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Health & Wellness[®] MAGAZINE

April 2022

Manatee/Sarasota Edition - Monthly

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INTERVENTIONS
FOR COGNITIVE
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CAROTID STENOSIS
REDUCES RISK
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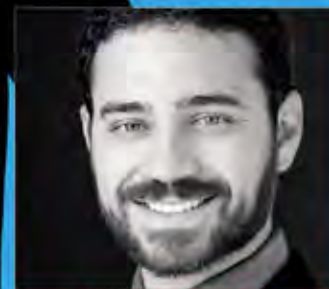
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contents APRIL 2022

6 Device Implanted in Heart Eliminates Need for Blood Thinners to Treat AFib

7 5 Critical Interventions for Cognitive Impairment

8 Radiation Oncology

9 The Good and Bad of Shoulder Labral Tear Surgery

10 Treatment of Carotid Stenosis Reduces Risk of Stroke

11 Diabetic Retinopathy: You May Not Know You Have It

12 Relief for Irritable Bowel Syndrome (IBS)

13 Senior Living Selections Leading You On Your Journey

15 Psychological Benefits of Quitting

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

18 April - Parkinson's Disease Awareness: 2022 Parkinson's Disease Spring Symposium

20 Stress Management Tips From Freedom Village of Bradenton

21 Ketamine for Lyme Disease, Mood and Pain Management

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

23 Plasma Eyelid Tightening: The New Nonsurgical Eye Lift!

24 Inflammation and Parkinson's Disease

25 How to Pick the Best Audiologist

26 What is Parkinson's Disease?

27 What to do to Really Improve Your Body and Live Healthy?

28 Advanced Urinary Incontinence Procedures

29 Back Pain? We May Have Your Solution

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

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

33 Spiritual Wellness: When You Are At Your Wits End

34 What You Really Need to Know About Probate

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- Skip & Gail Sack



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Device Implanted in Heart Eliminates Need for Blood Thinners to Treat AFib

By Heidi Smith, Contributor

Atrial fibrillation, or AFib, is an irregular heartbeat that can lead to blood clots, stroke, heart failure, and other heart-related complications. According to the American Heart Association, at least 2.7 million Americans are living with AFib. Sabry Omar, M.D., is an interventional and structural heart cardiologist who has practiced in the United States for 10 years and recently joined ShorePoint Medical Group in Venice. Dr. Omar is board-certified and specializes in using the latest, minimally invasive procedures and technologies to treat conditions like AFib. He is a member of the medical staff at ShorePoint Health Venice.

Q. What is AFib, and why is it dangerous?

A. AFib is an irregular heartbeat that affects the heart's ability to pump blood normally. A number of conditions can contribute to AFib, including valve problems and high blood pressure. A common result of AFib is the formation of blood clots in an area of the heart called the left atrial appendage, or LAA. When a blood clot escapes from the LAA and breaks loose, it can go to the brain and cut off the blood supply, causing a stroke. In people with AFib not caused by a heart valve problem, more than 90 percent of stroke-causing clots that come from the heart are formed in the LAA.

Q. What are the symptoms of AFib?

A. Symptoms can include general fatigue, rapid and irregular heartbeat, dizziness, fatigue when exercising, chest pain or pressure, and more. Many patients will experience more than one of these symptoms, and some patients experience no symptoms at all. AFib is diagnosed through physical examination and diagnostic testing, including electrocardiogram and Holter monitor, which is a wearable electrocardiogram that tracks the heart rhythm during everyday activities.

Q. How do you treat AFib?

A. For many patients, AFib can be managed through the use of medications, including blood thinners. Some patients, however, cannot tolerate blood-thinners, which can cause bruising and bleeding. People at risk of falling may be especially



concerned about using blood-thinners. Closing off the LAA is an effective way to reduce stroke risk without the need for blood thinners.

Q. How do you close off the LAA?

A. An implantable left atrial appendage closure device is designed for patients with AFib not caused by a heart valve problem. The device fits into the LAA to permanently close it off. This will keep blood from flowing into the appendage and prevent blood clots from developing in this area. Implanting the device in the LAA usually eliminates the need for lifetime treatment with blood thinners, and the frequent blood tests and food-and-drink restrictions associated with taking the medications.

Q. Can you describe the device and how you implant it?

A. The device is about the size of a quarter. It's implanted into the heart during a one-time, minimally invasive procedure and is a permanent device that doesn't have to be replaced and can't be seen outside the body. To implant the device, we make a small incision in the patient's groin area and insert

a narrow tube, as is done in a standard cardiac catheterization or stent procedure. I then guide the device through the tube into the LAA. The procedure is done under general anesthesia and takes about an hour. Patients usually go home the same day but may stay in the hospital overnight if they feel weak.

Q. What happens after the procedure?

A. Forty-five days after the implant procedure, we reassess the patient to confirm the implant is properly placed and blood is no longer pooling in the LAA. If all is well, the patient no longer needs to take blood thinners. In a clinical trial, nine out of 10 people were able to stop taking warfarin, a commonly prescribed blood-thinner, 45 days after the procedure. That tracks with my experience, and I have performed hundreds of these procedures.

Q. What would you advise people who have symptoms of an irregular heartbeat?

A. See your primary care physician or cardiologist right away. An irregular heartbeat can be caused by many conditions and can increase your risk of heart attack and stroke, so delaying care can be life-threatening. We have advanced diagnostic technologies today and many treatment options, depending on the patient's condition. We want to help patients live long and active lives.

Sabry Omar, M.D.

Interventional and Structural
Heart Cardiologist



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5 CRITICAL INTERVENTIONS FOR COGNITIVE IMPAIRMENT

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

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

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

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

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

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

There does appear to be an association between concussive episodes from sports injuries or motor vehicle accidents and the possibility of neurodegenerative illness, memory problems or other forms of cognitive impairment later in life.

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

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

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

#4 The Brain Wave Center offers innovative protocols and treatment options for depression, anxiety, cognitive decline, traumatic brain injuries, memory loss and similar issues.

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

The results are then used to create an action plan to assist our clients in their recovery from cognitive impairments or emotional dysregulations that results in depression, anxiety, or post-traumatic stress disorder, to name a few.

When we combine psychological support services with direct brain training or magnetic stimulation (neurofeedback or TMS), we can enhance the results and assist our clients more effectively. These treatments help restore brain electrical activity

back into a state of healthy regulation without the use of medications. This results in a brain that functions better and emotions that are more balanced and healthy.

#5 Assessments are the first step. Safe and effective treatment options are available to help transform your brain health and restore happiness.

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

Your nutritional status can also have a critical role in the onset or advancement of cognitive decline by promoting neuroinflammation and neurodegeneration. At the Brain Wave Center, we'll evaluate your nutrient intake to help you identify the foods and supplements that most nourish your brain. We'll also help you avoid the neuroinflammatory foods that are associated with greater risk of depression and cognitive decline. Our sophisticated assessments can pinpoint the brain waves associated with poor sleep and guide our treatments to help restore your sleep with less disruptions.

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

Get Your Brain Assessed Today!
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Radiation Oncology

A radiation oncologist is a doctor who specializes in the use of radiation to treat cancer. Radiation oncology is constantly progressing. You may have options today that were not available a year ago. A radiation oncologist will help you understand which treatments are most appropriate for your type of cancer by evaluating such circumstances as its size, location, and stage. If you undergo surgery or chemotherapy as part of your treatment plan, this may influence which radiation option you ultimately choose.

A radiation oncologist will work with you and the rest of your cancer care team to determine your treatment plan, including:

- The type of radiation treatment
- The dosage amounts
- The number of treatment sessions
- Scheduling, nutrition, and other related details

Radiation oncologists work closely with medical oncologists, surgeons, and other doctors to coordinate the most appropriate care.

Radiation therapy uses carefully targeted and regulated doses of high-energy radiation to kill cancer cells. Radiation causes some cancer cells to die immediately after treatment, but most die or become due to the radiation-induced damage to the cancer cell's chromosomes and DNA. Each radiation oncologist has specialized training in performing radiation treatment for people with cancer and those with certain noncancerous (benign) conditions. The physicians specialize by concentrating their practices on treating different cancers, including complex and rare cancers. This specialized expertise ensures precision treatment and improved outcomes.

Radiation therapy damages the genetic material of cancer cells to kill them or slow their growth. More than half of people with cancer will receive radiation.

Your physician may suggest one of these types of radiation therapy:

- **External beam radiation therapy.** A machine outside your body aims radiation where your cancer is located. The device can move around you to point the radiation at a precise part of your body from different directions. It won't touch you. It doesn't make you radioactive, so it's safe for people to be around you. You get external beam radiation therapy at a hospital or treatment center over many weeks.



- **Internal radiation therapy:** Your physician puts a solid or liquid radiation source inside your body. Your physician may suggest an internal radiation therapy called "brachytherapy." The radiation source is in a capsule or other implant item in this procedure. The radiation source may stay inside your body for just a few minutes, several days, or longer. Physicians often use an applicator or a slim, stretchy catheter tube to put the implant in or near your cancer.

- **External beam radiation therapy:** Your physician may use this to treat many cancers, including breast, colorectal, esophageal, head, neck, lung, and prostate cancer.

- **Brachytherapy:** A treatment used for some of the same cancers that external beam radiation therapy can treat. Examples are head, neck, breast, and prostate cancers. Brachytherapy often also works for cervix and eye cancers.

Uses With Other Cancer Treatments

You may only get radiation therapy to treat your cancer. Sometimes your physician can give you radiation therapy before surgery to make your tumor smaller. After surgery, you may be treated to help prevent cancer from coming back. Or your physician may combine it with surgery, chemotherapy, or immunotherapy.

Your physician may give you cancer medication and radiation together to make them work better, depending on your type of cancer.

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Across the world, GenesisCare has more than 440 centers offering the latest approaches to cancer care, including modern technology and novel therapies. With more than 5,000 highly trained healthcare professionals and support staff globally, GenesisCare's mission is to deliver exceptional treatment and care that enhances every aspect of your cancer journey.

Our dedicated healthcare professionals are committed to finding new and innovative ways to provide attentive care. Care that's designed to fit around you and your life—care that treats you, not just your condition.



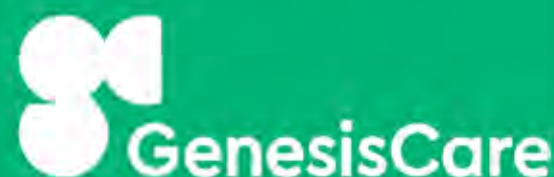
About Dr. Larry N. Silverman

Dr. Larry Silverman is Board Certified in Radiation Oncology and Hospice and Palliative Medicine. He has published many scientific abstracts and papers in Radiation Oncology and has presented his research findings before national oncology conferences. Dr. Silverman practices a patient-centered approach to caring for his patients.



About Dr. Tyler Hollen

Dr. Tyler Hollen is a native Floridian who grew up in Sarasota County. His clinical experience includes extensive training in Stereotactic Body Radiotherapy (SBRT) to treat primary tumors and oligometastatic cancer, brachytherapy, and intraoperative radiation. Dr. Hollen has performed prostate cancer research investigating the outcome of patients treated with Intensity Modulated Radiotherapy (IMRT) and has also undergone additional clinical training in Proton Therapy. He has published research in peer-reviewed journals on Head and Neck Cancer and has conducted a prospective trial investigating the role of Human Papilloma Virus in cancers of the tongue and tonsil.



The Good and Bad of Shoulder Labral Tear Surgery

By Regenxx Tampa Bay, Regenerative Medicine

Today's orthopedic care model, much like the healthcare model in general, often treats the symptoms of an orthopedic issue without addressing the root cause of the problem.

This is true of shoulder labral tears. The usual treatment prescribed by orthopedists is a repair surgery but the cause of the tear is never addressed during the patient's brief consultation with the doctor.

What Is the Shoulder Labrum?

The shoulder labrum is like a seal that surrounds the shoulder joint's socket. Because its purpose is to guide the shoulder joint as it moves and to make the shallow socket slightly deeper, it serves as a shoulder stabilizer. In decades past, a tear in the labrum wasn't considered a serious issue—it was simply a shoulder arthritic condition. Once orthopedic surgeons realized a torn labrum could be resealed, shoulder labral surgery became more commonplace. Frequently, a labral tear does need to be tended to, and more than likely, surgical repair is not the answer.

What Caused Your Labrum to Tear?

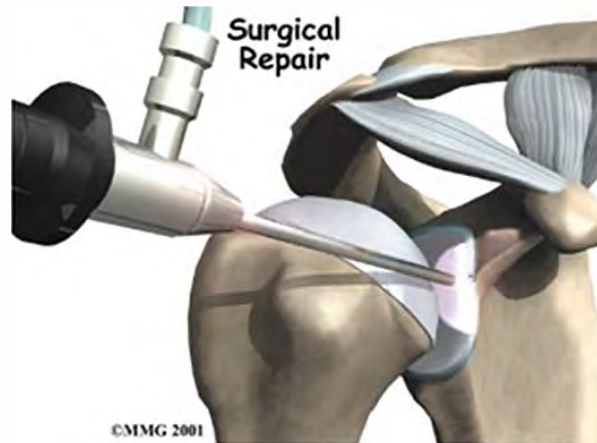
Labral tears can happen as a result of a traumatic incident, such as a car wreck or a major fall. It's not unusual, however, for tears to occur without any fanfare or particularly notable injury. What causes a tear in those cases? Hidden shoulder instability is the probable culprit.

With insurance companies and managed care telling orthopedic surgery clinics how to operate, patients generally get little time with their surgeon. Most of their appointment is spent with an assistant. This means that important details like why your labrum tore in the first place are never discussed.

Why Does Shoulder Instability Matter?

The shoulder is a complex joint. It has to be able to move in several different directions at maximum capacity, yet it also needs to be stable. Timing and precision are paramount to ensure that the ball (humeral head of shoulder) remains in a small space relative to the socket when moving the shoulder.

The rotator cuff and other muscles contribute to this, but strong ligaments also help keep the ball joint resting just where it should in the shallow socket.



On the whole, surgeons ignore these ligaments until the joint gets dislocated. For every patient who has a dislocated shoulder and a very unstable joint, five or six other people have undiagnosed hidden shoulder instability.

Frequently, it stems from an injury long ago that the person did nothing about. The shoulder might have seemed to heal but it resulted in an unknown labral tear or underlying shoulder instability.

This is one of the most egregious cons when evaluating shoulder labral tear surgery: hidden shoulder instability.

Read the Stories of Two Patients

Hidden shoulder instability is a common condition that most orthopedic evaluations completely miss. Two patients with different stories but similar outcomes illustrate some of the reasons. One 20-something patient with hidden shoulder instability visited a Regenxx office to help him decide whether to undergo labral tear surgery.

His current injury happened during a rock-climbing workout that left him in chronic pain. When the Regenxx doctor examined the patient, it was discovered that the shoulder ball was unstable in the socket. What caused the instability that led to his recent labral tear?

Upon speaking further with the patient, he recalled a bad mountain bike fall that occurred seven years before. His shoulder was injured but he never sought medical treatment. Oftentimes when someone has an injury and they do no corrective exercise or rehab after the injury, this can lead to underlying instability.

Another patient, also an athletic man, had torn his left shoulder labrum as he dead-lifted 450 pounds. His right shoulder was perfectly fine, however. What caused the difference between the shoulders when they lifted the same poundage?

After examining the left shoulder, again hidden shoulder instability was the diagnosis. Damage inflicted during an MMA fight the year before had caused pain for weeks but the patient ignored the pain and did nothing to help the issue.

What Are the Consequences of a Shoulder Labrum Surgery if You Have Hidden Shoulder Instability?

If the root cause of a labral tear is hidden shoulder instability, then shoulder labral surgery will only temporarily solve the issue. The next time the unstable shoulder has to deal with another potentially challenging situation, the socket will move out of its place and tear the labrum again.

What is the long-term solution then? In short, it's interventional orthopedics. By precisely injecting your own advanced platelet and healing cell mixtures directly into the torn labrum and the loose ligaments, your body can heal itself.

This procedure comes with a much shorter recovery time and the results are often better than those achieved with surgical repair, while also taking care of the hidden shoulder instability.

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TREATMENT OF CAROTID STENOSIS REDUCES RISK OF STROKE

By Jeffrey Edwards, MD, RPVI

It is estimated that 30% of strokes in the United States can be attributed to carotid artery stenosis. The carotid arteries are two of the primary vessels that perfuse, or supply bloodflow to, the brain. Carotid stenosis is a condition where plaque buildup in the artery leads to narrowing in the artery, limiting bloodflow and increasing the risk for stroke due to embolization. This occurs when small blood clots or pieces of plaque block arteries within the brain.

Risk factors for carotid stenosis include smoking, high cholesterol, high blood pressure, diabetes mellitus. In addition, if you've had prior radiation therapy of your head and/or neck then that may also increase your risk of developing carotid stenosis. If you've been diagnosed with coronary artery disease or peripheral artery disease, ask your primary care physician if you should be screened for carotid stenosis.

Carotid stenosis can be detected in several ways. It is possible to detect carotid stenosis on physical exam by hearing a bruit over the neck with a stethoscope. This is a sound created by turbulent flow across the carotid plaque. This may also be an incidental finding as it is not always associated with carotid plaque. Carotid ultrasound is a very sensitive test which can easily and reliably diagnose carotid plaque, and more detailed imaging can then be obtained with CT scan, MRI, or angiogram if needed.

Once a carotid plaque is identified, the plaque is monitored every 6 to 12 months with ultrasound to monitor for an increase in severity, as this tends to be a progressive condition. Carotid ultrasound is an effective, accurate, and inexpensive way to monitor carotid stenosis and ensure its stability. Taking antiplatelet medications, such as aspirin, and cholesterol-lowering medications like statins are essential to promoting plaque stability in carotid stenosis.

Surgery may be recommended if carotid stenosis is causes more than a 50% narrowing in the vessel and you experience a stroke or transient ischemic attack (TIA), sometimes called a "mini-stroke."



If the narrowing progresses to more than 75% narrowing, your doctor may recommend surgery even if you have not suffered a stroke or TIA. In either case, the best medical therapy should be initiated, which includes aspirin and a statin medication to reduce cholesterol.

There are three primary types of surgery which are used to treat carotid stenosis. Carotid endarterectomy is a traditional open surgery during which your surgeon makes an incision on your neck in order to directly remove the plaque from the artery. Afterwards, a patch is often used to close the artery in such a way that the narrowing is less likely to recur. This has long been considered the gold standard modality of carotid artery surgery and is highly successful and safe.

Carotid artery stenting was first introduced in 1989. This minimally invasive alternative to carotid endarterectomy is performed through a puncture in the femoral (leg) or radial/brachial (arm) artery. In a carotid stenting procedure, your surgeon uses a balloon (angioplasty) and a stent to open and treat the carotid plaque. In order to prevent stroke during the procedure, a small filter is placed into the distal part of the artery to prevent plaque from traveling into the brain. This type of carotid stenting procedure is typically reserved for patients who are high risk for surgery due to prior carotid surgery, a history of neck surgery, or prior neck radiation.

Trans-carotid artery revascularization (TCAR) is a more recent development in the treatment of carotid stenosis. This is a "hybrid" procedure, in which traditional open surgery and minimally invasive endovascular techniques are utilized to place a carotid stent. During the TCAR procedure, your surgeon makes a small (approximately 1-2 inch) incision just above your collar bone. Through this incision, your surgeon identifies the carotid artery and then proceeds to place a carotid stent while using a "flow-reversal" system. This system effectively prevents any bits of plaque from traveling into the brain during the procedure and captures this in a filter. This is a significant advance in technology which combines the safety and efficiency of a carotid stent with the efficacy of carotid endarterectomy.

Regardless of the treatment recommended, it is important to remember that diet, exercise, and avoiding tobacco products play a key role in the treatment of any cardiovascular condition. In general a low-cholesterol diet of mostly fruits and vegetables is recommended along with 30 minutes of exercise daily. Ask your doctor if you are at risk for carotid stenosis and would benefit from a referral to a vascular surgeon.

**To schedule your appointment, please call
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Diabetic Retinopathy:

You May Not Know You Have It

By Scott Prickett, O.D.

All of us should be getting our regular eye examinations to make sure our eyes are healthy, but the importance of people with diabetes getting their recommended exams is critical. In both type 1 and type 2 diabetics, the high blood sugar is highly involved in damaging the delicate blood vessels in the retina. This damage is called diabetic retinopathy. In diabetic retinopathy, serious complications can cause significant vision loss if left untreated. Sudden vision loss from these complications, such as, a vitreous hemorrhage, or tractional retinal detachment is extremely threatening issues that can cause blindness.

According to the American Academy of Ophthalmology:

Diabetic Retinopathy

You can have diabetic retinopathy and not know it. This is because it often has no symptoms in its early stages. As diabetic retinopathy gets worse, you will notice symptoms such as:¹

- Seeing an increasing number of floaters
- Blurry vision
- Vision that changes sometimes from blurry to clear
- Seeing blank or dark areas in your field of vision
- Having poor night vision
- Noticing colors appear faded or washed out
- Losing vision

Diabetic retinopathy symptoms usually affect both eyes

Treatment Options:

Medical control

Controlling your blood sugar and blood pressure can stop vision loss. Carefully follow the diet your nutritionist has recommended. Take the medicine



your diabetes doctor prescribed for you. Sometimes, good sugar control can even bring some of your vision back. Controlling your blood pressure keeps your eye's blood vessels healthy.¹

Medicine

One type of medication is called anti-VEGF medication. These include Avastin, Eylea, and Lucentis. Anti-VEGF medication helps to reduce swelling of the macula, slowing vision loss and perhaps improving vision. This drug is given by injections (shots) in the eye. Steroid medicine is another option to reduce macular swelling. This is also given as injections in the eye. Your doctor will recommend how many medication injections you will need over time.¹

Laser surgery

Laser surgery might be used to help seal off leaking blood vessels. This can reduce swelling of the retina. Laser surgery can also help shrink blood vessels and prevent them from growing again. Sometimes more than one treatment is needed.¹

4 Ways to Prevent Vision Loss from Diabetic Retinopathy

1. If you have diabetes, talk with your primary care doctor about controlling your blood sugar. High blood sugar damages retinal blood vessels.
2. Do you have high blood pressure or kidney problems? Ask your doctor about ways to manage and treat these problems.
3. See your ophthalmologist regularly for dilated eye exams. Diabetic retinopathy may be found before you even notice any vision problems.
4. If you notice vision changes in one or both eyes, call your ophthalmologist right away.

Get treatment for diabetic retinopathy as soon as possible. This is the best way to prevent vision loss.

Source:

1. N Gregori, M.D., *Diabetic Retinopathy: Causes, Symptoms, Treatment*, September 14, 2021, <https://www.aaa.org/eye-health/diseases/what-is-diabetic-retinopathy>



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

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

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, North Port, Port Charlotte, Punta Gorda, Cape Coral, Fort Myers, Lehigh Acres, Bonita Springs, Naples and Coral Gables.

Relief for Irritable Bowel Syndrome (IBS)

Irritable Bowel Syndrome (IBS) is a group of symptoms, including recurrent cramping in the belly, excessive bloating and gas, and changes in bowel movement, which may include chronic diarrhea, constipation, or both.

In the United States approximately 8-15 percent of the adult population suffers from IBS symptoms. It is one of the most common gastrointestinal (GI) disorders encountered in U.S. clinical practice, making up between 2.4 and 3.5 million physician visits annually.

IBS is known as a functional GI disorder, as it causes abnormal functioning of the GI tract. Patients with IBS do not have visible signs of damage or disease in their digestive tract; therefore, doctors generally diagnose IBS by symptoms alone. Until recently, the cause of IBS wasn't well understood; however, recent research suggests IBS may be at least in part due to an imbalanced microbiome.

The microbiome is the collection of trillions of microbes, such as bacteria, fungi, viruses, and other microorganisms that live primarily in your small intestine. In a balanced GI tract, the microbes are either harmless or beneficial and carry out a series of helpful and necessary functions. They are known to provide enzymes needed to metabolize carbohydrates into energy, shore up the intestinal barrier to protect against harmful bacteria and inflammation, and help to maintain a healthy immune system. GI microbes are critical to a well-functioning gut.

When those critical gut microbes become imbalanced, 'dysbiosis' can occur. In dysbiosis, your gut is unable to process or metabolize certain foods, defend fully against bad bacteria and inflammation, or protect your immune system. An imbalanced gut microbiome, or dysbiosis, can lead to bloating, gas, diarrhea, and constipation as well as a diagnosis of IBS.

Fortunately, there are dietary, supplemental, and lifestyle changes that can rebalance your gut's microbiome and relieve IBS symptoms.

Diet: According to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), your diet has a large impact on a balanced gut and IBS.



A diet high in carbohydrates, saturated fat, refined sugar, and alcohol is commonly linked to dysbiosis. To reduce IBS symptoms, dietary modifications include eating more soluble fiber found in beans, some fruits, and oats; limiting caffeinated and alcoholic beverages; reducing intake of fatty and refined carbohydrate-rich foods; and eliminating gluten. Following a more restrictive diet called, "FODMAP" (Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols), temporarily eliminates certain sugars to discern whether they play a role in upsetting your GI tract. Your healthcare professional will guide you through dietary changes or refer you to a specialist.

Probiotics: The NIDDK suggests that probiotics may be helpful in treating IBS. Probiotics are live bacteria similar to the microorganisms that normally live in your GI tract. Research has shown that probiotic supplements help restore a balanced microbiome by helping your GI tract crowd out the bad bacteria, strengthen the intestinal barrier, and reducing inflammation. Probiotics can be a vital option for some IBS sufferers. Since certain types of probiotics may worsen some conditions or symptoms, it's important to discuss with your healthcare provider before starting a new dietary supplement.

Enzymes: Digestive enzymes are found in our GI tract. They are naturally produced by the pancreas, which secretes specific enzymes to break down carbohydrates, fats, and proteins. When our GI microbiome is imbalanced, enzymes become deficient and less effective, resulting in symptoms consistent with IBS. For example, a deficiency in the enzyme lactase might lead to difficulty digesting dairy. Likewise, a deficiency in the alpha-galactosidase enzyme may impair carbohydrate (beans, legumes) digestion. Enzyme supplements to address GI

symptoms are readily available over-the-counter. The research of enzyme supplementation and IBS is new and promising.

Lifestyle: Regular exercise has been shown to decrease IBS symptoms. Physically active people have more frequent bowel movements and more rapid colon transit than those who do not exercise. Stress and anxiety are both a cause and effect of IBS. Counseling directed toward stress and anxiety management can be helpful to resolve symptoms.

A happy gut leads to a healthy body. Fortunately, for IBS sufferers, we have a better understanding of IBS, its causes and how proper supplementation, along with dietary and lifestyle adjustments effect positive change. Professional Supplement Center has an extensive assortment of probiotics and enzymes, along with a knowledgeable staff to streamline your decision process.

For more information, please stop by today, call or visit their website at Professionalsupplementcenter.com.

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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Senior Living Selections - Leading You On Your Journey

With over 600 licensed assisted living communities in the Suncoast area, Senior Living Selections helps bridge the gap between you and the assisted living conditions suitable for you or your loved ones.

Assisted living facilities provide supervision or assistance with activities of daily living (ADL), coordination of services by outside health care providers, and monitoring of residents' activities to help ensure their health, safety, and wellbeing. Assistance may include administering or supervising medication or providing certain personal care services by trained staff.

Senior Living Selections' advisors can help you find the most suitable assisted living communities that will give you the highest level of attention and healthcare. Accommodations and options may vary significantly from one assisted living community to the next (e.g., private rooms, private baths, kitchenettes, etc.), so it is imperative to work with an advisor who can help you locate the facility that fits your personal needs and preferences.

Assisted living is a type of senior care designed for the elderly who require personal care assistance in their daily living activities, including eating, taking medications, grooming, going to the bathroom, and housekeeping. Assisted living facilities (ALFs) usually have a home-like setting and staff members who are present 24/7 to ensure the health and overall wellbeing of the residents.

Assisted living is commonly mistaken as nursing home care, where residents require round-the-clock care from trained medical personnel. However, the level of care in nursing homes is far different from assisted living facilities. While ALFs have highly trained staff to care for their residents, they don't have the same skills and knowledge as specially trained medical professionals.

Putting ourselves or our senior loved one in an assisted living facility is a difficult choice most of us have to make. So, to help you decide, we have listed some of the most common indications it's best to reside in an ALF.

- Difficulty doing activities of daily living
- Frequent accidents at home (slipping and falling)
- Poor housekeeping

- Broken items within the house (plates, glasses, furniture)
- Signs of unsafe driving (car dents, incoordination, poor maintenance)
- Unpaid monthly bills due to unopened mails
- Significant weight loss
- Changes in attitude due to loneliness or lack of companionship

If you notice these signs, it would be best to consider transitioning to assisted living. Our experts at Senior Living Selections can help you with the entire process, from assessing your situation to picking the best facility for your specific needs and preferences.

Senior Living Selections provides dependable advice for families and individuals who require assistance in determining the best assisted living facility in Venice, Florida, and nearby communities. There are around 20 assisted living facilities within the area, while over 160 are near the city. If you're thinking of transitioning yourself or your loved one to an assisted living community, we'll make the process much easier by helping you in all aspects of your journey.

You Have Options: INDEPENDENT LIVING

Active retirement living can be enjoyed at Senior Living Selections in Florida. Independent living is generally for seniors 55 years and over, who are able to live independently.

ASSISTED LIVING

Get the best assisted living in Florida. We provide safe and secure senior assisted living facilities in Florida to help your loved one live their life happily.

MEMORY CARE

We offer memory care services to seniors living with dementia or Alzheimer's. Our facilities' caring staff are trained on how to support individuals living with illness.

NURSING HOMES

We provide a range of nursing home options across Florida, including independent and assisted living retirement homes, memory care, and long-term care.

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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- Dr. Drew Hall

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Psychological Benefits of Quitting

Quitting tobacco is the single most important thing you can do to improve your health.⁴ As soon as an individual quits, the body begins to heal³ however, the benefits of quitting are not limited to improvements in physical health – there are numerous psychological benefits as well.

According to the British Medical Journal, smoking cessation is associated with reduced depression, anxiety, and stress and improved positive mood and quality of life compared with continuing to smoke.¹ There may be some initial feelings of stress and anxiety as an individual adjusts to a tobacco free life, however, research supports that those feelings are a temporary result of changing habits and adjusting to new behaviors.

Tobacco cessation services provided during addictions treatment enhances rather than compromises long-term sobriety. In fact, participation in smoking cessation efforts while engaged in other substance abuse treatment has been associated with a 25% greater likelihood of long-term abstinence from alcohol and other drugs.²

Smoking is associated with suicide risk, and the heaviest smokers have the highest risk. Quitting smoking improves overall quality of life which positively impacts mental health, including suicide risk.⁵

In addition to improvements in mental health, there are numerous benefits to physical health that accompany quitting tobacco. Quit tobacco today and join many other ex-tobacco users as they savor these benefits for years to come!

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!

References:

- 1 Change in mental health after smoking cessation: systematic review and meta-analysis, Taylor et al. <https://www.bmj.com/content/348/bmj.g1151>
- 2 Catherine Theresa Baca, M.D., Carolina E. Yahne, Ph.D. Smoking cessation during substance abuse treatment: What you need to know, Journal of Substance Abuse Treatment, 36 (2009) 205-219
- 3 <https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html#>
- 4 <https://www.cdc.gov/tobacco/features/surgeon-generals-report/quit-smoking-for-better-health/index.html>
- 5 Tools to Quit: Area Health Education Center (AHEC) Cessation Program Participant Toolkit, Area Health Education Centers. 2018.



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

Protecting your child entails many different aspects throughout their lives, but unfortunately, you can't always control when things go wrong such as injuries and accidents. If your child has an injury, it's important to be seen by an orthopedic specialist that is board certified, with a high-level of experience, and one that is also comfortable treating children.

At Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine, they treat children from age three and up, and their specialists are fathers themselves, so they understand what an injury can mean from parent's perspective. After all, it's not just an injury, it is your child. Additionally, the physicians are extremely active with youth activities, therefore they very informed about competitive team dynamics.

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.

Board certification and fellowship trained doctors are the elite in the orthopedic industry. Their training, skills, and experience are without exception; it is an important factor to consider when choosing an orthopedic surgeon.

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expertise in fracture care, sports injuries, tendonitis, arthritis, bursitis, joint replacement, rotator cuff repair, carpal tunnel syndrome, reverse shoulder replacement, ACL reconstruction, reconstruction of spinal deformities, fusion procedures, knee replacement, total hip replacement both traditional and anterior approach. Additionally, the doctors offer the latest in regenerative treatments helping many patients eliminate the need for surgery.

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

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

You Have a Choice

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



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

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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 - Post-laminectomy Syndrome (Failed Back Surgery Syndrome)
 - Shingles Pain (Post-Herpetic Neuralgia) • Small-Fiber Peripheral Neuropathy
 - Traumatic Brain Injury Pain • Trigeminal Neuralgia
- Other Forms of Neuropathic Pain



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APRIL: PARKINSON'S DISEASE AWARENESS MONTH

2022 PARKINSON'S DISEASE SPRING SYMPOSIUM

By Ramon A. Gil, M.D., Medical Director, Parkinson's Disease Treatment Center of SWFL

Dear Friends:

Welcome to a new year of progress and innovation in the field of Parkinson's Disease (PD). Advances in PD research are not limited to the availability of new and better drugs, but also to a better understanding of the disease process. This understanding leads us to better targeted treatments for the disease and its complications, as well as new diagnostic tools to facilitate diagnosis when it is not clear. PD is presently "the fastest growing brain disorder, even faster than Alzheimer's" (Dorsey, R. et al. "A Prescription for Action. Ending PD"). The number of Americans with PD has increased by 35% in the last 10 years alone.

As the oldest medical organization in SW FL committed to promoting education and empowerment of PD patients and their family members, *Parkinson's Disease Treatment Center of SWFL, in association with the Charlotte County Medical Society, is proud to present the 2022 PD Symposium.* This year we are taking a multi-specialty clinic approach, one in which you will enjoy presentations from different specialists all involved in the evaluation and treatment of patients like you. Knowledge is the best remedy for fear, and we will make sure to educate you in areas that could negatively impact your quality of life if they are not properly addressed.

I will have the pleasure of opening the program with a presentation to help you personally judge whether your case of PD is optimally treated or controlled. Knowing that there are no two identical patients with PD, you need to understand what the medications do and what is available today to optimize your treatment. We will review clinical vignettes to illustrate the challenges you face and their available solutions.

Following a visit to the neurologist, you will attend a presentation by Dr. Manuel Hernandez. He is a Board-Certified Dermatologist and Fellowship Trained Mohs Surgeon who will review skin cancer, particularly melanoma, which is seen seven times more often in PD patients compared with non-PD individuals. He will teach you how to recognize these spots on your skin and how to reduce the risk of developing this potentially fatal form of cancer. Melanoma is one of the likeliest forms of cancer to spread to the brain, only lung and breast have higher percentages of spread.



The third presentation is about sleep disorders in PD. Ever since James Parkinson described this condition in 1817 and named it "Shaking Palsy", sleep disturbances have been reported as part of PD. These problems often impair your quality of life in ways never considered before. Until 20 years ago, we were not fully aware that the non-motor symptoms of PD, including sleep disturbances, are often more disabling than the motor-symptoms. Dr. Ernesto Eusebio, a sleep medicine specialist practicing in Lee County, will educate you about sleep hygiene and sleep apnea in the context of PD. Here we hope to help you improve your sleep patterns, allowing you to feel stronger and more energetic during the day. It is important to mention that untreated sleep apnea will increase the chances of developing dementia in PD and non-PD patients alike.

After a coffee break, we will bring you to a dental office. Yes, a visit to the dentist! You have all heard about the gut-brain axis and the research suggesting that PD starts in the intestines. Well, your mouth is a very important part of your digestive system, and you need to take very good care of it, especially if you have PD. Dr. Jose Gil will discuss dental habits that can prevent significant and needless complications over time. He will also present important information regarding new data supporting the association between dental health and dementia. Dr. Gil practices dentistry in the Lehigh Valley, PA.

Our last presentation is by Dr. Philip Tipton, Movement Disorder Neurologist and faculty member of the Mayo Clinic in Jacksonville. Dr. Tipton will review the latest surgical options (Deep Brain Stimulation) as part of treatment for PD. Learn why and when you should consider surgical intervention. Dr. Tipton will explain why it does not make any sense to wait until all other options have been exhausted before considering DBS.

We will conclude the afternoon with a session of open Q & A.

We hope you will all join us. Please register now! As in previous years, seating is limited and we anticipate a full house.

AGENDA

11:30 am - 12:30 pm
On Site Registration and Lunch

12:30 pm - 12:45 pm
Welcome and Opening Remarks
- Ramon A. Gil, M.D.

12:45 pm - 1:30 pm
Is Your Parkinson's Disease Optimally Treated?
- Ramon A. Gil, M.D.

1:30 pm - 2:15 pm
Skin Cancer and Parkinson's Disease
- Manuel Hernandez, M.D.

2:15 pm - 3:00 pm
Parkinson's Disease, Sleep Hygiene
and Sleep Apnea
- Ernesto Eusebio, M.D.

3:00 pm - 3:30 pm - Break

3:30 pm - 4:15 pm
Dental Care in Parkinson's Disease
- Jose Gil, D.M.D.

4:15 pm - 5:00 pm
Deep Brain Stimulation: who, when and why?
- Philip Tipton, M.D.

5:00 pm - 5:30 pm
Questions & Answers
- Faculty

5:30 pm Adjourn



**For more info or to register
contact Jennifer at Dr. Gil's Office:
Phone (941) 743-4987
Fax (941) 743-4486
office@parkinsonsfl.com**



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Parkinson's Disease
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For more info or to register
contact Jennifer at Dr. Gil's Office:
Phone (941) 743-4987
Fax (941) 743-4486
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Program Director:

- **Ramon A. Gil, M.D.**
Diplomate, American Academy of
Psychiatry and Neurology
Diplomate, American Board of Internal Medicine
Medical Director,
Parkinson's Disease Treatment Center of SW FL

Guest Speakers:

- **Manuel Hernandez, M.D.**
Private Practice,
Manuel H. Hernandez, MD, PA
Port Charlotte, FL
Board Certified Dermatologist
Fellowship Trained Mohs Surgeon

- **Philip Tipton, M.D.**
Assistant Professor of Neurology,
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Stress Management Tips From Freedom Village of Bradenton

Back in the 1980s there were numerous Calgon bath commercials that promised to wash away your worries. The tagline was "Calgon take me away." Not too bad of an advertising messaging, because there is actually truth to it. Taking time for yourself can definitely help to decrease stress and anxiety.

Here are 3 simple tips to reduce stress:

#1 Take a Break From the Worries of the World

It might be difficult, but carving out time to relax, take a bath, take a walk or simply shut yourself in a separate room for 10 minutes to do deep breathing exercises can reduce anxiety significantly and over time, you will most likely notice that these personal care methods will help you to become calmer throughout the day.

#2 Keep Moving

Talk with your physician about the right exercise plan for you. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, reduces stress, it also improves nutrient and oxygen rich blood flow, and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

#3 Meditation & Prayer

Yoga helps to improve flexibility, blood flow, muscle strength, posture, immune function, bone health, decreases depressive episodes, and can regulate blood pressure. Meditation and prayer also reduces stress, reduces anxiety, promotes emotional well-being, can help fight addictions, can generate health and improve immune function, it can stave off memory disorders and increase neuronal plasticity.

In some cases anti-anxiety or antidepressant medications may be necessary. Talk to your physician if you have unresolved, ongoing stress.

Freedom Village of Bradenton is a senior living community that offers many amenities and social activities to help alleviate stress. Plus, knowing that your needs are taken care such as no more mowing the lawn, home maintenance or preparing for hurricanes eases anxiety and the worries of the world. The residents at Freedom Village can enjoy each day relaxing, joining in on activities, enjoying the well-manicured outside areas or chatting with friends.



Freedom Village Options to Suit Many Needs

- Personalized care
- Welcoming living spaces
- Remarkable amenities
- Customized services
- Phases of living arrangements

Freedom Village is 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.



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

KETAMINE FOR LYME DISEASE, MOOD AND PAIN MANAGEMENT

By Steven Reichbach, MD

Each year about 30,000 new cases of Lyme disease are reported. According to the CDC, other methods of tracking suggest that number is actually closer to 476,000 diagnoses each year. Lyme disease is a debilitating disorder. Neuropathic pain syndromes are the root cause of many individuals' chronic discomfort. Neuropathic pain syndromes are related to many disorders including Lyme disease.

Lyme Disease

The initial symptoms of Lyme are flu-like symptoms, joint pain, muscle weakness and brain fog. Lyme disease can cause significant disorders including neurodegenerative effects. If Lyme disease isn't promptly or effectively treated in the first two stages, late disseminated Lyme occurs weeks, months or even years after the tick bite. The Lyme bacteria have spread throughout the body and many patients develop depression, chronic arthritis as well as an increase in neurological and cardiac symptoms.¹

- Arthritis in joints or near the point of infection
- Severe headaches or migraines
- Vertigo, dizziness
- Migrating pains that come and go in joints/tendons
- Stiff, aching neck
- Sleep disturbances, insomnia
- Disturbances in heart rhythm
- Mental foginess, concentration issues
- Numbness in the arms, legs, hands or feet
- Problems following conversations and processing information
- Bone infections
- Severe fatigue

Due to the pain and other symptoms associated with Lyme, it can cause psychological distress. Many patients succumb to using pain and antidepressant medications. Pain medications and antidepressants have adverse side effects and also, in many cases, show signs of cognitive decline in long-term use the other issue with standard pain medication is that they, more often than not, become ineffective and are unable to mask the pain signals. This is called treatment resistance. Pain medication and antidepressants don't treat the health condition; They merely mask the pain by disrupting the signals to the brain.

ONE OF THE MOST PROMISING ALTERNATIVE METHODS IS KETAMINE IV THERAPY

How does ketamine work?

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

Lyme and Ketamine Study

A recent double-blind, randomized, placebo-controlled clinical trial was conducted to evaluate the efficacy of IV ketamine in patients with treatment-resistant depression.¹⁵ These investigators reported that IV ketamine was effective at reducing depressive symptoms in this patient population. The results of our case report and evidence from similar studies and preceding case reports substantiate the antidepressant efficacy of ketamine.^{4,16-18} To our knowledge, there have been no other reports in the literature that have assessed the effects of IV ketamine in a patient with PTLDS until now.²

In this patient with whole-body chronic pain associated with PTLDS, IV ketamine drastically reduced pain levels. The patient's depression and suicidal ideations were also eliminated post-ketamine infusion.²

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

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

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

How is ketamine administered?

In our office, ketamine is administered intravenously. The initial series of infusions are completed

over a one week. For pain and over a two week. For mental health and mood disorders.

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

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

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

References:

1. Global Lyme Alliance, "Stages of Lyme Disease" Stamford CT, 2019, globallymealliance.org.
2. A. Hanna, Effects of intravenous ketamine in a patient with post-treatment Lyme disease syndrome, *Int Med Case Rep J*, 2017; 10: 305-308. Published online 2017 Aug 18. doi: 10.2147/IMCRJ.S137975, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5571854/>

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

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

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

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

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

The Mohs Surgery Procedure

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



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

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

Recovery from Mohs Surgery

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

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

Luminary Medical Group

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

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

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



Cary L. Dunn, M.D.



Shauntell Solomon, D.O.



Harib Ezaldein, M.D.



Michael Van Vliet, M.D.



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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

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INFLAMMATION AND PARKINSON'S DISEASE

By Nasser Razack, MD, JD

April is Parkinson's awareness month. There are many actions we can take to impact the future of Parkinson's disease, but none greater than its prevention. Our emphasis must switch from the treatment of the disease to its prevention by promoting better health and well-being.

Inflammation is our immune system's response when the body is attacked by foreign substances. It allows the body to defend itself by producing a hostile environment to kill unwanted intruders. Inflammation is great when our body is under attack; however, inflammation can also be triggered to attack normal healthy tissue. In this scenario, inflammation produces a hostile environment within the body that damages healthy tissue instead of destroying unwanted invaders.

For decades, inflammatory changes have been recognized to occur within the brain of patients with Parkinson's disease. However, it was only recently that inflammation has been identified as a cause, and not merely a result, of this progressive disease.

Inflammation within the brain has unique inflammatory markers specific to their corresponding inflammatory disease. For example, inflammation of blood vessels within the brain results in arterial plaque that reduces blood flow (Figure 1). Inflammation in the brain of Alzheimer's disease patients results in the production of amyloid plaques and neurofibrillary or tau tangles (Figure 2). On the other hand, inflammation in the brain of Parkinson's disease patients results in the production of Lewy bodies (Figure 3).

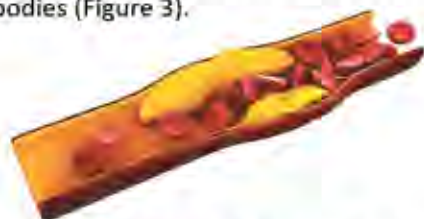


Figure 1. Arterial plaque is an inflammatory marker resulting from inflammation of blood vessels.



Figure 2. Alzheimer's disease "plaques" and "tangles" are inflammatory markers of inflammation in the brain.



Figure 3. Parkinson's disease Lewy bodies are inflammatory markers of inflammation in the brain.

It is not imperative to recall the names of these different inflammatory-related structures. Instead, it is more important to realize that all of these structures—arterial plaque, Alzheimer's disease-related plaques and tangles, and Parkinson's disease-related Lewy bodies—have long existed within the brain of patients with these progressive disorders. In fact, there is evidence that inflammatory markers begin to accumulate in people as young as 20 years old. As these markers proliferate, they trigger more inflammation which results in the formation of more of these inflammatory markers. This positive feedback cycle results in the progression and severity of the specific disease.

Numerous studies have been conducted to address factors that may contribute to the development of these progressive diseases. An article published in the *Annals of Clinical and Translational Neurology* on May 31, 2018, demonstrated certain types of immunosuppressant drugs administered to patients resulted in a lower risk of developing Parkinson's disease. Additionally, the long-term use of ibuprofen (also an anti-inflammatory drug) for pain relief was associated with a lower risk of Alzheimer's disease, according to a study published in the May 6, 2008 issue of *Neurology*®. This study demonstrated people who used ibuprofen for over five years were more than 40 percent less likely to develop Alzheimer's disease. The results also demonstrated that the longer ibuprofen was used, the lower the risk for dementia.

Now you're probably thinking that all you have to do is take these drugs to reduce your chances of developing Alzheimer's or Parkinson's disease, right? Well not exactly. Although studies demonstrate the reduction of both Alzheimer's and Parkinson's disease with these drugs, both drugs have significant side effects. In fact, nonsteroidal anti-inflammatory drugs (NSAIDs) have been associated with the increased risk of heart attack and stroke, not to mention liver, kidney and G.I. problems.

But what if we could reduce inflammation in the body without significant risk? Are there substances existing in nature that can naturally accomplish this without the negative side effects?

The answer is **YES!** In fact, recent research demonstrates that the dietary intake of polyphenols or phenolic compounds may exert neuroprotective properties that target multiple negative processes which result in cognitive disorders such as Alzheimer's and Parkinson's disease. While the investigation of the effects of these substances is still early, two things are certain. First, these compounds are well tolerated with little if any side effects and second, they are extremely potent anti-inflammatory agents. Additionally, polyphenols are now known to undergo metabolism and transformation by the gut microbiome into other bioactive molecules whose effects on the brain may be considerable.

Stroke, Alzheimer's and Parkinson's disease are inflammatory-based disease processes with specific inflammatory markers. These inflammatory markers and conditions in the brain and other parts of the body result in a positive feedback cycle, culminating in end-stage disease whether it be Parkinson's, Alzheimer's or stroke. Theoretically, blocking brain inflammation and other degenerative processes can delay the onset of inflammatory-based neurodegenerative diseases such as Parkinson's and Alzheimer's. For example, twin-based studies have demonstrated the use of ibuprofen can delay the onset of Alzheimer's disease and thus its incidence.

Recently, however, animal models have established that polyphenol compounds such as curcumin are more effective than ibuprofen and other nonsteroidal anti-inflammatory drugs in blocking inflammation with nearly no side effects. Neurcumin® is an all-natural supplement which, in addition to curcumin, contains many other polyphenols and other natural agents uniquely formulated to synergistically fight inflammation. To learn more about Neurcumin® and the prevention of inflammatory diseases such as Parkinson's, Alzheimer's, stroke and heart attack, please visit Neurcumin.com. You may also call **727-289-7139** or email us at strokenerd@gmail.com for more information.



About Nasser Razack, MD, JD

Dr. Razack currently practices as a neurointerventional surgeon 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.

HOW TO PICK THE BEST AUDIOLOGIST

Finding a hearing healthcare practitioner can be daunting, but it doesn't have to be. A good audiologist or hearing aid specialist provides their patients with comprehensive services like state-of-the-art technology and diagnostic hearing tests. Licensed practitioners can determine your degree of hearing loss as well as ensure that the specific hearing aids you use will be the best option for your condition. Here are a few tips to make sure your experience at the audiologist is a good one.

Ask for a referral

Many hearing healthcare providers rely on referrals for new clients, and it's a great way to know that you are receiving the utmost care. If you have a family member or friend that has visited an audiologist, ask him or her for advice on who to see. However, if you don't know anyone that has recently been to a hearing healthcare professional, you can ask your regular physician to help you find an audiologist. Your doctor will most likely be able to recommend a clinician who will give you great service. This can ease the anxiety of going to get your hearing checked.

Does your insurance cover a hearing test?

While most insurance companies will not cover hearing aids, some will pay for diagnostic hearing testing. If you are fortunate to have this coverage, check the provider directory for your insurance to make sure you're going to a clinic that is in their provider network. Some insurance providers require you to get a professional referral to an audiologist before they will cover the services.

Investigate these requirements before booking an appointment, so you don't get surprised with an unexpected bill.

Consider a business with a history

If a hearing clinic has been in business for at least 5 to 20 years, they likely provide excellent service and care because they have long-term accountability to their community. You should do some online research to find patient reviews and check practice websites—many of them will have customer testimonials that provide you with additional support in determining which place to choose.

Read patient reviews of hearing clinics

You can do an internet search to find a clinic directory which will have thousands of verified consumer reviews of hearing clinics across the country. You also can look at each clinician's biography to determine their level of education and time spent in the industry. Professional credentials like Au.D., M.S., M.A., BC-HIS and CCC-A can ensure quality.

Do you need an audiologist with a specialty?

While most audiologists focus on treating hearing loss in adults, subspecialties can include pediatrics, balance and vestibular disorders and tinnitus therapy, among others.

Clinic profile pages usually will make it easy to determine if an audiologist has received special training.

Expect outstanding service

Audiologists and hearing aid specialists love helping people regain their hearing, and this satisfaction is usually the very reason they got into the profession in the first place. If you suspect the person, you visited only cares about getting a product into your

hand, reconsider your options. Good hearing care is an art and a science, and finding a good audiologist means you'll be working with someone who takes the time to learn about not only your hearing needs but also your lifestyle and motivations for seeking help.

Buying hearing aids is a significant investment, but it is worth it if it improves your quality of life. Only trust a professional that seems genuinely concerned about your wellbeing.

What About Hearing Aids?

In order to find the ideal hearing aid, the first step is to visit an audiologist who can help to determine the extent of your hearing loss and the type of hearing aid required in an unbiased and knowledgeable way. However, you may also want to get a second opinion from somebody you trust. A friend or family member could provide you with objective input. Your audiologist will be able to narrow down what is best for you based on your needs and lifestyle, but there may still be a few options available, and it's up to you to make the final decision. Ask somebody else to help you if you believe you will find this hard. Make sure you consider things like visibility of the device, your dexterity, and whether you'll be able to use the device easily, and anything else that could make a difference.

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.

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WHAT IS PARKINSON'S DISEASE?

By Premier Foot & Ankle Specialists

Parkinson's Disease affects about 600,000 to 1,000,000 people or more in the U.S. alone. About 60,000 new cases are diagnosed each year. Parkinson's Disease is a neurological disorder that affects movement, along with multiple body systems. It is the most common brain disorder, second only to Alzheimer's. The average age of diagnosis is 60 years old, but some can be diagnosed at 40 years of age or younger. Parkinson's can be diagnosed with a thorough medical history and physical examination. Three of the classic motor symptoms associated with Parkinson's disease are resting tremors, stiffness, and slowness. However, Parkinson's can manifest in numerous ways among patients, and affects multiple body systems, including the brain, gastrointestinal system, and musculoskeletal system, among others. Therefore, Parkinson's is known to present uniquely among people and manifest in a variety of ways due to its effect on multiple body systems. These affects include the lower extremities too, which can be assessed and treated by a podiatrist.

Why does Parkinson's occur?

The cells that produce dopamine in the brain stop working or cease to function entirely. Dopamine is important because it is a chemical that signals essential functions in the body like movement, along with overall mood, such as feelings of motivation and satisfaction. When the centers of the brain that produce dopamine stop working, these functions become impaired, and Parkinson's begins to manifest. The cause of Parkinson's is still relatively unknown, but it is believed to be caused by a combination of genetic and environmental factors. There has been an association of Parkinson's with exposure to pesticides, chemicals, heavy metals, along with risk factors associated with age, gender, or history of brain injuries.

Most people who suffer from Parkinson's disease experience walking or balance challenges, foot pain, calluses and/or hammertoes. Many people will develop what is called a "Parkinsonian gait," where they shuffle their feet with a characteristic short stride. This type of walking pattern often leads to foot pain or calluses. Calluses are caused by stress on the feet from pressure and friction, and can become painful and debilitating, along with increasing the risks of developing wounds if not treated, in some cases. Balance is also a significant issue for Parkinson's patients, as they are at

an increased risk of falling or having fall-related injuries such as fractures or wounds. Therefore, it is important to establish care with a podiatrist that can provide a thorough evaluation and treatment plan for all of these issues.

Swelling of the legs, ankles and feet can be a common problem for people with Parkinson's or people who have movement difficulties. Being active and keeping your legs elevated throughout the day may help reduce the swelling. Compression stockings are often an essential tool in preventing and managing the swelling that can lead to wound formation in people with Parkinson's.



Hammertoes are also another very common complication of Parkinson's. Hammertoes are a condition where the toes contract and curl and can become "stuck" in a rigid position if not properly treated. Hammertoes are a progressive deformity that result from a muscle and tendon imbalances, which can also impair one's ability to walk properly due to debilitating pain and deformity. These conditions often need to be treated with custom orthotics, supportive shoes, splints, padding, among other treatments, including surgery in some cases.

The first step in preventing lower extremity problems with Parkinson's is education. Particularly with Parkinson's, home obstacles and slippery rugs should be removed from the home to prevent and significantly lower the chances of falls. Regular exercise should be promoted. Proper shoe gear is also essential in promoting continued, safe ambulation. For people with significant instability with walking, other treatments such as physical therapy to improve overall balance, strength, and function may be an option, for which your podiatrist can evaluate you.

Additionally, foot orthotics or ankle-foot orthoses can help with abnormal, neurologically induced gait patterns, falls or balance issues, foot pain and deformities such as hammertoes. These devices can be custom made to patients to ensure proper fit and comfort. Regular visits to the podiatrist are essential if you or a loved one have been diagnosed with Parkinson's to help patients lead a healthy and active lifestyle.



Dr. Brielle Roggow

Dr. Brielle Roggow was born and raised in Jackson, Minnesota. She attended and graduated from Minnesota State University, Mankato, with a Bachelor of Science in biology. Next, she moved to Cleveland, Ohio where she attended Kent State University of Podiatric Medicine and graduated in the top 10% of her class. Following medical school, she moved to Tampa, Florida where she completed her surgical residency with the James A. Haley Veterans Hospital.

Dr. Roggow is excited to provide exceptional foot and ankle care to Southwest Florida. Her podiatric interests include reconstructive surgery, wound care, trauma, and day-to-day podiatric care. Dr. Roggow enjoys spending her free time with her family. She is married to her husband Joshua and has a son, Jett, a daughter Josie, and two stepdaughters, Rylee and Reese. She enjoys being outdoors on the water, cooking, gardening, and riding horses.



Dr. Jeremy Bonjorno

Dr. Jeremy Bonjorno was born in Dansville, New York. He graduated from University of South Florida with a Bachelor of Science in Biomedical Sciences. Dr. Bonjorno received a Doctorate of Podiatric Medicine from Kent State University in Ohio. He completed a three-year surgical residency at the James A. Haley Veteran's Hospital in Tampa, where he served America's veterans.

Dr. Bonjorno is a community-focused podiatrist with a commitment to high-quality patient care. His podiatric interests include diabetic foot care, wound care, bunions, hammertoes, neuromas, and plantar fasciitis. In his free time, he enjoys spending time with his friends and family in Tampa. He also likes music, cars, traveling, and cycling.



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WHAT TO DO TO REALLY IMPROVE YOUR BODY AND LIVE HEALTHY?

Make wise decisions and stop oxidative stress.

The health situation of society is deteriorating year by year. Most people lead a sedentary lifestyle. Technology has helped to make us more sedentary and able to avoid physical work. Our diet has changed as well, and not for the better. People are eating an abundance of processed foods while neglecting whole foods such as fruits, vegetables, and lean meats. When you combine lack of activity with highly processed foods it is not a wonder that obesity and diseases such as diabetes, heart disease, inflammation, (Parkinson, Alzheimer), atherosclerosis, osteoporosis, hypertension, allergies, and cancer are at all-time highs.

The source of these problems is the acidification of the body known as oxidative stress.

Briefly, oxidative stress occurs when the body has an insufficient advantage of antioxidants over oxidants. The metabolic processes taking place in our body cause the formation of free radicals.

Oxidative stress affects not only the appearance of our skin, but also health. Free radicals weaken collagen fibers, the building material of the skin, which in turn leads to faster formation of wrinkles, cellulite and slower healing of wounds.

One of the causes of disease, apart from acidification, is dehydration! When we do not drink enough clean water, our cells age very quickly and we are susceptible to various diseases. One way to offset this is to drink alkalized water. The advantages of drinking



alkaline ionized water are that it contains antioxidants, i.e., hydrogen and oxygen electrons. Antioxidants help to eliminate free radicals from the body.

We provide active ionized water to clients who exercise in our Wellness Studio at each session. The high level of Ph of this water increases the alkalinity and reduces the acidity of the body. However, the most important factor is the energy factor, i.e. ORP, reaching -900 mV. The huge number of electrons improves metabolism and strengthens the immune system. Due to the fine structure of ionized water, blood flow is improved and oxygen transport to cells is increased.

For obese and older people who should increase their physical activity, we recommend stimulating the muscles and the lymphatic system on a rolling machine ("Body Roll Massage"). We do not have to run or exercise, the machine stimulates our body by itself and helps remove toxins, excess body fat and cellulite. We also recommend a walk in a vacuum chamber with the use of infrared lamps and collagen

lamps. One of the benefits of this approach is these type of activates are non-impact, meaning there is less stress on the bones and joints.

When you have a little inspiration and motivation it is easy to get healthy. If you add in a little self-discipline, you are well on your way improving your health, appearance and well-being.

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ADVANCED URINARY INCONTINENCE PROCEDURES

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

There are several types of urinary incontinence:

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

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

Sacral Neuromodulation

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

Bulkamid—Urethral Bulking

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



What is urethral bulking?

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

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

Short procedure

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

No Incisions

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

Quick recovery

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

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

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

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

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

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

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

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

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

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BACK PAIN? We may have your solution.

Every Year, nearly 200,000 people are diagnosed with spinal compression, which causes significant pain in the spine and surrounding back muscular structure. Osteoporosis usually causes spinal compression and mostly affects the aging population, but can also be attributed to other diseases of the bone, cancers, tumors, long-term steroid use, herniated discs, and arthritis.

While there are treatment options for spinal compression, like physical therapy, anti-inflammatory, and pain medications, these choices usually offer only temporary relief from the discomfort associated with the disorder.

Individuals suffering from spinal compression have a difficult time bending, lifting, carrying heavy objects, and sleeping as the pain affects their daily activities and lifestyle, inhibiting their abilities and quality of life.

Vertebroplasty

The physical symptoms of spinal compression are a hunched-over, slouching appearances, and a shorter stature, as the spine shrinks. The good news is there is an effective treatment called Vertebroplasty that shows promising results for many patients that have undergone the procedure.

Vertebroplasty is a minimally invasive procedure performed under image-guided fluoroscopy. During the procedure, the physician will inject an orthopedic medical-grade cement-like material into the affected vertebrae to build the bony portion backup, allowing it to support the spine strongly. Additionally, sometimes a balloon will be inserted in between the vertebrae and injected with the same cement if there is not enough of the patient's natural bone present.



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Vertebroplasty will create a stable fulcrum for the spine and relieve the supporting muscles that have tightened up while working in overdrive trying to protect the back from further injury. Approximately 75% of patients report a more pain-free lifestyle, regained flexibility, and mobility.

RAVE Radiology

RAVE, Radiology Associates of Venice & Englewood, understands the importance of providing the best technology and the most advanced diagnostic tools for their patients, and their physicians are experts in Vertebroplasty.

RAVE is a radiology practice, which has been active for over 30 years. They currently consist of 10 board certified radiologists, many of which have postgraduate fellowships with subspecialty training, all of whom have years of full-time experience. There are over 90 health care professions working with RAVE to provide the best possible radiologic services in Sarasota County. In addition to their personnel, they have some of the best radiologic imaging devices available. Superior visualization makes your

diagnoses accurate and timely, preventing potentially dangerous delays in initiation of your therapy. At RAVE, you can have confidence you're getting top-notch professional assistance in your diagnosis and care.

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ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

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

What is Osteoarthritis (OA) of the Knee?

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

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

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

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



Knee Replacement Surgery is Permanent

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

Physicians Rehabilitation's Knee Therapy Program Includes:

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



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Viscosupplementation

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

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

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

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

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

By Dr. David S. Zamikoff

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

How Can GAINSWave Prevent & Treat ED?

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

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

GAINSWave
THE NEW WAVE IN MALE ENHANCEMENT

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



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

Younger Men Should Seek Treatment Early

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

Men are Preventing ED with GAINSWave

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

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

Source: GainesWave
<https://www.biospace.com/article/releases/mobility-spine-and-sports-is-helping-men-wave-goodbye-to-erectile-dysfunction-with-cutting-edge-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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Lakewood Ranch, Sarasota 34240

Dr. Craig S. Aderholdt, BSc, DC



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

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

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



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When You Are At Your Wits End

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

There first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.



And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.

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

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

What is the Probate Process?

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

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

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

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

Probate Levels Can Vary in Complexity.

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



If your probate needs the attention of an attorney, we can put you in front of a lawyer with the proper level of expertise and experience specific to your needs. Regardless of which level of service you choose, The Probate Group will guide you through the entire process, from helping you to understand the process, to gathering the correct information, through your appointment as Personal Representative, the distribution of assets and the closure of the estate. The Probate Group has relationships with attorneys of various levels of expertise throughout the state, all of whom are independent practitioners.

In addition, the Probate Group has relationships with other professionals who have experience dealing with the probate process such as realtors, accountants and companies that conduct estate

sales. This helps to keep the process moving and eliminates some of the stress and delays of dealing with organizations and professionals not familiar with the probate process.

Get Started Today.

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

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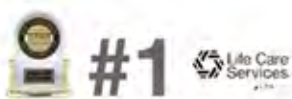
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A photograph of a middle-aged couple in a warm, modern living room. The woman, with blonde hair, is wearing a white long-sleeved top and is smiling as she leans into the man. The man, with grey hair and a beard, is wearing a teal sweater over a white collared shirt and is smiling back at her. They are holding hands and looking at each other. In the background, there is a light-colored sofa with a tan cushion and a tall, thin lamp with a white shade.

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