

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

Health & Wellness[®] MAGAZINE

January 2022

Manatee/Sarasota Edition - Monthly

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FREE  

**THE CRITICAL NEED
TO LOSE WEIGHT**

**PLASMA EYELID
TIGHTENING**

The New Nonsurgical Eye Lift!

**VENICE SURGEON
USES ROBOTICALLY-
ASSISTED, MINIMALLY
INVASIVE SURGERY**

to Resolve Diverticular Disease

PSORIASIS

**Do You Have Dry Patches
of Irritated Skin?**

**RESET YOUR
BRAIN FOR
THE NEW YEAR**

**And Find Long-Term Relief for
Depression and Anxiety**

**MAKE HEALTHY
LEGS YOUR
NEW YEAR'S
RESOLUTION**

**ORTHOPEDIC
SPECIALISTS
RESPOND TO
PICKLEBALL
INTEREST**



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

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



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- 1 Heel pain in the morning can be easily resolved.
- 2 Diabetic infections kill more people than breast cancer and AIDS. If diabetic, must see us now.
- 3 Ingrown toenails can lead to bone infection; we treat them fast.
- 4 Top pickleball injuries seen include foot fractures from ankle sprains.

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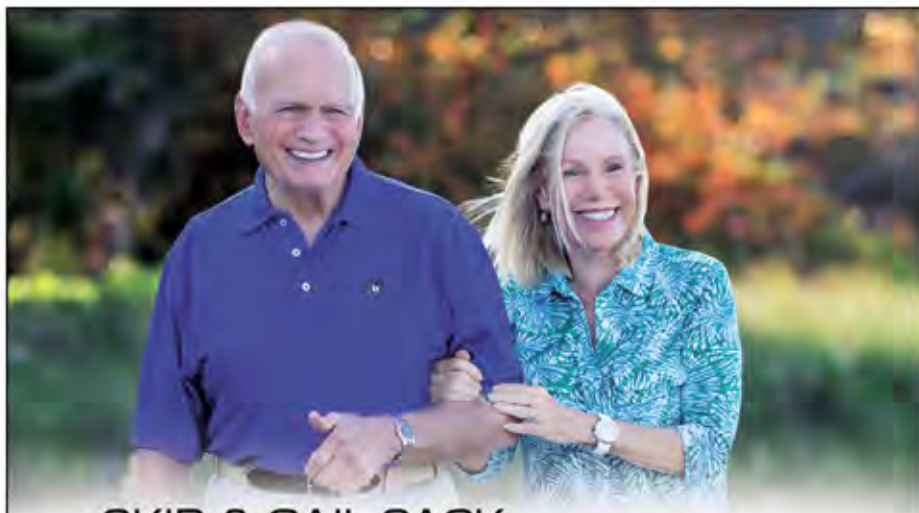
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- Skip & Gail Sack



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*AHCA 2019-2020 data, retrieved 10-01-21

Venice Surgeon Uses Robotically-Assisted, Minimally Invasive Surgery to Resolve Diverticular Disease

By Heidi Smith, Contributor

The pain in Michele Downing's abdomen was so excruciating, she couldn't stand. When she could only move by dragging herself across the floor, there was no question she needed to be at the emergency room.

Five years earlier, Downing had been diagnosed with diverticulitis disease, a condition where small pouches, or sacs, form and push outward through weak spots in the wall of the colon, then become inflamed or infected. When diverticulitis causes symptoms such as bleeding, inflammation, or complications, doctors call this condition diverticular disease.

By the summer of 2021, Downing's condition was so advanced, she was basically limited to eating like a baby – tiny portions of soft foods.

"I attended a family wedding in Michigan, and maybe I had a slice of cucumber or some slaw with celery seeds in it," she recalled. Within hours, she was at a local hospital emergency room where she was diagnosed with an abscess in her colon.

Eager to return home to Venice, Downing promised the Michigan hospital team that she would follow up with her family doctor, who referred her to a gastroenterologist, Jaime Baquero, M.D., with ShorePoint Medical Group.

Dr. Baquero recognized that surgery would be necessary. He immediately referred her to Hussein Mohamed, M.D., F.A.C.S, who is an internationally renowned, board-certified surgeon with extensive experience in minimally invasive and robotically-assisted surgical techniques for conditions like diverticular disease, as well as all aspects of liver and pancreatic cancer.

"Michele's disease was very advanced," said Dr. Mohamed, who also is with ShorePoint Medical Group. "She had abscesses, and stool was leaking into her abdomen from the colon. If left untreated, infection and even death can occur. Her condition required surgery. Fortunately, with advances in robotically-assisted surgical techniques, we were



Michele Downing says Dr. Hussein Mohamed gave her a second chance at life.

able to perform a minimally invasive surgery to remove the diseased portion of the colon, reattach the healthy tissue, and avoid the requirement for a colostomy bag."

Dr. Mohamed performed the surgery at ShorePoint Health Venice in early September 2021. By Thanksgiving, Downing had returned to her usual activities of walking, pickleball and calisthenics. Best of all, she was able to enjoy some of her favorite dishes during the holiday, including pecan pie.

"The way the doctors all worked together so quickly to give me the care I needed – it was incredible. Dr. Mohamed and his team, and the nurses and staff at the hospital, were wonderful," said Downing, who looked forward to enjoying Brazil nuts and walnuts at Christmas for the first time in years. "I feel like Dr. Mohamed gave me a second chance at life. He's my hero. Every morning when I wake up, I say a prayer of thanks."

To learn more about diverticular disease and treatment options, including advanced surgical techniques, call 941-344-2882 or visit ShorePointSurgery.com.



**Hussein Mohamed, M.D.,
F.A.C.S.**
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GLAUCOMA & VISION LOSS

By Quigley Eye Specialists

Three million Americans are suffering from glaucoma, which can rob them of their sight and nearly 1.5 million of them do not even know they have it. Glaucoma is referred to as a "silent sight stealer" because, unfortunately, there are minimal symptoms associated with the disease and the miniscule indicators can cause up to 40% of permanent vision loss before the person notices any vision changes.

The optic nerve transmits images to the brain. When this nerve becomes damaged or diseased, it loses the ability to create images, and therefore, communication to the brain is lost. A buildup of pressure in the eye is the most common cause. This pressure is known as IOP, or intraocular pressure. Disease or damage triggers this pressure in the eye and injures the optic nerve. Once IOP compromises vision, it creates irreversible blindness. Glaucoma is the second leading cause of blindness and usually affects the elderly.

The following treatment options information was published by According the American Academy of Ophthalmology.

GLAUCOMA TREATMENT

Medication

Glaucoma is usually controlled with eyedrop medicine. Used every day, these eye drops lower eye pressure. Some do this by reducing the amount of aqueous fluid the eye makes. Others reduce pressure by helping fluid flow better through the drainage angle.

Glaucoma medications can help you keep your vision, but they may also produce side effects. Some eye drops may cause:

- A stinging or itching sensation
- Red eyes or red skin around the eyes
- Changes in your pulse and heartbeat
- Changes in your energy level
- Changes in breathing (especially if you have asthma or breathing problems)
- Dry mouth
- Blurred vision
- Eyelash growth
- Changes in your eye color, the skin around your eyes or eyelid appearance



All medications can have side effects. Some drugs can cause problems when taken with other medications. It is important to give your doctor a list of every medicine you take regularly. Be sure to talk with your ophthalmologist if you think you may have side effects from glaucoma medicine.

Never change or stop taking your glaucoma medications without talking to your ophthalmologist. If you are about to run out of your medication, ask your ophthalmologist if you should have your prescription refilled.

Laser surgery

There are two main types of laser surgery to treat glaucoma. They help aqueous drain from the eye. These procedures are usually done in the ophthalmologist's office or an outpatient surgery center.

Trabeculoplasty. This surgery is for people who have open-angle glaucoma and can be used instead of or in addition to medications. The eye surgeon uses a laser to make the drainage angle work better. That way fluid flows out properly, and eye pressure is reduced.

Surgery

Some glaucoma surgery is done in an operating room. It creates a new drainage channel for the aqueous humor to leave the eye.

Trabeculectomy. This is where your eye surgeon creates a tiny flap in the sclera. He or she will also create a bubble (like a pocket) in the conjunctiva called a filtration bleb. It is usually hidden under the upper eyelid and cannot be seen. Aqueous humor will be able to drain out of the eye through the flap and into the bleb. In the bleb, the fluid is absorbed by tissue around your eye, lowering eye pressure.

Glaucoma drainage devices. Your ophthalmologist may implant a tiny drainage tube in your eye. The glaucoma drainage implant sends the fluid to a collection area (called a reservoir). Your eye surgeon creates this reservoir beneath the conjunctiva. The fluid is then absorbed into nearby blood vessels.



Cataract surgery. For some people with narrow angles, removing the eye's natural lens can lower eye pressure. With narrow angles, the iris and the cornea are too close together. This can cover (block) the eye's drainage channel. Removing the eye's lens with cataract surgery creates more space for fluid to leave the eye. This can lower eye pressure.

Individuals with glaucoma need to stay in close contact with their ophthalmologist and visits are regularly every 3 to 6 months.

Source:
<https://www.aaopt.org/eye-health/diseases/what-is-glaucoma#treatment>



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

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PLASMA EYELID TIGHTENING

THE NEW NONSURGICAL EYE LIFT!

Plasma Skin Tightening

Plasma Fibroblast is an absolute revolutionary procedure that requires zero surgery. It is a non-surgical, non-invasive treatment designed to tighten and lift the skin, shrinking excess skin, crow's feet, bags, and wrinkles. It is known to be radical in wrinkle smoothing and eyelid tightening, reducing hooded eyelids.

Fibroblast plasma is a new revolutionary nonsurgical lift treatment and is a highly effective, remarkable lower-cost alternative to surgery conditions such as:

- Eyelid lifting/tightening,
- Wrinkle reduction,
- Neck tightening,
- Reduction of the upper lip wrinkles, and
- Stretch marks and scars

During the procedure, a tiny plasma flash is being discharged from the tip of the handpiece. The tool itself never touches the skin; however, the plasma flash creates a tiny dot upon the contact. This innovative technology uses a sublimation process, turning solid directly to gas to tighten skin tissue. The targeted tissue sublimate causes no damage to the surrounding areas or deeper skin layers.

Further points are applied, creating a symmetrical grid over the treatment area. Effects are noticeable right away, with full results becoming visible after 2-4 weeks. Patients can resume regular activities right away with minimal discomfort.

Does it Hurt?

Fibroblast is a non-surgical treatment with no pain or minimal discomfort reported by patients. A topical cream is applied to numb the treated area prior to the procedure.

What areas can be treated with Fibroblast plasma?

Fibroblast plasma can be used for many different skin conditions, such as eyelid tightening, body lifting, acne treatment, thread vein, scar correction, tattoo removal, and stretch marks. If you suffer from any of the above conditions but have hesitated with traditional surgical procedures, then non-invasive Fibroblast plasma treatment may be the right solution for you.

What results can I expect?

After the procedure, your eyelids and/or under-eye will look and feel a lot smoother, and excess skin will be clearly reduced, leaving your eyelids feeling lighter.



What happens after treatment?

You can carry on with your day as normal; however, it is very important to follow our after-care recommendations. Carbon crusts CANNOT be scratched or removed. Drying skin by dabbing with a clean, lint-free cloth is allowed. Healing skin should be protected from direct sun with SPF50 cream. Sports, swimming, and sauna are not permitted until crusts fall off. This should happen within seven days of the procedure.

What are the possible side effects?

Fibroblast plasma is very safe, and side effects are rare, but infection, scarring, and temporary change of skin pigmentation may occur. Carbon crusts, which are tiny superficial dots that form directly on the skin, are part of the normal healing process and, when correctly treated with after-care, will cause no threat and fall off 5-7 days after treatment. Swelling is expected during the first three days and is usually entirely gone by day 5. The majority of our patients do not report any of those after a week.

Prices:

- Upper Eyelid: \$499
- Under Eyes: \$299
- Age Spots: from \$85
- Neck: from \$1000
- Single Deep Wrinkle: \$85
- Crows Feet: \$250
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Who We Are

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Wild Lily flourishes with compassion, attention to detail and results- it takes more than hard work to earn the trust of our clients. We individualize treatments based on each client and their personal beauty goals. Through our top of line treatments, including CryoSkin, Procell, Dysport, Botox, Restlyane, Versa, and more, we are committed to providing our patients with quality results.



Alexa Schiavi, LE | Crystal Osborn, PA-C | Lindsay Savigne, Manager



PLASMA EYELID TIGHTENING

Plasma Fibroblast is an absolute revolutionary procedure that requires zero surgery. It is a non-surgical, non-invasive treatment designed to tighten and lift the skin, shrinking excess skin, crow's feet, bags, and wrinkles. It is known to be radical in wrinkle smoothing and eyelid tightening, reducing hooded eyelids.

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RESET YOUR BRAIN FOR THE NEW YEAR AND FIND LONG-TERM RELIEF FOR DEPRESSION AND ANXIETY.

Many Are Choosing to Prioritize Mental Health As Their Top 2022 Priority Using Neurofeedback To Improve Brain Function!

If you are struggling with holiday stress that has turned into episodes of depression and/or anxiety, you are not alone. Many studies have shown that anxiety and depression may peak around the holidays and this may signify previous brainwave imbalances, which can easily be corrected by retraining the brain. Neurofeedback is a non-invasive, drug-free therapy that targets imbalances in the brain by retraining it over time.

Depression:

Did you know that depression is frequently related to brainwave imbalances? In fact, there is a specific pattern that relates to depression! These imbalances effect mood and can create negative thought patterns. An imbalance in certain brainwaves can cause you to become depressed more easily, feel hopeless, withdraw from people, and be more anxious. These imbalances can also be associated with a lower sex drive!

Anxiety and Panic Attacks:

Anxiety symptoms can also be traced to brainwave imbalances. Studies have shown that anxiety and panic attacks can be experienced when your brain wave pattern is going too fast- which represents an imbalance in the way the brain is functioning. Neurofeedback therapy can not only bring relief to symptoms, but also address and modify underlying imbalances in the brain, promoting better brainwave forms that will in turn help alleviate symptoms and bring on a natural state of feeling more balanced and happier.

Chronic Stress:

The long-term effects of chronic stress can disrupt nearly every system in your body. It can suppress your immune system, upset your digestive and reproductive systems, increase the risk of heart attack and stroke, speed up the aging process, and cripple your way of life. The impact of stress just doesn't 'go away,' but may be cumulative over time and ultimately create worsening anxiety, depression, inability to focus, etc. This is why it has never been more pertinent to address the root of the issue and to achieve long-lasting results through Neurofeedback.

Recent Neurofeedback Study

Resilient Retreat, in Sarasota, Florida, asked *The Brain Wave Center* to collaborate in a study of first responders and those that have undergone abuse or emotional trauma. The study looked at numerous modalities to decrease stress and depression. The outcomes were significant. After a single round of Neurofeedback training, there was a decrease in depression by 52.79 % and a decrease in PTSD by 38.39%. There were also remarkable improvements in emotional responses such as feelings of self-worth and importance, emotional awareness and clarity, and an increased sense that participants mattered to others.

How Does Neurofeedback Eliminate These Symptoms?

At *The Brain Wave Center*, we begin with a Brain Map to assess your brainwave patterns. We observe how they present in your brain and how your brain wave imbalances relate to your feelings of depression and/or anxiety.

Then, you will embark on a neurofeedback journey of retraining your brain. The therapy is both enjoyable and powerful. Your brain wave patterns are monitored to determine optimal function, and these are rewarded while you are watching a video of your choice. Over time, this retrains the brainwaves to stop staying in the imbalanced states and start moving towards more balanced states and healthy regulation.

Your brain responds to this treatment by creating new, healthier neural connections and resetting the old pathways. Over time, the use of neurofeedback can help your brain to stay in these balanced states, allowing you to think calmer, feel more positive, regulate your emotions, deal with stress, and in turn alleviate depression and anxiety symptoms.

Begin this New Year by clearing outdated brain-wave patterns and training your brain back to health! You can reset your brain for a lifetime of happiness in 2022 and beyond!



A Better Brain Means a Better You!

The Brain Wave Center has helped many children and adults overcome common emotional health disorders using safe, noninvasive, and drug-free relief from chronic issues including:

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- PTSD / Stress / Trauma
- Memory Loss / Brain Fog
- Concussion / Brain Injury
- ADHD / Learning Disabilities
- Autism
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- and more

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Psoriasis: Do You Have Dry Patches of Irritated Skin?

Psoriasis is an outbreak that causes a “rash” on the skin, but it can also affect the nails, tendons, and joints. Some of the most common symptoms are red rashes or spots, dryness, cracking, flaking, peeling, depression, and joint pain. Depending on the severity of the disease, most people start seeing scaly skin patches on the knees, elbows, and scalp. The effects of psoriasis are both physical and emotional, as individuals are usually in a great deal of discomfort and may also be embarrassed by the way their skin appears.

Psoriasis is a common skin disorder that affects 125 million people globally; however, what many people don’t realize is that it is an autoimmune disease. When the body’s immune system is triggered, skin cells become overactive and produce more skin than what can naturally be sloughed off, so the end result is red, irritated skin with dry patches that eventually peel. It can affect the scalp, inner and outer ears, feet, limbs, and everywhere in between.

Psoriasis Symptoms:

- Red, raised, patches with siler or white scales
- Dry skin (flakes, cracks, and bleeds)
- Pain
- Itching
- Burning
- Painful, swollen joints
- Pitted finger and toenails

Psoriasis is a lifelong disorder and can, in extreme cases, turn into psoriatic arthritis, which is an inflammatory arthritis (also autoimmune) condition. The typical treatments for this disorder, as well as psoriasis, are topicals, pain medications, steroids, Goeckerman therapy (coal tar and light therapy), immunosuppressants, and in advanced cases of psoriatic arthritis, surgery to replace the affected joints.

In the United States, psoriasis affects around 7.5 million. It’s commonly associated other disorders such as the following:

- Type II diabetes
- Heart disease
- Anxiety
- IBS
- Depression



Getting an accurate diagnosis and established treatment plan will help manage your psoriasis. Scheduling an appointment with an experienced dermatologist is essential.

Luminary Medical Group
Trust an Experienced Provider Team

Luminary Medical Group features an experienced team of providers dedicated to giving you total confidence in your skin and your health. Our team includes Doctors, Physician Assistants and Nurse Practitioners who work together to care for you from head to toe.

Look and Feel Your Very Best

No matter your concern, you can trust our team to provide the treatment and guidance you need to look and feel radiant. At Luminary Medical Group, you will find services including:

- Medical Dermatology
- Medical Spa Treatments
- Primary Care
- GYN Services

We are here to help you live better, whether that means caring for your skin, elevating your look, or supporting your health and wellness goals now and in the future.

Luminary Medical Group began as Luminary Dermatology in Sarasota, FL, where the sun is hot, beaches are bustling, and someone always forgets to wear their sunscreen. The multi-specialty group was founded by board-certified dermatologist and fellowship-trained Mohs micrographic surgeon Dr. Cary L. Dunn. We now provide patient-centered medical care to Sarasota, Bradenton, Venice, and many other Southwest Florida communities as well as Edmond, Oklahoma.

Our mission is to provide compassionate care to the people of our community and beyond, with excellence in service, quality, and accessibility.

To schedule your appointment please call **941-926-6553** or visit luminarydermatology.com.



Cary L. Dunn, MD
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What are Lifecare Continuing Care Retirement Communities (CCRC) and why do so Many Residents Choose Them

Freedom Village of Bradenton is excited to announce our management company, Life Care Services, has become the first and only senior living company to rank first in customer satisfaction for three consecutive years among independent senior living communities in the J.D. Power 2021 – Senior Living Satisfaction Study. Life Care Services also achieved the highest score in all six factors of satisfaction: resident activities, community staff, price paid for services received, resident apartment/living unit, community building and grounds, and dining.

A CCRC (Continuing Care Retirement Community also known as a LifePlan community), is a living option for seniors who want to live independently but prefer residing in a community of their peers with the option to increase helpful services as they age.

CCRC Offerings

CCRC communities offer a number of services that can widely assist seniors whenever they need them. In addition, they offer seniors the option to age in place, rather than forcing them to uproot their lives as their abilities change.

CCRCs offer all of independent living, assisted living, and nursing care. If you do not require a certain level of care yet, you still have the option to transition into it over time without having to leave your community.

The Most Options

CCRCs offer the most options for treatment, assistance, and independence when compared to other types of senior housing communities.

Freedom Village of Bradenton is a Lifecare CCRC community.

Located on 34 lush, sprawling acres, Freedom Village retirement community in Bradenton, FL offers a wide variety of elegantly appointed residential options, a wealth of exceptional services and amenities, and a full calendar of fun, engaging activities—all just minutes from the beautiful beaches of the Gulf Coast!

We offer maintenance-free living, personalized care, dining and more. Residents have access to community services and amenities, such as fitness classes, chef-prepared dining, and a full-service salon and barbershop.

We also offer respite care to give seniors and their caregivers a break from their usual routine. Seniors can receive the personalized care they need while they



enjoy the vibrant lifestyle in our assisted living facility, allowing caregivers the time to rest or take care of other responsibilities. Reservations are required to book a short respite stay.

As a life plan community, Freedom Village of Bradenton makes aging in place simple. You can seamlessly transition from independent living to assisted living, memory care and skilled nursing care as your health needs change.

Independent Living at Freedom Village of Bradenton

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

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

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

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

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

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

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MAKE HEALTHY LEGS YOUR NEW YEAR'S RESOLUTION

By Jeffrey Edwards, MD, RPVI

Vein disease is a common cause of leg discomfort, often resulting in pain, heaviness, swelling, itching, and cramping. Venous insufficiency and varicose veins affect approximately 1/3 of the adult population and affect men and women in equal numbers. These can result in unsightly dark or bulging veins, but in more severe cases leg swelling, skin darkening, or wounds may occur. The economic and societal cost can be significant, and it is estimated that 10% of people affected by venous disease will stop work at some point due to their condition.

Risk factors for varicose veins can generally be divided into the categories below, which result in high estrogen levels, venous hypertension, vein valve dysfunction, venous obstruction, and damage to the endothelium (innermost layer of the vein).

- **Hormonal:** female gender
- **Lifestyle:** smoking, prolonged standing or sitting, obesity
- **Acquired:** age, deep vein thrombosis, obesity, pregnancy
- **Inherited:** family history

Normal venous anatomy is defined by a complex network of deep and superficial veins which are connected by a series of perforating veins, which connect the superficial and deep vein systems. Leg veins have valves within them which permit blood to flow towards the heart and prevent blood from flowing backwards (reflux) towards the feet. Reflux occurs when the valves no longer function properly, which often occurs after a blood clot. Contrary to arteries, through which blood is pumped by the heart, veins rely on the pump action of the calf muscles while walking.

Venous insufficiency results when there is either reflux or obstruction (blockage) of the veins. This leads to venous hypertension or elevated pressure which results in leg swelling, inflammation, pain, heaviness, and aching. Varicose veins are abnormal, dilated vein branches which often branch off of normal superficial veins. As they enlarge, varicose veins are often considered unsightly and can also contribute to symptoms of venous insufficiency described above.



The treatment of varicose veins and venous insufficiency depends on several factors. Mild symptoms can usually be managed successfully with compression therapy (compression stockings which compress the legs and veins). Results of compression are best if stockings are used during the day, especially during prolonged periods of sitting or standing. That being said, Florida's warm climate as well as aesthetic concerns make compliance with compression therapy a challenge. Fortunately, there are other highly effective treatments that are available.

Microphlebectomy is a procedure used to remove varicose veins through tiny nicks in the skin. This is most often performed on an outpatient basis under local anesthesia. If reflux is also present, then microphlebectomy may be recommended in combination with vein ablation or stripping. Vein stripping is a procedure to remove the saphenous vein (largest superficial vein, located on the inner thigh and leg) through small incisions on the thigh and ankle. This procedure often requires general anesthesia and is rarely performed now due to advancements in vein ablation technology.

Vein ablation is a procedure during which a catheter (small plastic tube) is passed into the saphenous vein under ultrasound guidance. The catheters are specially designed with either a radiofrequency or

laser tip which heats the inside of the vein to induce clotting and scarring, permanently closing the vein and eliminating reflux. This procedure can be safely performed in the outpatient setting without the need for general anesthesia, and there is minimal recovery time afterwards. Sclerotherapy is another method used to treat saphenous vein reflux. This is performed by using a small needle to inject a sclerosant (chemical liquid) which induces scarring and closure of the affected vein. Another treatment available is cyanoacrylate (glue) closure of the saphenous vein. Similar to sclerotherapy, this highly effective method is performed through a single puncture in the vein and only requires minimal use of local anesthesia.

Spider veins and telangiectasias are small superficial veins which are often considered unsightly but may be accompanied by localized pain and discomfort. Many people desire treatment of these veins. Fortunately, both sclerotherapy and laser are highly effective. Treatment of spider veins is usually considered cosmetic and thus is not typically covered by major insurance providers. That said, treatment is highly effective with no downtime and no need for any anesthesia.

If you are concerned about the appearance of your legs, or if you are experiencing any of the symptoms of venous disease, there are therapies available for you. Contact your board-certified vascular surgeon, who is uniquely qualified to fully evaluate, fully evaluate and treat all disorders of the veins and arteries.

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ORTHOPEDIC SPECIALISTS RESPOND TO PICKLEBALL INTEREST

Prevention is Key | Expert Care is Essential

Did 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.

SOME OF THE MOST COMMON INJURIES ARE:

Wrist Injuries

Due to the constant torquing of the arm and wrist in pickleball, wrist injuries are common. Often these are tendonitis issues, which is where the tendons become inflamed and swell.

A wrist sprain happens when stretching or tearing of the ligament occurs. The wrist ligaments are strong bands of connective tissue that connect the end of the hand and wrist bones. Your wrist ligaments stabilize and support the joints. When injured in sports such as pickleball, the sport should be halted and avoided until you are healed. Stabilization, rest and anti-inflammatory medications often help patients recover within a few weeks.

Shoulder Injury

With pickleball, the shoulder is under a great deal of stress. Often, shoulder pain is due to small tears that occur in the rotator cuff. These tears can progress and may require conservative or surgical treatment. Overuse or injury that might dislocate the humerus bone from the socket can be a more severe diagnosis. With overuse or trauma, fractures or hairline fractures can occur in the bones that make up the shoulder. These will typically need to be stabilized in order to heal correctly. Arthritis can also exacerbate shoulder injury and pain.

Ankle Injuries

Ankle injuries are very common in individuals who play pickleball due to the ballistic motions and torquing in the ankle that cause instability and tears. Achilles's tendon tears and ruptures are an example of this type of injury.



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.

The Achilles tendon is the largest tendon in the body and connected to both the calf muscle and the heel bone and is a fibrous tissue that somewhat resembles twine. It is used when you walk, run, stand, jump, and is especially stressed when you move quickly from side to side. 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.

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:

Warm Up

Warming up your ankles, knees, hips, wrists, and shoulders is essential before playing pickleball. Taking a pre-pickleball walk is a great way to get your muscles warm. Additionally, doing a few gentle ballistic movements, such as jumping side to side and front to back, or doing an invisible jump rope for a few seconds before stretching can help.

Stretching

Doing rotational exercises and stretching will help to prevent injuries as well. After you are properly warmed up, stretching from your feet up to your neck are critical to avoid injury. Rotating the ankles, hips, wrists, and shoulders is helpful, as are deep runners stretches and side stretches to name a few.

Hydrate

Drinking plenty of water throughout the day is imperative to stay hydrated. If you are thirsty or parched during pickleball or any exercise, you were most likely dehydrated beforehand. Drinking before and after is essential to replenish fluids and electrolytes. Sports drinks and electrolyte enhanced water is important after sweating.

Protective Gear

Wearing supportive gear and clothing such as the correct footwear with good arch support and ankle support. Wearing back supports, knee or wrist braces are also especially important if you have any injuries or need to protect certain areas from reinjury.

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



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



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



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

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How to make—and keep—a New Year's resolution to quit tobacco.

It is no secret that most New Year's resolutions tend to fail before they even have a chance to "get off the ground". However, something about the "clean slate" that a new year brings inspires every one of us to try anyway. We think about all the positive changes we want to make in our lives, get off to a great start, but get side-tracked by the busy-ness and pressures of life and lose focus. Despite our failures, we vow to ourselves that we will "do better next year".

The failure that many of us experience is often the result of failing to make a sustainable plan. Benjamin Franklin said it best when he said: "If you fail to plan, you are planning to fail!"

If you're planning to start off this new year tobacco-free, set yourself up for success by creating a plan, learning what it takes to quit and knowing what to expect from the process.³

When it comes to quitting and staying quit, you must have a plan.¹ Having a personalized plan will not only keep you on track, but it will also help get you through the challenging moments that will inevitably come your way. Here are six simple steps to create your quit plan that will set you up for success:⁴

Step One: Mark your calendar.

With New Year's coming up, now is a perfect time to quit tobacco for good. Start 2021 off on the right foot by cutting out the #1 preventable cause of death and disease in the United States: tobacco use.¹ Set your quit date, but also tell your friends and family your plans to quit and explain how they can help you. Quitting tobacco is easier when people in your life support you.⁴

Step Two: Calculate your savings.

Did you know a pack-a-day smoker can save over \$2,200 a year from quitting?⁴ Cutting out tobacco use is an excellent way to build your savings back up now that the holidays are behind you.

Step Three: Think about your reasons for quitting.

Whether your main reason for quitting is related to health, money, family, job, or social stigma, you are making the right decision for your health and the health of those around you by quitting tobacco use. Knowing your reasons for why you want to quit can keep you motivated and on track, especially in the difficult moments.⁴

References:

1 Tools to Quit: Area Health Education Center (AHEC) Cessation Program Participant Toolkit. Area Health Education Centers. 2018.

2 <https://www.lifehack.org/articles/lifestyle/10-reasons-why-new-years-resolutions-fail.html>

3 <https://www.verywellmind.com/tips-to-quit-smoking-for-new-years-2824378>

4 <https://smokefree.gov/build-your-quit-plan>



Step Four: Know your triggers.

Think about what things make you more likely to use tobacco, then develop strategies to keep you in control of those triggers.

Step Five: Fight your cravings.

When you get an urge to use tobacco, changing what you are doing or your physical location can make it easier to get your mind off of tobacco until the craving passes.

Step Six: Set yourself up for success.

Choose strategies and tools to help you quit. Gulfcoast South Area Health Education Center (GSAHEC), as part of the Tobacco Free Florida AHEC Cessation Program — offers Group Quit, free tobacco cessation classes that are available to help someone quit all forms of tobacco. These group cessation classes, now held virtually, 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 class. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist. Contact us today at 866-534-7909 or visit www.tobaccofreeflorida.com/groupquitcalendar to schedule a class or learn more about the program!

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The Most Common Causes of Cartilage Loss

By Regenexx Tampa Bay, Regenerative Medicine

We understand the growing concern surrounding the Coronavirus (COVID-19) across the communities we serve. The health and safety of our patients, physicians, and staff is our top priority. Regenexx Tampa Bay has been actively preparing its offices, physicians, and employees to address these uncertainties and prevent the transmission of COVID-19. To schedule a Telehealth call with one of our physicians, please call us at 941-357-1773 in Sarasota and 813-544-3123 in Tampa.

Oftentimes, patients ask us what they can do to improve their joint cartilage and prevent arthritis. Cartilage acts as a cushion between the bones to protect our joints by absorbing shock.

The visual evidence of arthritis seen on imaging studies can be due to the decrease in quantity and quality of the cartilage, the decrease in joint space width, the formation of bone spurs, and degenerative changes in the bone underlying the cartilage. Besides wear and tear, there is also a biologic/internal component that affects cartilage.

The Truth About Cartilage Loss

Cartilage, in of itself, does not have nerve endings. Therefore, cartilage loss is NOT a direct source of pain. It is, however, the visual evidence that arthritis exists. That is, there are destructive substances in the joint that are breaking down the tissue. The cartilage is the victim of the arthritic disease.

You might be surprised to learn that people can have virtually no cartilage in a part of a joint ("bone on bone") and have no pain at all. This is actually very common. On the other hand, a person can have robust amounts of cartilage and have a tremendous amount of pain – again, this is very common as well. The point is that cartilage loss is a sign of arthritis and protecting your cartilage is a way of limiting the effects of the arthritic process.

What Causes Joint Pain?

There are a number of structures that do cause pain. The synovial lining of the joint is rich in nerve endings that sense pain and is responsible for producing healthy fluid and lubricating substances. With arthritis, the synovial lining can become bumpy and painful. It will also produce abnormal



inflammatory fluid that breaks down tissue in the joint. Determining what's in that fluid and how to control the synovial lining is one of the keys to halting arthritis.

Another source of pain in a joint is the bone underneath the cartilage. This bone is quite hardy and able to tolerate heavy loads often without any problems even when there isn't any cartilage to protect it. There are times when the bone in areas of decreased cartilage begins to breakdown and become swollen representing little micro-breaks in the bone. These bone marrow lesions can sometimes be painful and can only be seen on an MRI.

Can We Re-grow Cartilage?

Getting cartilage to re-grow is an admirable goal and it may one day be possible to consistently do this, but it seems that it's actually more important to keep the synovial lining under control and to strengthen the bone under the cartilage so that it can withstand more pressure. It is also important to make sure that there is stability around the joint – that is, the ligaments, tendons, muscles, and nerves are healthy and functioning normally.

Stem cells can help cartilage to regrow but it is inconsistent and minimal at this time (despite what you may have heard). They can, however, improve the quality of the remaining cartilage, the strength of the bone, reprogram the synovial lining so that it produces healthy protective chemicals instead of destructive ones, and strengthen the ligaments and tendons so that there is better stability around the joint. Using stem cells in this way requires working with a highly trained physician who performs the proper analysis and executes a procedure to precisely inject the tissues that are in need of improvement.

Receiving a stem cell injection blindly into a joint by someone who dabbles in this approach is not the way to go.

The key to understanding how to keep more cartilage as you age is to understand what causes cartilage loss. Here are the most common causes of cartilage loss along with a few solutions to help prevent it.

1. Obesity (Mechanical)

Physics has taught us that being heavier places more wear-and-tear forces on our cartilage and therefore, arthritis.

Although it can be tough to accomplish, losing weight is the ultimate solution to improve symptoms and slow the progression of arthritis.

2. Obesity (Biochemical)

Not only does obesity break down cartilage by wear and tear, but it also can cause changes in the patient's insulin-response system that can break down cartilage. This is referred to as "metabolic syndrome."

We recommend reducing carbohydrate and sugar intake to minimize spikes in blood sugar and insulin release.

3. Trauma

A sudden traumatic event, such as a sports injury, can injure the cartilage surface and potentially cause a weak spot in the cartilage. If weak spots are present, cartilage can break down faster with normal forces.

Before the issue becomes bigger, look for regenerative medicine cell-based solutions for cartilage repair, such as platelet-rich plasma (PRP) or stem cell injections.

4. Joint Instability

Injured ligaments can cause joints to move around too much and cause joint instability. All of this extra unnatural motion can slowly continue to injure the cartilage in the joint, eventually leading to arthritis.

Injections like prolotherapy, PRP, and stem cells in our clinical experience can help reduce instability whether the ligament is loose or torn (partial or nonretracted). In more severe cases, surgery may be needed.

5. Poor Nutrition

Poor dietary habits and lack of proper nutrition can cause major issues with not only your cartilage and your musculoskeletal system but your entire body. What you eat can turn on or off the genes in your body that protect your cartilage.

It is essential to know what is and what is not good for you and your body. Consider introducing supplements like Glucosamine and chondroitin into your diet to enhance cartilage health.

6. Medications

Surprisingly, the most common medications that are injected into arthritic joints for relief such as local anesthetics and steroids are also likely the most

toxic to cartilage. Commonly used NSAID medications, like ibuprofen, naproxen, and celecoxib have also been shown to have negative effects on cartilage cells.

We recommend staying away from "cortisone shots," NSAIDs, and other drugs when not essential.

7. Lack of Exercise

Besides leading to many other health issues, lack of exercise can create problems with our joints. Joints are made for movement. Regular exercise along with utilizing the proper techniques for those exercises is essential.

If you have cartilage loss, you may want to switch from high-impact exercises to low-impact activities to protect your existing cartilage. If you have normal, healthy joints, keep running and exercising regularly, it is likely protective.

8. Poor Alignment and Biomechanics

If you have asymmetrical cartilage loss (loss of cartilage in one knee and not the other), you may have a body-alignment problem that is wearing down certain joints faster than others.

Working with a skilled physical therapist can help you get your muscles balanced and fine-tune your body so that it is biomechanically optimized.

9. Aging and Genetics

Unfortunately, older patients seem to have less cartilage and some people simply have the genetic makeup for weaker cartilage.

While there isn't much that we can do about our genes, we can influence the ways our genes are expressed by leading a healthier lifestyle overall.

Understanding why cartilage breaks down, adhering to a healthy lifestyle, and utilizing regenerative options like PRP and stem cells seems to be the best strategy for maintaining healthy cartilage and decreasing the pain associated with arthritis.



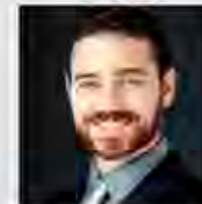
Dr. James Leiber

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 FAQSM- 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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THE PROBATE GROUP: WHAT YOU REALLY NEED TO KNOW ABOUT PROBATE

When someone passes away and leaves you in charge of their estate, the situation may seem intimidating or impossible, but the truth is, with the right guidance, it's a straightforward process.

We get many calls from prospective clients that sound like this. "Mom passed away several years ago and my sister has been living in the property. Finally, we are ready to put the property on the market, but the real estate agent says that Mom has to sign the listing agreement because the property is still in her name."

The Probate Group can certainly resolve this problem and help this client. Very rarely do we receive a call where someone "wants a probate". Instead, we receive calls from people with dilemmas that can be resolved through the probate process. Often, it is because the title to real estate, or perhaps a vehicle or bank account is still in the name of the deceased. On other occasions, the issue involves unresolved debt of the deceased, and the heirs are getting harassed by creditors. The Probate Group is here to help with all of this; it is simply what we do.

What is the Probate Process?

The probate process allows you, the personal representative, to step into the shoes of the deceased. It gives you the power to access bank accounts, pay their bills, sell personal and real property, and distribute the proceeds to the heirs. The estate planning industry makes probate sound expensive and complex in order to market their "probate avoidance solutions" products. Probate doesn't have to be expensive or complex.

Despite what you may have heard, the reality is that probate is simply a process. It is a linear sequence of tasks that must be completed in order to transfer property of someone who has died and settle their affairs. This sequence of events will vary depending on the situation and its complexity. However, it's just a process, and The Probate Group can help you get through it.



The Probate Group is a Coaching Platform to Help You Efficiently Navigate the Process.

The Probate Group operates a unique coaching model designed to get you through the process with the right resources and support tailored to your situation. If your situation is basic, we may be able to guide you through the simple paperwork to settle the estate. If you prefer, we can provide someone to take care of the paperwork for you.

Probate Levels Can Vary in Complexity.

At the most basic level, your situation may only need a few affidavits to transfer a vehicle or a small bank account. Floridians with an estate of less than \$75,000 (not including the homestead) may qualify for a "summary administration" which mostly consists of paperwork and no court appearance is necessary. A formal probate is administered for larger more complex estates. Florida requires the representation of an attorney in formal probate matters.

If your probate needs the attention of an attorney, we can put you in front of a lawyer with the proper level of expertise and experience specific to your needs. Regardless of which level of service you choose, The Probate Group will guide you through the entire process, from helping you to understand

the process, to gathering the correct information, through your appointment as Personal Representative, the distribution of assets and the closure of the estate. The Probate Group has relationships with attorneys of various levels of expertise throughout the state, all of whom are independent practitioners.

In addition, the Probate Group has relationships with other professionals who have experience dealing with the probate process such as realtors, accountants and companies that conduct estate sales. This helps to keep the process moving and eliminates some of the stress and delays of dealing with organizations and professionals not familiar with the probate process.

Get Started Today.

Don't wait! Contact us for a free phone consultation. Let us help you figure out your best next steps. The sooner you have a plan of action, the sooner you will be on your way to settling the estate. Simply call us at (941) 218-6271 or visit our website at probateprocessmadesimple.com

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LOW DOSE IV KETAMINE FOR OCD

Obsessive-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).¹

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).¹ 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.



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



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SECURE ACT 2.0:

New Retirement Plan Incentives

There's a potential game-changer being discussed when it comes to retirement savings. It's called SECURE Act 2.0 (Setting Every Community Up for Retirement Enhancement Act), and it's intended to help more Americans ensure they'll have enough money during their retirement. The new measures of the SECURE Act 2.0 are designed to boost retirement savings, but some changes will be a bit difficult to put into place.

1. Mandatory Enrollment for Defined Contribution Plans

Under SECURE Act 2.0, employers that offer defined-contribution plans such as 401(k)s would be required to enroll eligible new employees automatically. Those employees would be enrolled at a contribution rate of 3%, similar to how many 401(k) plans operate now. But the annual contribution level would automatically be increased by 1% each year, maxing out at 15% of employee pay unless employees choose a different contribution rate.

2. New Catch-Up Contribution Limits for 401(k) Plans

Employer-sponsored 401(k) plans have annual contribution limits, with separate catch-up contribution limits allowed for savers aged 50 and older. For 2021, the regular contribution limit is \$19,500, while the catch-up contribution limit is an additional \$6,500. SECURE Act 2.0 would introduce another catch-up contribution limit just for people aged 62 to 64. The limit, which would take effect in 2023, would allow those savers to add another \$10,000 in catch-up contributions to their 401(k)s each year. The Act would also make all catch-up contributions subject to Roth guidelines for tax purposes.

3. Increased Age for RMDs

The SECURE Act already pushed required minimum distributions back to age 72. And the 2.0 version would push them back to age 73 in 2022, then age



74 in 2029. Also, starting with the year 2032, savers wouldn't be required to take RMDs until age 75, offering a break to people who choose to delay retirement or want to draw down other retirement assets first.

Adapted from Yahoo!1

Until it becomes law, you can still benefit from the provisions of the original SECURE Act, and if you haven't started saving for retirement yet, now might be a good time to start. Call us today at **[941-925-2121]** with any questions.

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THE CRITICAL NEED TO LOSE WEIGHT

By Ian M. Kahane, MD

Weight 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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NEW YEAR'S RESOLUTIONS:

MANY ARE WROUGHT WITH SHORT-LIVED ENTHUSIASM

EXCLUSIVE SHAPE CAN HELP YOU REACH YOUR GOALS AND STAY THE COURSE.

Our previous article aroused the interest of many readers, who decided to checkout our wellness studio in practical action. We see customer satisfaction with the first education-related exercise session, which is always rewarding.

We are always moved by the positive feedback of our customers about the effects, sensations, and results during and after Roll Massage, the Vacuum Treadmill with IR and Collagen lamps, the Vibration Platform stimulating the musculo-nervous system and the BEMER technology that stimulates the blood circulation system.

Everyone Has Different Needs and Objectives

All clients are unique with different needs and aspirations. Issues such as being overweight, having diabetes, hypertension, acidification of the body, cellulite, and post-covid problems related to motor coordination, balance, and muscle weakness. We have clients, especially women, who want to stay young and stop the aging process. They want to have smooth skin, without cellulite and unnecessary fatty tissue.

Referrals due to Results

Word of mouth recommendations are driving clients to our studio. This is due to the visible results. Clients who try our machines in practice, return to us systematically for the next sessions—Because it only makes sense—If you are getting the results and the desired health and aesthetic effect, why wouldn't you want to keep going? It is not surprising that the many ladies who come to us for biological regeneration, also bring their husbands to take care of their appearance and health, as well. And they tell their friends. Why? Again, because of the remarkable results.

Testimonials:

"I highly recommend Exclusive Shape Studio. You can exercise smarter. After exercise on Roll Massage Machine my cellulite and fat was reduced and my body looks younger, stronger and smoother. Robert and Krzysztof - owners of Exclusive Shape are very helpful and always step away to assist you."— Dagmara



"Awesome machines! If you suffer from back pain or stress or muscle discomfort, you need to check this place out!! Knowledgeable staff to assist by appointment."—Katie

Sticking with Your Resolutions and Goals

We have New Year's resolutions at the beginning of each year. Most people promise to stay healthy and start training. Unfortunately, this enthusiasm passes quickly and after a few weeks the motivation and strong will to continue with ambitious plans declines.

How do you deal with it and stick to the New Year's resolution? At the beginning, you should write a plan for the first 3 months together with a consultant (e.g., with us). The most important thing is self-discipline and the awareness of your pursuit of success. You should endure a minimum of 21 workouts in the training regime in order to develop a habit of a pleasant and useful duty.

We Track Your Success

Every two weeks we check the effects of our work, check the parameters of our body. Seeing the progress, we build even greater motivation to continue the implementation of our ambitious plan.

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I have great satisfaction seeing our clients improve their body's efficiency, gain strength, reduce excess weight and have more and more energy. When you come to us, do not think about hard, exhausting training. Our machines work for you. Imagine you can burn over 600 Kcal in 30 minutes. This is our offer for you.

If you want to change your health for the better from the new year, come to our Wellness Studio for your first free educational session.

We Wish all Readers a Healthy and Happy New Year!

Please book a reservation on our website

www.exclusiveshape.com, or call us at
941-960-9108.

ABOUT ROBERT STAFECKI, CO-OWNER

My interests stem from my studies and active sports background. I graduated from the University of Physical Education in Warsaw. I can see now how useful the classes in anatomy, biology, physiology, biochemistry, psychology, pedagogy was for me to understand the issues related to the therapeutic effects of active ionized water. I am a consultant in this field and for the last 8 years, I have had real examples of improving the health of my clients. I educate and help people who are open to knowledge and persistent in their pursuit of success. Last year I received an offer to represent the Polish company on the American market. Innovative devices of this company for biological regeneration, massage and fitness interested me so much that this year, together with two partners, we opened the company Exclusive Shape LLC.

We have opened a wellness studio with Show Room in Sarasota, in November we will open a studio in Chicago. Currently, we offer an extraordinary package of health services in our studio. We offer active alkaline water for drinking, mechanical stimulation of the lymphatic and muscular system using the Roll Massage device as well as magneto-electric stimulation of the circulatory system with the Bemer technology. The combination of these elements strengthens the immune system, increases cell energy, lowers body weight, reduces body fat, and significantly reduces cellulite.

DISCLAIMER

The content of this site is provided as an information resource only and is not to be used or relied on for diagnostic or treatment purposes. This information does not create any Client - Studio relationship and should not be used as a substitute for professional diagnosis and treatment.

Exclusive Shape expressly disclaims responsibility, and shall have no liability for any damages, loss, injury, or liability whatsoever suffered as a result of reliance on the information contained on this site.

Please consult your health care provider before beginning any health-related program or protocol and before making any healthcare decisions or for guidance about a specific medical condition.

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

By Dr. David S. Zamikoff

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

How Can GAINSWave Prevent & Treat ED?

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

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

GAINSWave
THE NEW WAVE IN MALE ENHANCEMENT

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



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

Younger Men Should Seek Treatment Early

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

Men are Preventing ED with GAINSWave

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

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

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

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

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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

OVER-THE-COUNTER HEARING DEVICES VS. HEARING AIDS

By Kristin Desermia, Au. D.

Thirty-five million Americans have hearing loss, and many of them do not get the proper treatment that they need. Making the appropriate hearing device choices is essential for long-term hearing attainment. Failing to make those decisions based on widespread misconceptions and misunderstandings is unfortunately all too common for many individuals.

Sensorineural hearing loss is permanent and is caused by lesions, damage to the inner ear hair cells or auditory nerve. Sensorineural hearing loss cannot be restored or cured, so the typical treatment option is hearing aid devices. Hearing aids adjust to specific hearing losses, are programmed to suit individual needs and help the brain process sound. For a person with compromised hearing, hearing aids should be worn on a daily basis in order for the person to feel comfortable and to better understand the technology that is inside of the device and how to adjust it as necessary.

Self-Treating Hearing Loss with OTC Devices

They are marketed on televisions and the internet all the time as a hearing solution, but personal sound-amplification products (PSAPs) and over-the-counter hearing devices (OTCs) are not the same as a hearing aid.

PSAPs are wearable electronic devices used only to make a sound louder. Unlike hearing aids, they're not considered medical devices by the FDA. Though potentially helpful in normal hearing to amplify sounds in situations such as watching TV, or hearing a presenter who's speaking some distance away, PSAPs can't take the place of properly fit hearing aids.

PSAPs Have Shortcomings

They are neither FDA approved nor recommended to treat actual hearing loss. Also, they bypass the crucial steps of professional testing, programming, fitting, and follow-up. This means a hearing care professional can't rule out health conditions or ensure the device is appropriate for your ears. Furthermore, PSAPs are often uncomfortable, difficult to manage, and, with misuse, could cause or worsen hearing damage. Finally, as already mentioned, they only amplify sound.

Hearing Aid Options Must be Tailored to Patient's Needs

Hearing devices come in various sizes and colors, and there are behind the ear (BTE) and in the ear (ITE) options; however, these choices have little to do with the actual type of device you should decide on when selecting hearing aids. What matters most about the hearing aid is the technology.

Lifestyle Needs Should Be Considered for Hearing Aid Choices

When it comes to the technology feature of hearing aids, an audiologist will guide you as to which option is best suited for your personal needs. Because some individuals have hearing loss in both ears, some, just in one ear, and the level of hearing varies from person to person, there should never be a "one size fits all" approach.

Along with a hearing test, your audiologist should offer an in-depth evaluation of your home-life, work-life, and social life. If you are very active and frequent loud events or restaurants regularly, you may need different technology than a person who leads a quieter life in general.

Why You Should See an Audiologist

If you are experiencing hearing loss, it's important to seek out a qualified audiologist, because they are trained to get you the best outcome and resolution for your specific condition. 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.

Hearing solutions should be customized to each patient's individual needs.

With over 21 years of experience providing hearing help to those with hearing loss, Kristin Desermia, Au.D. is committed to helping people function at their best through better hearing. Coastal Hearing Care offers complete audiometric evaluations by a licensed, certified audiologist. We offer a complete line of state-of-the-art digital hearing instruments which are selected to fit your hearing needs. Our goal is to help you select the best solutions for your hearing loss based on your individual communication needs and lifestyle.

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Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

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

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

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

How does VAX-D work?

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



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

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

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

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

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

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

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

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

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

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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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SmartCurve

RAVE (Radiology Associates of Venice, Englewood and Sarasota) were the first to offer the SmartCurve breast stabilization system, which is clinically proven to deliver a more comfortable mammogram without compromising image quality, workflow or dose, and the new Clarity HD high-resolution 3D™ imaging technology, which provides radiologists with the highest resolution 3D™ images to help identify cancers early. These innovations come as part of RAVE's ongoing commitment to superior breast cancer detection and providing an improved mammogram experience for our patients.

The technology increases diagnostic confidence with its exceptional images and has the potential to increase screening volume and compliance for the countless women who have reported avoiding regular mammograms due in large part to the fear of discomfort associated with breast compression.

The SmartCurve system and Clarity HD high-resolution 3D™ imaging technology are available exclusively with Hologic's Genius 3D Mammography exam, which is currently in use by RAVE and detects more invasive cancers, reduces false positives, and is FDA approved as superior, compared to conventional 2D mammography for all women, including those with dense breasts.

These new technologies not only enable us to improve the experience for our patients by providing them with a more comfortable mammogram they've been waiting for, but more importantly allow us to do so while maintaining clinical accuracy by providing our physicians with the industry's fastest, highest

resolution 3D™ images to accelerate screening and analysis said A.J. Vulgan, Director of Marketing and Physicians Liaison.

"Being able to arm doctors with the advanced ability to identify subtle lesions and fine calcifications and help pinpoint cancers in early stages, while also keeping patients more comfortable than ever before, is priceless," A.J. Vulgan, Director of Marketing and Physician Liaison added.



Traditional Mammograms:
Flat and Uncomfortable



SmartCurve
Curved for Improved Comfort

The SmartCurve system features a proprietary curved surface that mirrors the shape of a woman's breast to reduce pinching and allow better distribution of force over the entire breast. In a recent clinical study comparing the SmartCurve breast stabilization system to traditional flat paddle compression, the SmartCurve system improved comfort in 93 percent of women who reported moderate to severe discomfort with standard compression. In addition, 95 percent of those surveyed would recommend facilities that use the system.

"We're excited to provide these breakthrough technologies for all of our patients and remain committed to offering the women of our community the most advanced breast care possible alongside an improved mammogram experience."

We will be adding 3D Mammography with the SmartCurve system to our Sarasota location in early 2019 to accommodate our current and future patients.



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HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

Regenerative Medicine May Play a Larger Role in Healing Than Most People Realize

By Physicians Rehabilitation

We hear so much about Blue Zone centenarians' lifestyles and thoughts on how they age so well without major disease or illness, but when it comes to healthy aging, it's not just about what we eat, exercise, and socialization, although these are definitely critical. However, it is important to mention that the medical treatment you receive is highly subjective to your outcomes, overall health and wellness.

What do we mean by that? Many doctors over prescribe medications to mask your symptoms but these usually fail to get to the root cause of your disorder. If you are injured or suffer from chronic pain, many surgeons will tell you surgical intervention is necessary, but is it? Often these treatment plans leave people sicker, with multiple other symptoms and surgery many times, doesn't relieve the problem long term.

Regenerative medicine is different because it helps the body heal from within on multiple levels. It is never a bandage approach, and it aims to treat the root cause of your condition.

If you want to age well, you might want to reconsider your thoughts on standard treatment. In the case of musculoskeletal conditions, it's always best to start with conservative approaches. Surgery is permanent; there is no going back once you have a knee or shoulder replacement. While those might be necessary in severe cases, they can be treated with regenerative therapies that offer significant optimal restoration.

Regenerative Medicine

The purpose of Regenerative medicine is it to utilize the body's own ability to regenerate cells and tissues that have been damaged back to full functionality. When used in orthopedics, the goal is to regenerate soft tissues, cartilage, muscles, and tendons. Regenerative Medicine should be the first recommendation, and in many cases, it is the only treatment necessary when dealing with muscle strains, tears. When it comes to joint dysfunction or tears such as with sports injuries, physical therapy is also extremely beneficial as an add on treatment.



AT PHYSICIANS REHABILITATION THE TWO PRIMARY REGENERATIVE MEDICAL THERAPEUTICS FOR MOST SPORTS INJURIES ARE VISCOSUPPLEMENTATION AND PLATELET RICH PLASMA (PRP) THERAPIES

Viscosupplementation

Viscosupplementation is an injectable substance that mimics the synovial fluid found naturally in the joint. Synovial fluid is a high concentration of Hyaluronic Acid (HA) and is used to help protect the joint, act as a cushion and protector against damage and most importantly acts as a lubricant to enable smooth function of the joint. As you age, your body supplements with less Hyaluronic Acid (synovial fluid) and an increasingly less viscous Hyaluronic Acid replaces your thick and very well lubricating HA. This lack of fluid creates dried out joints which leads to cartilage, tissue, muscle, and bone breakdown – leading to Osteoarthritis and making it easier to have tissue and muscle damage within and around the joint.



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The procedure can be done in our office and only takes a few minutes. After locally numbing the area of concern, the procedure is monitored under a fluoroscopic image, which is a live X-ray. This allows us to see the inside of your joint while it is in motion and during the injection process. Using the fluoroscope, the practitioner will have the ability to see exactly where the Hyaluronic Acid is being placed to make sure it is in the joint space – because if it is not, it will do NO GOOD! You'll receive approximately five injections at one week apart. The results of the cartilage enhancement will last for around six months or longer. Physicians Rehabilitation has become the expert on providing great results when this process is paired with physical therapy. Many of our patients report feeling pain relief immediately, while others cumulatively see results within a few short weeks.

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 by spiking your body's natural ability to heal by using your own growth factors and proteins in your blood!

Research studies and clinical practice have shown PRP therapy to be 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

Physicians Rehabilitation is a patient-focused practice that provides comprehensive care to eliminate your pain non-surgically. We evaluate each patient and implement an individual care plan specifically designed to alleviate your pain and dysfunction. Trained and licensed providers, with years of clinical experience, work together to provide this plan of care that addresses the specific concerns and problems of each patient.

Slowing the Pace of Your Life

By Pastor Timothy Neptune

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

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

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

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

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

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

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

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

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

Philippians 4:11-13

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

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

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

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

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

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

If you find yourself making statements like this:

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

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

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

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