this question, and we invite you to reach out to us if you're curious to learn more about the full menu.

We would be happy to share our views regardless of whether you become a client.

YOUR SUCCESS IS OUR GOAL.

To register for our **upcoming FREE educational dinner** event, please call Sara at 941-925-2121

Ruth's Chris August 31st or
September 2nd at 6:00pm



941-925-2121

www.vimvestadvisors.com



Margaret Hixon
Founder & President

Stuart Dickson
Managing Partner



Contact Peter to talk about the many advantages of real estate now:
941.356.8428 | PeterGLaughlin.com

Premier | Sotheby's
INTERNATIONAL REALTY
Each office is independently owned and operated.



INCLUSIVE

Taking You Personally

Imagine realizing the best possible outcome from your real estate transaction. That's what you can expect by aligning your goals with the Peter G. Laughlin Group. When you partner with the Peter G. Laughlin Group, you join an inclusive team that takes your goals personally.

Your dreams are our inspiration.

PGL.Group/Values

PGL.Group/MoreMoney

PGL.Group/Imagine

Southwest Florida's Health & Wellness Magazine



On the Web

SwfHealthAndWellness.com



On Facebook

facebook.com/healthandwellnessmagazine



On Twitter

twitter.com/SWFHealthMag



In Your Inbox

Receive our monthly newsletter. Sign up online

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



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



Schedule Your Virtual Visit Today!

Monday - Friday
9am - 5pm

Independent Living · Assisted Living · Memory Care · Wellness

Your Life, Your Way, Every Day!



Freedom Village
of Bradenton



#1



IN CUSTOMER SATISFACTION
AMONG SENIOR LIVING COMMUNITIES

Every day at Freedom Village of Bradenton our goal is to ensure your overall physical, social and psychological wellbeing.

Please call to schedule a Virtual Visit with one of our residential counselors.

Contact Us Today

941-798-8122

www.fvbradenton.com

6406 21st Avenue West
Bradenton, FL 34209

AL Facility #5415, 1168096

Lumbar Spine Pain: Symptoms, Causes & Treatments

By: Regenexx Tampa Bay, Regenerative Medicine

The body is an interconnected machine with each part working together in harmony. The lumbar spine is a crucial element of this machine. The hip, knee, and foot are all controlled by spinal nerves within the low back. A problem in the lumbar spine could create problems at any point in the lower body. Common lumbar issues include arthritis, foraminal and spinal stenosis, pinched nerves, disc problems, muscle atrophy, loose ligaments, and spondylolysis. In this article, we will give you a brief overview of these common lumbar spine problems along with their potential symptoms, causes, and treatments.

First, let's take a look at the spinal column and its parts.

The Spinal Column

The spinal column is made up of vertebrae that are stacked one on top of the other with an intervertebral disc between each level to provide cushion and absorb shock. The cervical spine consists of the neck area and is made up of seven vertebrae (C1-C7). Following the cervical spine is the thoracic spine (T1-T12), the lumbar spine (L1-L5), the sacrum (S1-S5), and the coccyx. The posterior (back) portion of these vertebrae is known as the spinous process and on either side of these, connecting one vertebra to the next, are finger-joint-sized articulations called facet joints.

Another extremely important part of the spinal column is the spinal canal. This tunnel runs down the middle of the column and houses the spinal cord, which has many nerves that transmit muscle commands and sensory information throughout the body and to the brain. There are small holes in the spinal column where the nerves exit and branch off to other parts of the body. There is one at each level of the spinal column. One of these holes is called a foramen. Any of these structures can become damaged or diseased in some way and lead to pain, discomfort, or even disability.

Foraminal Stenosis

When the spine is healthy, spinal nerves easily traverse through the tunnels transmitting sensory information from each body part to the brain and provide impulses to the muscles so they can contract and move the body part. However, when the spine is unhealthy, the flow of information can be disrupted.

The disc or cushion in between the spine bones can bulge and/or the spine joints can get arthritis causing the foramen to narrow. This narrowing of the tunnel is called foraminal stenosis and can cause the nerves to get pinched. The pressure from a pinched nerve can cause muscle tightness, weakness, numbness, tingling,



burning, or electrical pain in the specific distribution of that nerve. For example, if there is a lower lumbar foraminal stenosis, you could experience numbness in your big toe. Sometimes the symptoms slowly manifest over time from a more subtle pinching of the nerve. If the nerve is irritated, it may release inflammatory substances into the tissue to which the nerve travels causing that tissue to degenerate more rapidly than other areas leading to painful problems such as tendinopathy.

You could have laser spine surgery to open up the hole, but this surgery can have major side effects and serious implications. Another way to surgically treat stenosis is with a spinal fusion, but the mention of a fusion should be a huge red flag to seek out other opinions. Why? Adjacent segment disease (ASD). After a fusion, the motion of the fused segments is limited and the biomechanical loads are transferred to the segments above and below the level of the fusion. These adjacent segments could get damaged and become painful over time resulting in additional surgeries.

Surgery is often performed after an MRI diagnosis of the problem. An MRI indicating stenosis is not enough to appropriately diagnose that stenosis is the cause of pain. If you do have foraminal stenosis, you should not put all your trust in MRI results. Patients may or may not have pain with foraminal stenosis. The MRI is a description of the appearance of the spine. Many people have stenosis and no noticeable problems. An experienced physician knows that it's critical to treat the person, not the MRI. This can be determined by a thorough history and physical examination. Research also shows that skilled physical therapy is as effective as surgery in relieving stenosis symptoms.

Our approach to foraminal stenosis utilizes nonsurgical solutions to treat it before it progresses. Precise image-guided injections of the patient's own platelets into the foramen and around the nerve can help manage the problem.

Facet Joint Osteoarthritis and Instability

The facet joints that we spoke of earlier can become injured from trauma or develop arthritis from cartilage breakdown due to wear and tear. Facet joints allow for and limit movement in the spine. When bending backward, these joints become compressed and when you bend forward, they open up. When damage or arthritis occurs, facet joints can become chronically painful, especially with movement. Facet arthritis is often referred to as Degenerative Joint Disease (DJD).

For facet arthritis or injuries, doctors may recommend a radiofrequency ablation (RFA) also referred to as a rhizotomy of the small nerve that senses pain from that specific facet joint. This is a destructive process that damages the nerve. Although this can be effective in some cases, it may leave the surrounding muscles weaker which can actually be a cause of back pain.

A surgical option is a lumbar fusion to bolt two or more vertebrae of the spine together to eliminate movement and therefore, pain. The nature of this surgery can also damage the muscles that stabilize the area. This is an irreversible procedure that can cause adjacent segment disease in the vertebrae above and below. This surgery should only be considered in the most extreme cases.

Our approach for DJD often includes high-dose PRP, platelet lysate, or stem cell injections precisely targeting the facet joints, surrounding ligaments, atrophied muscles, and around the nerves. This is a tissue preservation strategy that involves no cutting, surgery, hardware, or tissue destruction helping patients avoid pain medications and damaging cortisone injections.

Disc Problems

Within the lumbar spine, there are four types of disc problems that can occur. A herniated disc occurs when the outer covering of the structure breaks open allowing the inner gel to herniate out. A bulging disc is when the outer covering doesn't completely break open, but the fibers are stretched and weak leading the gel to bulge. A torn disc means that the outer cover has a tear that causes or it may allow the leaking of chemicals on the associated spinal nerve. Lastly, a degenerated disc is one that has collapsed or narrowed due to insufficient living cells inside the disc not producing enough of the substances that keep the disc plump. A severely degenerated disc is usually not a source of pain unless it's



bulging or leaking onto a spinal nerve. Earlier in the degeneration process, while the disc still has plumpness to it, tears in the back of the disc can be a source of low back pain that results in severe episodes of pain with sitting, coughing, sneezing, or lifting. When a disc is severely degenerated, it usually is no longer painful itself. However, the mechanical load of the compressive forces in the spine at that level are no longer being taken up by the disc and therefore get transferred to the facet joints leading to wear and tear and DJD as described above.

Generally, disc surgeries include either back fusions or disc replacement. Regarding fusion, the vertebrae are bolted together with hardware to keep them immobile. With disc replacement, the goal is to have fewer side effects than a fusion, however, research has shown that abnormal motion with an artificial disc can also lead to ASD. The other side effects of having a device implanted include wear-and-tear ions in the blood from the breakdown of the metal or plastic device, ongoing pain, and potential revision surgeries.

With our approach, herniated and bulging discs are treated based on the problem they are causing. For pinched nerves, instilling isolated growth factors or platelet lysate around the irritated nerve can help the nerve recover and become more tolerant of its narrow space. Injection of the surrounding ligaments and muscles provides for stability with better-controlled movements taking pressures off the disc and nerves. In some cases, bulging discs may be treated with a same-day stem cell treatment to reduce the size of the bulge or heal a tear. In other cases, cultured (grown) stem cells injected in a specific way may be required. Torn discs can be treated with either stem cell or PRP injections very effectively. Symptoms respond well to a treatment protocol focused on platelet and/or stem cell technology deployed to treat undesirable disc and lumbar segment movements due to lax ligaments and arthritic facet joints.

Pinched Lumbar Nerve

Pinched nerves can be caused by foraminal stenosis from bulging or herniated discs and facet joint arthritis as discussed. A pinched lumbar nerve can cause pain, numbness, tingling, or weakness anywhere along the route that particular nerve branch supplies. Pain may or may not be present in the low back.

Chronic knee pain could actually be due to a pinched nerve in the lumbar spine. A doctor may mistakenly conclude that the knee is the source of the pain. This is exactly why we find it so important to consider the entire musculoskeletal system as a whole rather than in parts and to take an extensive history and physical.

The surgical approach to a pinched nerve depends on the root cause. For example, if a disc bulge is to blame, it could be a discectomy and graft and/or lumbar fusion. If it is a foraminal stenosis, laser surgery may enlarge the foraminal opening where the nerve is being pinched. Problems with invasive lumbar surgery are many, including long recovery times and often continuing pain. Ultimately, the structure never fully functions as it originally did.



Our approach includes examining the full musculoskeletal system to determine the source of pain and the pinched nerve and then developing an appropriate treatment plan. Treatment may consist of precise image-guided injections of healing growth factors isolated from a patient's own blood platelets, PRP, or stem cells.

Steroids, NSAIDs, & Other Drugs - Not Recommended

You may be presented with other treatments within the traditional orthopedics model for lumbar problems, including steroid shots or medications. Nonsteroidal anti-inflammatory drugs (NSAIDs) come with a long and growing list of dangerous side effects, such as sudden-death heart attacks, stroke, gastrointestinal bleeding, addiction, and overdose.

Narcotics can provide pain relief but are not addressing the issue directly and of course, can be addictive. Overdose has become an increasing public health issue.

Steroid shots have been shown to destroy local cartilage in the joint which can progress arthritis and provide no significant long term pain improvement. In fact, pain relief usually diminishes with repeated steroid injections. The list of problems with these injections is also lengthy.

There are supplements that can be a good alternative for pain and inflammation. Chondroitin and glucosamine have been shown to be effective pain relievers and can preserve cartilage. Curcumin derived from turmeric can also decrease inflammation and relieve pain from arthritis and other issues.

Our spines are tuned to precision and attempting to rearrange the spine's biomechanics with fusions and surgeries is often a bad idea. It is essential to understand that where it hurts may or may not be where the primary damage is located.

Acting on a lumbar spine problem while it's still a small problem or when the issue first appears, will be less of an issue than trying to take care of it when it becomes a larger problem that spirals out of control. Conservative options may help in some cases, but if these options have failed, we urge you to seek out interventional orthopedic solutions!



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, FAOASM

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.



NewRegenOrtho.com

941-254-2757

Our Office Locations

REGENEXX TAMPA BAY

Sarasota

2401 University Pkwy, Suite 104
Sarasota, FL 34243

Tampa

8600 Hidden River Pkwy, Suite 700
Tampa, FL 33637

St. Petersburg

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

REGENEXX AT GOLD COAST ORTHOPEDICS

Miami

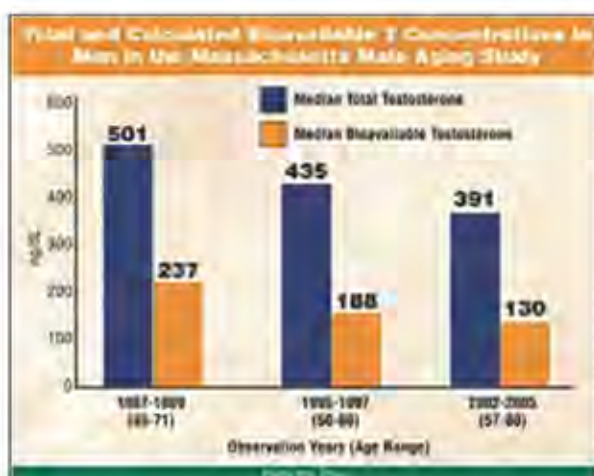
20754 W Dixie Hwy
Miami, FL 33180



DEAR MEN: T SHOTS AREN'T ALWAYS THE ANSWER....

By Dr. Cynthia Clark, Acupuncture Physician & Applied Clinical Nutritionist
President, Longevity Wellness, Creator, Energy Evolution

In recent years, a great amount of attention is being paid to the decline in male testosterone levels. The testosterone level is dropping by about 1% per year. A man today likely has about two-thirds the amount of testosterone his father did at that age. By the next generation, it will likely be half.



Source: *J Clin Endocrinol Metab.*
2007;92:196-202.

What's causing this? It's easy to point to the Standard American Diet, and claim that increases in sugar and carbohydrates and less exercise is the culprit. The problem with that theory is that it isn't just happening in the HUMAN population. It's also happening in the animal world, and those animals didn't start eating McDonald's all of a sudden. The study of alligators from Lake Apopka is key to identifying that we have animals being born with smaller penises, and as a result having a decreased reproduction rate.

This is what happens when testosterone rates decrease: ultimately as a species, we no longer want to propagate. And that's a BIG problem. Smaller but much more personal problems facing the modern man are accompanying weight gain, brain fog, and hair loss. But there's another important aspect that decreases, too, and that's the masculine spirit.

From an Oriental Medicine perspective, we understand that the masculine spirit, known as YANG energy, is responsible for MOVEMENT. It's indicated by the sun and its bright, shining, warming energy. Medically in the body this is cellular metabolism, which includes the repair and rebuild phase. Inflammation is a result of an interrupted repair and rebuild phase, and can be considered to happen as a result of Yang Deficiency.

Oriental herbs have been effectively used for centuries to bolster Yang energy in men. The careful selection of safe, natural and effective herbs combined together to strengthen only the parts of your body that need strengthening is a powerful way to approach men's health. Strengthening too much overall can tip things in the opposite direction and cause problems of dryness and irritation. And let's face it – none of us like to be told what to do when we know good and well how to do the job already!

Fast results can be had to correct men's health issues. The key to those results is accurate diagnosis, and to identify in which order the needs of the body need to be addressed. It is necessary to identify which systems are involved: the reproductive system, cardiovascular system, digestive system, immune or lymph system, the pH bioterrain, the cellular communication and vitality, or even the skin.

An accurate diagnosis and correct formulation, for example, might lead one to a formula that restores proper functioning of the Kidney Yang, which would also tend to problems like low back pain, urinary incontinence, waking many times throughout the night, and loose stool. Because the body is all connected, a correct formulation will have side benefits, and correct other existing conditions.

And this would lead to the most important question: what caused this in the first place, and how do I avoid and correct this? One client who came to me was a 78 year old man with low energy, constipated, and couldn't keep a solid weight on.

After just a few weeks, he was sleeping more solidly, didn't need a nap during the day, constipation improved, and weight started to return. Another gentleman who was 28 also had low energy, and after a few sessions also experienced significant improvement both in general energy levels and amount of energy available for his relationship.

Having been raised by my dad, men's health is close to my heart. I treat my gentlemen clients the way I would want my dad treated: expertly, with compassion and respect. I am happy to help you, along with the team of Longevity Wellness: myself: Dr. Cynthia Clark, AP; Dr. Denise Baker, MD; Natalia Garcia, RD; Chuck Pisa, Energy Healer; Charlie Logan, Shamanic Healer; Pastor Ray Foley, Technology Therapist, and Elizabeth A. Wilson, Mindset Medicine.

LONGEVITY WELLNESS CLINIC

Specializing in Integrating Traditional Chinese Medicine, Functional Medicine, Energy Medicine, Medical Qigong, and Chinese Herbology for the recovery and reversal of:

- Acute and Chronic Pain
- Anxiety & Depression
 - Traumatic Stress
 - Stroke
 - Digestion
- Cardiovascular Concerns
 - Sports Injuries
 - Memory
 - Stress
- Dermatology
- Respiratory Issues
- Diabetes and Metabolism



Acupuncture • Herbs • Nutrition

528 48th Street Court East
Bradenton, FL 34208

941.923.9355

www.longevitywellnessclinic.com

BEACH DAYS AND HEALTHY FEET

As temperatures rise in SWF, millions of Americans will be heading to our beautiful beaches. Beach days translate into water-sports, playing or walking in the sand, and lots of sunshine. However, there are risks associated with beach days that can affect the health of your feet. Here are some tips to protect the health of your feet so you can enjoy many more beach days.

First, make sure you wear shoes to the beach. Shoes will reduce your risk of puncture wounds or other cuts/sores that can occur from stepping on seashells, broken glass or other sharp objects that may be hiding in the sand. If you have any open wounds or other injuries to your skin skip going into the ocean until they heal fully. Bacteria in the ocean, lakes or other bodies of water can lead to infections. If you do experience any injuries like a puncture wound make sure to get treated right away by a foot and ankle specialist.

Another common beach injury includes being stung by a jelly fish. It's important to remember that a jelly fish washed up on shore can still sting you. If you do get stung, and their tentacles are stuck on your foot or ankle, make sure to remove them. Be cautious to protect your hands from getting stung as well when removing the tentacles. Vinegar or baking soda can help reduce the pain and swelling. Most injuries will heal within a few days, but if they don't seek medical attention.



Everyone knows to apply sunscreen, however many forget to protect their feet from the sun as well. Make sure to apply sunscreen to your feet and toes. Don't forget the soles as well. Skin cancer can occur on the foot and ankle. It also important to remember sidewalks and sand can become very hot during these hot summer days. Wear shoes to protect the soles of your feet from burning, especially if you have numbness of the feet or any type of neuropathy.

Beach days also include engaging in different activities on the sand or in the ocean. Walking, jogging or engaging in athletic activities on soft uneven surfaces like the sand can cause heel pain, ankle sprains and other foot and ankle injuries. Continue to use supportive shoes while engaging in these types of activities while at the beach to reduce your risk of injury.

People with diabetes should be extra cautious while at the beach. Diabetics are at a greater risk as many have poor blood flow and/or numbness of the feet. If you have diabetic related neuropathy (numbness) you will not feel the pain from cuts, puncture wounds or burns. Any type of skin breakdown in a diabetic can cause an infection that can rapidly progress leading to hospitalization and or amputation. Diabetics should always wear shoes to the beach and perform frequent foot checks to look for cuts, wounds or ulcerations. If any skin breakdown occurs, they should see their foot and ankle specialist immediately.

Remember these tips so you can enjoy many more beach days. If you do experience any injuries make sure to schedule an appointment with your local foot and ankle specialist.

Isin Mustafa DPM, MSHS, AACFAS

For more information, you may contact Dr. Isin Mustafa at Family Foot & Leg Center at (239) 430 - 3668 (FOOT). Family Foot & Leg Center has 8 locations throughout Collier, Lee, & Charlotte Counties to quickly resolve all your foot and ankle problems.



3161 Harbor Blvd., Suite B
Port Charlotte, FL 33952

(239) 430 - 3668 (FOOT)
www.NaplesPodiatrist.com

ADVANCED WOUND HEALING INSTITUTE

Virtual Appointments Available!

Your wound healing experts



At Family Foot & Leg Center, we specialize in the treatment of wounds that are difficult to heal. We use advanced wound healing technologies to help keep patients out of the hospital and onto healing.

Our patients experience:

- Faster recovery time
- Better results
- Improved long-term outlook
- Optimal quality of life

If you have a foot, ankle, or leg wound, do not delay. See us at any of our locations throughout Collier, Lee, and Charlotte Counties.



Board Certified in Reconstructive Ankle Surgery. Board Certified in Foot Surgery.

SAME OR NEXT DAY
APPOINTMENTS AVAILABLE
239-430-3668

EASILY SCHEDULE YOUR
APPOINTMENT ONLINE AT
www.NaplesPodiatrist.com



Diagnostic Imaging Saves Lives

Medical imaging technology has revolutionized health care over the past 30 years, allowing doctors to find disease earlier and improve patient outcomes. Whether you are a young child with cancer or a grandmother who just wants to make sure she's in good health, medical imaging helps you detect and diagnose disease at its earliest, most treatable stages and guides physicians and patients in determining the most appropriate and effective care.

Radiology Associates physicians are board certified radiologists with training in all aspects of diagnostic imaging, including CT, Mammography, MRI, Ultrasound, X-ray, and Nuclear Medicine. Additionally, each has advanced subspecialty training in one or more areas of medical imaging or interventional radiology that we believe provides the basis for providing the highest level of patient care.

Our goal is to provide high quality patient care in a comfortable environment, using the latest imaging and interventional technology and working in close collaboration with referring physicians.

Radiology Associates of Venice and Englewood is pleased to offer the following diagnostic imaging services:

MRI Scan

Magnetic resonance imaging, commonly known as MRI is a medical test that aids physicians in diagnosis and treating medical conditions. This is a non-invasive and typically painless test.

Breast MRI

Breast MRI uses Magnetic Resonance Imaging (MRI) to look specifically at the breast. It is a non-invasive procedure that doctors can use to determine what the inside of the breast looks like without having to do surgery or flatten the breast (as in a mammogram).

MRA

Magnetic Resonance Angiography - Magnetic Resonance Angiography (MRA) uses the same MRI scanner to get its images, however it is a special type of MRI scan that looks at blood vessels and blood flow. MRA can help diagnose aneurysms, and also detect narrowing or blockages of blood vessels. If there is decreased or blocked flow leading to the



brain this can be the cause of a stroke. Additionally, it can be an ideal aid to the physician for surgical planning. Some MRA's, as with MRI's, require a contrast medium.

CT Scan

CT Scan sometimes called CAT scanning is a painless and a non-invasive medical test that helps physicians diagnose and treat medical conditions.

Ultrasound

A process that uses high-frequency sound waves to produce pictures of the inside of the body. Because ultrasound images are captured in real time, they are able to show blood flowing through the blood vessels, as well as the movement of the body's organs and its structure.

Nuclear Medicine

Nuclear medicine is a specialized form of radiology. Patients are given a radioactive substance either by mouth or intravenously that collects in specific body organs. Then the gamma camera detects the energy being emitted from that substance and an image can then be captured.

Digital X-Ray & Fluoroscopy

An X-ray is a painless and quick test for the patient to endure. It involves exposing the part of the body that is being examined to a small dose of ionizing radiation to produce pictures of the inside of the body.

3D Mammography

3D mammography is a new technology in the fight against breast cancer that allows doctors to examine your breast tissue one layer at a time. 3D mammography uses high-powered computing to convert digital breast images into a stack of very thin layers or "slices" - building what is essentially a "3-dimensional mammogram".

Bone Density DEXA

Bone density scanning, also called dual-energy x-ray absorptiometry (DXA) or bone densitometry, is an enhanced form of x-ray technology that is used to measure bone loss.

PET Scan

Positron emission tomography, also called PET imaging or a PET scan, is a type of nuclear medicine imaging.

For more information about the diagnostic imaging services available at Radiology Associates of Venice, Englewood and Sarasota. Call the Venice office at 941-488-7781 or the Englewood office at 941-475-5471 or the Sarasota office at 941-342-7283.



www.raverad.com

VENICE

512-516 S. Nokomis Ave
Venice, FL 34285
941-488-7781
Hours: 8:00am-5:00pm

ENGLEWOOD

900 Pine Street
Englewood, FL 34223
941-475-5471
Hours: 8:00am-5:00pm

SARASOTA

3501 Cattlemen Road
Sarasota, FL 34223
941-342-RAVE (7283)
Hours: 8:00am-5:00pm

Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

VAX-D, short for Vertebral Axial Decompression, is a patented non-surgical therapy proven to successfully treat chronic low back pain, caused by prolapsed, bulging, herniated or degenerative discs, facet syndrome, stenosis and sciatica. Even post-surgical patients and those suffering from central canal or foraminal stenosis have reported significant pain relief with VAX-D therapy. Over a series of relaxing treatment sessions, patients experience powerful pain reduction and healing. Some patients even notice relief after just one visit.

VAX-D's proven and patented technology is currently being utilized by leading physicians in orthopedic medicine, pain medicine, neurology and other specialties in hundreds of clinics around the world. Many doctors choose VAX-D over other devices because it employs the original, patented technology from which decompression therapy was born. VAX-D effectiveness is backed by clinical research. Back pain has grown to be a \$54 billion industry and has literally become a national epidemic. Due to the astounding array of varied treatment options, finding a back pain solution can be a daunting task. Knowing that a product backs its claims with clinical research makes all the difference, and that is what VAX-D offers. A recently completed 2 1/2 year study has demonstrated that VAX-D achieved a remarkable 88% success rate in the 283 chronic back pain patients studied! The patients selected for the study had been unsuccessful at finding relief with at least two previous non-surgical treatments.

VAX-D is not to be confused with traction. VAX-D lengthens and decompresses the spine, reversing high intradiscal pressure through the application of negative pressure via a patented "slow ramp-up" process. This reversal of pressure creates a vacuum inside the discs that not only takes pressure off of pinched nerves, but helps to reposition bulging discs and pull extruded disc material back into place. Simultaneously, nutrients, oxygen and fluids are drawn into the disc to create a revitalized environment conducive to healing. VAX-D stimulates the body's repair mechanism, providing the building blocks needed to actually mend injured and degenerated discs. VAX-D's process is the only patented treatment clinically proven to decrease disc pressures to the negative levels needed to facilitate healing!

How does VAX-D work?

High intradiscal pressures cause discs to bulge out and press painfully on nerve roots. They also make for a compressed, anaerobic environment unsuitable for healing. Decompression produces and sustains negative pressures within the disc, creating a vacuum effect which draws in nutrients and fluids to promote the repair of injured discs and surrounding tissues. This vacuum has also been shown to aid in the retraction of escaped cushioning gel from herniated discs. Much like gauging the air pressure in a car tire, scientists have been able to use pressure sensors to



measure the various pressures put on spinal discs while lifting, standing, sitting, lying down, undergoing traction, and during VAX-D Therapy. Like other pressures found in the body such as blood pressure, intradiscal pressure is measured in millimeters of mercury (mmHg). While traction, physical therapy and manipulation may reduce disc pressures to as low as 40mmHg, only VAX-D has been shown to achieve negative pressures within the spine. Clinical studies have shown that, with VAX-D Therapy, negative pressures as low as -160 mmHg* are created within the injured disc during the treatment session!

The key to the "distraction" of VAX-D is achieved through an intricately timed series of pulls, holds, and releases over the course of a treatment session. VAX-D's biofeedback system adjusts this curve of tension specifically to each patient's needs, making every session a truly individualized treatment.

VAX-D Therapy involves three phases that repeat fifteen times throughout a treatment session: the Decompression Phase, the Retraction Phase, and finally, the Rest Phase. During the Decompression Phase, tension slowly mounts, lengthening the spine; up to 99 pounds of tension may be exerted directly on the injured discs. This is where spinal pressures drop and decompression actually occurs. During the Retraction Phase, tension is slowly decreased and the spine is retracted slowly. This is followed by a short Rest Phase.

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

- You have chronic and/or severe back and/or neck pain caused by bulging or herniated discs, Degenerative disc disease, sciatica, and/or facet syndrome.
- You have been diagnosed with a clinically unstable low back.
- You have failed back surgery syndrome.
- You have been told to consider surgery.

Many patients have experienced more than a 50% reduction in pain after their first treatment! For those suffering from herniated and degenerated discs, the escaped nucleus pulposus may be partially or completely retracted back into the disc after just the first session (though usually it takes longer), relieving a great deal of pain. However, pain reduction does not indicate full recovery, and a full

recovery is essential to preventing re-injury. Each treatment session lasts approximately 45 minutes. A typical VAX-D treatment regimen consists of about 20 sessions. Some conditions require fewer visits; some require more. Many patients report relief from their pain and other symptoms during the first few treatment sessions, and most experience dramatic pain relief after completion of their prescribed VAX-D Therapy program.

VAX-D therapy is a non-surgical procedure to reduce pain by decompressing your spine and reducing the stress and pressure on your discs and spinal nerves. Contact Dr. Craig Aderholdt, at 941-756-5528 for a **free consultation** to see if you are a candidate for this revolutionary procedure. We hope you enjoy the information within and share it with others.

Contact Dr. Aderholdt today to find out if you can finally relieve your pain and suffering with this proven safe and effective nonsurgical breakthrough for neck and back pain.

BACK PAIN INSTITUTE OF WEST FLORIDA

5221 26th Street West, Bradenton, Florida 34207

Second Location: 7345 International Place, Suite 101
Lakewood Ranch, Sarasota 34240

Dr. Craig S. Aderholdt, BSc, DC



At Back Pain Institute of West Florida, located in Bradenton, FL, our number one concern is to help our patients with a natural approach to pain treatment. Dr. Craig Aderholdt, BSc, DC, received his undergraduate degree from Pennsylvania State University State College, and his Doctor of Chiropractic from life University School of Chiropractic in Marietta, GA. He then later graduated Cum Laude.

Dr. Aderholdt also holds certification in chiropractic adjunctive physiotherapy from New York Chiropractic College and completed extensive postgraduate training in therapeutic modalities at National-Lincoln School. He is a member of the Florida Chiropractic Association and American Chiropractic Association and is a certified VAX-D consultant. He was also voted a Bradenton Herald People's Choice Awards Winner for 2008 and is the Manatee Herald-Tribune Awards winner for 2015, 2016, 2017, 2020 and 2021 and Sarasota Herald-Tribune finalist for 2016, 2017, 2018, 2020, 2021 and winner in 2019.



Voted #1
Chiropractic Physician
Herald-Tribune
Awards Winner for 2021



A PAINFUL BLADDER CONDITION

What You Need to Know About Interstitial Cystitis

Interstitial Cystitis (IC/BPS) is a bladder condition that often gets misdiagnosed as a urinary tract infection (UTI) in the early stages. Interstitial Cystitis lingers and unlike a UTI, there is no infection present; however, it is a very painful disorder that causes pressure, discomfort, frequency, and an urgency to urinate. IC/BPS inflames and irritates the bladder and can cause scarring and stiffness. This disorder can affect both men and women. With interstitial cystitis, these pelvic nerves miscommunicate with the brain, and patients may feel the need to urinate more often and with smaller volumes of urine than normal.

It is estimated that approximately 12 million people have IC/BPS. It disrupts daily living activities and sleep, and it is a relentless disorder that is often gets underdiagnosed.

The following is information provided by the Urology Foundation:

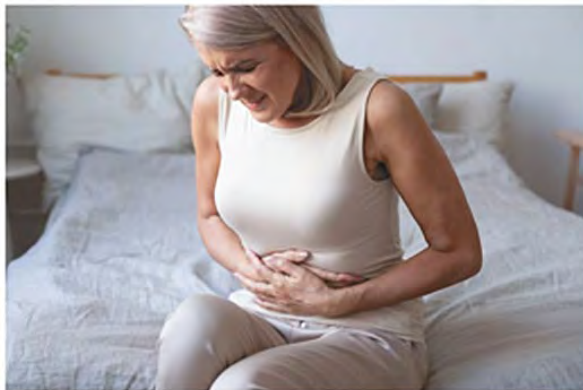
Causes of Interstitial Cystitis

Experts do not know exactly what causes IC/BPS, but there are many theories, such as:

- A defect in the bladder tissue, which may allow irritating substances in the urine to penetrate the bladder.
- A specific type of inflammatory cell, called a mast cell. This cell releases histamine and other chemicals that lead to IC/BPS symptoms.
- Something in the urine that damages the bladder.
- Changes in the nerves that carry bladder sensations, so pain is caused by events that are not normally painful (such as bladder filling).
- The body's immune system attacks the bladder. This is similar to other autoimmune conditions.

No specific behaviors (such as smoking) are known to increase your risk of IC. Having a family member with IC/BPS may increase your risk of getting IC/BPS. Patients with IC/BPS may have a substance in the urine that inhibits the growth of cells in the bladder tissue. So, some people may be more likely to get IC/BPS after an injury to the bladder, such as an infection.

There are ways to alleviate the pain, but the treatment options are done through phases to best treat the patient's individual symptoms and thresholds.



These phases of treatment include:

Lifestyle Changes

- Pelvic Floor Physical Therapy
- Diet and Exercise
- Stress Reduction

Medications

- Oral and intravesical drugs can be administered. Intravesical drugs are administered directly into the bladder via a catheter.

Neuromodulation, Ulcer Cauterization, and Injections

- Neuromodulation delivers safe and harmless electrical currents to the damaged areas and nerves.
- Ulcer Cauterization-If there is an ulcer present, a urologist can cauterize it to remove and alleviate the issue.
- Injections can include steroid injections to alleviate pain, pressure and urgency or Botox injections to paralyze the muscles temporarily, which helps with urgency.

Cyclosporine

- Cyclosporine is an immunosuppressant and is reserved for only advanced cases that are not responding to other treatment.

Surgery

- Most patients do not require surgery. If necessary, a urologist will perform surgery to try and repair or strengthen the functions of the bladder.

Source:
<https://www.urologyhealth.org/urology-a-z/i/interstitial-cystitis>

If you have pain, pressure, urgency, or frequent urination, don't put off seeing a urologist, as these conditions only progress with time. Getting a proper diagnosis and early treatment is critical.

The Center for Urogynecology and Female Pelvic Health in Venice, Florida, provides comprehensive and personalized care in a relaxed, spa-like office. Under the care of John Devine, MD, a fellowship-trained urogynecologist, the practice specializes in women's pelvic health and urogynecology, providing care for women of all ages, from adolescents to adults.

Taking a patient-centric approach to care, Dr. Devine schedules ample time for patient appointments. He also makes himself directly available to his patients to answer any clinical questions.

The Center for Urogynecology and Female Pelvic Health provides comprehensive evaluations of female pelvic health concerns. Services include gynecology care to manage general health and wellness, as well as the evaluation and treatment of conditions and symptoms arising from menopause.

The practice also specializes in urogynecology, which is an OB/GYN subspecialty that focuses on the diagnosis and treatment of female urinary incontinence and pelvic floor disorders, like pelvic organ prolapse.

The Center for Urogynecology and Female Pelvic Health also provides care to women struggling with interstitial cystitis or fecal incontinence. Additionally, Dr. Devine offers consultations and surgical treatment for women experiencing complications from mesh.

For patient-centric care from an experienced physician with friendly and accommodating staff, call The Center for Urogynecology and Female Pelvic Health, or request an appointment today. Please call 941-457-7700.

Center for Urogynecology and
Female Pelvic Health
John B Devine, MD
941.457.7700
www.johndevinemd.com



The Benefits of Patient-Centered Care

By Dr. Arie Dosoretz

In 2020, an estimated 1.8 million people in the U.S. received a cancer diagnosis. This experience can be difficult and naturally comes along with feelings of shock, sadness and fear for the road ahead.

The majority of patients with a cancer diagnosis receive radiation therapy, which uses high-energy beams to target and destroy harmful cancer cells.

Modern radiation therapy techniques offer safe and effective treatment options that are aimed at maximizing treatment efficacy while minimizing side effects. A typical treatment plan is combined with chemotherapy and surgery in order to provide the best chance of controlling the disease.

A well-organized and focused radiation oncology team should work closely with each patient, their caregivers, and the other physicians involved in a patient's fight against cancer.

Putting Patients First

Patients are always the top priority at Advocate Radiation Oncology. Our goal is to develop a highly personalized treatment plan that caters to each individual's needs. This process begins by first learning the important details about each patient and their given circumstances.

A patient-first approach requires that the physician and surrounding staff thoroughly commit themselves to understanding a patient's goals and providing a compassionate and comfortable experience throughout the treatment process.

Patients deserve to feel that their care team is a source of strength and support from the moment they walk through the door.

Patient-Centered Care

Radiation therapy is a proven cancer treatment that has been used for many decades. Radiation technology has continuously evolved and can be deliver efficient treatment that allows you to live your life with minimal disruption.

While outlining a patient's treatment plan, Advocate Radiation Oncology's expert team uses the most up-to-date data to ensure to ensure that every patient receives the most evidence-based cancer care.

Lastly, we review that plan with you so that you and your loved ones know what to expect and are comfortable moving forward together. As your advocates, a devoted team stays by your side throughout your treatment journey, every step of the way.



About the Author

Dr. Arie Dosoretz is a board-certified radiation oncologist and founding partner at Advocate Radiation Oncology, a locally owned and operated practice with offices in Fort Myers, Cape Coral, Port Charlotte, Bonita Springs and Tamarac. For more information, please visit AdvocateRO.com.



Center for Urogynecology and Female Pelvic Health

John B Devine, MD

Urogynecologist & Female Pelvic Medicine and Reconstructive Surgeon located in Venice, FL

941-457-7700

www.johndevinemd.com

375 Commercial Court, Ste. E
Venice, FL 34292

The Center for Urogynecology and Female Pelvic Health accepts most major insurance plans.



Services:

- Urogynecology
- Gynecology
- Urinary Incontinence
- Menopause
- Pelvic Prolapse
- Complications from mesh
- Fecal Incontinence
- Interstitial Cystitis

LAW OFFICES OF JAMES W. MALLONEE, P.A.

WILLS, TRUSTS, PROBATE,
GUARDIANSHIP AND REAL ESTATE



SERVING SARASOTA, CHARLOTTE, DESOTO AND LEE COUNTIES

LOCATIONS

946 Tamiami Trail, #206, Port Charlotte, FL 33953

871 Venetia Bay Blvd., #225, Venice, FL 34285

Phone Number: 941-207-2223 Sarasota County

941-206-2223 Charlotte County

www.jameswmallonee.com

KETOGENIC DIETS IN REVERSING COGNITIVE DECLINE INCLUDING ALZHEIMER'S DISEASE

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

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

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

What is a Ketogenic Diet?

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

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

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



How Does eating a Ketogenic Diet Help the Brain?

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

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

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

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

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

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

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

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

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



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

Who is our program for?

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

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

Maintaining cognitive function is the key to living better longer.



THE CARROLL INSTITUTE
reversing brain health

Call 941-350-7722 or visit thecarrollinstitute.com



Medication Time Made Easy!

How Veterinary Compounded Medications Improve Pets' Health

Gerry Letendre, RPh, MBA, CHT

Our pets today are beloved family members, so when they're not well, we want to do all we can to make them better. But anyone who has a cat or dog knows how challenging it can be to medicate a sick animal. Sarasota Compounding Pharmacy has solutions to this problem and other difficulties that can arise when it comes to pet medicines.

Dr. Stephanie Lantry, a veterinarian at the Animal Medical Clinic of Gulf Gate, says pets most commonly require medication for itchy skin and ears, as well as digestive issues. Attempting to give pets pills, especially cats and smaller dogs, often causes problems and results in the pets not receiving the medicine they need.

While some compounded medications may cost more than their commercially available counterparts, most pet insurance plans will cover the medicine if it isn't related to a pre-existing condition. Also, a larger supply sometimes reduces the price per day of the medicine.

One advantage of compounded medications is that they can be made into convenient dosage forms that are often much easier than pilling your pet. These include transdermal creams that are administered by rubbing on the ears and liquid formulas that you can mix into your pet's food or have flavored to appeal to your pet's tastebuds. Sarasota Compounding Pharmacy can even make chewable flavored "treats".



Transdermal medications work particularly well for finicky cats. "Even if the absorption rate is lower than it would be with a pill, it's better than none at all," Dr. Lantry says.

In fact, she says one of her feline patients' lives was saved thanks to a cream version of her thyroid medication. After trying and failing to feed her cat special food and give her pills for her overactive thyroid condition, the owner thought she would have to put her cat to sleep. Dr. Lantry prescribed transdermal medication that the owner rubs on the cat's ears every day.

"The cat is still alive after three years," Dr. Lantry says. "It really made a difference between life and death."

Another main reason compounded medications are prescribed for pets is lack of availability, either because they're off the market entirely or on backorder. For smaller dogs, standard doses

simply may be too large for them but with compounding, medication can be made into any strength.

"We will do our best to go the extra mile to find the best option so it's not a struggle every day and the pet can receive the medication it needs," Dr. Lantry says.

If you're having trouble getting the commercial medication for your pet or you want to make medication time easier for you both, speak with our pharmacist today how compounding can help improve your pets' health.

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.

Call **941.366.0880** or visit **sarasotarx.com**
2075 Siesta Drive, Sarasota, FL 34239






THE CARROLL INSTITUTE
restoring brain health

Alzheimer's and Cognitive Decline

MAINTAINING COGNITIVE FUNCTION IS THE KEY TO "LIVING BETTER LONGER"

Schedule Your FREE Discovery Phone Call: **941-350-7722**

1 South School Ave., Suite PH | Sarasota, Florida 34237

COMPOUNDING PHARMACY & WELLNESS CENTER

\$25 Off First Vet RX Transfer
(Mention ad for offer)

FREE SHIPPING
2075 Siesta Drive
M-F 9:30am - 5:30pm
941.366.0880
www.sarasotarx.com

SARASOTA COMPOUNDING PHARMACY
Customized Medication & Wellness Center

Serving Sarasota for over 40 years!

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



6150 Diamond Centre Ct Bldg. 100, Fort Myers, FL 33912
413 Del Prado Blvd. S., Suite 201, Cape Coral, FL 33990
5668 Strand Ct., Naples, FL 34110
3417 Tamiami Trail, Unit A., Port Charlotte, FL 33952
855-276-5989 | www.PhysiciansRehab.com

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/>

Natural Healing Arts Medical Center

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

To schedule your consultation, please call (941) 761-4994 or visit myofficeinfo.com.



2215 59th Street West, Bradenton, FL 34209

941.761.4994

www.NaturalHealingArtsMedical.com

**No Drugs. No Surgery.
Simply Relief from Knee Pain.**

Call TODAY to schedule your NO COST consultation! That may be just what you need to change your life for the better.



www.PhysiciansRehab.com

Our goal is to decrease the inflammation, promote healing, and eliminate your pain.

We are Medicare providers and accept most insurance plans.

Stem Cell Therapy | Orthopedics | Osteoarthritis Treatments | Physical Therapy | Platelet Rich Plasma | Spinal Decompression

**6 LOCATIONS SERVING FLORIDA
(855) 276-5989**

3417 Tamiami Trail, Unit A, Port Charlotte, FL 33952
6150 Diamond Centre Court, Bldg. 100, Fort Myers, FL 33912
413 Del Prado Blvd. S., Suite 201, Cape Coral, FL 33990
5668 Strand Court, Naples, FL 34110
The Villages 733 CR 466, Lady Lake, FL 32159
The Villages 4076 E SR 44, Wildwood, FL 34785



2215 59th Street West, Bradenton, FL. 34209

Dr. David S. Zamikoff - Chiropractic Physician

One of America's Best Chiropractors

Selected as one of America's Best Chiropractors for 2014, 2015, 2016, 2017, 2018 & 2019 by the National Consumer Research Board

Medical Services: Stem Cell • Trigger Point Therapy • Headaches
Knee Pain Treatment • Hormone Therapy • PRP Treatment

www.NaturalHealingArtsMedical.com
www.facebook.com/NaturalHealingArts
www.instagram.com/realdrz
www.twitter.com/doczammie



"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.

Brought to you by The Foundation for Veterans' Prostate Health
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!"

It's your Choice.
3D Mammography

Radiology Associates of
Venice, Englewood
and Sarasota

**RA
V&E
IMAGING**

Call to schedule **941-488-7781**

VENICE • ENGLEWOOD • SARASOTA

Introducing Cryoskin Toning, Cryoskin Slimming & Cryoskin Facials at The Back Pain Institute of West Florida now available.

CRYOSKIN **LESS FAT. MORE YOU.**
Fat Loss & Body Contouring

Non-invasive fat loss technology to help you shape the body you want.

Contact Dr. Aderholdt's office at
(941) 756-5528 today for a free consultation.

Dr. Craig S. Aderholdt, BSc, DC

Back Pain Institute of West Florida
5221 26th Street West, Bradenton, Florida 34207
7345 International Place, Suite 101 Lakewood Ranch, Sarasota 34240

Voted #1
Chiropractic Physician
Herald-Tribune
Awards Winner
for 2021

BACK PAIN INSTITUTE OF WEST FLORIDA

Eyeglasses and Sunglasses:

Both Important—Both Somewhat Challenging to Jostle Between

Getting regular eye exams is very important to make sure that you do not develop any new chronic conditions. Wearing your glasses is something that we take more advantage of as we age, as the majority of adults require glasses for reading, for driving or for seeing at a distance.

In Florida, we are overly exposed to the sun on a daily basis. Protecting your vision with sunglasses is critical. If you have glasses, juggling between your regular glasses and your sunglasses can be challenging.

Transition lenses have come a long way in the past decade.

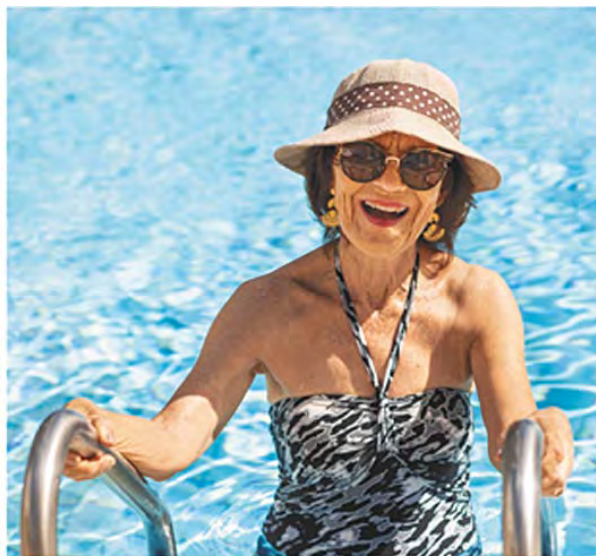
Today's photochromic glasses are available in a rainbow of lens colors and are made with various materials. These lenses contain proprietary dyes that undergo chemical changes and darken when exposed to UV light. Photochromic technology has come a long way since the very first transition lenses, which darkened when silver chloride or silver halide in the glass lens reacted with UV light.¹

Pros of transition lenses¹

- They are convenient. You can use these glasses under most circumstances, whether indoors or outside.
- They offer continuous UV protection. You will no longer forget your sunglasses or not bother to put them on for a trip outside.
- They won't get lost as easily. You and your children are less likely to lose glasses when you don't have two pairs to keep track of.
- They are available in many styles and colors and can meet the prescription needs of most people. If you need shatter-resistant lenses, bifocals, progressives or have other specific needs, there's almost certainly a photochromic lens for you.
- They can save you money. You may not need to buy prescription eyeglasses and prescription sunglasses as well.

More on Eye Melanoma and Protecting Your Vision

It's a rare diagnosis, but if your eyes are constantly exposed to UV radiation, your chances of getting a melanoma in the eye are greatly increased. Ocular melanoma tumor cases are uncommon,



but about 2,000 new cases are diagnosed each year. Living in Florida, we need to be especially conscientious about preventing this form of cancer, due to our excessive exposure to the sun.

Ocular Melanoma (eye tumor/cancer)

Your eye is made up of three strata, the outer, inner and middle layers. The middle layer is where most melanomas form. They typically occur in the uveal tract, which houses the iris, pupil, muscle fibers and layer of blood vessels that provides nutrients to reach the retina. This layer of blood vessels is called the choroid and is where most intraocular melanomas are found.

During your regular dilated eye exam, an ophthalmologist can usually detect the tumors if they are present. Some of the symptoms of ocular melanoma are a dark spot on the iris (color portioned eye), blurry vision, changes in the size of pupils or their shape, pain, redness, or consistent irritation.

Reference:

1. The American Academy of Ophthalmology, Sunglasses with Transition Lenses: Pros and Cons, <https://www.aao.org/eye-health/glasses-contacts/pros-cons-of-transitions-lenses>

About Quigley Eye Specialists

Technology leaders in eye care, Quigley Eye Specialists is one of the nation's leading multispecialty ophthalmology practices specializing in cataracts, laser cataract surgery, glaucoma, LASIK, dry eye, eyelid surgery, retinal issues, corneal conditions and routine eye care. As the number one choice for cataract treatment in Southwest Florida, Quigley Eye Specialists is committed to providing the highest level of quality eye care and service to the community. The practice has served the region for more than 30 years and offers patients convenient locations throughout Florida including: Sarasota, Venice, North Port, Port Charlotte, Punta Gorda, Cape Coral, Fort Myers, Fort Myers Beach, Lehigh Acres, Bonita Springs, Naples, and Coral Gables.

EYE EXAMS ARE ESSENTIAL

The first and most critical step is to see your ophthalmologist for dilated eye exams regularly. Dilated exams are critical for your eye doctor to determine any new or changing vision issues, or in many cases, other disorders can also be detected during an eye exam. Some patients may require eye exams more often if a warning indicator or disorder is being watched for progression.

If you or a loved one have any eye symptoms or are in need of your yearly eye exam, please schedule an appointment with an ophthalmologist immediately. Problems with sight, such as macular degeneration, retinal disorders or melanoma need to be addressed and treated as soon as possible. Although the treatment options for ocular melanoma are limited, if caught early on, a resection (removal) of the tumor is the standard of care.

A comprehensive dilated eye exam is critical for all patients. In high-risk patients, they may need the dilated exam several times per year. Don't delay! The first step is to schedule the examination because early diagnosis can reduce vision loss significantly.

Quigley Eye Specialists, founded in 1988, consists of more than 100 medical professionals, including surgeons, optometrists, retina specialists and technicians. Offices are conveniently located throughout Southwest Florida in Sarasota, Venice, North Port, Port Charlotte, Punta Gorda, Cape Coral, Fort Myers, Lehigh Acres, Bonita Springs, Naples and Coral Gables.

For more information, call (855) 734-2020 or visit www.QuigleyEye.com.



(855) 734-2020
www.QuigleyEye.com

2529 Tamiami Trail, Punta Gorda, FL 33950

2135 Tamiami Trail, Port Charlotte, FL 33948

20600 Veterans Blvd., Port Charlotte, FL 33954

Dealing With Life's Painful Situations

By Pastor Timothy Neptune

On Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain. I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.

David tells us in the book of Psalms, ¹⁸*The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18*

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble."*

Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.



David went on to say in Psalm 142:3 that ³*"When my spirit grows faint within me, it is you who knows my way..."* God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.

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.

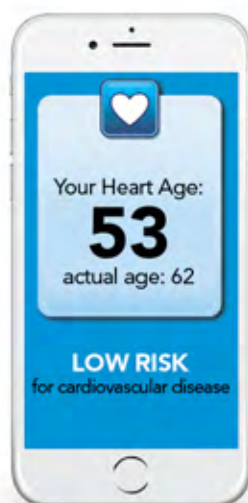


VENTURECHURCH
Naples

(239) 775-5323
venturenaples.com



**I'm 62. My heart's 53.
That's good news for me and my family.**



Find out if you're young at heart with our 5-minute Heart Risk Assessment. It will calculate your Heart Age and offer advice on how to maintain or improve your heart health.

Visit MyBayfrontVeniceHeart.com to take the assessment.

 **Venice Regional
Bayfront Health**
540 The Rialto, Venice