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Health & Wellness[®] MAGAZINE

February 2022

Manatee/Sarasota Edition - Monthly

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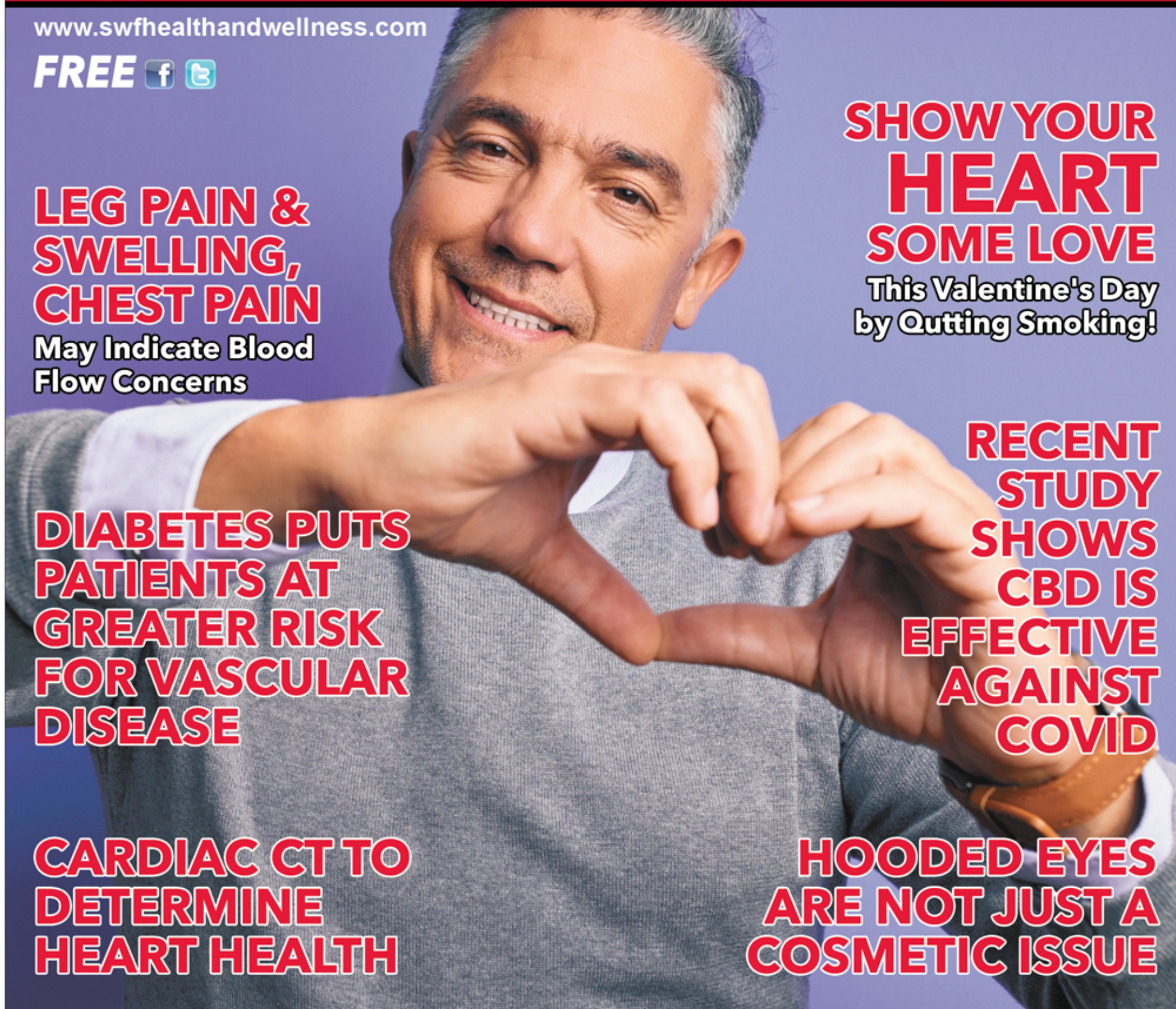
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My wife and I consider ourselves very fortunate to have been treated by Sforzo | Dillingham | Stewart Orthopedics. Dr. Sforzo's assessment of my broken wrist and Gail's broken finger and rotator cuff damage was spot on. We both are physically as good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



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contents FEBRUARY

6 Leg Pain and Swelling, Chest Pain, May Indicate Blood Flow Concerns

7 The Most Frequently Asked Questions About Amniotic, Placental, and Umbilical "Stem Cells"

8 Hooded Eyes Are Not Just a Cosmetic Issue

9 Diabetes Puts Patients at Greater Risk for Vascular Disease

10 Finding the Best Orthopedic Specialist for Your Child's Injury is Critical

11 5 Critical Interventions for Cognitive Impairment

12 Join us for our Mind, Body and Soul Symposium

13 Show Your Heart Some Love this Valentine's Day by Quitting Smoking!

14 Treating Skin Cancer on the Face Requires Aggressive Removal, along with a Delicate, Aesthetic Eye

15 IV Vs. At Home Ketamine

16 Secure Act 2.0

18 Plasma Eyelid Tightening - The New Nonsurgical Eye Lift!

19 The Probate Group: What You Really Need to Know About Probate

20 Arthritic Knee Pain

21 Cardiac CT to Determine Heart Health

22 Advanced Urinary Incontinence Procedures

23 There is a Link Between Hearing Loss and Cognitive Decline

24 Modern Slim Devices from Europe Available in Sarasota at Exclusive Shape

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

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

27 Recent Study Shows CBD is Effective Against COVID

31 Spiritual Wellness: Whole Hearted

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Leg Pain and Swelling, Chest Pain, May Indicate Blood Flow Concerns

By Heidi Smith, Contributor

Abdul Ezeldin, M.D., FACC, FSCAI, FASE, FSVM, FASNC, RPVI, is a board-certified cardiologist specializing in interventional cardiology, as well as vein and artery procedures. He has extensive experience in helping patients resolve advanced problems with blood circulation in the legs, heart and carotid arteries. Dr. Ezeldin recently relocated to Venice from Arkansas, where he practiced for more than 20 years. He sees patients at ShorePoint Medical Group and is a member of the medical staff at ShorePoint Health Venice.

Q. Can you describe the typical patient you see who has serious blood circulation problems?

A. Patients typically come to me at the advice of their primary care physician or another specialist. They complain of chest pain, leg pain, and/or swelling of the legs. They are usually middle-aged to elderly and may be male or female.

Q. What causes the symptoms?

A. The circulatory system is a network, sort of like pipes, running throughout the body. If blood vessels become narrowed or blocked, the blood can't flow normally, causing pain and swelling. Blood clots may form, placing the patient at risk for stroke, heart attack, leg amputation, or even death. Common contributing factors to narrowing or blockage of veins or arteries include the aging process, smoking, diabetes and obesity.

Q. How do you diagnose the extent and location of the problem?

A. We conduct a thorough physical exam. If the patient has pain and swelling in the legs, we use an ultrasound of the veins and arteries of the legs to identify narrowed or blocked vessels. Depending on the abnormalities we find, we usually start with conservative management. Medications can be helpful. We advise on behavioral changes such as stopping smoking and increasing exercise. These measures can improve circulation. A similar approach is common



with cardiac symptoms, although the diagnostic tools differ. If a patient has circulatory problems in the legs, we typically look for issues in the blood vessels of the heart and the carotid arteries, as well.

Q. What if conservative measures fail?

A. For circulatory problems in the legs, if we don't see improvement after a few weeks, we will consider opening the artery or vein using a balloon or stent. We use the least invasive technique possible. It is usually an outpatient procedure in the catheterization lab where we use dye and real-time X-ray to visualize the target. We then follow the patient with routine ultrasounds and can repeat the procedure in the future, if needed. Problems with cardiac or carotid artery circulation suggest a similar approach.

Q. What are next steps following the intervention?

A. In cooperation with the patient's primary physician, we monitor the patient's blood sugar and cholesterol levels. We emphasize not smoking and may help advise on medication. We ask the patient to monitor their blood pressure, increase their activity level, and adopt a healthy diet.

Q. What is your advice for patients who have symptoms of circulatory problems in their legs or heart?

A. See your doctor immediately. Many arterial or venous disorders are treatable if found early. If left untreated, options can become limited, and patients may be at higher risk for stroke, heart attack, leg amputation, and even death. Our goal is to help patients achieve a happy, pain-free lifestyle where they are able to pursue their normal activities.



Abdul Ezeldin, M.D., FACC, FSCAI, FASE, FSVM, FASNC, RPVI

Interventional Cardiologist



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The Most Frequently Asked Questions About Amniotic, Placental, and Umbilical "Stem Cells"

By Regenexx Tampa Bay, Regenerative Medicine

Utilizing birth tissues to harvest stem cells for orthopedic and other areas of medicine is an exciting topic. However, there are currently no FDA-approved uses for allogeneic (coming from someone else) stem cell products other than cord blood or bone marrow transplantations after certain kinds of cancer treatments. More disturbing is the fact that vials of amniotic, placental, and umbilical "stem cells" that sales reps are selling to many physicians DO NOT contain living stem cells. This has been independently tested and confirmed by major universities and Regenexx. We urge patients to arm themselves with knowledge against these deceptive claims.

What are amniotic, placental, and umbilical tissue-based products?

As you may know, babies, while still in the womb, are encased in a fluid-filled sac known as the amniotic membrane. Following the birth of a child, the amniotic membrane and/or fluid can be collected, sterilized, and processed into a variety of tissue-based products. Placental and umbilical tissue can also be obtained for the same purpose. Regrettably, these products are being pitched and sold to doctors as "stem cell" products. Some of these products do contain growth factors that can stimulate stem cells when injected into one's tissues. However, it is NOT accurate to call them stem cell products. Legally, representatives shouldn't be making these claims to physicians and in-turn physicians should not be making these claims to patients.

Are there stem cells in these tissues?

There are in fact stem cells in these tissues at the time of birth. However, once the tissues are processed, the cells are sterilized (killed). If these products did contain stem cells, the product would be classified as a drug by the FDA, requiring approval before being used in human clinical trials. It would not be marketable until clinical trials for each indication were completed and the drug was determined to provide benefits that outweigh its potential risks. This takes many years and can cost \$1 billion or more. No wonder some unscrupulous companies want to bypass this process. The FDA has issued enforcement letters to companies selling unapproved products stating that their products are regulated as drugs. However, until now, the FDA has only enforced these rules sporadically expecting that the industry would regulate itself. Unfortunately, companies knowing the FDA has stated that they won't get aggressive with enforcement until Nov. 2020, have flourished.



To clarify, either these companies are selling an illegal unapproved drug or more likely, as confirmed by testing, selling dead tissue products that they claim have living stem cells. Both of these scenarios are problematic.

What else does amniotic fluid contain?

Processed amniotic fluid does retain some growth factors and cytokines that can be injected to help promote healing. But, before spending thousands of dollars on a vial of these products, you may want to consider another alternative. At this time, there is no data supporting that the use of these tissue products is better than your own platelet-rich plasma (PRP). PRP contains your own healing growth factors, is not nearly as expensive, and is easier to obtain. PRP is an excellent option that likely accomplishes the same thing, if not better than, a vial of amniotic fluid for a fraction of the price.

Why are sales reps pushing amniotic, placental, and umbilical "stem cells"?

Expensive vials of these tissue-based products represent a scalable, one-size-fits-all product that aligns with the pharmaceutical industry's traditional mass marketing business plan. On the other hand, PRP requires a doctor's office to take blood from the patient and process it into a growth factor-rich therapeutic. Because the PRP comes from the patient's own blood, this eliminates any possibility of bodily rejection. If processed correctly, it can also be customized to the needs of the specific patient. So why are sales reps pushing ready-to-inject vials? For many providers, PRP is inconvenient and time-consuming. Also, most providers probably believe they are using live "stem cells" because they believe what they are being told. Unless a physician has access to state-of-the-art labs to fully investigate a product, they must rely upon sales pitches that are potentially full of deceptive claims.

How do you know these vials contain no stem cells?

If these products 'did contain living stem cells and were approved by the FDA, Regenexx would have signed on to become one of the biggest customers. The reality is

that we have conducted lab research, determined the validity of these claims, and uncovered deception. Research scientists at Regenexx and the Interventional Orthopedics Foundation (IOF) were the first to begin testing these claims. Other academic research labs have since validated the initial findings -that is the results concluded that there were no living cells in these products, the products didn't help older stem cell performance, and didn't contain more growth factors than a PRP injection.

Regenexx has published a large percent of all orthopedic stem cell research worldwide, has the world's largest database patient registry tracking outcomes and safety, and is the only protocol when delivered by certified Regenexx physicians, that is receiving insurance coverage by self-insured employers across the country (>7 million covered lives).

Knowledge is power. The marketing of amniotic, placental, and umbilical "stem cells" has been misleading at best. Even though we may be able to justify using them for their growth factors, the reality is that your own PRP or concentrated bone marrow (compliant with FDA regulations) is likely a better overall treatment option.



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HOODED EYES ARE NOT JUST A COSMETIC ISSUE:

WHAT YOU SHOULD KNOW ABOUT AN ADVANCED BLADELESS TECHNIQUE

By Dr. Prabin Mishra, MD, PhD

Licensed Cosmetic and Oculoplastic Surgeon, Board Certified in Anti-Aging Medicine



Some people are genetically predisposed to a “hooded” appearance to their upper eyelids, which typically gets worse with age, while others may develop fat-pads later in life due to aging. Bagging or droopy eyelids can occur on the lower eye area as well. In some cases, it’s not just an aesthetic concern, but rather a visual disturbance, as it can interfere with one’s peripheral vision.

Droopy eyelids can impair your vision and can also make you look older, tired, and less alert. Bladeless eyelid surgery can correct these problems and help you look more youthful. Traditional blepharoplasty

requires cutting the eyelid skin and tissue with a scalpel and closing the skin with sutures. I perform blepharoplasties with an advanced bladeless technique, which reduces downtime, discomfort and healing significantly for my patients.

Blepharoplasty is one of the most common procedures done, with more than 200,000 cases performed nationwide every year. While in many patients it is medically necessary, as their peripheral vision is compromised by the excess skin, others may pursue eyelid surgery for cosmetic reasons to refreshen their look.

About Quigley Eye Specialists

Technology leaders in eye care, Quigley Eye Specialists is one of the nation’s leading multispecialty ophthalmology practices specializing in cataracts, laser cataract surgery, glaucoma, iLASIK, dry eye, eyelid surgery, retinal issues, corneal conditions, routine eye care and facial plastic surgery. As the number one choice for cataract treatment in Southwest Florida, Quigley Eye Specialists is committed to providing the highest level of quality eye care and service to the community. For more information or a full list of locations, visit www.QuigleyEye.com.



About Dr. Mishra

Dr. Prabin Mishra received his medical degree from Michigan State University School of Medicine. He completed his Residency in Ophthalmology at Indiana University, School of Medicine, is fellowship trained in cosmetic surgery, and board certified in antiaging medicine.

Prior to medical school Dr. Mishra received his Ph.D. from Cornell University, New York and holds a faculty position (Asst. professor) at Cornell, Colorado state and Michigan state Universities.

Dr. Mishra is committed to providing you with several options of care and a completely customized treatment plan. He strives to meet your goals with results that look not only beautiful, but also natural.

Dr. Mishra offers a comprehensive array of treatments, including cosmetic and functional eye lid surgery, BOTOX, cosmetic and other options. “LESS IS MORE AND BETTER” is his mantra.



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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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DIABETES PUTS PATIENTS AT GREATER RISK FOR VASCULAR DISEASE

By Jeffrey Edwards, MD, RPVI

In the United States nearly 30 million people have diabetes, and a vast majority of our population have prediabetes, which can quickly escalate into the diabetes within a short period of time if left untreated. If you have diabetes, it's critical that you see a vascular specialist because the probability of vascular disorders is significant with high blood sugar levels.

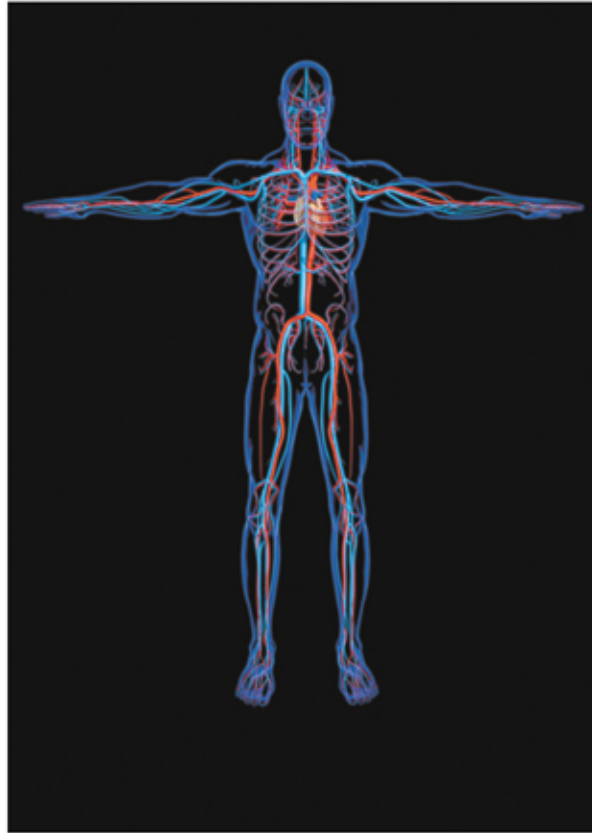
How does diabetes effect the vascular system?

Heart disease and high blood glucose are closely associated because of many risk factors contributing to what's known as metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart and vascular disease

Insulin is a hormone that helps move sugar into the blood for energy, in the case of an insulin resistant person, they have too much sugar, and the body cannot adequately utilize the source. This leads to weight gain, obesity, and subsequently, a more sedentary lifestyle. Leptin is a hormone that helps regulate body weight by sending signals to the hypothalamus in the brain. When the signals are damaged, the body becomes leptin resistant, and a person may often feel extremely hungry and irritable, which contributes to a vicious cycle of overeating foods that are high in sugar and unhealthy fats.

Metabolic syndrome has been identified as a risk factor for cardiovascular disease, and a vast number of Americans are at risk because they are overweight. When the vessels are circulating high-glucose blood, atherosclerosis (plaque buildup) occurs at a greater intensity. Atherosclerosis causes a hardening of the arteries, and puts patients at risk for cardiac and vascular events.

Unfortunately, sugar and simple carbohydrates that have a high glycemic index have become a major staple in the American diet. The normal fasting blood sugar levels should be around 70-99 mg/dl. The normal A1C, which measures the blood glucose level, should be below 6%. With diabetes



and even prediabetes, these levels are at an unhealthy height and can be very hard to lower without major intervention with medication, exercise, dietary changes, and a lifestyle overhaul.

Lowering blood sugar is not enough. Several other issues need to be addressed.

As diabetes can impact the circulation, it can also impact the nervous system leading to neuropathy. Patients with neuropathy are at increased risk of developing wounds which may be difficult to heal due to underlying vascular disease, and this ultimately increases the risk of limb loss.

If you or a loved one has any of the risk factors above, it is important that you discuss with your medical provider. Establishing care with a vascular surgeon is an important part of managing the vascular disease which can accompany diabetes. You should also establish care with a podiatrist to help treat and prevent neuropathy-associated wounds.

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Sarasota Vascular Specialists have been the leading vascular specialists in the tri-county area for over 30 years. Their practice is the only medical practice dedicated to the treatment of patients with disorders of the veins and arteries. Unlike most surgical groups, they are also uniquely trained and experienced to offer all forms of diagnosis and therapy including:

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- Medical management, angioplasty, bypass
- Thoracic and abdominal aortic aneurysms

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

It's the first vascular laboratory in Sarasota to be certified by the International Commission for the Accreditation of Vascular Laboratories. The lab was also featured as the gold standard facility by ABC Television's Prime Time when it evaluated vascular labs in Florida. They have over \$500,000 invested in our state-of-the-art GE Ultrasound scan machines as well as our Unetix physiological units. Their facility also developed the AtriumNet software program for rapid reporting of results.

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FINDING THE BEST ORTHOPEDIC SPECIALIST FOR YOUR CHILD'S INJURY IS CRITICAL

Protecting your child entails many different aspects throughout their lives, but unfortunately, you can't always control when things go wrong such as injuries and accidents. With kids back in school and playing sports, going to gymnastics, dance class, etc., stretching is important to prevent injuries during sports and other physical activity. Children should be properly warmed up before stretching, as stretching "cold" muscles can cause tears and ruptures, which are extremely painful, and can in many cases, take a significant time to heal properly.

If your child has an injury, it's important to be seen by an orthopedic specialist that is board certified, with a high-level of experience, and one that is also comfortable treating children.

At Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine, they treat kids from age five and up, and their specialists are fathers themselves, so they understand parent's concerns and how to properly treat children of all ages. Additionally, the physicians are very active with youth activities and teams as professionals.

Making sure the physician you select has the credentials and experience necessary is essential, when it comes to healing your child's injury, and improving range of motion and functionality, finding the best orthopedic surgeon is critical.

You have a choice when deciding on an orthopedic surgeon. It is essential for patients to do their research, look at real reviews and patient testimonials, and most importantly, to go with a physician or group that has the experience level and training necessary to improve your child's condition and getting them back to doing the things sports and other activities they love.

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

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Dr. Sforzo, Dr. Christopher Dillingham, Dr. Charles Stewart, and Dr. Philip Meinhardt specialize in both non-surgical and surgical treatment for the shoulders, hand, wrists, elbows, hips, knees, ankles spine and neck. This includes unparalleled expertise in fracture care, sports injuries, tendonitis, arthritis, bursitis, joint replacement, rotator cuff repair, carpal tunnel syndrome, reverse shoulder replacement, ACL reconstruction, reconstruction of spinal deformities, fusion procedures, knee replacement, total hip replacement both traditional and anterior approach. Additionally, the doctors offer the latest in regenerative treatments helping many patients eliminate the need for surgery.

You are more than your injury, more than your pain. And so, the true healthcare practiced at Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine offers a much more personal approach.

From the sincerity of their hand-selected staff of Sarasota's elite medical and service professionals to ample time with and full attention from Drs. Sforzo, Dillingham, Stewart, and Meinhardt provide dedicated care where a doctor, not a policy, determines your best interests.

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Any physicians you choose to see are always your personal decision. It should never be mandated by policy or chosen for you without regard to your needs and best interest. When you choose Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine, you can rest assured that you will be treated with respect and given the opportunity to ask questions. Your options will be explained in detail, and you will be in the hands of experienced surgeons with the utmost integrity, receiving optimal care.



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

The Physicians at Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine

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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5 CRITICAL INTERVENTIONS FOR COGNITIVE IMPAIRMENT

It's no secret that we rely on our brains for a number of important daily functions that help us navigate our world. This complex organ enables us to make reasonable decisions, focus and concentrate in our jobs, listen and communicate with others, or even remember where we placed the house keys. It's easy to take all this for granted when the brain operates as it should, but what if these cognitive functions are impaired? What challenges would this present, what risks should we be aware of—and what can we do about it?

#1 Understanding the root causes of cognitive impairment is essential.

Research indicates that cognitive decline is not a single condition, but a response to numerous catalysts such as trauma, inflammation, suboptimal nutrients levels, toxic exposure, hormone imbalances, sleep disturbances or similar issues. In many cases, research shows that emotional trauma or abuse can be significant factors leading to cognitive impairment.

Prescription drugs (such as antidepressants, sleep aids, muscle relaxants, antihistamines, nonsteroidal anti-inflammatory painkillers, or blood pressure medications) may also contribute to cognitive decline. Sleep apnea can also lead to cognitive impairment by depriving the brain of oxygen, and low thyroid function is one of the most common hormone issues associated with cognitive decline. Living or working in an environment with mold contamination can negatively impact your cognitive function as well.

Undetected low-grade urinary tract infections could exacerbate cognitive decline in the elderly, and the residual symptoms of COVID-19 have been shown to impair cognitive abilities for weeks—or even months—after being infected.

#2 Head injuries from years ago (such as a concussion from a car accident or playing contact sports in high school) can affect cognitive function in later years.

There does appear to be an association between concussive episodes from sports injuries or motor

vehicle accidents and the possibility of neurodegenerative illness, memory problems or other forms of cognitive impairment later in life.

#3 Proper cognitive testing are available to assess a person's cognitive ability and overall brain health.

Cognitive assessments fall into two main categories. The first is a Psychometric Test which, in most cases, is administered by a psychologist that measure skills, abilities, traits or mental state. The second type of assessment is called Brain Imaging.

Some imaging techniques are used to visualize brain structures (CT, MRI) while others evaluate brain function (fMRI, SPECT, PET). The brain wave imaging technologies used at the Brain Wave Center measure and map the brain's electrical activity (EEG, Brain Mapping and QEEG) to determine whether the brain operates in a state of healthy regulation, or whether it exhibits dysfunctional brain wave activity.

#4 Treating cognitive decline, traumatic brain injuries, memory loss and similar issues are available. Brain Wave Center offers innovative protocols and treatment options.

At the Brain Wave Center, our primary focus is with the brain's electrical activity because we want to both test and optimize the brain's performance. Our imaging technology (QEEG Brain Mapping) is used in conjunction with our neuropsychological assessment to evaluate a person's current functional capacity.

This combination of technologies also allows us to look for any function deficits that might exist. The results are then used to create an action plan to assist our clients in their recovery from cognitive impairments or emotional dysregulations such as depression, anxiety or post-traumatic stress disorder, to name a few.

When we combine psychological support services with direct brain training or magnetic stimulation (neurofeedback or TMS), we can enhance the results and assist our clients more effectively. These treatments help restore brain electrical activity back into a state of healthy regulation without the use of medications.



#5 Additional risk factors, and how intervention for healing can slow or mitigate the effects of the disorder.

If you notice changes in your mood or memory, please do not delay an assessment. The earlier we can evaluate and intervene, the more likely we are to see positive changes in your brain health. If there is a history of head trauma or motor vehicle accidents in your life, the effect of these injuries could manifest years later as short-term memory loss, confusion, depression or other related cognitive impairments.

Your nutritional status can also have a critical role in the onset or advancement of cognitive decline by promoting neuroinflammation and neurodegeneration. At the Brain Wave Center, we'll evaluate your nutrient intake to help you avoid neuroinflammatory foods. In addition, as you grow older, it's common to notice sleep disruption, and if this persists, it can also increase the likelihood of cognitive decline.

It's crucial to remain both physically and mentally active for as long as possible in order to preserve brain health, so challenge yourself to mind-body exercises on a regular basis. And of course, maintain positive social connections and learn how to manage your stress—we know that chronic stress is a major cause of cognitive decline in all age brackets.

Call The Brain Wave Center at 941-552-4500.

The 
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Join us for our Mind, Body and Soul Symposium

Start off 2022 in the right direction and mindset by learning about the importance of lifelong wellness and its impact in your overall health and wellbeing. Katie Penta, Lifestyle Director will help you understand the keys and specific strategies to keep you fit and healthy in all aspects of your body and mind to make 2022 the best year yet!

RSVP by calling 941-787-3152 or by filling out an event registration form.

Time & Date:

Thursday, February 3 at 11:30 a.m. – 1:30 p.m.

Location:

6406 21st Ave. W.
Bradenton, F 34209

Your Options

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

Independent Living at Freedom Village of Bradenton

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

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

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

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

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

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

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



**Freedom Village
of Bradenton**

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



KATIE PENTA

Activity Director

Katie Penta has been working in Senior Living for nearly a decade and has been the Activity Director at Freedom Village of Bradenton for the past 7+ years. In her previous life she worked on cruise ships and has brought the fun cruise activity lifestyle to her community. The Activity Department provides a wide variety of events, programming, and off campus trips so residents can be as busy as they choose in their retirement. Katie is most proud of her work with the non-profit Wish of a Lifetime, helping to share her resident's stories and fulfill lifelong dreams to inspire others.

Show your **heart** some **love** this Valentine's Day by quitting smoking!

We only have one heart, so we need to treat it with all the love, care, and attention we can. Quitting smoking will improve the health of your heart for many years to come.

Tobacco use is the chief cause of preventable death and disease in the U.S. and can harm every organ and cell in the body. With over 7,000 toxic chemicals per cigarette, cigarette smoke damages one of the most vital parts of the body: the heart.¹



When you breathe air in, the lungs take the oxygen and deliver it to the heart, which then pumps the oxygen-rich blood to the rest of the body. When you breathe in cigarette smoke, the blood that is delivered to the rest of the body is heavily concentrated with carbon monoxide. Carbon monoxide decreases the blood's ability to carry oxygen which requires the heart to work much harder to pump oxygen through the body. The extra stress on the heart can cause damage to the heart and blood vessels and can lead to cardiovascular disease (CVD). CVD is responsible for 800,000 deaths annually and, consequently, is the leading cause of all deaths in the United States.¹

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

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

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

Although quitting smoking is difficult, it is certainly achievable, and cessation aids such as nicotine replacement therapy (NRT) may be able to help you on your quit journey. Many addicted smokers find that NRT helps them get through the hardest parts of quitting by lessening cravings and symptoms of withdrawal.¹ GSAHEC provides NRT for free to every individual who attends a tobacco cessation class (if medically appropriate and while supplies last).

References:

<https://www.fda.gov/tobacco-products/health-information/how-smoking-affects-heart-health>

If you are a smoker and you are concerned about your heart health, contact GSAHEC today! Gulfcoast South Area Health Education Center (GSAHEC), as part of the Group Quit option of Tobacco Free Florida's Quit Your Way program—offers free group quit sessions to help someone quit all forms of tobacco. These group sessions, held virtually and in-person, provide information about the benefits of quitting, managing stress and triggers, and will assist you with developing your own customized quit plan. **Free** nicotine replacement therapy in the form of patches, gum, or lozenges (if medically appropriate and while supplies last) are provided with the session. 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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Treating Skin Cancer on the Face Requires Aggressive Removal, along with a Delicate, Aesthetic Eye

Skin cancer is a growing concern. Every hour a person dies of melanoma, and this year alone, over 76,000 new cases of melanoma will be diagnosed. On average skin cancer screenings take about 10 minutes, which could potentially save your life.

Skin cancers often occur on the face, around the eyes, ears, lips and on the nose. When dealing with removing cancerous tissue on the face, patients will require Mohs surgery. While removing the margins of the cancer fully is critical, making the incisions and closures as aesthetically pleasing is also a primary goal.

Mohs micrographic surgery is a safe and effective treatment for skin cancer. During Mohs surgery, cancerous tissue is removed in small sections. While the patient waits, a pathologist examines each tissue specimen for malignant cells. If malignant cells are found, more tissue is removed until the cancer is eradicated. This comprehensive microscopic examination helps to target only cancerous tissue, significantly reducing damage to healthy surrounding tissue. Developed by Frederic E. Mohs, M.D., in the 1930s, Mohs surgery excises not only the visible tumor, but any “roots” extending beneath the surface of the skin. Five-year cure rates of up to 99 percent for first-time cancers and 95 percent for recurring cancers have been documented.

Mohs surgery is primarily used to treat basal and squamous cell carcinomas, the two most common types of skin cancer, although it can be used for melanoma and other types of cancer. Mohs surgery is often recommended for recurring cancers, as well as those in difficult-to-treat areas, such as the nose, eyelids, lips, hairline, hands, feet and genitals, in which preserving as much tissue as possible is extremely important.

The Mohs Surgery Procedure

Mohs surgery is performed as an outpatient procedure in a physician’s office. It may be performed by a team of highly trained specialists, each member of which specializes in a different part of the surgery, or by one experienced surgeon capable of performing the entire procedure. During Mohs surgery, the treatment area is numbed with a local anesthetic.



Small layers of skin are removed, and each layer is examined microscopically to see if it contains malignant cells. Excision continues until the cancer is completely removed. Most Mohs procedures can be performed in three or fewer stages and take approximately 4 hours.

At Luminary Dermatology, we have three fellowship trained Mohs surgeons, Dr. Cary Dunn, Dr. Shauntell Solomon, and Dr. Harib Ezaldein, and have recently added a highly respected board-certified plastic surgeon, Dr. Michael Van Vliet, who is doing Mohs closures to close the loop on the full spectrum of services for our patients. Patients no longer need to be referred out to a plastic surgeon for closure of their excisions.

Recovery from Mohs Surgery

After Mohs surgery, patients experience mild discomfort, bleeding, bruising, and swelling. Pain medication is prescribed if needed, although most patients require only over-the-counter medication.

Mohs surgery leaves scars, although they are often smaller than those from other excision procedures. Reconstructive procedures, including skin flaps and skin grafts, can reduce the prominence of, or even eliminate, scars; they can be performed at the same time as the Mohs surgery or at a later date. If possible, surgical techniques, including placing stitches in the skin’s natural creases or out-of-sight areas, are used to make scarring less visible.

Luminary Medical Group

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, M.D.



Shauntell Solomon, D.O.



Harib Ezaldein, M.D.



Michael Van Vliet, M.D.



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IV VS. AT HOME KETAMINE

I am often asked by patients and physicians inquiring about Ketamine therapy, which route of administration is most effective and safe. There are three routes of administration being used to administer Ketamine for patients in search of treatment for major depression, PTSD and an assortment of other mental health conditions. To date, the studies which have been done on Ketamine and its efficacy in treating depression and PTSD have, been done using intravenous Ketamine. In my opinion, there are significant advantages to IV Ketamine when compared to the other routes of administration.

First, the intravenous routes provide for 100% bioavailability. What this means is that 100% of the dose is going to end up where it needs to work (the brain). This makes it easy to titrate to effect. If a patient doesn't respond to Ketamine 50 mg then the dose may be increased knowing that the dose at which a patient does respond, is precisely that dose. As with most medications, the lowest effective dose is what we are looking for in order to minimize adverse responses and complications. Ketamine lozenges and nasal sprays do not provide 100 % bioavailability. At a given dose, 3 different patients will absorb a 50 mg dose to varying degrees. This makes it very difficult to determine the actual amount of Ketamine a patient is responding to.

Further, many of the patients we see at our Center have experienced significant trauma at points in their lives. These patients are wary of having a significant dissociative experience which may bring them back to terrifying times in their lives. It is easier to control the dissociative experience with intravenous Ketamine than with the other routes of administration. What we have seen and what the science has shown to date, is that one doesn't have to have significant dissociation to reap the benefits of Ketamine therapy. It is the actual physical changes that Ketamine ignites through a cascade of biochemical pathways which is thought to be responsible for these positive responses. Using IV ketamine, in a monitored setting with a physician present, it is relatively easy to control the rate of Ketamine administered making sure that a patient tolerates the treatment throughout. This is done by adjusting the rate, administering medications to help patients tolerate the infusion if necessary and, in some cases, stopping the infusion for a short time to let the medication wear off until a patient is feeling more comfortable.



There are numerous studies going on presently using substances such as psilocybin, MDMA, DMT etc. to determine potential benefits in helping patients diagnosed with MDD, anxiety disorders, PTSD, and substance abuse disorders. These studies are incorporating concurrent therapy while the patient undergoes the experience. To date, use of these substances potentially may be of great value down the road. While it may ultimately be proven that these substances work similarly to Ketamine with respect to the physical changes in the brain known to occur with Ketamine, this is not yet proven. Also, There are no studies to date showing efficacy of concurrent psychotherapy during IV Ketamine infusion. In fact, most of our patients prefer to listen to music or "zone out" in their thoughts during the course of an infusion, preferring not to talk. By the same token, I feel strongly that patients continue or begin talk therapy during and after the course of treatment with Ketamine to maximize the improvements and sustain the response following treatment.

For these reasons, I believe that patients struggling with difficult to treat mood disorders who decide to try Ketamine should strongly consider the "gold standard" of treatment which are Ketamine infusions. This will allow for determining whether a patient will respond in the most precise, effective and safe manner.

Gulf Coast Ketamine Center

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

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

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

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

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



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



Lolita Borges, RN
Clinical Director, Gulf Coast
Ketamine Center

2415 University Parkway, Building #3,
Suite 215, Sarasota, FL 34243
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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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- Complex Regional Pain Syndrome (CRPS or RSD) • Diabetic Neuropathies
- Fibromyalgia • Lichen Sclerosus • Lyme Disease • Multiple Sclerosis Pain
- Post-laminectomy Syndrome (Failed Back Surgery Syndrome)
- Shingles Pain (Post-Herpetic Neuralgia) • Small-Fiber Peripheral Neuropathy
- Traumatic Brain Injury Pain • Trigeminal Neuralgia
- Other Forms of Neuropathic Pain



Lolita Borges, RN
Clinical Director,
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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.

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

Did someone you know recently pass away and they left you in charge of their estate? Now what? The situation may seem intimidating or impossible, but the truth is, with the right guidance, it's a manageable process.

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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ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

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

What is Osteoarthritis (OA) of the Knee?

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

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

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

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



Knee Replacement Surgery is Permanent

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

Physicians Rehabilitation's Knee Therapy Program Includes:

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



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Viscosupplementation

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

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

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

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

Cardiac CT to Determine Heart Health

Cardiac computed tomography (CT) for Calcium Scoring uses special x-ray equipment to produce pictures of the coronary arteries to determine if they are blocked or narrowed by the buildup of plaque – an indicator for atherosclerosis or coronary artery disease (CAD). The information obtained can help evaluate whether you are at increased risk for heart attack.

What is Cardiac CT for Calcium Scoring?

Computed tomography, more commonly known as a CT or CAT scan, is a diagnostic medical test that, like traditional x-rays, produces multiple images or pictures of the inside of the body.

CT images of internal organs, bones, soft tissue and blood vessels provide greater detail than traditional x-rays, particularly of soft tissues and blood vessels.

A cardiac CT scan for coronary calcium is a non-invasive way of obtaining information about the presence, location and extent of calcified plaque in the coronary arteries—the vessels that supply oxygen-containing blood to the heart muscle. Calcified plaque results when there is a build-up of fat and other substances under the inner layer of the artery. This material can calcify which signals the presence of atherosclerosis, a disease of the vessel wall, also called coronary artery disease (CAD). People with this disease have an increased risk for heart attacks. In addition, over time, progression of plaque buildup (CAD) can narrow the arteries or even close off blood flow to the heart. The result may be chest pain, sometimes called "angina," or a heart attack.

Because calcium is a marker of CAD, the amount of calcium detected on a cardiac CT scan is a helpful prognostic tool. The findings on cardiac CT are expressed as a calcium score. Another name for this test is coronary artery calcium scoring.

What are some common uses of the procedure?

The goal of cardiac CT scan for calcium scoring is to determine if CAD is present and to what extent, even if there are no symptoms. It is a screening study that may be recommended by a physician for patients with risk factors for CAD but no clinical symptoms.



The major risk factors for CAD are:

- high blood cholesterol levels
- family history of heart attacks
- diabetes
- high blood pressure
- cigarette smoking
- overweight or obese
- physical inactivity

How should I prepare?

There is no special preparation is needed in advance of a cardiac CT examination. You should continue to take your usual medications but should avoid caffeine and smoking for four hours prior to your exam.

You should wear comfortable, loose-fitting clothing to your exam. You may be given a gown to wear during the procedure.

Metal objects, including jewelry, eyeglasses, dentures and hairpins, may affect the CT images and should be left at home or removed prior to your exam. You may also be asked to remove hearing aids and removable dental work. Women will be asked to remove bras containing metal underwire. You may be asked to remove any piercings, if possible.

Benefits

- Cardiac CT for calcium scoring is a convenient and noninvasive way of evaluating whether you may be at increased risk for a heart attack.
- The exam takes little time, causes no pain, and does not require injection of contrast material.
- An EBCT scan takes less than 20 minutes and you can return to normal activities immediately afterward.
- We use low dose radiation CT.

Discussing results with your doctor

Your doctor will discuss the results of the heart scan with you. Depending on the outcome, he or she may recommend:

- Continuing the current course of treatment
- Changing medications
- Changing your diet and exercise routine
- Setting new weight-loss goals
- Ordering additional tests
- Planning for follow-up appointments to monitor your health and adherence to a treatment plan

RAVE is offering this non-invasive study at all three of our locations for a cash price of \$75.00 which includes the read. You owe it to yourself and your family to have this quick and painless procedure done to determine what your potential risk of coronary artery disease is. Patient must have a script from their physician in order to have the exam.



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ADVANCED URINARY INCONTINENCE PROCEDURES

Approximately 10 to 20 million people in the United States are suffering from urinary incontinence. If you have issues with leaking when coughing, jumping, or laughing, or if you have severe urgency to urinate day and night, you are not alone. Correct diagnosis of the type of incontinence is the first and most important step in developing an appropriate and effective treatment plan for incontinence.

There are several types of urinary incontinence:

- Stress incontinence
- Urge incontinence
- Mixed incontinence
- Overflow incontinence
- Functional incontinence

The good news is that you are not stuck with wearing pads or pull up for the rest of your life. There are viable treatment options from medications, Botox injections, nerve stimulators and implantable slings to name a few. Two of the more advance innovative procedures that are noninvasive are sacral neuromodulation and urethral bulking.

Sacral Neuromodulation

Sacral neuromodulation is an advanced procedure that uses a tiny wire that is placed on the glut muscle with a quarter-size impulse device that sends messages to the brain to regulate urination. This procedure takes around 30 minutes to perform, and if the procedure does not work, or if a patient decides they want it removed, we can take it out quite easily. Other similar devices can also be placed on the sacral nerve to induce sacral neuromodulation to send small impulses to the bladder.

Bulkamid—Urethral Bulking

Bulkamid is a soft, smooth hydrogel that consists of 97.5% water and 2.5% polyacrylamide. Once injected, Bulkamid provides additional volume to the urethra and acts as a scaffold for cells to grow through helping to provide long lasting relief of stress urinary incontinence symptoms. Bulkamid is noninvasive and requires no surgery. It is injected directly into the closing mechanism of the urethra. More than 70,000 patients have been treated with Bulkamid.



What is urethral bulking?

Urethral bulking involves the injection of a soft hydrogel (the size of a pea) like Bulkamid, into 3 or 4 locations in the urethral wall using a small telescope. The total volume injected is around 2mls.

Bulkamid aims to restore the natural closing pressure of the urethra preventing urine from leaking out unintentionally during normal daily activities (e.g., when you cough, laugh, walk or exercise).

Short procedure

Urethral bulking takes around 10 – 15 minutes and is usually done in day surgery or out-patient clinic with a local anesthetic.

No Incisions

A series of small injections are used, you may feel a sting, however, no cuts are made.

Quick recovery

In most cases patients can get back to their normal activities within a day.

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.

Source: <https://bulkamid.com/us/>

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

THERE IS A LINK BETWEEN HEARING LOSS AND COGNITIVE DECLINE

Age-related hearing loss is often thought of as a normal part of growing older, but preventing and treating hearing loss is critical, not only for maintaining hearing, but also more importantly, for brain function.

Over the past decade, there have been more and more evidential conclusions on studies related to hearing loss and cognitive decline. Why are these disorders so closely related? When there is auditory deprivation there is a significant strain on the area of the brain that processes communication. This area of the temporal lobe is called the primary auditory and it not only controls hearing, but also the way language is processed.

Individuals that struggle with hearing often become less social, and therefore their cognitive decline is affected by less interaction and less mental processing. It is also thought that other senses effected like smell and vision loss will exacerbate cognitive issues due to a cause of degeneration in these areas of the brain.

If you get early treatment, which is typically hearing aids, you can slow down the natural progression of hearing loss. Hearing loss is progressive, and it gets much worse with age. Getting treatment early is ideal, but it's never too late.

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.

Nearly 6 million Americans have Dementia, and that number is expected to triple by 2050. Experts estimate that a Dementia diagnosis will affect close to 15 million people by mid-century. There is no cure for Alzheimer's or dementia.

Taking care of our health is critical to staving off memory related decline. This includes many factors like regular exercise, socialization, staying mentally active with things like crossword puzzles and reading, eating a nutritious diet, getting adequate sleep, and protecting our hearing. Improving your hearing now, will help stave off future cognitive issues.

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.

Our promise to you. We promise to provide you with outstanding customer care and state-of-the-art hearing instruments to help you hear better. Satisfaction with your new hearing instruments is our top priority. We will guide you through the important steps to improve your hearing and get you back to your daily life.

For your complimentary consultation, please call 941-229-2122



Make your cerebral cortex go 'ahhhh.'

Some 95% of us don't get enough of two vital brain nutrients – omega-3 fatty acids and melatonin – as we age. It's no wonder memory troubles, sleep issues, stress and perpetual brain fog follow!

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Most of the magazine's readers have already got to know our company and the offer we have for people who want to take care of their health. We are pleased that many of our clients begin their adventure with a healthy lifestyle after reading our articles in Wellness & Health Magazine. This time we want to bring you closer to our modern, one might say, unique European class device. This multifunctional device allows you to achieve the expected effects of improving blood circulation, reducing excess weight, reducing cellulite, removing toxins from the body, improving the motor skills of joints and muscles - especially for people after COVID-19.

We are committed to obtaining the greatest health benefits for our clients also through education during wellness sessions. To change your life for the better, you need to take the first step and have a strong internal motivation. We are here to inspire you and help you create a habit to exercise systematically. You are probably all waiting for a detailed description of the operation of our Vacu Treadmill Slim Line device. I will present individual functions, starting with the fact that we enter the capsule and separate our legs and hips with a special membrane. When the program is started, the air is drawn out and the pressure in the chamber is lowered. This causes negative pressure in the chamber and expels toxins from the body. At the same time, four infrared lamps turn on, warming up the skin and muscles, affecting better metabolic transformation.



The novelty of our device is also the possibility of connecting an electro stimulator with four electrodes to e.g., the abdomen, spine, or thighs. This results in pulsatile muscle stimulation. It soothes pain in the muscles and nerves. Burns belly fat faster. In addition to infra-red lamps, we also have collagen lamps aimed at the face of the exerciser.

The effects of the collagen lamp are as follows:

- Collagen retains the tissue and skins freshness and firmness
- Collagen strengthens the connective tissue throughout the body
- Collagen prevents skin aging
- Can be individually adjusted and safe sunbathing by the sensor to analyze skin
- Sunbathing welcome D3 stimulates the production and its positive effects on the body
- Collagen revitalizes and refreshes the skin restoring its lost moisture
- Collagen smooths wrinkles, especially on the face, neck and décolleté
- Collagen and sunbathing improve overall attractiveness

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Of course, all these stimulations take place while walking on the treadmill to the rhythm of dynamic music. As a curiosity, I can say that on the screen we can display a video with the route of the march in various natural circumstances. The walking route is integrated with the treadmill, which automatically changes the incline level as well as the walking speed. To keep the capsule clean, an air ozonator is activated inside the capsule, which eliminates bacteria. In addition, we use a diffuser for essential oils. It has a soothing effect on the skin of the legs and hips. And now the most anticipated information. During a 30-minute walk, you can burn over 1000 calories!!!



I am deeply convinced that after such a dose of information many readers will decide to visit our wellness studio - Exclusive Shape in Sarasota. People who quote this article will get their first session for free. I would like to remind you that each time before and after the session, we give active alkaline water to drink from the Tyent water ionizer. Alkaline water oxygenates the muscles, deacidifies the body, and improves blood flow.

Now is the time to make a decision.
Please book a reservation on our website
www.exclusiveshape.com, or call us at
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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
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- ✓ Achieve Harder & Stronger Erections
- ✓ Improve Sexual Performance
- ✓ Increase Sensation
- ✓ Treat ED & Peyronie's Disease



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

Younger Men Should Seek Treatment Early

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

Men are Preventing ED with GAINSWave

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

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

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

Natural Healing Arts Medical Center

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

To schedule your consultation, please call
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Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

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

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

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

How does VAX-D work?

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



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

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

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

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

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

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

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

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

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

BACK PAIN INSTITUTE OF WEST FLORIDA

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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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RECENT STUDY SHOWS CBD IS EFFECTIVE AGAINST COVID

By Stacy Roberts, Founder of Hempra

Research recently shows that CBD may significantly reduce the symptoms of COVID, as well as play a role in prevention of the virus. The COVID viruses' effects were proven to be blocked by CBD when given at high purity rates and concentrations. It is thought that cannabinoids such as CBDA, CBDV in CBD are responsible for attaching the body's natural endocannabinoid receptors and disrupting the viral load.

Sciences Advances published the study lead by researchers from the University of Chicago, which found evidence that CBD can inhibit COVID (SARS-CoV-2) in humans and mice. Patients taking high quality, pure CBD for epilepsy's records were taken for a nationwide sample of their COVID results. The effects showed increased COVID-blocking effects, meaning it prevented infection and also showed that it is effective in inhibiting the progression of the virus, especially in the lungs. Out of 1,212 patients from the national COVID Cohort Collaboration, the researchers found that patients taking FDA approved CBD for the treatment of epilepsy had lower rates of infection than those not taking CBD.

The researchers were testing CBD to see how it affected the immune system and were surprised to find that it actually blocked viral replication.



Marsha Rosner, PhD, along with Charles B. Huggins, Professor in the Ben May Department of Cancer Research and a senior author of the study put out a joint statement, "The idea to test CBD as a potential COVID-19 therapeutic was serendipitous. CBD has anti-inflammatory effects, so we thought that maybe it would stop the second phase of COVID infection involving the immune system, the so-called 'cytokine storm.' Surprisingly, it directly inhibited viral replication in lung cells."

More research is needed to determine the details of treating COVID with CBD.

Stacy Roberts, Founder & CEO

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

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

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

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

To find out more about Hempra, please visit, **Hempira.com**. In-person consultations are also available; please call or email at **239-778-8738** or email Info@Hempira.com.

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Not All Fat is Created Equal

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

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

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

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

Saturated Fats

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

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

Processed Meats

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

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



Trans Fat

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

Fatty Acids

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

MUFAs & PUFAs

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

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

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

DENISE A. PANCYRZ'S STORY

National Diabetes & Holistic Lifestyle Coach - Speaker - Author

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

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

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

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

Reverse My Diabetes
Denise A. Pancyrz

Diabetes & Holistic Lifestyle Coach
Speaker • Author

To find out more please visit
ReverseMyDiabetes.net, call 888-848-1763 or
email Denise at **Info@ReverseMyDiabetes.net**.

8 Dos and Don'ts of Owning a Vacation Rental

Are you considering a vacation home purchase that will produce valuable rental income when you're not using the property? If so, check out these dos and don'ts to get the most out of your financial investment.



DO: Create a financial plan.

This will help you predict the potential revenue and expense of owning a rental property.

DO: Work with a knowledgeable Realtor® when buying. A good agent can help you find a property in a good location with the best rental potential.

DO: Get to know your home.

Carefully check all parts of the home and repair and replace items that need it.

DO: Choose a property manager carefully. Check their reputation in the area, then ask how they'll: Maintain the home so it stays in

good condition, communicate with you and maximize your revenue.

DON'T: Ignore preventive maintenance.

It's better to fix or replace that aging water heater or HVAC system now than have it break during a renter's stay.

DO: Be strategic about using the home yourself.

If your goal is to maximize rental income, stick to planning your stay during the off season.

DO: Plan to reinvest in the home.

Figure you may have to spend 1% of the property value each year on maintenance.

DO: Be realistic about pricing.

Research area rental rates and don't overprice. Your ultimate goal is to make a reasonable profit and that will require a high occupancy rate.

Sources: entrepreneur.com, sfgate.com, Morris Invest, blogs.netintegrity.net

Contact Denise Henry Today.

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Dental Visit with CEREC

By Dr. Joseph Farag

New technologies are making our lives simpler and easier everyday and dentistry has certainly not been left behind. Thanks to a great new system called CEREC, you can now have a high-tech smile in a single visit.

In days gone by, you may have needed to visit the dentist two or three times to have a quality, white ceramic restoration. The dentist would need to take a special impression to make a plaster model for the dental laboratory to generate an extra replica of your tooth in order to hand-make your porcelain restoration. The craftsmanship of the laboratory technician is highly regarded, but generally requires a minimum turn-around time of two weeks, leaving you to function with a temporary, generally plastic, restoration.

Instead of multiple dentist appointments and weeks for a complete restoration, CEREC allows the dentist to achieve the same, if not better, results in a single visit.

CEREC is an acronym for Chairside Economical Restoration of Esthetic Ceramics. Translated, it means that a dentist can economically restore damaged teeth in a single appointment using high-quality ceramic material that matches. CEREC uses the latest Computer-Aided Design and Manufacture (CAD-CAM) technology incorporating a camera, computer and milling machine in one instrument to give you perfect, white fillings, veneers or crowns, all in a fraction of the time it used to take.



Here's how it works.

Once your dentist determines that CEREC is the correct course of treatment, your visit will begin by preparing the tooth. Any decay, if present, is removed, leaving as much possible of your healthy tooth to support the CEREC restoration. Next, your dentist will use a specially designed electronic camera that makes a digital 3D model of your tooth in seconds.

You can then watch your dentist design your new restoration on a computer screen, right beside the dental chair using the 3D image created by the camera. The virtual filling is then transferred into reality, again using CEREC. A solid block of porcelain ceramic is inserted into the CEREC milling unit. Special tools then sculpt your restoration to the finest detail based on the restoration designed on the CEREC computer.

The perfect-fit restoration is completed and placed in your mouth with the whole process only taking around an hour! CEREC fillings are natural looking, smooth, white and hard-wearing, just like the enamel surface of the rest of our teeth. The ceramic material is biocompatible and is not effected by hot or cold.

The office of Dr. Joseph Farag offers CEREC restoration. For more details and CEREC or to schedule an appointment for a check-up please call (941) 764-9555 today.



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WHOLEHEARTED

By Jodi Thomas

I love Valentine's Day. Not just the flowers and the chocolate and all that good stuff, but I have always loved the idea of celebrating *love*... and on a trivial note, seeing all the pink and red hearts just makes me happy for some reason.

Lately I've been thinking a lot about my own heart. When reflecting on 2022 and what I hope for this year, I really desire to live *wholeheartedly*. And the first step in doing this is learning to pay attention to my heart. I'm reading a great book right now called *Soulful Simplicity* by Courtney Carver. I highly recommend it. In the book, she discusses living wholeheartedly and that we have to learn to *listen* to our hearts. She has an exercise where in a quiet moment, you place both hands on your heart, one hand on top of the other, and just sit in the quiet for a moment or two, and ask yourself, "What is my heart saying? What is my heart feeling?"

Yet, most of us are terrified to do this. Why? Because, without a doubt, most of us are never taught to listen to our hearts. We are taught to "suck it up," to keep pushing forward, to fulfill our myriad responsibilities, regardless what our hearts might be saying, or trying to say. And there are many times where we have to do just that—it's part of being an adult. But there's an equal, if not more, need for us to listen to those precious hearts of ours, that have often long been covered up by obligation, fear of what other people think, busy-ness, and self-medication with our vices of choice.

The primary reason we need to learn to listen to our hearts are that our hearts are **very important to God**. Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." Think about what that says and the implication of it. Both good and bad flow from our heart, based upon the state of our heart. Ignore your heart for too long, and this is disastrous for living the kind of life that you once imagined for yourself.

In fact, our hearts are so valuable to God that they are the very place that Christ has decided to take up residence. Ephesians 3:17 says, "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ *may dwell in your hearts through faith*." Additionally, Romans 5:5 says that God pours out His love into our hearts. Now, I spend a lot of time nurturing my relationship with God. But to be completely honestly, many times I don't feel God's presence or love. These are things that I have to take *by faith*. But even this comes from the heart, for Romans 10:10 says "For it is *with your heart that you believe* and are justified, and it is with your mouth that you profess your faith and are saved."

When I truly believe these truths, which comes from my very heart, that Christ actually lives in my heart and God's love is poured into my heart, I am empowered to live in God's love and to express that love to others in my day to day life. And folks, there is just nothing in life more important than that.

Not only does God reside in our heart, he desires to protect it. Philippians 4:7 says "And the peace of God, which transcends all understanding, *will guard your hearts* and your minds in Christ Jesus." How does the peace of God guard our heart? It guards it against worry, against anxiety, against unforgiveness. . . all of the things that wreck havoc on our hearts and create stress in our lives.

Our hearts are so valuable to God, that He desires *all* of our hearts. In Luke 10:27, Jesus said the greatest commandment was to "*Love the Lord your God with all your heart* and with all your soul and with all your strength and with all your mind."

When you see those pretty pink and red hearts this Valentines Day, I hope you are reminded that your heart is a unique treasure to God. There is no other heart like yours. It is so valuable to Him that Jesus died on the cross so that He could live there and God's love be poured out into your heart. Because your heart is of the utmost value to God, you need to value it, too. Learn to listen to it. Learn to respect it. Don't ignore it. I hope you will join me in the quest of living *wholeheartedly* in 2022.



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