

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

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

October 2021

Manatee/Sarasota Edition - Monthly

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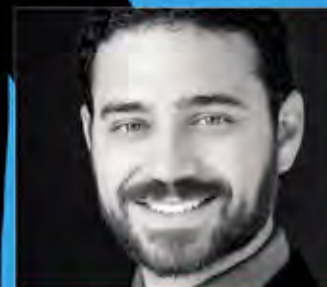
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## SKIP & GAIL SACK

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

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



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# Screening is Key to Early Detection of Colorectal Cancer

By Heidi Smith, Contributor

**M**en and women approaching age 45 may shudder when their doctor informs them it's almost time for a screening colonoscopy. But regular screening, beginning at age 45, is the key to preventing colorectal cancer, according to Jaime Baquero, M.D., of Gulf Coast Medical Group Gastroenterology in Venice. A member of the medical staff at Venice Regional Bayfront Health, Dr. Baquero is board-certified and fellowship-trained in gastroenterology and specializes in digestive health.

## Q. The age guidance for starting screening colonoscopy used to be 50. Has that changed?

**A.** Recently experts have begun recommending patients at average risk start screening at 45. Colorectal cancer is the third leading cause of cancer deaths in the United States, according to the U.S. Preventive Services Task Force. The good news is that with early detection – through a colonoscopy – the survival rate dramatically increases. If colon cancer is detected before it spreads, the five-year survival rate is about 90 percent, according to the National Cancer Institute, but if not caught before the cancer spreads to other organs, the survival rate dips to about 10 percent.

## Q. What is a colonoscopy?

**A.** A colonoscopy is a procedure that allows a doctor, usually a gastroenterologist, to see inside the colon and rectum. Used as either a screening test or a diagnostic tool, it can help your doctor investigate early signs of cancer in the colon and rectum, as well as help diagnose the causes of unexplained changes in bowel habits such as abdominal pain, rectal bleeding and weight loss. While you're sedated, the doctor will insert a thin, long, flexible, lighted tube (a colonoscope) into your rectum and slowly guide it into your colon. The scope transmits an image of the inside of the colon onto a screen so the doctor can carefully examine the lining of the colon. A colonoscopy takes 30 to 60 minutes, but you will need to remain at your doctor's facility for one to two hours until the sedative wears off.



Courtesy Venice Regional Bayfront Health

## Q. What happens if the doctor sees something abnormal?

**A.** If we see anything abnormal, such as a polyp (growth), it is painlessly removed at that time and later tested in a laboratory for signs of cancer. Since most colorectal cancer begins as a polyp, removing polyps early is an effective prevention method. We can also take samples from abnormal-looking tissues (a biopsy) so that suspicious areas can be examined.

## Q. How often should you get a colonoscopy?

**A.** Screening for colon cancer should begin at age 45 for both men and women who have average risk for developing colorectal cancer. Your doctor can advise you on testing frequency, but industry guidelines suggest that a repeat screening be conducted every 10 years for adults with normal risk.

People at higher risk of developing colorectal cancer may need to be tested earlier than age 45 and more frequently, as determined by your doctor.

## Q. Do I need to see a doctor before scheduling a colonoscopy?

**A.** Not necessarily. We now offer "open access colonoscopy" for healthy, age-appropriate patients. A member of our medical team interviews patients by phone and qualified patients can schedule a colonoscopy without a prior doctor's visit. We can also supply the results to the patient the day of the procedure without a separate appointment. We're working to streamline the process to make it easier for patients to get screened and to reduce health care costs.

## Q. Is a colonoscopy covered by most health insurance plans?

**A.** Screening colonoscopy may be a covered wellness test under your insurance plan, and most plans cover a colonoscopy completely as a follow-up test or diagnostic tool. Check with your insurance provider.



Jaime Baquero, M.D.

**Jaime Baquero, M.D.,** sees patients at Gulf Coast Medical Group Gastroenterology in Venice. To schedule an appointment, call (941) 213-5688.



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# HOW MICRONING WORKS

**S**kinPen by Crown Aesthetics is the first FDA-cleared microneedling device on the market and is clinically proven to improve the appearance of wrinkles of the neck and acne scars in patients ages 22 and older. In as few as three minimally invasive treatments spaced 30 days apart, you can improve your appearance and step out with confidence.

How does microneedling work? It creates thousands of microchannels that stimulate your body's natural wound healing process, while minimizing cellular damage. This rejuvenates your skin from the inside out. The result is effective remodeling of scar tissue, while keeping the overall structure of the skin intact.<sup>1</sup>

## There are three phases to the wound-repair process:

- **Phase I: Inflammation.** Piercing the skin triggers your immune system to cleanse the wound, remove debris, increase blood flow and begin to create new tissue.
- **Phase II: Proliferation.** The wound is rebuilt with new granulation cells, which are part of the extracellular matrix. Additionally, a new network of blood vessels develops.
- **Phase III: Remodeling.** The wound is replaced with new dermal tissues and blood vessels.

Best of all, SkinPen works. Ninety percent of subjects in the clinical trial would recommend the procedure to family and friends.<sup>2</sup>

## Benefits of SkinPen

- **Little Downtime:** It is a perfect treatment for patients with a busy schedule.
- **Natural Recovery:** SkinPen's mechanical process is versatile and usable year-round.
- **Safe for all Skin Types:** Clinically proven effective on all skin types, Fitzpatrick 1 – 6.
- **Safe and Sound:** The First FDA-cleared microneedling device on the market
- **Comfortable:** A light numbing cream may be used to minimize discomfort



## Will microneedling work for me?

Unlike most alternatives, SkinPen has been clinically shown to be effective for women and men with skin ranging from skin-types light to very dark. Likewise, SkinPen's mechanical process is less abrasive than harsh peels. In addition, when you properly space treatments that are overseen by a physician, the procedures can be administered year-round.

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?



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# ORTHOPEDIC SPECIALISTS ARE SEEING MANY PATIENTS WITH INJURIES FROM PICKLEBALL

## Prevention is Key | Expert Care is Essential

**D**id you know that Pickleball has become the fastest growing sport in the U.S.? It's a fun sport that requires low-impact aerobic exercise, and the fact that it requires four players makes it an enjoyable, social event. However, with all of this fun-filled activity, injuries are bound to happen. Orthopedic surgeons and sports medicine physicians often report that Pickleball and other racket sports result in numerous injuries.

Because Pickleball plays on hard courts and the net is low, most injuries are within the lower extremities.

### SOME OF THE MOST COMMON INJURIES ARE:

#### Achilles Tendon Rupture

Although the Achilles tendon can withstand great stresses from running, twisting, and jumping, it is extremely vulnerable to injury. A rupture of the tendon is a tearing and separation of the tendon fibers, so that the tendon can no longer perform its normal function. It is a painful injury and often patients describe hearing a popping sound when it happens.

#### Tearing Gastrocnemius

The Gastrocnemius is the calf muscle. Small tears tend to fray the gastrocnemius overtime and chronic injury can result but feel like an acute onset once it fully tears. Many people have slight tightness or sore calf muscles and suddenly, they jump up to answer the door or check the stove, and fully tear the muscle. It can be excruciating and require a boot and physical therapy to repair and heal properly. Depending on the severity, it may require surgery. This injury usually happens in very active adults and athletes.

#### Knee Pain

We put constant strain on our knees daily. If you weigh 180 pounds, then 540 pounds of pressure are on your knee joints with every step. When you're doing ballistic or jumping movements the weight and wear and tear on the knees is exacerbated and can lead to pain, injury and osteoarthritis. If you have knee pain, take a break, and give your knees a rest. Wear knee braces or kinesiology tape if necessary, and if your knee pain doesn't get better, you need to see an orthopedic surgeon to alleviate any progressive injuries or wear and tear.



When the feet, ankles, and knees are injured, it's not uncommon for hip and back pain to follow due to the body's misalignment. Don't ignore your pain. Seek help from experienced, board certified and fellowship trained orthopedic surgeons and sports medicine physicians.

### PREVENTING PICKLEBALL INJURIES:

Warming up your ankles, knees, hips, wrists, and shoulders is essential before playing Pickleball. Doing rotation exercises and stretching will help to prevent injuries. If you are not

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

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### CASE STUDIES

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## 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](http://BrainWaveCenters.com) for more information.**

  
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# The Secure Act's 10-Year Rule for IRA Heirs

**T**he Setting Every Community Up for Retirement Enhancement (Secure) Act fundamentally changed the rules governing distributions from inherited retirement accounts. Inheriting an IRA or 401(k) under the new administration could create several adverse tax consequences for the beneficiary—and it's never too early to take actions designed to ensure the best possible outcome from a tax perspective.

Under the Secure Act, *nearly* every beneficiary who inherits a retirement account (IRAs, 401(k)s, etc.) in 2020 and beyond will have to empty the account within ten years—and pay income tax on the distribution at ordinary income tax rates. (NOTE: Eligible designated beneficiaries (EDBs) include spouses, disabled and chronically ill beneficiaries, minor children of the account owner, and beneficiaries less than ten years younger than the owner). EDBs are exempt from the new rules and can continue to withdrawal from the inherited account and pay the taxes over their own life expectancy.

## Consequences of the 10-Year Rule

**1. The penalty for noncompliance.** Although the beneficiary can use discretion in determining when to take distributions within the 10-year time frame, if the beneficiary fails to empty the account within ten years, the IRS imposes a 50% penalty on the amount remaining in the account.

**2. The increased tax bracket.** Every distribution will increase the beneficiary's taxable income for the year. This creates the possibility that the beneficiary could jump into a higher tax bracket.

**3. Increased taxable income affects Medicare premiums.** Income-based surcharges are added onto the base Medicare premium for taxpayers with higher incomes. Because an inherited account distribution increases taxable income, it can also cause the recipient to become subject to the surcharges.

## Potential Solutions

**1. Every beneficiary should examine their tax picture** in determining the best course of action when it comes to distributions within the 10-year window.



**2. Current account owners should take action to minimize the tax implications for their beneficiaries.** Owners with multiple heirs may wish to leave the traditional retirement account to someone who qualifies as an EDB or who's in a lower income tax bracket.

**3. For many account owners, executing a Roth conversion strategy can add flexibility and minimize the amounts in traditional retirement**

accounts. Roth IRAs aren't subject to the new 10-year distribution rule and distributions aren't counted as taxable income when the beneficiary eventually withdraws the funds.

Planning is complex under the Secure Act but shouldn't get in the way of your retirement and investment planning. We're here to help, so call us today at 941-925-2121 and let's review your options.

Adapted from Think Advisor<sup>1</sup>

<https://www.thinkadvisor.com/2021/06/28/how-secure-acts-10-year-rule-creates-tax-headaches-for-ira-heirs/>

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# HEALTHY EATING REDUCES VASCULAR DISEASE

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

## Complications

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

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

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

## Too Much Sugar

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

## Too Much Salt

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



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

## Improve Your Diet

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

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

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

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# LOW DOSE IV KETAMINE FOR OCD

**O**bsessive-Compulsive Disorder is a mental health disorder that affects 1 in 100 people and occurs when a person gets caught in a cycle of obsessions and compulsions. The distress that comes with the anxiety, urges and abnormal compulsions plague the majority of their day.

**O**- Obsession  
**C**-Compulsions  
**D**-Distress

## Types of OCD

- Checking
- Contamination
- Mental Contamination
- Hoarding
- Ruminations
- Intrusive Thoughts

One example of “checking” OCD symptoms include checking to make sure the stove is off repeatedly and worrying that when you leave the house, you have forgotten to check it or aren’t sure it was really off. Along with checking throughout the day, it’s not uncommon for those suffering with “checking” disorders to have to come back home to check on an issue multiple times, or to get out of bed to check.

**OCD can be triggered by stress, abuse, trauma, depression, or crisis. One in seven people with obsessive compulsive disorder attempt suicide.**

In the case of OCD, hyperactivity causes certain areas of the brain and neurotransmitters to become overstimulated. It is thought that glutamate plays a large role in circuitry stimulation. It’s difficult to treat OCD with pharmacological and behavioral standard. Roughly one-third of patients with obsessive-compulsive disorder (OCD) fail to experience significant clinical benefit from first-line interventions such as pharmacotherapy with selective serotonin reuptake inhibitors (SSRI) or cognitive behavioral therapy (CBT).<sup>1</sup>

**The drug Ketamine is a glutamate receptor and offers greater reduction in obsessive behaviors with low-dose administration.**

In 2013, the first Ketamine IV clinical trial for OCD patients showed that after just one low-dose ketamine IV treatment, half of the patients (out of 15), showed reduction in obsessive behaviors (35



percent or greater reduction in the Yale-Brown Obsessive Compulsive Scale, or Y-BOCS, one week after infusion).<sup>1</sup> And those results lasted for several weeks. Because of the remarkable results, the lead researchers are now calling for a larger trial for patients with OCD and the effect of Ketamine IV therapy.

## Ketamine IV Therapy

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

## Gulf Coast Ketamine Center

Gulf Coast Ketamine Center works closely with a therapist well-versed in Ketamine therapy to maximize the benefits of the therapy in patients who are appropriate for this particular treatment.

## Sources:

1. <https://www.treatmyocd.com/blog/dr-carolyn-rodriguez-ocd-expert-interview/>

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

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

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

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



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# Breathe Easier

## October is Healthy Lung Month!

**O**ur lungs are vital to our health. They filter the air we breathe, provide us with the oxygen we need to exist, and allow us to speak to one another.<sup>2</sup> Quite simply, without healthy, functioning lungs, one's quality of life is substantially and adversely impacted.



Healthy Lung month is an opportunity to be more conscientious about your lung health, to take steps to improve your lung health and, ultimately, to improve your quality of life!

Implementing the following steps is a great way to prioritize your lung health:

**1) Prevent illness.** In the middle of a worldwide pandemic, this is now more important than ever. Lung illnesses put a strain on your entire respiratory system, not just your lungs. Prevent infections that lead to illnesses by washing your hands regularly, practicing good hygiene, and eating a healthy, nutrient-dense diet are essential in protecting your lungs from pathogens that can devastate your immune system.<sup>1</sup>

**2) Exercise regularly.** Physical exercise doesn't just make your muscles stronger; it makes your lungs stronger too! Healthy adults should be moderately exercising approximately 30 minutes a day, five days a week. Moderate exercise can be enjoying a brisk walk, playing with your children or pets at the park, or even cleaning your house! Improving your lung strength doesn't need to be intense; it just needs to be consistent.<sup>1</sup>

**3) Quit smoking.** Smoking is a major cause of heart disease and lung disease. In fact, smoking and tobacco-related illnesses are the leading cause of preventable death in the United States.<sup>3,4</sup> While the stress of the pandemic can make it difficult to quit smoking, and even more difficult to stay quit, it is the single-best thing you can do to improve the health of your lungs.<sup>1,3</sup>

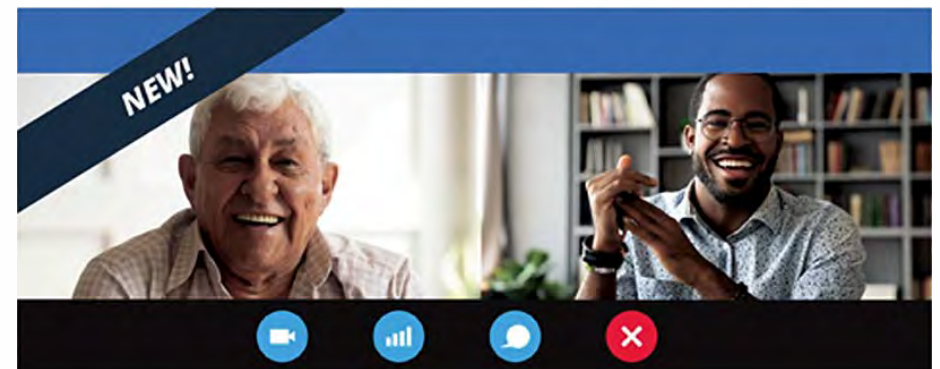
Fortunately, help to quit smoking is free! Gulfcoast South Area Health Education Center (GSAHEC), as part of the Tobacco Free Florida AHEC Cessation Program—offers free tobacco cessation sessions that are available to help someone quit all forms of tobacco. These group sessions, held virtually and in-person, provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum or lozenges (*if medically appropriate and while supplies last*) are provided with the session. Contact us today at 866-534-7909 or visit [www.tobaccofreeflorida.com/groupquitcalendar](http://www.tobaccofreeflorida.com/groupquitcalendar) to schedule a class or learn more about the program!

**4) Get screened.** Early detection is crucial in identifying lung cancer and establishing a favorable prognosis. In fact, screening for lung cancer using low-dose CT scans can lower the chance of dying from lung cancer by 20 percent, according to the National Lung Cancer Screening Trial.<sup>1</sup>

If you are between the ages of 55 and 77, have a 30 pack-year history of smoking (smoking an average of a pack of cigarettes a day for 30 years), are a current smoker or have quit smoking in the last 15 years, you should be screened for lung cancer. Contact your local hospitals and lung care clinics to learn more about screenings available to the community.

#### References:

- 1) <https://www.inspirahealthnetwork.org/news/national-healthy-lung-month>
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- 3) *Tools to Quit: Area Health Education Center (AHEC) Cessation Program Participant Toolkit*. Area Health Education Centers. 2018.
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# Lumbar Spine Pain: Symptoms, Causes & Treatments

By: Regenexx Tampa Bay, Regenerative Medicine

**T**he 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).



**Ron Torrance II, DO And 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.



**Ignatios Papas, DO**, is a non-surgical orthopedic physician specializing in Physical Medicine and Rehabilitation at Regenexx Tampa Bay. Dr. Papas has taught courses in musculoskeletal ultrasound to residents across multiple specialties and to medical students at Carolinas Medical Center in Charlotte.

He is a member of the American Medical Society for Sports Medicine, the American Academy of Physical Medicine and Rehabilitation, and the American Academy of Orthopedics just to name a few. When he isn't practicing medicine he enjoys spending time with his wife and new baby, playing soccer, practicing guitar, and listening to historical podcast.



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

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

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

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

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

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

## 2. What are the signs?

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

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

## 3. What are the treatment options?

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

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

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

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

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

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

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

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

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

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# ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

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

## What is Osteoarthritis (OA) of the Knee?

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

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

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

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



## Knee Replacement Surgery is Permanent

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

## Physicians Rehabilitation's Knee Therapy Program Includes:

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



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## Viscosupplementation

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

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

## PRP (Platelet-Rich Plasma)

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

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

## Physicians Rehabilitation

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



# 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](http://www.johndevinemd.com)



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

By Dr. David S. Zamikoff

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

## How Can GAINSWave Prevent & Treat ED?

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

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

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



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

## Younger Men Should Seek Treatment Early

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

## Men are Preventing ED with GAINSWave

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

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

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

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# THE CRITICAL NEED TO LOSE WEIGHT

By Ian M. Kahane, MD

**W**eight is a problem that plagues most American households. Over 40% of the population of the United States is deemed obese, according to the CDC, and these numbers continue to worsen. Obesity is determined by a simple calculation of something called body mass index, or BMI. While BMI is not exact, it has been well studied that if your BMI is above 30, then your health is being negatively impacted by your weight. The further you go above 30, the worse your health is being impacted by your weight, exponentially. While a BMI of 31 is not worth deriving anxiety from, many Americans have BMIs of 35 or 40 or greater and their weight is certainly impacting their health in a deleterious manner. The goal BMI for most Americans is 20-25 and there are many BMI calculators online that can help anyone determine what their BMI is currently.

Most American portion sizes are far too large, and the food items we choose are loaded with sugars to make them taste more desirable. This sugar overload & obscene portion size issue has led to 40% of Americans being overweight. However, help is on the horizon.

There have been many weight loss medications over the years. Some have failed to deliver weight loss or can cause other issues. A new class of medications have emerged that has physicians and their patients very excited for weight loss help.

Diet and exercise are always the preferred natural method to lose weight. A low calorie or ketogenic diet can help people lose weight and keep it off. The key to these "diets" though is not to look at them as diets, but rather lifestyle changes. It is something that you need to follow 350 days or more per year, for the rest of your life.

For those who have failed diets, these new medications, creatively called GLP-1s, are changing the game for people who really struggle to keep weight off. These medications have been out for a long time to treat diabetics, however, these meds have been so effective for weight loss in diabetics that many of them are now moving into the weight loss only treatment arena.

Medications like Trulicity, Victoza, and Ozempic are rebranding to have weight loss only versions. These medications are once weekly injectables that significantly, if not totally, remove one's appetite. The



desire to eat totally goes away thereby causing the individual to lose weight simply because they now eat so little. Furthermore, there is a penalty for overeating: abdominal discomfort and nausea.

These medications teach the patient how to eat more properly. It really changes how the brain approaches food; instead of food being seen as a reward or a comfort, food is now seen only as fuel.

Many of my patients have lost 20-30 pounds in the first month on these medications and continue to lose similar amounts month after month on these medications. I have had several patients lose over 100 pounds in 6 months and then utilize them as maintenance once monthly to keep their weight down.

Occasionally, some people suffer from nausea when they start the first dose, as they over ate the day prior to starting these medications. However, that nausea goes away in everybody so long as they stop overeating. NONE of my patients have persistent nausea, as I just counsel them how to eat more effectively on these meds. The key is to only eat when you're hungry. For the overwhelming majority of patients who quickly learn to eat smaller portions, these medications are side effect free; the whole key lies with accepting that you can eat under 1000 calories per day and be fine for several months on end. Again, the key is to eat only when you are hungry and to only eat as much as you need for fuel.

Approximately 1-2 weeks after starting these meds, your body readjusts to eating properly and you just start feeling great. Less unnecessary food means better sleep, better focus, less fatigue, and a better libido, among other benefits. If you are struggling to lose weight and have been unsuccessful with diet and exercise alone, talk to your primary care physician about these injectable medications, they can really change your life.

## COMPLETE CARE

Internal Medicine is a specialized kind of primary care physician field. Internal Medicine Doctors are just like your regular general practitioner or family doctor; however, they are trained to handle more complex and difficult diseases.

Internal Medicine doctors are just as happy treating simple sore throats and completing physicals for work or school, but they are also equipped to handle complex cases from heart disease to complicated autoimmune diseases.



**Ian M. Kahane, MD MBA**

Dr Kahane has wanted to become a physician since the age of 3. Very few children complete grade school, middle school, high school and beyond with a singular career vision in mind. However, Dr. Kahane never wavered from his dream to become a physician.

From kindergarten straight through to medical school, Dr. Kahane never took any time off to achieve his dream. He completed his medical school at Ross University School of Medicine in 2015 and became an established member of the Bradenton community by becoming a part of the first ever residency class at Blake Medical Center.

While there he served 1 year as Chief Internal Medicine resident. He is proficient in complex patient care, autoimmune diseases, and everyday medical concerns. Dr. Kahane is fluent in both English and Spanish and is excited to join the Complete Care team.

In his spare time Dr Kahane enjoys the beach, water sports, politics, watching football, and spending time with his dog.



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# Personalized Treatments for Depression

## Because We're Not All the Same

Gerry Letendre, RPh, MBA, CHT

Over the past year and a half, mental health issues have increased and also have become more openly discussed. The pandemic is one of the contributing factors, says psychiatrist Dr. Cynthia Higgins. "Everyone is aware of the stress this pandemic has created," she says. "It's not only showing up in mental but in physical health, too."

Globally, the number of patients with high blood pressure doubled from 650 million globally to 1.3 billion in a two-year period. "Depression and anxiety increase blood pressure," Dr. Higgins says. She explains that depression is a consequence of anxiety, which can cause the patient to feel hopeless. To differentiate depression from adjustment disorder, look for a series of symptoms that last at least two weeks, including sleep disturbances, energy level changes, a decrease in motivation, socially withdrawing, mood shifts and anhedonia, which is defined as a loss of interest in former joys.

In her practice, Dr. Higgins treats depression in a very individualized way, often combining medication with energy therapy, which delves into the root causes of the patient's anxiety and emotional issues. This hybrid technique "completely shifts the paradigms around what's possible in the patients' lives," she says.



One medication she prescribes regularly is ketamine, an FDA-approved treatment for severe depression. It's especially helpful for her patients who can't tolerate traditional medicines or tried many and didn't get the anticipated results. There has been evidence of neurogenesis, meaning that ketamine can create new neural pathways.

Using a compounding pharmacy to prepare the medication is beneficial for many reasons, Dr. Higgins says. These range from being able to adapt to a patient's particular sensitivities to being able to help the patient gradually reduce a medication's dosage instead of stopping cold turkey. Side effects can be better avoided through the use of a compounding pharmacy, as well.

Dr. Higgins shares a story of a patient who suffered from multiple forms of anxiety. The most crippling was obsessive-compulsive disorder. It showed up for him as excessive worry about specific things.

A series of ketamine treatments helped his awareness change. Initially he wasn't in tune with how much time he was spending on obsessive thoughts. Once he was aware, he could make healthier decisions and shift his focus to other things.

"Awareness changes everything because we can make other choices," Dr. Higgins says. "It was very gratifying to see that evolution."

September 10th was World Suicide Prevention Day. If you are experiencing depression and want to learn more how ketamine may help you, call Dr. Higgins at 941.378.9959, or call Gerry at Sarasota Compounding Pharmacy at 941.366.0880 for more information.

If you or a loved one has thoughts of death or suicide, call 800.273.TALK (800.273.8255) or 9-1-1 immediately. For Veterans in crisis, press "1" to be directed to local VA resources.



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# 3D MAMMOGRAPHY

**A**s technology advances, understanding medical exams and procedures becomes more complex. The quality of services provided is an important consideration.

The American Cancer Society endorses mammography, along with yearly physical examinations and monthly self-examinations, as the most effective means of detecting breast cancer at its earliest and most treatable stage. Generally, mammography can reveal benign and cancerous growths before you or your physician can feel them. If detected at the earliest stage, breast cancer has a five-year survival rate of over 95 percent, as small breast cancers are more treatable and can be removed before they spread to other parts of the body.

Breast cancer is the most common form of cancer in American women. Unfortunately, 70% of women have no identifying risk factors. The American Cancer Society recommends mammography as a life saving tool for screening women without symptoms for breast cancer. And 3D Mammography specifically is becoming the preferred choice for physicians in Southwest Florida. With over 30 years of experience and 10 Board Certified Radiologists, Radiology Associates of Venice & Englewood (RAVE) is proud to offer 3D Mammography to our patients.

## What is 3D Mammography?

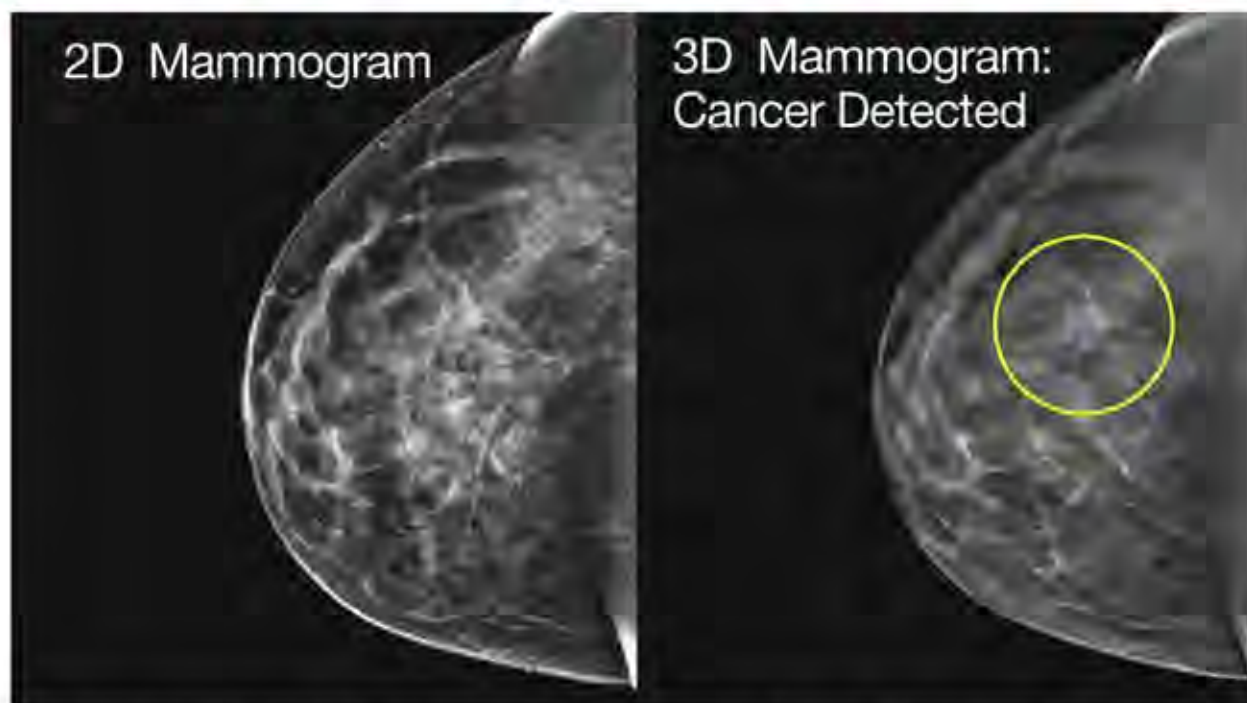
3D mammography is a revolutionary state of the art technology approved by the FDA in February 2011, which gives radiologists the ability to view inside the breast layer by layer, helping to see the fine details more clearly by minimizing overlapping tissue. During a 3D mammogram, multiple low-dose images known as "slices" of the breast are acquired at different angles. With 3D technology, the radiologist can view a mammogram in a way never before possible.

## Is 3D a separate exam or part of my usual mammogram?

The 3D exam is a separate procedure that is performed at the same time as your regular mammogram.

## What is the cost and will my insurance cover the 3D exam?

Medicare does cover 3D mammography. Even though 3D mammography is FDA approved and covered by Medicare, most private insurance companies are not yet reimbursing for this exam. However, RAVE has never charged the patient the additional 3D portion of the exam if their insurance doesn't cover it.



"The Radiologists of RAVE include the additional 3D imaging regardless of payment because it's in the best interest of patient care, so there is never an additional charge." (Philip Mihm, M.D. RAVE Radiologist)

## What are the benefits?

**FEWER MAMMOGRAM CALLBACKS** for additional mammography – 3D mammography helps distinguish harmless abnormalities from real cancers, leading to fewer callbacks for additional mammography and less anxiety for women. With 3D mammography, RAVE radiologists have reduced patient callback rates by 20-30 percent.

Doctors and scientists agree that early detection is the best defense against breast cancer. 3D mammography has been shown in clinical studies to be more accurate than conventional mammography alone by detecting cancers earlier. This new technology increases breast cancer detection by 38%. It's truly an important component in the screening process.

After 3D Mammography, if continued tests and imaging are needed, RAVE uses state-of-the-art technology, including MRI guided breast biopsies and the Philips 3T wide bore MRI that allows our radiologists to view the breasts in a higher resolution, enabling us to have even more clarity within the breasts. RAVE has been performing MRI breast

imaging for over 15 years and with Wide Bore technology, it allows us to accommodate most any sized patient comfortably. With the Philips 3T wide bore MRI, we are able to cut down on the amount of time it takes for the patient to be scanned. Most Breast MRI's take 30 minutes or less, allowing the patient to go on with their day with little disruption.

## How long will it take?

The exam will take about 4 seconds longer per view while in compression than the 2D mammography.

## How much radiation will I be exposed to?

It varies from person to person and is roughly equivalent to film/screen mammography. The amount of radiation is below government safety standards.

## What if my doctor did not mention 3D Mammography to me?

3D is an optional service at this time and elected by the patient. Many physicians know about our new 3D technology and the feedback we have received has been very positive. If you need additional information to help you make this decision, please visit [www.RaveRad.com](http://www.RaveRad.com).

## Why is RAVE Radiology offering 3D Mammography?

RAVE prides itself on offering the highest quality care for our patients. Our radiologists believe strongly that 3D mammography will benefit our patients.





**Travis Carter, M.D., M.S.**  
RAVE Imaging's Moffitt Cancer Center  
Fellowship Trained in Breast Imaging  
Specialist

We are approaching our 2nd Breast Cancer Awareness month since the COVID pandemic began. Breast Imaging, usually fairly insulated from worldly events, has shared in the challenges over the past few years. Initially concerns regarding post vaccination lymphadenopathy made its way to the nightly news. Confusion set in about whether and when to get a mammogram following vaccination. Luckily this was never a diagnostic dilemma for us at RAVE and we were able to encourage most women to stick to their annual screening schedule. Unfortunately, and for understandable reasons, several women have not come in for mammographic screening since the pandemic began. Because breast cancer detection and management are a primary mission at RAVE, we have risen to the challenge of ensuring safe access to breast cancer screening exams and any additional/follow-up care needed. Please be reassured that we are providing our standard high level of imaging care while maintaining/exceeding current CDC guidelines to ensure patient safety.

Furthermore, it's worth noting that RAVE offers the cutting edge in imaging technology unsurpassed in our region. We utilize the newest mammographic machines, each equipped with 3D Intelligent HD Clarity from Hologic. Tradename aside, the image quality is unparalleled, akin to the highest end Ultra HD television. This is important not only because it allows us to diagnose smaller cancers but also facilitate accurate characterization of benign findings other radiology groups mistake for malignancy.

Our ultrasound equipment is also the highest quality available in the industry which has implications for our breast cancer mission as well as our other imaging services. Finally, our 3 Tesla MRI also generates extremely high-quality breast images which facilitate screening in our high-risk patients and important staging information in our women diagnosed with breast cancer. Equipped with these tools we recently identified a 3mm cancer via mammography! I would argue this tiny cancer is the earliest and smallest lesion a screening examination could hope to accurately identify.

We do not stop at the detection of breast cancer! Currently we are providing ultrasound breast biopsies at our Venice and Sarasota offices. At RAVE we know biopsy procedures are a scary process. We work hard to inform our patients beforehand regarding what to expect during the procedure. Professional, personalized, warm, and caring treatment is provided during the procedure. Lastly, follow up afterwards ensures nothing falls through the cracks. Most women leave our biopsy suite much more informed and prepared regarding their individual case and the forthcoming steps. For our referring physicians we provide critical radiology pathology concordance following all biopsies to help manage pathological results they may not be familiar with. This ensures suspicious lesions are pursued even if pathology results are not as expected and offers reassurance when benign results match less suspicious findings. We have recently begun offering stereotactic biopsies of calcifications at our Venice Health Park affiliate site. In the not-too-distant future we will be offering the newest biopsy method which allows sampling of "3D" or tomosynthetic findings. This system is the final piece in the definitive management of the lesions we can detect and complements our current ability to perform MRI

guided breast biopsies. I am very proud to be a part of the comprehensive breast program we offer at RAVE and am very grateful for the opportunity to serve our area's patients and referring physicians.

**RAVE is offering an \$89.00  
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**Noel Crosby**  
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**Karen Draper**  
Doctor of Audiology



# Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

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

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

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

## How does VAX-D work?

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



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

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

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

## Is VAX-D Right for Me?

**You may be a candidate for VAX-D if:**

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

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

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

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

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

## BACK PAIN INSTITUTE OF WEST FLORIDA

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.*



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Awards Winner for 2021





# AUDIOLOGY AWARENESS MONTH: WHAT IS AN AUDIOLOGIST & WHAT CAN THEY TREAT?

By Dr. Noël Crosby, Au.D.

**A**n audiologist is a specialist in hearing. They have studied for many years and are required to have a master's degree or doctorate in the field of hearing. While they do not perform ear surgery, they are experts in diagnosing and finding solutions for children and adults that are experiencing hearing loss.

Audiologists examine, diagnose, and treat hearing loss and balance disorder. Most audiologists earn a doctor of audiology (AuD) degree, while others may earn a PhD or ScD in hearing and balance sciences. All audiologists are required to be licensed or registered in Florida, as well as throughout all of the United States. Many audiologists receive American Boards of Audiology certifications, and all are required to maintain continued education classes and programs.

## REASONS TO SEE AN AUDIOLOGIST

If you are experiencing hearing loss, it's important to seek a qualified audiologist, because they are trained to get you the best outcome and resolution for your specific issue. If you've noticed that it's difficult to hear conversations in a noisy atmosphere, or you feel the need to adjust your television volume much higher than before, it's vital for you to have your hearing checked.

Perhaps you or your loved one keeps asking for people to repeat themselves, or you can't quite pick up where sounds are coming from; if this is the case,



don't wait until your hearing loss gets any worse, schedule your appointment as soon as you possibly can.

## ADVANCED HEARING SOLUTIONS SERVICES

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- Ear Wax Removal
- Hearing Aid fitting
- Hearing Aid Repair
- Live Speech Mapping
- Tinnitus Treatment

## HEARING AIDS

A wide range of technology and a host of features are available in each hearing aid style. The cost of hearing aids generally depends on the technology and the number of features the instrument has and

not necessarily on the style selected. Today's digital hearing aids are typically offered in various technology levels, such as basic, entry, advanced or premium level.

Basic digital hearing aids generally require the wearer to make some manual adjustments in certain listening environments, such as turning a volume control up or down, or pushing a button to change listening programs. In contrast, a premium or more advanced hearing aid responds automatically to changes in the listener's environment, making changes based on the signals being detected by the hearing aid. The hearing aid wearer is not required to make any manual changes. As the level of the technology increases in hearing aids, so does the availability of advanced features.

## ABOUT ADVANCED HEARING SOLUTIONS —

Using the latest and most sophisticated technology, we determine if you have hearing loss—and, if you do, we determine the degree and type of hearing loss. If your hearing loss requires medical or surgical intervention, we can refer you to a physician (otologist or neurologist) for appropriate treatment. If your type of hearing loss can best be treated with the use of hearing aids and/or other assistive listening devices (which is true in the great majority of cases), we can select any of a wide range of hearing devices and custom fit them to your ear, programmed to augment your hearing at those frequency levels where your hearing loss is greatest.

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Dr. Craig S. Aderholdt, BSc, DC

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# Not All Fat is Created Equal

Denise A. Pancyrz - Diabetes Reversal & Holistic Lifestyle Coach, Speaker, Author

**D**iets lower in carbs are well known to benefit those with diabetes, because it helps to control blood sugar and inflammation. However, many people are eating very unhealthy fats that over time, will cause other chronic illnesses to occur.

If you've been eating butter, bacon, salami, processed and frozen foods, you will want to read on as to why these might be harming your health.

Healthy fats are the key to optimal wellness. Our bodies need fat to survive, and our brain needs fat to function properly. Saturated fats, processed fats and seed oils can increase inflammation in the body creating a slew of problems.

## Saturated Fats

Too many saturated fats can cause atherosclerosis (plaque in the arteries). Saturated fats are in heavy cream, ice cream, pizza, most baked goods, pepperoni, salami, cheese, butter, etc. Some saturated fat can be healthy like egg yolks or coconut oil, but these must be eaten with other healthy foods like leafy greens as opposed to grains and sugar. When we combine grains or sugar with saturated fat, it creates a multitude of issues to take place. If you are consuming saturated fats, do so with caution. Too much and when combined with the wrong foods, cause detrimental effects to our health.

If you want to enjoy eggs, eat them with a side of roasted tomatoes or greens, and leave out the toast and hash browns.

## Processed Meats

Hotdogs, salami and pepperoni are cured meats that contain nitrates, which are known carcinogens. There is strong evidence that these types of meats cause cancer of the bowel, stomach, rectum and colon. It's not just the nitrates, there is also a link between eating too much red meat, showing that it also causes the risk of colorectal and other cancers to intensify.

It's okay to enjoy a filet mignon or skirt steak once in a while, just not too often.



## Trans Fat

The most common form of trans fats is found in processed foods. It's also called partially hydrogenated oil. These fats have one of the worst impacts on our health. They cause high LDL, high triglycerides, greatly increase stroke and heart attack risk and they also raise blood sugars and inflammation leading to type II diabetes.

## Fatty Acids

We know that Omega-3 fatty acids are incredibly beneficial for us, but there is an increasingly high amount of Omega 6 oils in many people's diets. If you are consuming foods with sunflower and corn oil, omega 6 can begin to cause adverse conditions such as an increase in blood pressure, inflammation, water retention blood clots, heart attack and stroke. Omega-3 Fatty acids will have the opposite effect and increase overall health in the body and brain.

## MUFAs & PUFAs

Monounsaturated fats (MUFAs) and polyunsaturated fat (PUFAs) are nutritious fats that help to lower LDL cholesterol, triglycerides, regulate blood sugar, and tamp down inflammation. These are found in foods like walnut, flax seeds, avocados, and olive oil. Eating higher amounts of these fats will help to promote better health.

If you are on a low carb or ketogenic diet, these are wonderful ways to control diabetes, and increase overall health, but doing these the healthy way is best. Think about eating whole foods such as non-starchy vegetables, berries, nuts, salmon, sardines, olives, avocados, chicken and eggs.

It's okay to splurge and have bacon or pepperoni and cheese every now and then, but we shouldn't be eating this way every day.

## DENISE A. PANCYRZ'S STORY

*National Diabetes & Holistic Lifestyle Coach - Speaker - Author*

I was a diabetic who was angered being burdened with diabetes. I was tired of taking medications and four insulin shots per day that did NOT make me feel better. The food I was taught to eat as a diabetic was not bringing me to a state of optimal health. It was keeping me medicated and constantly visiting Walgreen's, Diabetes Educators and the doctors.

I wanted my life to be different and the medical community told me it was highly unlikely. In fact, I was told the amount of medication and insulin would increase as I age. However, I learned that you could improve or eliminate disease with proper nutrition, not with unnecessary medication.

I feel better and stronger in my 50s, than I did in my 40s. I have more energy, reversed diabetes, eliminated inflammation that was leading me to heart disease, eliminated IBS and intestinal issues - no more stomach aches after meals, my seasonal allergies are gone and a slight skin issue on my elbow healed. I almost forgot, I lost weight in the process.

I know it sounds too good to be true that proper nutrition was able to heal me—I'm living proof. As a national coach, speaker and author, my mission is to help others to achieve optimal health through holistic lifestyle changes. Certified in holistic nutrition and homeopathy, I can bring awareness to diabetics to make lifestyle changes for a lifetime and reverse the effects of diabetes.

 **Reverse My Diabetes**  
Denise A. Pancyrz

Diabetes & Holistic Lifestyle Coach  
Speaker • Author

To find out more please visit  
**ReverseMyDiabetes.net**, call 888-848-1763 or  
email Denise at [Info@ReverseMyDiabetes.net](mailto:Info@ReverseMyDiabetes.net).





# Physical Therapy & CBD in Combination to Relieve Pain

**C**hronic Pain can lead to depression, addictions, anxiety, stress, isolation, and even suicide. Finding relief from pain is critical to having the quality life you deserve. Avoiding surgery and being over medicated should be at the forefront of most people's minds when dealing with chronic pain. However, many of these individuals would do almost anything to relieve their agony.

The most common treatment for chronic pain 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.

## Physical Therapy

Physical therapists are trained to administer flexibility and strengthening tactics along with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results. The CDC (Centers for Disease Control and Prevention) also launched new guidelines recently, recommending the use of physical therapy for chronic pain over painkillers like opioids.

## CBD for Chronic Pain

*Hemp Derived CBD has significantly helped numerous individuals with chronic pain.* Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD. The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with CBD, creating a multitude of beneficial

reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like pain-reception, mood, sleeping, immunity, pleasure, memory and much more.

The advantage of CBD in treating a wide array of conditions from multiple disorders is hard to dispute. Many patients who have suffered for years with chronic pain and have become dependent on narcotics have not only had improvement in their pain but have also been able to stop narcotic use altogether.

CBD and PT combinations are optimal ways to relieve pain.

## CBD & and Physical Therapy Win Combination

Although CBD can alleviate pain, if the underlying issues are not dealt with in a more synergistic approach through combining physical therapy, the chronic pain and musculoskeletal issues will lessen, but might still be aggravating. In combination, CBD and PT address the actual complications or disorders associated with pain and discomfort. Whether you are seeing a physical therapist or taking CBD for acute pain or chronic pain issues, combined therapies are proven to be the most beneficial. When physical therapy is performed on a relaxed, less painful body, the overall therapy penetrates deeper into the muscles, and the joints are less inflamed. This synergistic approach is much more beneficial to the patient's pain relief and improved condition.



## Hempra Subscription Boxes

**Stacy Roberts, Founder & CEO**

A CBD subscription box is a retail service that charges you a monthly fee to receive a variety of CBD products of your choice to your liking delivered to your door. As you may have noticed, CBD boxes are the latest trend in self-pampering.

Our CBD subscription boxes are ideal for those looking for the highest-quality CBD products customized to their needs delivered to their doorstep monthly. There's a wide selection of boxes to fit your needs, some come monthly with 3 full-sized products, and some come seasonally with 6 full-sized products curated to bring relevant and useful products every time. Plus, at any time you can pause or cancel your subscription so there's no need to worry about the lengthy agreements.

CBD boxes are a radical change in your lifestyle since they are about trying products from brands you may not have previously heard of, allowing you to find quality products for a constant regimen so that you can really feel the benefits of CBD in the long term without the negatives of lower quality items. If you're worried about trying products you may not like and wasting them, Hempra even offers a monthly sample CBD subscription box with 6 sample-sized products to test new and unique products at a fraction of the cost!

Plus, if you're ever feeling overwhelmed with selecting products for your CBD subscription box or are unsure of anything to do with CBD Hempra has Hemptenders standing by to assist you with any questions you may have or suggestions you may need! From creams and rubs for pain, discomfort, and skin conditions to tinctures and edibles to relax and focus on your day to day, Hempra offers you the best quality of CBD products on the market Hempra subscription boxes offer customization, savings, quality, and access to CBD products, and a longer-term solution for your CBD needs.



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# Breast Cancer & Lymphatic Draining

By James Ferrara - Occupational Therapist and Certified Lymphedema Therapist

**T**he American Cancer Society purports that in 2021, an estimated 281,550 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 49,290 new cases of non-invasive (in situ) breast cancer.

We put a lot of attention and focus on celebrating awareness and survivorship throughout the year, and while that is admirable and helps educate the public on the importance of screenings, for those that are in the midst of fighting cancer, the surgical procedures, chemotherapy, radiation, or immunotherapy, can often make them feel very sick and lethargic. One of the most widespread issues with cancer treatment is lymphedema.

## WHAT IS LYMPHEDEMA?

Lymphedema is a build-up of lymphatic fluid throughout the body, and it is usually a secondary issue that arises after cancer treatment or lymph node removal; it can also be a critical indicator for individuals that an illness or adverse reaction is occurring in their bodies.

Lymphedema is a threatening disorder that needs to be treated and properly managed. The fluid must be safely guided through the body to remove the excess. Lymphedema can happen to anyone, but women are more susceptible to the disorder and often, are unfortunately underdiagnosed or misdiagnosed altogether. Lymphedema can cause physical debilitations and physiological distress.

Lymphedema disposes the affected area to an ongoing inflammatory process that, if untreated, can progress to skin fibrosis, adipose tissue accumulation, and further accumulation of fluid, causing disfiguring swelling, disability, and infections such as cellulitis.<sup>1</sup>

## LYMPHEDEMA TREATMENT

*Complete Decongestive Therapy*

- 1. Manual Lymphatic Drainage (MLD)** — A manual technique to mobilize fluid in the lymph system that is very light and gentle.
- 2. Compression** — Low stretch compression bandages that help increase lymph flow by increasing resting and working pressures to decrease the lymphedema in the limb; this also assists the efficiency of the muscle pump to decrease lymphedema and prevents fluid from returning.



**3. Skin Care** — Reduces the risk for infection and helps prevent dry skin from cracking.

**4. Exercises** — Improves lymph flow and improves venous return.

**5. Self-Care Management and Training** — Allows the patient to minimize spikes in fluid retention.

## YOU CAN GET TREATMENTS IN THE COMFORT OF YOUR HOME

Many people are concerned about visiting a medical office due to COVID-19. My services are unique in that we come to you via our Mobile Outpatient Occupational Therapy Services. You don't have to leave your home.

## MOBILE OUTPATIENT OCCUPATIONAL THERAPY SERVICES

*Lymphedema therapy*

- Decrease lymphedema
- Promote wound healing
- Decrease fibrotic tissue hardening
- Increase functional mobility and quality of life
- Decrease swelling due to acute trauma
- Help reduce edema from chronic venous insufficiency

Source:

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5665410/>

## Occupational Therapy

- Upper Extremity Orthopedic Injuries
- Work on ADL's
- Home Safety Evaluations
- Work On IADL's
- Strengthening
- Patient Education
- Functional Balance
- Transfer Training

Fluid and inflammation, whether lymphatic or venous, can be life-threatening. It's critical to speak to your doctor if you are experiencing any fluid retention in your body.



IF YOU ARE IN NEED OF LYMPHATIC THERAPY, CONTACT JAMES FERRARA - FUNCTIONAL TRANSFORMATION MOBILE REHAB TODAY AT 941-830-3749. TO FIND OUT MORE, PLEASE VISIT [SUNCOASTFTMREHAB.COM](http://SUNCOASTFTMREHAB.COM).



# Cancer.

By Paula Swift, CHTP

**J**ust one word evokes a diverse response. Whether you've experienced it yourself, or walked alongside others through their crisis, fear, anger and sadness tend to dominate. So, it might sound strange when some will remark this time in their life to be the best event that ever happened to them. I am one of them.

When I reflect on my own experience with breast cancer, I find that there is one common ground with others who also claim that cancer was one of the best thing that happened in their life. And it all comes down to faith. With varying beliefs and religious practices, there is always a foundation of faith in a higher, greater power, with the majority having a very personalized relationship with God. There is incredible beauty found in each individual as their faith grows, and their spirit and life begin to flourish with profound discoveries and meaning, regardless of what their body might be doing.

Upon receiving that phone call from my doctor to confirm my cancer diagnosis, I wasn't quite sure how to feel. My immediate prayer was that God would bring to me the right people who would support me in the way that He wanted for me. He answered that prayer immediately that very night with a dear friend. I knew in my heart that I wanted to take a different direction than the standard medical protocol, and she was my first cheerleader, offering the beginning of what would be a long road of research and education that continues even today. I set my heart and eyes on my ultimate Healer, my Creator, my Heavenly Father, for this direction. And the intimacy with Him grew exponentially as He offered comfort and guidance.

Sunday morning following the diagnosis, I was on my way to church at a very early hour. During the quiet, 20 minute drive during sunrise, I was asking Him how will I know which protocol He wanted me to do. His voice was so clear that it was nearly audible with my human ears, "I've got this, Paula. I've got you". Okay, okay, I get it, Lord. One step at a time it will be. From then on, those words were



repeated countless times throughout my healing and the more I allowed the time and space to listen, the more I heard His voice and the more I recognized when His Spirit was moving me. It became very clear that the path He was leading me on was for the sole purpose of serving Him and serving others.

Reflecting on my healing experience and life since, the joy and peace that have filled my soul exceeds all I've ever known prior. The intimacy with my Heavenly Father continues to grow closer in ways that my heart had yearned for throughout my lifetime as a believer. When focus continues to be with Him, fear does not prevail and pain has purpose. It is because of all He continues to teach me, and His overflowing unconditional love, that I am able to live my life serving

others seeking whole healing of their body and spirit. Healing comes in many ways and sometimes it is not on this side of heaven. But healing the spirit is eternal, and we recognize that our days in this body are temporary, it sets our sights to what is forever. And that is where the adventure really begins!



Paula Swift, CHTP

LivingFromCancer.com  
Paula@LivingFromCancer.com







# CHECK-UPS ARE ANNUAL FOR A REASON.

There's a good reason to keep your health care on schedule. **Your family.**

When it comes to keeping your family healthy, annual wellness visits with a health care provider are key. Routine exams and screenings can identify potential health issues early, when they are most treatable. And if you or a loved one gets sick, seeing a doctor is even more important.

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