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Health & Wellness MAGAZINE

March 2022

Manatee/Sarasota Edition - Monthly

www.swfhealthandwellness.com

 **FREE**

A photograph of an older man and woman, both wearing athletic wear and headbands, drinking water from sports bottles. The man is on the left, wearing a blue shirt and a white visor, drinking from an orange bottle. The woman is on the right, wearing a grey shirt and a white headband, drinking from a blue bottle. They are both smiling and appear to be outdoors.

**VENICE MAN,
85, IS PAIN-FREE
AFTER BOTH
KNEES REPLACED**

Within 2 Months

**UNDERSTANDING
YOUR OPTIONS
FOR DIALYSIS:**

Arteriovenous Fistulas & Grafts

**NEW MODALITIES
FOR THE TREATMENT
OF ANXIETY/PTSD,
LONG HAUL COVID,
AND DEPRESSION**

**ARE YOU THINKING
OF TRANSITIONING
INTO A SENIOR
COMMUNITY?**



SKIP & GAIL SACK

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- Skip & Gail Sack



CHRISTOPHER SFORZO, M.D.



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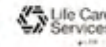
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- Traumatic Brain Injury Pain • Trigeminal Neuralgia
- Other Forms of Neuropathic Pain



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contents MARCH

6 Venice Man, 85, Is Pain-free After Both Knees Replaced Within 2 Months

7 5 Reasons to Avoid Knee Replacement Surgery

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

9 Are You Thinking of Transitioning Into a Senior Community?

10 New Modalities for the Treatment of Anxiety/PTSD, Long Haul COVID, and Depression

12 Understanding Your Options for Dialysis: Arteriovenous Fistulas & Grafts

13 Professional Supplement Center: Not Your Average Supplement Store

14 Treating Care of Your Eyes in the Workplace

15 The Benefits of Quitting Tobacco Use

16 Inflammation: A Common Pathway for Deadly Disease

18 Treating Skin Cancer on the Face Requires Aggressive Removal

19 Save Your Vision: Protecting Your Eyesight

20 Plasma Eyelid Tightening: The New Nonsurgical Eye Lift!

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

23 Treatment-Resistant Depression

24 How Do I Apply Slimming Equipment to an Existing Health and Beauty Clinic?

25 Do Nutritional Choices Affect Hearing?

26 Signs & Symptoms of Hormone Imbalance

27 Healthy Aging: What Does it Really Require?

28 A Painful Bladder Condition

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

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

31 Spiritual Wellness: Maintaining Healthy Friendships

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Venice Man, 85, Is Pain-free After Both Knees Replaced Within Two Months

By Heidi Smith, Contributor

For more than five years, Ed Rycraft had to use a walker to get around. Hunched over and unable to bend his knees, he was in constant pain. When he and his daughter, Debbie Blank, moved to Venice, Blank had had enough.

"I couldn't stand to see him in so much pain," she said. "As soon as we had a primary care doctor in Venice, I asked about getting help for Dad's knees."

That's how Rycraft and Blank met orthopedic surgeon Tracy Ng, D.O., of ShorePoint Medical Group in Venice. Dr. Ng is fellowship-trained in sports medicine and arthroscopy – a minimally invasive procedure for diagnosing and treating joint problems. She also performs robotically assisted surgery for knee and hip replacements as a member of the medical staff at ShorePoint Health Venice. Additionally, she is the Atlanta Braves Spring Training orthopedic surgeon in North Port and the team physician for the North Port High School Bobcats.

"When Mr. Rycraft first walked into my office, he was hunched over on his walker and I could tell that every step was painful," Dr. Ng said. "For many years he had experienced knee pain that had worsened in the past three years. Pain interrupted his sleep every night. Any activity caused pain."

X-rays showed that Rycraft's knees were bone-on-bone, meaning there was no cartilage to cushion the joint. There were loose bodies of bone in the joint, as well as spurs growing on the bone. Although he was about to turn 85 at the time, Dr. Ng considered him an excellent candidate for knee replacement surgery.

"Mr. Rycraft had no medical conditions that would prevent him from having surgery, and he was highly motivated to be pain-free and do the work of physical therapy after surgery," Dr. Ng said. "His daughter's support and encouragement also contributed to the decision to offer knee replacement."



Ed Rycraft with his daughter, Debbie Blank. At age 85, Rycraft had both knees replaced by orthopedic surgeon Tracy Ng, D.O.

In August 2021, Dr. Ng performed robotically assisted knee replacement surgery on Rycraft's left knee. A CT scan of the knee is loaded into a computer, then uploaded to the robot. During surgery, the surgeon guides the robot and uses the scan to align the replacement knee perfectly.

To close the incision, the surgeon uses bioabsorbable sutures, instead of staples. A waterproof dressing allows the patient to shower right away.

"Recent advances in technology allow for greater precision, faster healing, and a less noticeable scar from the incision," Dr. Ng explained. "I'm so pleased to be able to offer this surgical option, even to patients of advanced years, and see them regain a more active lifestyle."

Rycraft spent the night after surgery at ShorePoint Health Venice and went home the next day. His recovery was so rapid, he was able to have the right knee replaced just two months after the left.

"I couldn't believe the day he came home from the hospital after the second knee surgery!" Blank exclaimed. "He was lying in bed and had both knees completely bent. He hadn't bent his legs in years. It was such a good thing to see. He stands up straight now, instead of hunching over. He told me he feels taller!"

Rycraft rides his bike three miles every day and takes daily walks to rebuild the strength in his legs. Father and daughter have high praise for Dr. Ng (whom they call "Dr. Tracy"), for her team, and for the hospital staff who cared for Rycraft during his overnight stay.

"Dr. Tracy has the best personality," Blank said. "She's a classy lady who really knows her business. I give her name to everybody. I would recommend Dr. Tracy and the hospital in a heartbeat."



Tracy Ng, D.O., and Ed Rycraft celebrate his second successful knee replacement.

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5 Reasons to Avoid Knee Replacement Surgery

By Regenexx Tampa Bay, Regenerative Medicine

We understand the growing concern surrounding the Coronavirus (COVID-19) across the communities we serve. The health and safety of our patients, physicians, and staff is our top priority. Regenexx Tampa Bay has been actively preparing its offices, physicians, and employees to address these uncertainties and prevent the transmission of COVID-19. To schedule a Telehealth call with one of our physicians, please call us at 941-254-2757 in Sarasota and 813-296-2614 in Tampa. For Gold Coast Orthopedics in Aventura, FL, please call 786-855-4800.

Knee replacements are occurring far too often today and the simple truth is that many are entirely unnecessary. In some cases, the knee pain may actually be stemming from another part of the body. Even when using standard criteria for determining candidacy, about one-third of knee replacements are deemed inappropriate when evaluated by independent researchers.

When knee pain is legitimately caused by a knee condition, many knee replacement candidates seek out effective alternatives to surgery. For those who are still considering a replacement, here are five reasons that may make you want to think twice.

1. Chronic Knee Pain

Relief from chronic knee pain is the main reason that most people decide to have a knee replacement. Although many people can get good relief from a knee replacement, unfortunately, for some people, surgery may come with continued or additional pain. Studies have shown that many patients still have at least mild pain after their knee replacement. Most people decrease their sporting and athletic activities within 5 years of their surgery.

Although there are many reasons why someone may continue to have pain, one explanation of chronic knee pain could be that the source of the pain was not actually a knee condition, to begin with. If the knee pain is actually caused by spinal nerves from the back, for example, then your pain will not simply go away after a knee replacement. It is essential that the root cause of the pain is discovered and is the focus of treatment.

2. Pseudotumors & Tissue Damage

Wear particles are microscopic pieces of metal, ceramic, or plastic that come from the joint replacement part, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in the blood, have been the subject of many class-action



lawsuits and can cause harmful metal toxicity as well as create pseudotumors, tissue damage, and even DNA injury. According to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes, psychological status changes, kidney function impairment, and thyroid dysfunction.

3. Device Failure Caused By Allergies

In the past few years, multiple studies have discussed that the components of knee replacement prostheses can cause allergies. Two groups of people are at a significantly higher risk of potential rejection or loosening of their device and/or toxicity from wear particles.

1. Those with any type of allergy. Even patients with allergies to pollen or dander should think twice about knee replacement surgery. These people have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful.

2. Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.

4. Increased Risk of Heart Attack & Stroke

Knee replacement patients aged 60 and up are about 30 times more likely to experience a heart attack or stroke in the two weeks following surgery. When you amputate a joint from a patient, there is severe trauma to the blood vessels and bone marrow space. The stress of undergoing joint removal alone may be enough to trigger a stroke or a heart attack. Additionally, there is a higher risk of blood clots that could potentially cause an embolism in the heart, lungs, or brain.

5. Increased Risk of Hip Fracture

A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A national Dutch study showed a 54% increased risk of hip fracture after a knee replacement among adults aged <71 years old. We are also seeing bone density loss in hips.

Alternatives to Surgery

Although many patients have tried steroid injections to decrease pain in their knee joints, this is not the

best approach. Steroid shots kill off stem cells, cartilage cells, and increase cartilage breakdown. Even commonly used local anesthetics can be toxic to stem and cartilage cells.

Those who suffer from mild arthritis may benefit from precise injections of highly concentrated platelet-rich plasma (PRP). These natural growth factors from your own platelets can support healthy cartilage and prevent the natural breakdown over time.

The Regenexx protocols allow for the ability to produce higher quality and more individualized platelet products than the typical PRP centrifuge. Precise guided injections of your own bone marrow derived stem cells may also be a better choice to provide relief especially in those with moderate to advanced arthritis.

When considering knee replacement surgery, make sure that you research alternative options. Our website is a great place to start understanding if regenerative orthopedic medicine is right for you.

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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 keep them active now – and for their future.

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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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Senior Living Selections is a team of compassionate and knowledgeable individuals who help families find a facility fit for their senior living needs. Proudly serving the Florida Suncoast since 2018, we are committed to assisting seniors in navigating their new journey while ensuring their safety and comfort throughout the transition process. We make it a point to educate seniors and their families when choosing a senior living community, as we believe that education is vital in helping them gain access to the resources, they may need in the senior care journey. Our goal is to provide every senior who needs our help with the quality care and pleasant experience they deserve during the difficult transition.



Let your loved one's experience excellent care to help keep them at their best state. At Senior Living Selections, we offer different types of services you can choose from. Our professional and compassionate team guarantees healthy and happy living for your loved ones.

Testimonials:

"I was totally at a loss as to how to find an appropriate memory care facility for my father. Luckily, someone recommended Andre Santamaria/Senior Living Selections. Andre listened patiently to what we wanted, asked relevant questions that we hadn't thought about and provided support through this difficult period. His assistance was invaluable to finding a new home where my dad will be safe and engaged. Thank you, Andre!"

—Nanette C.

"We needed to find an assisted-living facility within days for our father who had suffered a severe stroke. He lives alone and, because of Covid, we could not get to him. Then, Mr. Santamaria came into our lives and began to work his magic. He visited our dad to get an idea of his needs and the type of assisted-living facility best suited to him. In just a few days he turned potential disaster into success and found just the right place. We shall be forever grateful to Mr. S. for his knowledge, professionalism, kindness, and empathy. I shudder to think what would have happened without him."

—Patricia A.

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ANDRE SANTAMARIA, CDP SENIOR CARE ADVISOR, OWNER

Andre Santamaria is a Certified Dementia Practitioner and has been dedicated to the senior healthcare field since 2012. He has worked in independent living, assisted living, and memory care communities. Andre has a passion for helping people find the resources they need so that seniors get the care they deserve.



Andre and his family moved to Florida in 2016 from their beloved state of Tennessee. The beach, warmer weather, and the pursuit of an active lifestyle attracted them to Florida. His wife, Melissa, enjoys walks on the beach, and their baby feels right at home with his love of the outdoors and water.

Andre and his team have visited, toured, and met with administrators at nearly all Sarasota and Manatee County assisted living facilities. He tracks state inspections and stays informed about any deficiencies of partnered assisted living communities. Through his connections, he can provide resources for all matters related to assisted living and countless other senior living options in the area.

Andre provides his comprehensive senior living search service at no cost to seniors or their families. He offers impartial and objective information about each facility, while his business arrangements allow for him to be compensated by whichever community is selected.

Andre has found a passion for helping seniors and their families find all resources and options in senior care. With his experience as a Senior Care Advisor in independent living, assisted living, and memory care, he is able to find the right fit for your loved one.

To find out more, please call 941-218-3813 or visit seniorlivingselections.com.



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NEW MODALITIES FOR THE TREATMENT OF ANXIETY/PTSD, LONG HAUL COVID, AND DEPRESSION

Neurofeedback and TMS After Emotional or Physical Trauma

Trauma has a powerful impact on our well-being. Events such as unhappy marriages, affairs, divorce, physical violence, sexual trauma, stalking, emotional abuse, bullying, relationship break-ups, adverse childhood experiences, COVID-19 illness, military trauma, and many other challenging life events can leave us feeling depressed, anxious, panicky, fearful and/or socially withdrawn.

Physical illness can also be both a traumatic and a life changing event. Symptoms such as fatigue, depression, anxiety, sleep disturbances, and brain fog are commonly found in individuals with long haul COVID-19. A recent comprehensive study (published in the British Medical Journal in February 2022) showed that people who have recovered from COVID-19 — even mild cases — are at a significantly increased risk of developing anxiety, depression, substance abuse and cognitive impairment.

The study looked at millions of health records over the course of a year. It found an increased risk of 35% for anxiety disorders, 39% for depressive disorders, 38% for stress-related conditions and 41% for sleep problems. The risk for opioid use increased by 76%, and the risk for cognitive decline increased by 80%.

Trauma, whether it be from physical, emotional, or infectious (SARS-CoV-2) causes, leaves an imprint in the brain that can frequently be seen as brainwave imbalances. Although there are specific brainwave patterns that are associated with depression, ADHD, anxiety, insomnia, and trauma, most physicians or therapists never consider performing a brain map or qEEG to look for the effects of trauma on the brain.

If You Don't Look, You Won't Find It

Getting checked for brainwave imbalances is the first step on the road to recovery. The negative effects of trauma can be seen throughout different regions of the brain by looking at the shape and frequency of the brainwaves in those regions. Once the trauma pattern is identified, an effective treatment program can be offered.



Bring Your Brain Back Into Balance With Neurofeedback or PrTMS

Transcranial Magnetic Stimulation (TMS) is a drug-free, painless, non-invasive treatment therapy that uses magnetic pulses to stimulate activity in the brain. There are several TMS medical devices cleared by the FDA for use in treating major depressive disorder, obsessive-compulsive disorder, and migraine headaches.

An updated version of TMS, Personalized repetitive Transcranial Magnetic Stimulation (PrTMS), is now available at the Brain Wave Center in Sarasota, Florida. PrTMS uses very mild magnetic pulses to regulate out-of-sync brain activity in specific brain areas. The personalization of PrTMS, as compared with TMS, allows for a gentle approach for the healing of depression, brain fog, insomnia, head trauma, PTSD, etc. Unlike traditional TMS where all clients receive the same treatment therapy, PrTMS incorporates diagnostic assessments and a brain function analysis for a more individualized treatment plan designed to provide optimal results.

Research suggests that PrTMS may be helpful for those individuals suffering from a variety of mental health conditions, and for healthy individuals, such as athletes, who are interested in high-level human performance. It has shown some significant success in the treatment of depression, anxiety, PTSD, insomnia, long haul COVID brain fog, traumatic brain injury, and autism spectrum disorders.

How does neurofeedback specifically help in the treatment of depression and other mental health conditions?

Depression and other common mental health conditions such as anxiety, PTSD, and attention deficit hyperactivity disorder (ADHD) are accompanied by abnormal brain electrical activity. Just as the electrical activity of the heart can be determined by an EKG, brain electrical activity can be observed by qEEG brain mapping and used by neurofeedback equipment to train the brain back to more harmonious and healthy brain activity. As brain activity becomes more regulated and healthier, the symptoms of out of sync brain electrical activity — depression, anxiety, PTSD, ADHD, etc. become reduced or eliminated.

Neurofeedback retrains your brainwaves back to a state of healthy regulation. Several research studies have suggested that neurofeedback can be helpful for trauma survivors (e.g., van der Kolk et al., 2016; Brown, Clark, & Pooley, 2019).

A recent study, performed in association with The Brainwave Center, measured the impact of neurofeedback on survivors of trauma. After completing 20 sessions of neurofeedback, the following positive results were observed:

- Increase in overall health
- Decrease in depression
- Increase in sleep quality
- Decrease in PTSD
- Increase in happiness
- Increase in feeling like you matter
- Increase in emotional regulation (emotional awareness, emotional clarity, goal directed behavior, and acceptance of emotional responses)

Have You Had A Comprehensive Assessment?

At The Brain Wave Center, we support adults, teens, and children in having a happy and healthy brain. To free yourself of your emotional struggles and embark on a path toward optimal emotional health and wellness, it's extremely important that a comprehensive assessment takes place to determine the underlying issues and to establish a correct diagnosis.



Parents and teachers can often tell that there is something different about their child's behavior. Does your child have anxiety? Depression? Attention Deficit Disorder (ADD)? Is your child exhibiting the effects of trauma? You can find out with comprehensive testing and assessment!

The diagnostic part of The Brain Wave Center evolved from requests from our partners, such as Easterseals and The Florida Center for Early Childhood, regarding the backlog they have for children requiring neuro-psychological assessments.

More Than Just A Diagnosis

Our team incorporates proven testing and neuro-psychological assessment methods backed up by qEEG Brain Map analysis to accurately identify underlying issues and correctly identify appropriate therapies. Then we provide you with a plan to address these issues!

Our goal is to achieve breakthrough results through innovative individualized treatment solutions.

Conclusion

The lasting effects of trauma can contribute to a wide range of emotional and physical health challenges. Unless assessed and effectively treated, these conditions can persist for decades or even a lifetime.

Isn't it time that you found a way to free yourself from your emotional health challenges? There are effective therapies that can address the traumas that have held you back from your fullest potential! More & more people are becoming aware that it's possible to live a happier and more healthy life. At the Brain Wave Center, we are focused on assisting everyone in improving their emotional health and overcoming brain fog, anxiety, depression, PTSD, attention deficit disorder, and other common mood disorders.

Find out today how neurofeedback and PrTMS can help you or a loved one.
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UNDERSTANDING YOUR OPTIONS FOR DIALYSIS: ARTERIOVENOUS FISTULAS AND GRAFTS

By Jeffrey Edwards, MD, RPVI

For patients undergoing hemodialysis, they may be concerned about the vascular access points for their dialysis procedures. Hemodialysis treatments require vascular access, which is entry point to access your bloodstream, allowing blood to flow back and forth from your veins and arteries to the dialysis machine to clean the toxins and waste from the body due to the kidneys inability to do so any longer. Arteriovenous connects the artery to the vein via an opening in the artery.

Arteriovenous (AV) fistulas and AV grafts

The purpose of both AV fistulas and AV graft procedures are to navigate blood from an artery into a vein. This is to complete the normal process of arteries carrying oxygen-rich blood from the heart and lungs and veins carrying the depleted blood back to the heart and lungs. AV fistulas are typically placed into the forearm or upper area of the non-dominate arm. The arteriovenous graft connects the artery and vein by way of a plastic tube.

AV Fistulas

AV fistulas create a natural opening to connect the arteries and veins. AV fistulas are the most inherent way to access the bloodstream and creates less likelihood of infection, irritation, or clotting; however, AV fistulas take several weeks to months to develop enough strength to support the blood flow needed to clean the blood.

AV Grafts

AV grafts are synthetic, so the access is shorter in duration than with AV fistulas, usually only two weeks is necessary for it to develop enough support for blood flow; however, there is higher risk for infection and clotting. AV grafts are usually used on patients with smaller veins or veins that cannot support blood flow necessary to clean the blood and filtrate through the body and the machine.

The physicians at Sarasota Vascular Specialists, are experts at creating AV fistulas and AV graft access points. If you are wondering about your vascular issues and options due to hemodialysis, Sarasota Vascular Specialists are the prime authorities on keeping your arteries and veins healthy and functioning well during and in between these delicate procedures.



IF YOU OR A LOVED ONE HAS ANY OF THE VENOUS SYMPTOMS OR RISK FACTORS DISCUSSED ABOVE, YOU MUST SEEK MEDICAL ATTENTION IMMEDIATELY. MAKING AN APPOINTMENT WITH A VASCULAR SURGEON SPECIALIZING IN VENOUS DISEASE IS CRITICAL.

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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
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Lifestyle choices correlate with the health of numerous body systems, including the brain, the microbiome, as well as the immune system's capacity to ward off infectious disease. Most people understand that getting quality sleep, reducing anxiety, exercising, socializing, and eating a nutrient-dense diet are all critical for overall health and wellness.

In addition to healthy lifestyle factors, adding supplements is essential for many people, whether to boost immunity, improve cognition, detoxify, combat an illness, or lose weight.

These days, consumers are savvy and well-educated; they know what they want but choosing supplements wisely can be confusing. Which brands should they trust? It's critical to choose products that are tested and pure without unnecessary additives. Professional Supplement Center can take the guesswork out of the equation and make it easier for clients to find what they need.

It's imperative to seek out the highest-quality brands and to have the opportunity to discuss options with a nutrition specialist.

Professional Supplement Center has been in business since 2002. Founders Debbie Truitt and Sheri Davis established the company based on their mission to provide the highest-quality supplements in the area. Over the past 20 years, they have continued their commitment to provide top professional brands such as Pure Encapsulations, Designs for Health, Douglas Laboratories, Thorne

Research, Neuroscience, Ortho Molecular, Vital Nutrients, Xymogen, Standard Process and Apex Energetics, to name a few.

Longevity and Comprehensive Health

For those interested in immune health, supplements such as vitamins A, C, D, magnesium, quercetin, and zinc are vital. Longevity is of interest to many, yet while a long life sounds great, most would agree that living longer in the healthiest state is the true goal. Along with healthy lifestyle factors, key supplements that promote longevity are NAD, NAC, glutathione, and resveratrol.

Stress and Anxiety

Stress and anxiousness can influence all aspects of life, including emotions, behaviors, sleep, and even the ability to think! Excessive or prolonged exposure to stress can cause long-term damage to the body. There are a variety of vitamins and supplements to support a healthy stress response as well as improve sleep. Herbal adaptogens such as ashwagandha, ginseng, holy basil, and rhodiola are widely recognized to promote balance and long-term wellness. Additionally, a deficiency in B vitamins or minerals may either contribute to or result from stress, and thereby affect the quality of sleep.

What Sets Professional Supplement Center Apart?

From pre and probiotics for a healthy microbiome to multivitamin/mineral options for overall wellness, Professional Supplement Center has you covered.

The experienced, professional staff are always proactive and attentive to answering questions and offering clients curated solutions. Licensed health-care practitioners are available to guide consumers in making educated choices.

Professional Supplement Center specializes in educating its customers and provides an extensive selection of high-quality natural health products to the community. Over 1,800 stocked products are available at the Sarasota store. There are 20,000 additional items available on the website that can be shipped directly to customers or brought in for local pick up.

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The in-store hours of operation are Monday through Friday, 9 a.m. to 6 p.m., and Saturday, 9 a.m. to 1 p.m. They are located at 5525 Palmer Crossing Circle, Sarasota, FL 34233 (Between Gecko's Grill and Pub and Cafe Barbosa)



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TAKING CARE OF YOUR EYES IN THE WORKPLACE

By Scott Prickett, O.D.

Each day, roughly 2,000 workers will sustain job-related eye injuries that require medical attention. These injuries vary from simple eye strain from staring at a computer for too long, to trauma that may lead to permanent damage, vision loss and even blindness.

Workplace Eye Wellness Month in March highlights actions you can take to protect your eyes and avoid injury.

QUICK FACTS

- Each year, nearly 25,000 Americans visit the emergency room due to a workplace eye injury.
- 90% of eye injuries could have been avoided by wearing eye protection.
- Approximately 40 percent of eye injuries in the workplace happen in three industries: construction, manufacturing and mining.
- Flying or falling objects, tools, chemicals and particles and sparks are just some of eye injuries that could happen on the job.
- Workplace eye injuries cause \$300 million in treatment, worker's comp and loss of productivity each year.

EYE PROTECTION

There are many hazards that can be found in the workplace - falling objects, flying debris, chemicals, intense light, and heat. Wearing eye protection is the first step in safeguarding yourself from these hazards. It is essential to make sure the eye protection is appropriate for the type of hazards you are protecting against. Eyewear must be American National Standards Institute ANSI-approved and OSHA compliant. You must use special-purpose safety glasses, goggles, face shield or helmet if you are near hazardous radiation welding, chemicals, lasers or fiber optics.

About Quigley Eye Specialists

Dr. Prickett is a Board-Certified Optometrist with Quigley Eye Specialists, a world-class eye care practice specializing in cataracts, laser cataract surgery, glaucoma, iLASIK, dry eye, eyelid surgery, retinal issues, corneal conditions, facial plastic surgery and routine eye care. Dr. Prickett specializes in full-scope optometry including preoperative and post-operative surgical care, primary care, ocular disease treatment and management. Quigley Eye Specialists has served the region for more than 30 years with locations throughout Florida including Sarasota, Venice, Port Charlotte, Punta Gorda, Cape Coral, Fort Myers, Lehigh Acres, Bonita Springs, Naples and Coral Gables.



DIGITAL EYE STRAIN

Working from home is the new norm, and while an office environment may seem safe, digital eye strain is a real workplace problem. Staring at your computer screen, phone, tablet or e-reader for an extended amount of time means you blink less often, which is necessary to keep the surface of the eye moisturized. Your eyes work harder resulting in eye strain, headaches, blurriness, burning, itching and dry eyes as just some of the symptoms you could experience. But computer and phone screens aren't the only culprits. Reading, writing or other near work over an extended amount of time can create the same effects. While the American Ophthalmological Institute has determined these will not cause permanent eye damage, they are still uncomfortable and can inhibit your ability to work. The good news is there are ways to create a home work space that helps avoid these problems. The American Academy of Ophthalmology has these suggestions:

- Sit an arm's length - about 18 to 25 inches - away from your computer screen.
- Follow the 20-20-20 rule. Every 20 minutes, look 20 feet away for 20 seconds. Set a timer on your phone or watch as a reminder. If you are in the middle of a video call, you can achieve this by shutting your eyes for 20 seconds.

- Remember to blink. On average, a person blinks about 15 times per minute. That is cut in half when staring at a computer or phone screen.
- If your computer screen is brighter than your surroundings, your eyes will be working harder to see. Adjusting the room lighting and the contrast on your computer to a comfortable level helps alleviate this problem.
- Your computer screen should be positioned so that your eyes are directed slightly downward instead of straight ahead or up.
- When your eyes start to feel dry, use artificial tears to refresh them.
- Consider a humidifier which adds moisture to the air while minimizing dry eye.
- Progressive lens computer glasses are specifically designed for focusing on computer screens.
- Glass screens on phones offer exceptional picture quality but can also produce a strong glare, aggravating your eyes. To help you can adjust the low light filter setting or use a matte finish to help reduce the glare and help with eye strain.
- The American Academy of Ophthalmology does not recommend blue light-blocking glasses as there is no scientific evidence that blue light coming from a computer screen causes digital eye strain or damage to the eyes.

Taking care to protect your eyes at work is essential to maintaining eye health. If problems persist even after you have followed these suggestions, visit Quigley Eye Specialists for further help in diagnosing your eye condition.

* Information from the American Academy of Ophthalmology®



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The Benefits of Quitting Tobacco Use

Quitting tobacco is the single most important thing you can do to improve your health.¹

Despite what you may think, it is never too late to quit smoking! In fact, you can experience several benefits of quitting smoking within minutes of cessation and can enjoy the benefits of quitting for years to come. As soon as a person quits, his or her body begins to heal:



- *20 minutes after quitting:* heart rate and blood pressure drop
- *12 hours after quitting:* the carbon monoxide level in blood drops to normal
- *2 weeks to 3 months after quitting:* blood circulation improves and lung function increases
- *1 to 9 months after quitting:* coughing and shortness of breath decrease. Structures in the lungs begin to heal and clean the lungs, reducing that person's risk of infection. This is critical in fighting illnesses that threaten lung health, such as bronchitis
- *1 year after quitting:* the risk of coronary heart diseases is half that of someone who smokes. Risk of heart attack decreases significantly
- *5 years after quitting:* risk of mouth, throat, esophagus, and bladder cancer is cut in half. Cervical cancer risk is now that of a nonsmoker. Risk of stroke falls to that of a non-smoker after 2-5 years
- *10 years after quitting:* risk of dying from lung cancer is half that of a smoker
- *15 years after quitting:* risk of coronary heart disease is the same as a nonsmoker

Along with these great benefits, quitting tobacco use also reduces the risk of diabetes and improves the health of blood vessels, the heart, and the lungs.²

Kicking the tobacco habit offers some other rewards that you'll notice right away and some that will show up over time. Here are just a few other benefits you may notice:

- Food tastes better
- Your sense of smell returns to normal
- Your breath, hair, and clothes smell better
- Your teeth and fingernails stop yellowing
- Ordinary activities (i.e., climbing stairs or light housework) leave you less out of breath
- You can be in smoke-free buildings without having to go outside to smoke.

References:

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

2 <https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html#>

Quitting also helps stop the damaging effects of tobacco on how you look, including premature wrinkling of your skin, gum disease, and tooth loss.²

Help quitting tobacco is free! 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) is 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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INFLAMMATION: A COMMON PATHWAY FOR DEADLY DISEASE

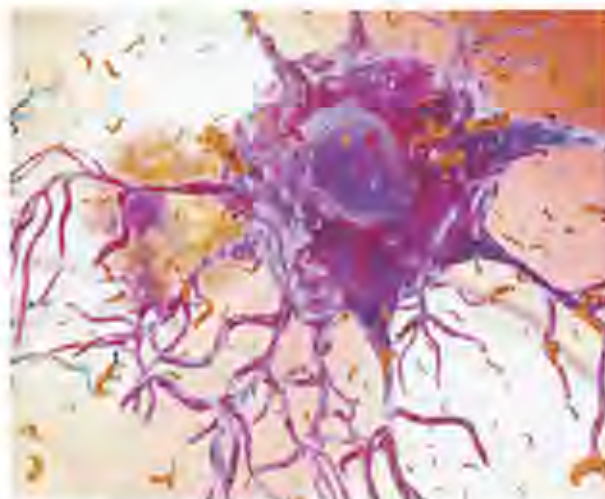
By Nasser Razack, MD, JD

We've all heard of inflammation but what exactly is it? Inflammation is the response of our immune system to injury or infection. When it's short-lived and targeted for specific purposes such as recovering from a cold, it's a wonderful thing. However, long-term chronic inflammation can be deadly. That's because long-term, chronic inflammation results in horrible diseases such as cancer, heart attack, stroke, Alzheimer's disease, etc. Worst of all, chronic inflammation is not painful. Thus, the victims of chronic inflammation develop these deadly disease processes silently without any signs or symptoms.

For example, heart disease which includes stroke is associated with multiple risk factors, some of which include high blood pressure, high cholesterol levels, smoking, and being overweight. We previously thought these risk factors led to the narrowing of blood vessels that supply oxygen to the heart and brain and that progressive constriction of these vessels resulted in heart attacks and stroke. However, more than half of all heart attacks occur in people with normal cholesterol levels. In addition to that, autopsy specimens from deceased heart attack victims demonstrate their vessels were not narrow enough to result in death. We now know that inflammation causes even minor plaques in vessels to erupt like miniature volcanoes, leading to the complete blockage of these blood vessels.

The problem is that inflammation in one part of the body results in inflammation everywhere. For example, inflammation that causes the narrowing of blood vessels doesn't just occur in one organ such as the heart but rather throughout the entire body. When inflammation of blood vessels occurs in the heart, we call this a heart attack. When it occurs in the brain, we call this a stroke and when it occurs in the legs, we call this peripheral vascular disease. When it occurs in very small arteries of the brain, it can result in vascular dementia.

Whether it's a heart attack, stroke, peripheral vascular disease or vascular dementia, it's really the same disease process, namely inflammation. In addition to affecting blood vessels, inflammation also wreaks havoc on the brain. Dementia such as Alzheimer's disease is also caused by brain inflammation. But in this case, inflammation not only affects the blood vessels of the brain but also the spaces between brain cells and the brain cells



themselves. In fact, the parts of the brain more affected by Alzheimer's disease have higher levels of inflammation. This is important because inflammation results in brain cell death. Brain cell death causes brain volume loss which eventually leads to loss of brain function.

Periodontitis, an inflammatory disease of the teeth and gums, is another example of how we can better understand inflammation. This inflammatory disease of the mouth also increases the risk of other inflammatory diseases such as heart attacks, stroke and Alzheimer's disease. Twin studies demonstrate younger patients with severe periodontitis resulted in a fivefold increased risk of developing Alzheimer's disease. How can inflammation of the mouth be related to heart attack, stroke and Alzheimer's disease? Well, inflammation exerts its effects on the body through cells called inflammatory cells. Once these cells are activated, they act like little tiny soldiers programmed to destroy anything that crosses their path. These inflammatory cells are localized in the mouth in periodontitis. However, activated inflammatory cells can travel throughout the entire body via the blood vessels. They can reach the brain and cause stroke or Alzheimer's disease. They can also travel to the heart and cause a heart attack.

I'm sure all of this sounds quite depressing. But the good news is that if we fight inflammation in one part of the body, we fight inflammation everywhere! That's because inflammation is the same central disease process no matter where it's occurring. And the even better news is that we now have real hope in fighting inflammation.

There are incredible health-healing substances in nature called polyphenols. No doubt you've likely heard of some of these marvelous nutrients which are both strong anti-inflammatory agents and antioxidants. Among them is curcumin, which has a unique property that blocks the central regulator of inflammatory reactions within humans called nuclear transcription factor kappa beta. I know that's a mouthful but all you need to know is that it pretty much blocks inflammation in its tracks. Curcumin has also been demonstrated to reduce the formation of beta-amyloid plaque in the brain which is associated with Alzheimer's disease. In addition to curcumin, many other polyphenols have been proven to reduce the incidence of both stroke and heart disease. These polyphenols can also delay the onset of Alzheimer's disease and thus reduce its incidence.

Dr. Nasser Razack, MD, JD, is a Neurointerventional Surgeon who specializes in the endovascular treatment of stroke. He sees the devastating effects of stroke on a daily basis. That's precisely why he formulated Neurcumin® to reduce the effects of inflammation and prevent inflammatory related diseases like stroke, heart attacks and Alzheimer's disease. Neurcumin® is an all-natural nutrient which in addition to curcumin, contains many other polyphenols and other natural agents uniquely formulated to fight inflammation.

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About Nasser Razack, MD, JD

Dr. Razack currently practices in Naples, Florida. He dedicates a significant portion of his practice to educating in the diagnosis, treatment and prevention of stroke. He completed his medical training at the University of Virginia in Charlottesville, Virginia. In addition to his medical practice, he currently serves as President of Raztec Health, LLC.



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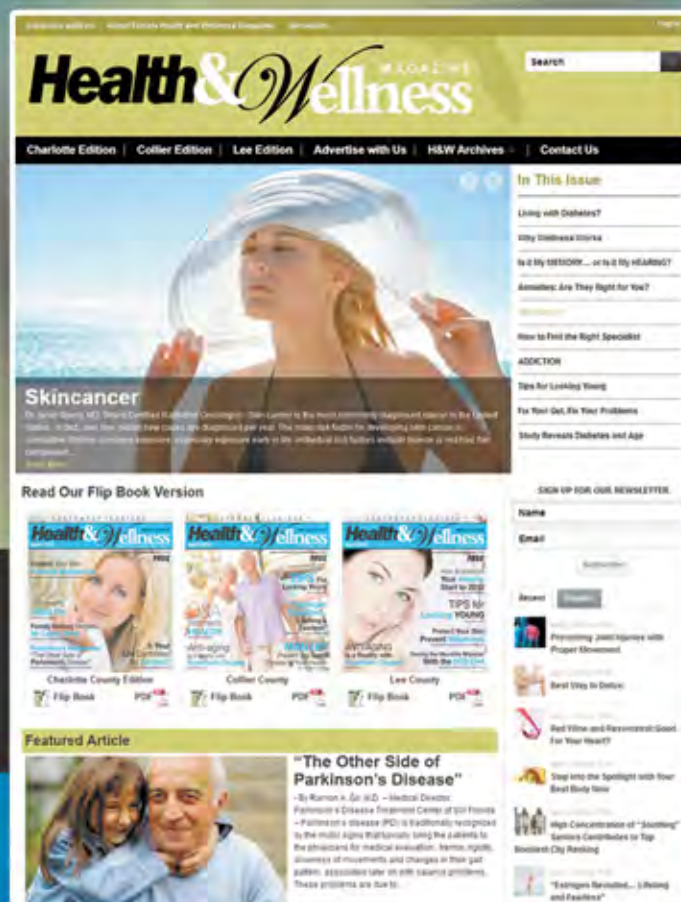


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Treating Skin Cancer on the Face Requires Aggressive Removal, along with a Delicate, Aesthetic Eye

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.



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SAVE YOUR VISION:

Important Information About Protecting Your Eyesight

To protect eyesight in general, we need to eat a healthy diet full of carotenoids, fresh fruits, and vegetables, as well as food high in Omega 3-fatty acids such as salmon and flaxseeds. Getting annual eye exams or more frequent exams if you have an ongoing issue is imperative to protect your vision and diagnose or treat eye conditions and diseases early on.

Several well-studied supplements can improve or slow the progression of certain eye disorders. These are vitamins C and E, zinc, lutein, zeaxanthin, omega-3 fatty acids, beta-carotene, zinc, copper, DHA, and EPA.

Most of us know that the sun's UV rays are damaging to the skin, but sometimes forget how important it is to protect our eyes.

The American Academy of Ophthalmology recently published the information below in an article entitled, *Seven Myths About Sunglasses That Could Damage Your Vision*.

Did you know that too much sun on unprotected eyes increases the risk of eye disease? The good news is that prevention is simple: Wear sunglasses that block 99 to 100 percent of UVA and UVB radiation. But there are a lot of common myths about sunglasses and eye health. That's why the American Academy of Ophthalmology is working to debunk the myths and offer tips to promote smart eye health choices.

UV light gets through clouds and haze. Regardless of the season, sun exposure can increase the risk of developing cataracts, growths on the eye and cancer. Sun reflecting off ice and snow can also lead to photokeratitis, a painful eye condition sometimes referred to as snow blindness.

Sunglasses don't have to cost a lot of money to provide adequate eye protection. Less expensive pairs marked as 100 percent UV-blocking can be just as effective as more expensive options. Labels can sometimes be confusing. Some indicate sunglasses offer 100 percent protection from UVA/UVB radiation, others offer 100 percent UV 400 protection. Both block 100 percent of the sun's harmful radiation.

The more coverage sunglasses provide, the less sun damage inflicted on the eyes. Consider oversized sunglasses or wraparound-style glasses, which can help cut down on UV light entering the eye from the side. Wrap-around glasses may also protect against dry eye due to the wind.



Polarized lenses do not block more radiation; however, they can cut down on glare reflecting off cars, water or pavement, which can make activities such as driving or boating more enjoyable.

Make sure the label on the lens says 100% UV-blocking.

Amber, green and grey lenses do not block more of the sun's harmful rays. However, tinted lenses do offer increased contrast for those who play sports, making a softball or a golf ball easier to see.

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**

941-798-8122

www.fvbradenton.com

6406 21st Avenue West
Bradenton, FL 34209

 AL Facility #5415, 1168096

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

PLASMA EYELID TIGHTENING

THE NEW NONSURGICAL EYE LIFT!

Plasma Skin Tightening

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

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

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

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

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

Does it Hurt?

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

What areas can be treated with Fibroblast plasma?

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

What results can I expect?

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



What happens after treatment?

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

What are the possible side effects?

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

Prices:

- Upper Eyelid: \$499
- Under Eyes: \$299
- Age Spots: from \$85
- Neck: from \$1000
- Single Deep Wrinkle: \$85
- Crows Feet: \$250
- Smokers Line: \$250
- Loose Tummy Skin: from \$1500

Special:

**Non-Surgical Eyelid Lift \$499
(reg. \$699)**

TREATMENTS & SERVICES

Dermal Filler & Neurotoxins

- Versa
- Restylane
- AquaGold
- Dysport
- Botox

CryoSkin Therapy

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

Facial Treatments

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

Add Ons

- Dermaplane
- HydroJelly Mask
- Extractions

NEW Plastic Surgery Procedures

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

Wellness and aesthetic procedures are a great way to boost your confidence, mood, and satisfaction. Gift yourself or your friends and loved ones.

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

WILD LILY
Medspa

2650 Bahia Vista Street #303
Sarasota, Florida 34239
941.350.9008

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

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

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

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

What is the Probate Process?

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

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



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

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

Probate Levels Can Vary in Complexity.

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

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

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

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

Get Started Today.

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

PROBATE MADE SIMPLE
941-218-6271
www.ProbateProcessMadeSimple.com



Chronic Pain Intensifies Blood Glucose Levels

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

Chronic pain affects millions of Americans daily. Most people are aware of the psychological effects of chronic pain and the dangerous conditions it can cause; however, many people are unaware that chronic pain raises insulin and glucose levels significantly.

Studies have shown that when pain is administered, glucose levels rise, and it's not uncommon for people with diabetes to have chronic pain and vice versa.

Both acute and chronic pain decreases insulin sensitivity. It affects nonoxidative glucose metabolism. Finding pain relief can lower glucose metabolism, but it's important to note that if you have diabetes, strict control and maintenance of your blood sugar levels are critical.

The Truth About Treating Diabetes

If you listen to television ads or even well-meaning healthcare providers, you might be like the millions of people that believe diabetes is a disorder that is entirely manageable with medication and a sugar-free diet. While that might be true for a select few, the truth is that most individuals with diabetes are getting worse; their disease is progressing, leading to other states of chronic illness such as cardiovascular disease, dementia, cancer, and stroke.

Diabetes is a worldwide epidemic, but in the United States, the statistics are quite alarming. More than 30 million people in the U.S. have diabetes; while it's expected that a large number are undiagnosed, and many are what is determined as pre-diabetic, the diagnosis can be scary, and many people feel there is no way out and that they are destined to live with the disease forever.

Diabetic medications work blood sugar levels, but they stop working, and the dose will continuously need to be increased. The worst part is that these drugs are not making you better and are not curing diabetes—There are simply masking your problem. It's like putting a bandage on a firehose to stop the flow of water. While these drugs may



be essential in the beginning diagnoses for severe cases where A1C or fasting glucose levels are extremely high, these drugs are not a long-term answer. The root cause of your disorder is usually found in lifestyle choices such as diet or being sedentary.

When it comes to diet, the typical diabetic recommendations that we are all familiar with, like cutting out sugar, are important, but specific methods should be implemented, and each individual will need a custom-tailored tweak to the right way of eating. After all, we are all different. If you have an unknown allergy or trouble processing something like eggs, then eating eggs will only exacerbate your issues. Nutrition is a powerful mechanism to heal the body of many disease states, and it is undoubtedly the case with diabetes.

Denise Pancyrz understands your diabetic challenges, frustrations, and life-threatening health risks. She was once in your shoes but discovered a breakthrough and reversed her disorder. She now coaches others to help them get their lives back.

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.

If you are tired of living with diabetes and are worried about your future and your health, contact Denise for personalized coaching and accountability to live your best life in optimal health.



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.

TREATMENT-RESISTANT DEPRESSION

An Alternative Therapy also Helps with Social Anxiety, OCD and Phobias

In a series of ongoing randomized tests, Ketamine therapy has become more widely accepted for its capacity to revamp the brain's depressive episodes rapidly. Over the past several years, many physicians have studied the effects of Ketamine on depressed patients including those with PTSD and bipolar disorder. A board-certified anesthesiologist, Dr. Steven Reichbach of Gulf Coast Ketamine Center, has extensive experience in managing his patients that benefit from this therapy, and he consistently sees the value of Ketamine IV treatments in his patients that suffer from depression on a daily basis.

In addition to depressive disorders, there has been a lot of new information and studies on the effects of IV Ketamine therapy for treating treatment-resistant depression as well other mental health disorders such as social anxiety, OCD, and phobias. For people suffering from social anxiety, OCD and phobias, its emotional effects can be crippling. Everyday interactions may cause such distress in these people that it interferes with opportunities for employment, positive interactions with friends and family, and for students, not being able to reach their full academic potential in the classroom. These people may exhibit physical manifestations of their anxiety in the form of sweaty palms, high blood pressure and a racing heart. Over an extended period of time, these symptoms not only cause mental anguish but also affect one's overall physical health.

The mainstay of treatments up to now has been antidepressants, anxiolytics, and behavioral therapy. For up to 50% of patients, these are ineffective in treating their social anxiety adequately. Recently, the results of a double-blind, placebo-controlled study with 18 patients diagnosed with Social Anxiety Disorder using IV Ketamine were published in the journal *Neuropharmacology*. What they found was that people responded to Ketamine. They had significantly less anxiety which lasted up to 28 days. Patients who received one IV Ketamine infusion, had less social anxiety, avoidance, and fear when compared to patients who received a placebo. For patients who have not responded to more conventional treatment, IV Ketamine can hold a great deal of promise.



What is Ketamine?

Back in the 1960's Ketamine was developed to treat wounded U.S. soldiers that were serving in the Vietnam War. In the 1970's, Ketamine was the anesthetic of choice for surgery, and in the 1980's it became a popular street and club drug because of its "out of body" sensation that its users experienced.

How does Ketamine Work?

Ketamine works by creating new connections in parts of the brain that control mood and emotions. These new neurological connections help the brain to send positive signals to the psyche, along with beneficial physical conditions to the body. The effect is notable within hours, but most patients report the results are instantaneous. These astonishing changes are visible in brain scans and imaging, and the results are long-lasting.

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

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

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

How is Ketamine Administered?

During the treatment, the initial infusions usually take place over approximately 2 weeks with 6 infusions that are administered every other day.

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

- Severe or Chronic Depression
- Chronic Pain
- Bipolar Disorder
- Obsessive Compulsive Disorder (OCD)
- Post-Partum Depression (PPD)
- Post-Traumatic Stress Disorder (PTSD)
- Produces Rapid Onset of Neural Connections

One drug with no side effects or long-term adverse reactions is the answer many people are seeking to find. Unlike antidepressants that need to be taken at least once daily, the best part about Ketamine therapy is that after the initial treatment phase, most patients only need the injection once every one to two weeks.

If you or someone you know is experiencing depression, phobias, OCD, or social anxiety, please contact Gulf Coast Ketamine today at 941-213-4444, or visit their website at findpainrelief.com



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



Lolita Borges, RN
Clinical Director, Gulf Coast
Ketamine Center

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



HOW DO I APPLY SLIMMING EQUIPMENT TO AN EXISTING HEALTH AND BEAUTY CLINIC?

Our Exclusive Shape wellness studio in Sarasota is becoming more and more recognizable. We have clients ranging from 25 to 85 years of age. We are glad that men are also becoming our clients. The combination of several health factors in one place and at the same time arouses understandable interest and arouses great impression. It is interesting that our sessions do not require a lot of physical effort or extreme exercise. Thanks to our devices, the muscles, lymphatic system and blood circulation system are directly stimulated. Thanks to this, you can burn 1000 calories in 30 minutes.

For aesthetic and cosmetic reasons, we have a lot of interest among women in reducing cellulite and reducing body fat. During the renewal process, we serve active ionized water with a high content of minerals, oxygen and active hydrogen. This allows oxygenation of the muscles during massage and de-acidification of the body. In addition, our clients can take advantage of the BEMER technology used by NASA. And now I will present the usefulness of devices in a few sentences. Movement coordination and balance maintenance can be greatly improved by using a vibration platform with infrared lamps.

Patients and clients of SPA salons, massage and rehabilitation clinics want to achieve all these effects. That is why we direct our offer to these facilities for



retrofitting your existing equipment. Certainly, our devices will help you enrich the service offer for customers. They will certainly relieve your direct physical involvement in working with your patient clients. For my part, I recommend a device for rolling-massaging muscles as well as a modern interactive - multivision vacuum treadmill, a vibrating platform and the latest work of our designers, a lying vacuum bike.

Exclusive Bike Concept

It is the newest professional training machine on the market, designed for improving fitness, fat burning and weight loss. Exclusive Bike Concept – the innovation offered by us, available exclusively at Exclusive Shape – is, as the name suggests, an enjoyable, but very effective, work out with the use of a bike in a horizontal (laying-down) position in combination with

infrared, negative pressure, ozone, collagen and aromatherapy. It is intended for fat burning, cellulite removal, skin tightening, muscle building, the detoxification of the body and the lymphatic system. Exclusive Bike Concept is the “infrared star”, which combines the technology of vacuum and of highly effective infrared in one machine during training, which is decided by the user or the staff operating the machine.

People associated with medicine, biological regeneration, cosmetology and rehabilitation will surely appreciate the value of our devices in everyday practice.

Exclusive Shape

Feel free to ask questions directly by phone 941-960-9108 or via the website www.exclusiveshape.com. For more information, please scan our QR Code.



Exclusive Bike Concept

Fitness & Wellness

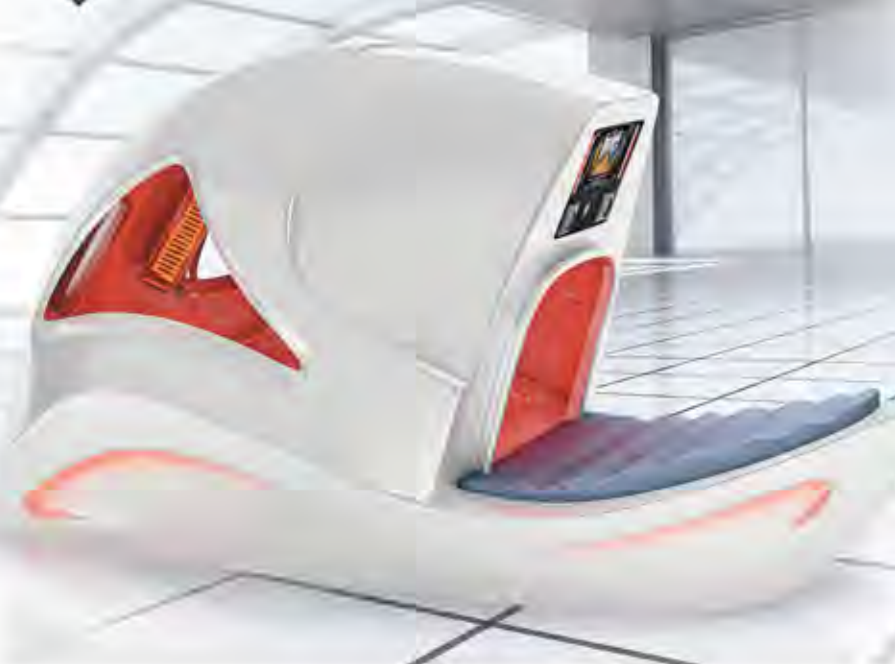
Combination of a cardio exercise bike with vacuum and infrared. Exclusive Bike is an alternative way of using a vacu slimming device. The lying position eliminates excessive back and lower limbs strain.

It is intended mainly for people suffering from various spine problems, joint and back pain.

Users can alternate between Exclusive Bike and Vacu Magic Slim Line to make their slimming and cellulite reduction experience more interesting as both devices bring the same fast results.

Advantages of Exclusive Bike

- ① new way of exercise
- ② comfortable, reduces strains
- ③ same high effectiveness as Vacu Magic
- ④ new menu system
- ⑤ studio management software
- ⑥ user training history and statistics



A new menu with Multivision and easy access to all switches.

Users can save and track their progress using anonymized ID numbers assigned by their studio. Possibility to control many machines remotely from a single PC. (additional application required)

- ① Big touch screen
- ② Progress tracking for users
- ③ Vacuum
- ④ Infrared
- ⑤ Voice guide + multilanguage
- ⑥ Color therapy
- ⑦ Custom RAL colors

DO NUTRITIONAL CHOICES AFFECT HEARING?

By Kristin Desermia, Au. D.

As with most health concerns and conditions, nutrition plays a significant role in how well we live and how we fight off acute and chronic illnesses.

Studies have found that the onset or increased issues with hearing loss are intensified with deficiencies in vitamins A, B, C, D and E, and zinc, magnesium, selenium, iron, and iodine.

Additionally, higher amounts of simple carbohydrates, unhealthy fats and lower protein intake result in hearing loss. Obesity is also a major factor for hearing loss.

Eating a diet high in vegetables, berries, nuts, seeds, and lean animal protein such as fish, eggs and poultry are ideal for overall health and for promoting better hearing. Taking a multivitamin is helpful if you can't get all your nutritional needs from food. Healthy fats like olive oil, avocado oil and coconut oil are also beneficial.

Weight, health, and dietary choices are interrelated. Individuals with diabetes and heart disease also have more instances of hearing loss, which may be attributed to being overweight, eating higher amounts of carbohydrates, packaged food, high sodium and sugar intake, and having high glucose levels from poor dietary choices.

Making sure children get the proper nutrients and vitamins is critical. Children that have inner ear infections are more susceptible to hearing loss. Limiting dairy can also be helpful for kids with chronic ear infections.

Getting your hearing checked regularly is critical. Letting hearing loss go can lead to many issues including cognitive decline.

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

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VacuMagic

YOU CAN

Exclusive Shape

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YOUR HEARING IS VITAL TO LIVING YOUR LIFE TO THE FULLEST

We offer a complete line of state-of-the-art digital hearing instruments which are selected to fit your hearing needs.



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Bradenton, FL 34207
(941) 229-2122



Signs & Symptoms of Hormone Imbalance

What Are the Signs and Symptoms of Low Testosterone and Hormonal Imbalance in Men?

A low level of testosterone in a man means more than just a low sex drive or erectile dysfunction (ED). Hormones are important for regulating most major bodily processes, so a hormone imbalance can affect a wide range of bodily functions.

Symptoms consistent with low testosterone and other cases of hormonal imbalance include:

- Low sex drive
- Erectile Dysfunction (ED)
- Chronic fatigue
- Loss of muscle mass
- Increased body fat
- Mood changes
- Lower mental capacity
- Depression
- Irritability
- Brain Fog
- Decreased bone mass

Additionally, studies have shown there are some conditions that are consistent with low levels of testosterone including:

- Diabetes
- Cardiovascular Disease
- Depression
- Stress
- Anxiety
- High Cholesterol

What Are the Signs and Symptoms of Hormonal Imbalance in Women?

Hormonal imbalances occur when there is too much or too little of a hormone in the bloodstream. Because of their essential role in the body, even the smallest hormone imbalance can cause side effects throughout the body. You may have low estradiol if you are experiencing symptoms of menopause. An increase in UTIs, depression or painful intercourse may also indicate a hormone imbalance in women.

There are a variety of symptoms of hormone imbalance in women including:

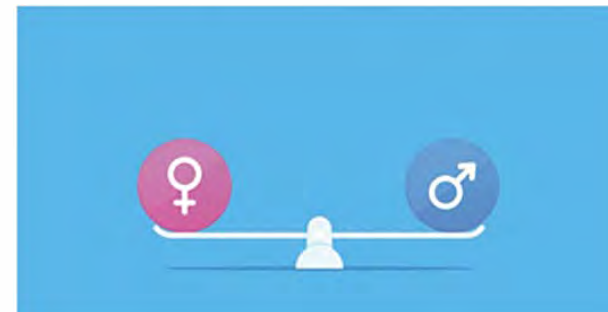
- Fatigue
- Night Sweats
- Hot flashes
- Decreased sex drive
- Insomnia
- Irritability
- Anxiety
- Depression
- Cold hands and feet
- Weight gain

BioTE[®] Medical was developed to alleviate the myriad of issues that can arise from hormone imbalance. BioTE[®] Medical only provides bioidentical hormone replacement pellet therapy to those suffering from a hormonal imbalance. Every pellet we make is customized for each individual patient's needs, and we use hormones similar to those found in the human body, which avoid the unwanted side effects of synthetic hormones. These pellets are subcutaneously inserted in a quick, painless insertion, then they dissolve into the body, keeping hormone levels consistent throughout the day and avoiding the rollercoaster effects from other forms of hormone therapy.

Extend vitality by contacting your RAVE's Interventional Radiology Department, a certified BioTE Medical provider.

Identify with the Symptoms of Hormonal Imbalance, What Do I Do Next?

- A RAVE Medical Provider will test your current hormone levels.
- Based on a hormone consultation and a review of your blood panel, your provider will determine if you are a candidate for bioidentical hormone therapy.
- Immediately after your consultation, or a day in the future, your pellet insertion will be completed.



Why BioTE?

1 Million + Insertions

BioTE Medical has performed over one million pellet insertions, making us one of the leaders in bioidentical hormone replacement therapy, or BHRT.

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HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

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

By Physicians Rehabilitation

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

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

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

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

Regenerative Medicine

The purpose of Regenerative medicine is to utilize the body's own ability to regenerate cells and tissues that have been damaged back to full functionality.

When used in orthopedics, the goal is to regenerate soft tissues, cartilage, muscles, and tendons. Regenerative Medicine should be the first recommendation, and in many cases, it is the only treatment necessary when dealing with muscle strains, tears. When it comes to joint dysfunction or tears such as with sports injuries, physical therapy is also extremely beneficial as an add on treatment.

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

Viscosupplementation

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



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

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

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

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A PAINFUL BLADDER CONDITION

What You Need to Know About Interstitial Cystitis

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

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

The following is information provided by the Urology Foundation:

Causes of Interstitial Cystitis

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

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

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

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



These phases of treatment include:

Lifestyle Changes

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

Medications

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

Neuromodulation, Ulcer Cauterization, and Injections

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

Cyclosporine

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

Surgery

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

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

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

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

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

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

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

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

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

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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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- ✓ 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/>

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

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Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

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

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

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

How does VAX-D work?

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



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

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

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

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

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

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

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

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

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

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Dr. Craig S. Aderholdt, BSc, DC



At Back Pain Institute of West Florida, located in Bradenton, FL, our number one concern is to help our patients with a natural approach to pain treatment. Dr. Craig Aderholdt, BSc, DC, received his undergraduate degree from Pennsylvania State

University State College, and his Doctor of Chiropractic from life University School of Chiropractic in Marietta, GA. He then later graduated Cum Laude.

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



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Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do NEED friends.

Solomon, the wisest man that ever lived said, "As iron sharpens iron, so one person sharpens another." Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, "A man who has friends must himself be friendly..." Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."

You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

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