

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

Health & Wellness[®] MAGAZINE

June 2022

Manatee/Sarasota Edition - Monthly

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f t **FREE**

**NEEDING A
BREAK FROM
ALZHEIMER'S
& DEMENTIA?**

**SUMMER FUN
& TRAVEL**
HOW TO STAY SAFE

**VASCULAR
SCREENING**
GET CHECKED FOR
MEN'S HEALTH MONTH

GAINSWAVE
IS MAKING HEADLINES
DUE TO ITS ABILITY TO
PREVENT & TREAT ED

**AVID CONSERVATIONIST
GAINS NEW LEASE ON LIFE
AFTER BARIATRIC/
METABOLIC SURGERY**

**9 TIPS TO PREVENT
ALZHEIMER'S DISEASE**

THIS IS NO TIME FOR PAIN

NON-SURGICAL ORTHOPEDICS



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SKIP & GAIL SACK

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

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



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The Most Common Causes of Cartilage Loss

By: Regenexx at New Regeneration Orthopedics

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

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

The Truth About Cartilage Loss

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

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

What Causes Joint Pain?

There are a number of structures that do cause pain. The synovial lining of the joint is rich in nerve endings that sense pain and is responsible for producing healthy fluid and lubricating substances. With arthritis, the synovial lining can become bumpy and painful. It will also produce abnormal inflammatory fluid that breaks down tissue in the joint. Determining what's in that fluid and how to control the synovial lining is one of the keys to halting arthritis.

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



Can We Re-grow Cartilage?

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

Regenerative medicine can improve the quality of the remaining cartilage, the strength of the bone, reprogram the synovial lining so that it produces healthy protective chemicals instead of destructive ones, and strengthen the ligaments and tendons so that there is better stability around the joint. Using regenerative medicine in this way requires working with a highly trained physician who performs the proper analysis and executes a procedure to precisely inject the tissues that are in need of improvement.

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

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

1. Obesity (Mechanical)

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

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

2. Obesity (Biochemical)

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

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

3. Trauma

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

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

4. Joint Instability

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

Injections like prolotherapy, PRP, and bone marrow concentrate, in our clinical experience, can help reduce instability whether the ligament is loose or torn (partial or non-retracted). In more severe cases, surgery may be needed.

5. Poor Nutrition

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

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

6. Medications

Surprisingly, the most common medications that are injected into arthritic joints for relief such as local anesthetics and steroids are also likely the most toxic to cartilage. Commonly used NSAID medications, like ibuprofen, naproxen, and celecoxib have also been shown to have negative effects on cartilage cells.

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

7. Lack of Exercise

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

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

8. Poor Alignment and Biomechanics

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

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

9. Aging and Genetics

Unfortunately, older patients seem to have less cartilage and some people simply have the genetic makeup for weaker cartilage. While there isn't much that we can do about our genes, we can influence the ways our genes are expressed by leading a healthier lifestyle overall.

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

Experiencing pain from cartilage loss? Find out what Regenexx at New Regeneration Orthopedics can do for you at www.newregenortho.com.



MEET THE DOCTORS



James Leiber, D.O. – is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

In 2012, Dr. Leiber was the first to offer Regenexx in Florida and began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).



Ronald Torrance II, D.O., FAOASM – Fellowed in Sports Medicine and co-author of Exercise 2.0 for Regenexx and author of the 2018 best paper of the year on The Concussed Athlete. Dr. Torrance has achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete. Dr. Torrance spends time with his wife and two children as well as lecturing and instructing throughout the country.



Ignatios Papas, D.O. – Specializes in Physical Medicine and Rehabilitation. He is a research collaborator with Columbia and Cornell University on multiple projects. Dr. Papas enjoys spending time with his wife and son, playing soccer, practicing guitar, and listening to historical podcasts.



Lisa Valastro, D.O. – Specializes in Physical Medicine and Rehabilitation with a focus on regenerative medicine via orthobiologics. She received her medical degree from Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania, and her Physical Medicine and Rehabilitation training at Albany Medical Center in Albany, New York. In her spare time, she enjoys hiking, kayaking, weight lifting and volleyball.

At Regenexx at New Regeneration Orthopedics, one of our Core Values is "Patient Above All Else"

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HOODED EYES ARE NOT JUST A COSMETIC ISSUE:

WHAT YOU SHOULD KNOW ABOUT AN ADVANCED BLADELESS TECHNIQUE

By Dr. Prabin Mishra, MD, PhD

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



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

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

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

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

About Quigley Eye Specialists

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



About Dr. Mishra

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

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

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

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



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

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External beam radiation therapy (EBRT) treats the disease using a laser-like x-ray that aims a beam from multiple angles directly toward the treatment site. Advanced forms of EBRT help minimize common side effects while delivering maximum dosage. EBRT can be used alone or as an additional post-surgical treatment to destroy any remaining cancer cells.

Internal radiation therapy, also called brachytherapy, delivers radiation from a source inserted into the body. This allows the radiation to be positioned very close to the tumor for extremely precise targeting and maximum dosage delivery. Brachytherapy is typically appropriate for small, low-grade tumors.

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By offering prostate cancer patients the latest, state-of-the-art radiation systems available, GenesisCare makes it possible to choose the right treatment plan based on your individual needs and health situation. Your radiation oncologist is there to help you make the right decision. Once your plan is in place, we will be right there with you every step of the way to ensure your treatment is as effective, comfortable, and anxiety-free as possible.

Key benefits of radiation therapy

- Advanced radiation technologies deliver more precise targeting and treatment than ever before
- Different systems let radiation oncologists choose the most effective radiation treatment for your stage of cancer, its size, and location
- Radiation is delivered with pinpoint accuracy, reducing the risk of side effects
- Fast, pain-free treatment options reduce stress

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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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Dr. Sforzo, Dr. Christopher Dillingham, Dr. Charles Stewart, and Dr. Philip Meinhardt specialize in both

non-surgical and surgical treatment for the shoulders, hand, wrists, elbows, hips, knees, ankles, spine and neck. This includes unparalleled

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

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

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

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



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

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

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

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

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

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



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Depression

Studies show that depression is frequently related to brainwave imbalances, and there is a specific pattern that relates to depression. These imbalances effect mood and can create negative thought patterns. An imbalance in certain brainwaves can cause you to become depressed more easily, feel hopeless, withdraw from people, and be more anxious.

Anxiety and Panic Attacks

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

How Does Neurofeedback Eliminate These Symptoms?

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

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

Recent Neurofeedback Study

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

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Summer Fun & Travel: How to Stay Safe

During the summer months, we're all dreaming of our upcoming vacations, time at the beach, outdoor events, and amazing destinations. But when the times comes for our travel or fun to begin, there are often injuries that can coincide.

COVID-19

The CDC has stated that wearing masks is optional for those that have been fully vaccinated from COVID-19, but it's still wise to choose what is best for you specifically. If you have underlying health issues, wearing a mask, practicing good hygiene and staying away from large crowds might be important for a while longer.

Travel

When traveling for long distances, whether by car, plane, or other means, we can become somewhat cramped up in small spaces. It's wise to take breaks, get up and stretch or move and to get the muscles moving and the blood circulating to prevent injuries. Moving throughout the trip can help limit stress on the spine, shoulders, neck, back, and hips.

Hauling Luggage

It's also essential to think about the heavy luggage that you'll need to lift in and out of the car or place in the overhead bin. Is it too heavy, and do you know how to lift it correctly? Lifting from the waist is not a good idea as it can put extreme stress on your back. Bending your legs is the proper way to lift heavier objects. Try to pack as lightly as possible and ask for help if you've got several bags.

Excessive Heat

The summer months can be unbearably hot. Besides the risk of heat stroke and cardiovascular issues, being outside in the summer heat can cause muscles to cramp and tear. It's best to limit or alleviate any activities outside when the is too hot. Going out in the early morning or evening may be best as it's usually cooler. Staying inside, in the airconditioned areas are best. Remember to stay hydrated, avoid caffeinated and sugary drinks, and be smart about the heat.

Freedom Village of Bradenton offers Independent Living, Assisted Living and Memory Care Options



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

Independent Living at Freedom Village of Bradenton

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

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

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

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

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

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

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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

VASCULAR SCREENING – GET CHECKED FOR MEN’S HEALTH MONTH

By Jeffrey Edwards, MD, RPVI

Vascular disease affects men at a higher rate than women, and it is important to know if you are at risk or impacted by getting a vascular screening. Many conditions may be “silent” early on, when preventative measures can prevent long term disability and death. Common vascular conditions can be detected early with non-invasive ultrasound screening. These tests are quick, inexpensive, and may save your life.

Peripheral Artery Disease

Peripheral artery disease, also called PAD, occurs when plaque builds up in the arteries of the extremities (arms and legs). This can manifest in several ways, and in its mild form may result in claudication. This may result in pain with walking, or in more severe cases can result in non-healing wounds or amputation. PAD is more common in men and is estimated to impact more than 10% of the US male population over the age of 70. Major risk factors include smoking, high blood pressure, high cholesterol, and diabetes. Screening for PAD is done with an ankle-brachial index (ABI) test, which involves checking the pressure in your legs and arms, and if there is a decrease in the legs then an ultrasound test can identify underlying plaque.

Carotid Stenosis

Stroke is a leading cause of death and long-term disability in men. Carotid stenosis occurs when plaque builds up in the carotid arteries, which supply the majority of bloodflow to the brain. It is estimated that carotid stenosis is responsible for up to 30% of ischemic (i.e., non-bleeding) strokes. Risk factors include high blood pressure, smoking, being overweight, high cholesterol. Treatments for carotid stenosis include surgery to remove plaque or stent placement to relieve the stenosis. These are recommended when a stroke or transient ischemic attack (TIA) occurs in relation to a significant carotid plaque. In severe carotid stenosis, your physician may recommend preventative treatment in the absence of symptoms. In either case, carotid plaque can signal an increased risk of other cardiovascular events such a heart attack and you should be on antiplatelet and cholesterol-lowering medications. Testing for carotid stenosis is easily performed with carotid duplex ultrasound, a non-invasive test which



can be performed in your vascular surgeon’s office. Ask your physician if you would benefit from a carotid ultrasound.

Aortic Aneurysm

Abdominal aortic aneurysms (AAA) occur when the aorta, the largest blood vessel in the body, becomes enlarged. This occurs most often due to weakness in the vessel wall. AAA occur more often in men and risk factors include advanced age, smoking, family history, high cholesterol, high blood pressure. Treatment is indicated when an AAA reaches a diameter of 5.5cm in men and 5.0cm in women. This is most often performed in an endovascular aneurysm repair (EVAR) procedure, in which a vascular surgeon repairs your aneurysm using a covered stent. Not everyone is a candidate for a minimally invasive EVAR procedure, in which case open surgery may be recommended. The US Preventative Services Task Force (USPSTF) recommends screening for AAA in all men older than 65 years old who have ever smoked. Screening is also recommended in those who have a family history of aneurysm. Screening is performed with an aortic ultrasound, a test which takes less than an hour and can accurately identify more than 90% of AAA.

Sarasota Vascular Specialists is the tri-county area’s largest practice dedicated solely to the treatment of vascular disease. Ask your physician if you are at risk for vascular disease. Contact Sarasota Vascular Specialists to schedule a brief vascular screening to check for peripheral artery disease, abdominal aortic aneurysm, and carotid stenosis. 15 minutes could save your life.

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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/>

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



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Nicotine's Effect on the Brain

Mark Twain once said “quitting smoking is easy. I should know, I have done it a thousand times.” Many tobacco users may be able to relate to this statement as it often requires multiple attempts to kick the habit for good.

There are several reasons quitting smoking is challenging. First, it is legal for adults to use tobacco products; therefore, there is less legal risk with tobacco than with other illegal substances. Second, nicotine is available for purchase at many convenient locations. The third and most significant reason is due to nicotine's effect on the brain. In fact, research has shown that nicotine is as addictive as alcohol, heroin, and cocaine and is often more difficult to quit.¹



When an individual smokes a cigarette, nicotine is delivered to the brain within seven seconds. Once in the brain, nicotine activates seven different neurotransmitters – many of which are responsible for pleasure, appetite suppression, reduction of tension and anxiety and increased focus. These outcomes can be perceived as positive and rewarding which strengthens the addiction to nicotine. It is important that individuals find other ways to get these same benefits without the tobacco products when quitting. Quitting tobacco involves “retraining” the brain's reward pathway as nicotine levels are reduced during the quit process.

The addiction to nicotine itself accounts for the biological component of addiction; however, addiction can happen on the psychological and cultural level as well. Tobacco can be used as a coping mechanism during challenging situations and as self-medication. Developing a dependence on tobacco during the tough times can make quitting even harder. Tobacco may also be promoted as part of social activities and norms.

Although quitting tobacco can be challenging, it can be done! According to the Center for Disease Control and Prevention, more than three out of five adults who have ever smoked cigarettes have quit. It is important to seek out support when quitting tobacco as those that attempt to quit on their own have a success rate of about 5-7%. Group sessions through Gulfcoast South AHEC and Tobacco Free Florida address all aspects of nicotine addiction, in addition to helping you develop a quit plan and identify your quit date. Studies have shown that group sessions plus the use of Nicotine Replacement Therapy can more than double your chances of quitting and staying quit.²

Quitting tobacco for good comes with many benefits to your physical and psychological health. These benefits are numerous and will greatly improve the quality of life for individuals who quit for many years to come.

References:

1 https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/smoking-cessation-fast-facts/index.html

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

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.

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Let Me Introduce Myself to You and Explain Why I Practice the Blair Upper Cervical Technique!

By Dr. Drew Hall

My life path was made quite simple. In 1991 I suffered a neck injury. After baseball practice, a friend and I partook in a friendly wrestling match. I was losing and found myself upside down. In an instant, my life would change forever. I was accidentally dropped upside down on my head. I heard a loud crunch in my neck upon impact. Afterward, I rolled over and had no pain and no paralysis. I thought I escaped injury and went on with life. Over the next 2 years, I spiraled into chronic health problems not knowing that it was caused by the neck injury.

Slowly over six months, I found myself complaining of headaches, brain fog, and neck pain. My energy was lower, and my sleep patterns were disrupted. I ignored the symptoms and figured at some point they would go away. The symptoms did not go away, in fact, they grew worse. The downward spiral was slow, and as a result, I never connected the dots between my loss of health and the wrestling injury. And why should have I connected the dots? I was never taught that my spine had much to do with my health, were you?

Within six months my headaches were a daily occurrence. I felt an intense pain at the base of the skull. My head felt heavy, my mind was cloudy and my normal energy levels began to fade. My bed became my prison. Falling to sleep became a horrible ordeal. For those of you who have had sleep trouble you understand the tricks that one plays to bring on sleep. I would often toss and turn for hours, put my head where my feet would normally go, switch from left side to my right side, lie on my stomach, anything just to get to sleep. For the better part of two years, it took a minimum of three hours to fall asleep. And to make matters worse once asleep I would wake 3-5 times a night. When morning would come instead of feeling refreshed, I felt like a truck had run over me.

One and half years after the trauma the spectrum of symptoms increased. I had daily nausea. Standing up from a sitting position often caused my field of vision to become black, I'd feel faint and after a while my normal cognition would return. Slowly over time, my sinuses swelled shut. It was as if my entire body was slowly shutting down. I felt like I was trapped and there didn't seem to be a

way out. For over two years I told no one about how I felt. I figured at some point it would go away. I would often dream about feeling well. It had been so long that I almost forgot what that felt like.

By two years the headaches I felt at the base of my skull were constant, insomnia was a nightly occurrence, and my emotional state started to sink into a state of despair. How much longer would I have to wait until my body fixed itself? My most treasured activities were not even enjoyable anymore and I began to think that life wasn't worth it. The fear of the unknown began to creep in and eventually, I started to have anxiety and severe depression. My physical hell now became a mental one too. I started to worry that I had cancer. I developed anxiety and started to flip through medical texts trying to determine what was wrong.

Something had to change and the fork in my life's path occurred. I was walking home from school and thought "if I have to feel like this for another two more years, I will probably just kill myself." This scared me enough to seek help. I told my mother what was happening and she was shocked. I didn't look sick so she would never have known. She asked "why didn't you say something?". And the truth is that it happened slowly and I thought it would just go away.....

I initially consulted our family doctor who ran a cursory consultation and rather quickly admitted he did not know what was wrong. I was referred to an internist. He ran a complete blood panel, brain MRI and took my vitals. All of the tests came back negative. I was then referred to a neurologist where a CT of my brain was taken, and a complete neurological workup was performed. Everything was negative. I was then referred to an infectious disease doctor. I was bitten by a tick several times in the past, so they were trying to rule out Lyme disease. The Lyme's panel came back negative also.

I was eventually told that I had seen 3 of the best medical doctors in the San Francisco bay area and based on medical science there was nothing wrong with me. I was told to seek a psychiatrist. Of course, it was all in my head, right?



After being told it was all in my head I realized if I was going to get well I had to look outside of the medical health care paradigm.

Even though I was sure it wasn't psycho-somatic I followed through with medical advice. I went to a psychologist that had me take several tests. At that point, I didn't really care what the cause was. I just wanted someone to let me out of the nightmare. I was told that I had anxiety and depression, which was already obvious. I realized that the discipline called medicine didn't have the answer.

I wasn't interested in swallowing drugs I was interested in correcting the cause of the problem so I could get truly well.

I was told by the psychologist that a drug was necessary to treat my depression. When I got home from that appointment, I told my mom what they wanted to do. I also told my mom that the last thing I wanted to do was take psychiatric drugs and her response was, "Drew maybe it will help you feel better". My response was mom I don't want to feel better I want to get better. There is a BIG DIFFERENCE!

Through a long circuitous route, I stumbled upon a book title chronic fatigue syndrome and fibromyalgia. When I read this book I said "this is me!". I found a support group in San Francisco for chronic fatigue and fibromyalgia and they suggested a homeopath. I had no idea what a homeopath was but I was willing to try anything.

The homeopath asked me over 100 questions in the consultation. She uncovered something that no one else had. She asked about my trauma history. The constant pain at the base of my skull was a tip-off that something was going on in my neck. It was then that I realized that the wrestling injury I had had over two and a half years earlier might correlate to my health problems. At the end of her consultation, she said, "Drew I think I can help you, but I think you also need to go and see Dr. Tom Forest in Pleasanton." She explained that he did a unique procedure in which the top vertebra in the neck was corrected through specific, gentle correction. She also explained that he did not twist pop or pull anything and furthermore she said, do not let anyone talk you into seeing anyone else."

We made an appointment with Doctor Forest and made the 35-minute drive to Pleasanton, California. In consultation, I learned that our bodies were meant to heal and repair. I learned that there was a wisdom, referred to as innate intelligence, that was always striving for health and if we are sick the best place to look for its cause was the nerve system. I also learned that the nerve system composed of the brain the spinal cord and the associated spinal nerves was the superhighway upon which life-giving messages were transmitted to tell each cell in the body how to function. Furthermore, Dr. Forest explained that the junction between c-1 (atlas) and the skull, was the most vulnerable structural area in the spine and most vulnerable to spinal misalignment. Trauma can cause this junction to misalign causing interference to the central nerve system. The result is DYS-FUNCTION and poor health.

Never in a million years did I think that a chiropractor would be my answer. Dr. Forest was a unique type of chiropractor who focused all of his attention on the top two bones in the neck. He made two corrections to my atlas and axis. The correction was so light I thought nothing was done. What transpired over the next months was unexpected.

IT COMPLETELY CHANGED MY LIFE FOREVER!

Within weeks my headaches were improving, I was sleeping through the night, my depression was gone, my sinuses started to open up and it set me on a path of recovery and healing.

Since my healing I've committed my life to helping as many people recover their lost health through this amazing procedure. If you are reading this and you have all but given up hope I'll bet you have never tried the Blair Upper Cervical Technique. Our office offers a free consultation and we would be happy to see if we can change your life like ours was over two decades ago!

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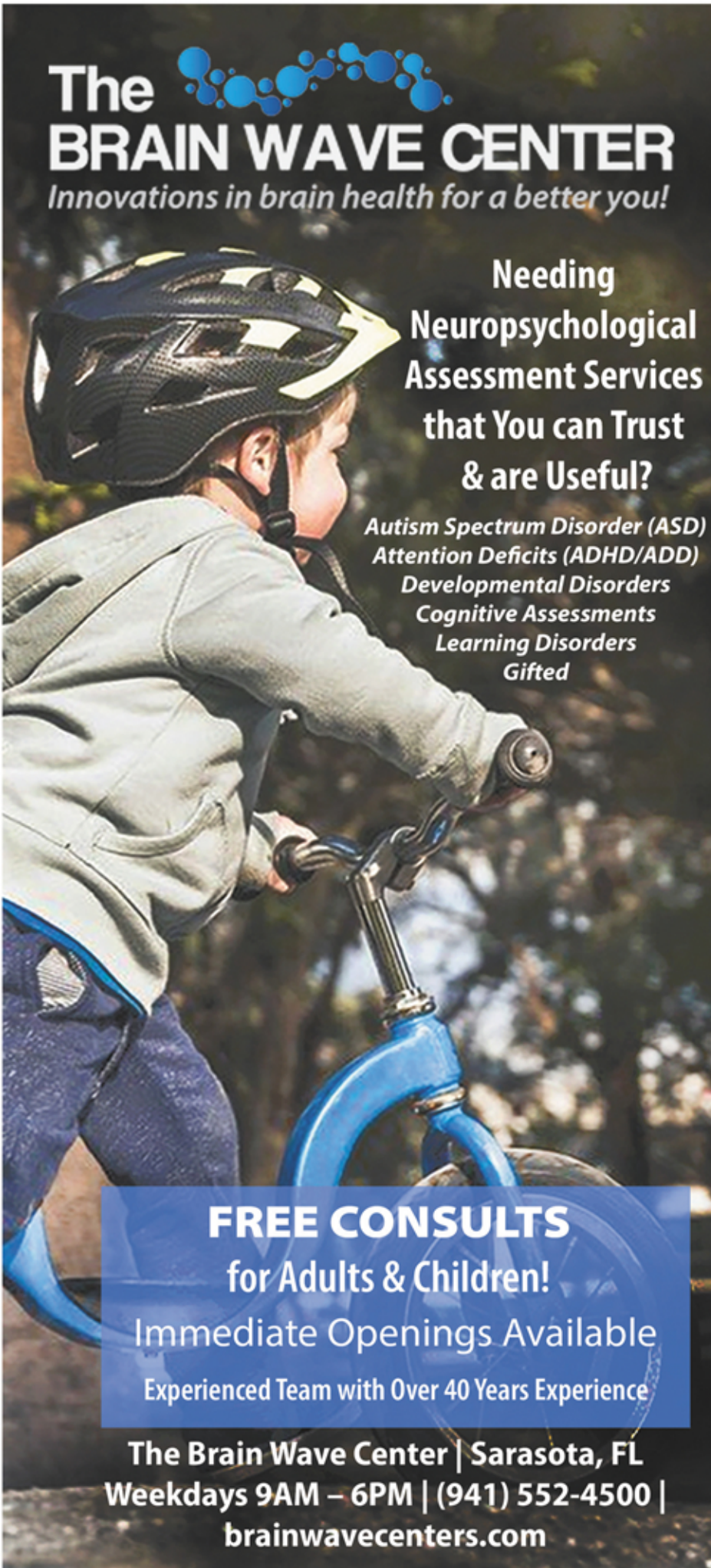


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Avid Conservationist Gains New Lease on Life After Bariatric/Metabolic Surgery

By Heidi Smith, Contributor

Carol McCoy was fed up. After battling being overweight since middle school, the Englewood woman weighed more than 200 pounds and was constantly tired.

"Doctors kept telling me to lose weight and I would feel better," said McCoy. "I had done many weight-loss diets over the years, but I could never keep off the weight. Being so heavy made it hard to do the things I wanted to do, and I felt tired all the time."

McCoy, 54, is an avid conservationist with special interest in endangered sea turtles. She's a member of the Coastal Wildlife Club Inc. based on Manasota Key where she patrols the beach during sea turtle nesting season. She also has traveled twice to Trinidad to observe nesting leatherbacks.

"I also do a lot of public speaking on conservation topics and enjoy being very active," McCoy said. "I was sick and tired of feeling sick and tired!"

Ready to consider metabolic/bariatric surgery, McCoy consulted with Joseph Chebli, M.D., an independent bariatric surgeon on the medical staff at ShorePoint Health Venice. Of the more than 2,500 metabolic/bariatric procedures Dr. Chebli has performed in his career, more than 1,500 occurred at ShorePoint Health Venice, which is accredited as a Center of Excellence by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program.

"Dr. Chebli and I hit it off right away," McCoy recalls. "He asked about my children and my interests. We bonded over music. We both love jazz, and when I told him I'm a musician and play electric bass, he immediately guessed my favorite bassist: Jaco Pastorius! He's so meticulous and explains everything. I knew I could trust him to do the surgery."

"I want to learn everything I can about a patient and develop trust," said Dr. Chebli. "Carol has many interests and a lively sense of humor. When she walks into the office, I ask, 'Are you the real McCoy?,' and we share a laugh."



Carol McCoy is an avid conservationist with special interest in endangered sea turtles, including leatherbacks that nest on the beaches of Trinidad, where she visited in April 2022.

After an intensive workup, including a sleep study, Dr. Chebli diagnosed McCoy with morbid obesity, high cholesterol, sleep apnea, nonalcoholic fatty liver disease, and pronounced acid reflux disease. The acid reflux was affecting her vocal cords and triggering a persistent cough. He determined she was a good candidate for bariatric/metabolic surgery and recommended gastric bypass, which is the preferred option when a patient has acid reflux.

While individual results may vary, a number of surgical alternatives can help resolve conditions such as Type 2 diabetes, non-alcoholic fatty liver disease, infertility, and sleep apnea associated with obesity – even before weight loss occurs.

"Often after this surgery, obese patients see their conditions improve dramatically, even before substantial weight loss occurs," Dr. Chebli explained. "Type 2 diabetes patients may no longer need insulin or medication. Nonalcoholic fatty-liver disease can be halted or even reversed. Blood

pressure medications can be reduced or even eliminated. And for women, it can resolve problems with conceiving and carrying a baby to term. Individual results may vary, but for many patients, it really is life-changing."

"With this type of procedure, the patient is up and around right away," he continued. "This isn't the type of operation where we tell the patient to go home and rest. We make very small incisions to conduct the surgery laparoscopically. Recovery time is generally rapid, and hospital stays are usually short – one to two days."

Patients who undergo metabolic/bariatric surgery with Dr. Chebli at ShorePoint Health Venice also receive lifestyle and nutritional counseling and are encouraged to participate in a support group to manage their metabolism long-term. The surgery changes the way the body digests food and takes up nutrients so maintaining a healthy weight requires lifelong behavioral and nutritional changes.

For McCoy, Dr. Chebli performed a laparoscopic gastric bypass in December 2020. With a gastric bypass, the stomach is reduced in size, and parts of the small intestine, where most of the calories are absorbed, are re-routed. This significantly limits the amount of food a person can eat in one meal, allowing patients to feel satisfied with less food. The surgeon also repaired a hiatal hernia, where McCoy's stomach was bulging up into her chest cavity.

A little over a year after surgery, McCoy is a slim and healthy 122 pounds. She no longer has sleep apnea, and the reflux has subsided. Full of energy and able to pursue all of her favorite activities, she wishes she had undergone the procedure decades ago.

"I asked Dr. Chebli why I couldn't be successful before with weight-loss programs," she recalled. "He told me I had a metabolic disorder, that it's not simple like calories in and calories out. Dr. Chebli is a champion for the obese and is so meticulous. I asked for help and got it!"

McCoy praised Dr. Chebli's team and the hospital staff who cared for her. "Because of COVID, my husband couldn't be with me at the hospital, but the staff was very good," she said.

Following the surgery, McCoy has been diligent about nutrition, meal plans, and exercise, as recommended by Dr. Chebli and his team. She participates in a Facebook group administered by Dr. Chebli's staff and attends Zoom sessions on topics related to patient health after metabolic/bariatric surgery.

"Carol is a dream patient," Dr. Chebli said. "She is serious about following our guidance to maintain her health. When she traveled to Trinidad in April this year, she was meticulous about planning for all of her nutritional needs."

"I can't tell you what a difference it is to travel, compared to when I was obese," McCoy said. "I didn't overflow into the next passenger seat on the airplane. I could hike wearing a backpack and go up steep and skinny trails – things I couldn't do before. I'm more confident in my public speaking and I'm having more fun in my conservation work."

"If people are looking to have this surgery, they should find someone who's done a lot of these procedures and someone who cares," McCoy added. "Dr. Chebli checks all the boxes!"



Joseph Chebli, M.D.
Bariatric Surgeon

For more information about approaches to achieving a healthy weight, please visit VeniceWeightLoss.com.



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Needing a Break from Alzheimer's & Dementia?

More than 9 million people in the US are living with some form of dementia. Alzheimer's is one of the main forms of the disease, but there are many different varieties facing our population. Often times, it may be unclear exactly what type of dementia a patient has, but the commonality between them all, is that it's related to a biological brain condition and some form of damage to the brain's inner communication.

The signs and symptoms of dementia are different for every patient, but common indicators are as follows:

- Forgetfulness, especially short-term memory
- Change in personality
- Agitation/Frustration
- Difficulty with daily tasks
- Social withdraw
- Sundowning/Sleeplessness/Restlessness, especially in the evening

Not only is it extremely difficult for the patient suffering from dementia, but it's just as challenging and upsetting for the caregiver and for loved ones that see the changes in the personality of their family member.

Patients with Dementia usually have the most difficulty with short-term memory, so while the caregiver may be asking about something that happened only moments ago, the patient may not remember, and that can be extremely upsetting.

On the other hand, many dementia patients have extraordinary long-term memory, so asking them about events and having them tell tales of when they were younger can be helpful and fulfilling to both the family and the patient.

Most types of dementia are progressive, so even with treatment and medication, the patients will continue to get worse with time. This is not only hard to accept, but this can be extremely challenging for the caregiver. Watching their loved one struggle with the disease, can make them feel completely helpless at times, because there is no way to get through to their loved one, or change the circumstances of the diseases development.

The emotional frustration can take a great toll on the caregiver. On the contrary, many of these same struggling caregivers take great pride and have an increased sense of worth and strength from being able to give their loved one what they need, such as taking over household chores, making meals, or bathing and dressing their loved one.

Along with all of the aforementioned details, caregivers need to take a break from time to time. That's where skillfully trained medical professionals can help. They can provide respite for the caregiver, allowing them time for themselves. Knowing that their loved one is being well cared for by professionals that completely understand the disease and the correct steps to support them, caregivers can rest at ease and do something enjoyable for themselves, or just simply get away from the distressing illness for a while to decompress.

Senior Living Selections can offer the committed support that caregivers and patients need.

They understand the disease and its symptoms. They take every patient's case personally and establish a unique plan that works best for the entire family, including the patient.

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.



(941) 218-3813

www.SeniorLivingSelections.com

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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9 TIPS TO PREVENT ALZHEIMER'S DISEASE

By Nasser Razack, MD, JD

Alzheimer's has a devastating effect that many people take for granted. Let's discuss nine ways to prevent the disease and promote better brain health.

1. Engage in brisk walking for at least 30 minutes five times a week. This can reduce Alzheimer's disease risk by 33%. Vigorous aerobic exercise performed three times weekly for at least 20 minutes can also bring it down to 50%. Quite simply, exercise delivers more oxygen and nutrients to your brain, helps repair damage, and removes toxins.

2. Partake in activities that are interactive and mind-engaging. These include playing challenging games such as chess or bridge. Other activities include learning a new instrument or a new language; you can also partake in a new practice such as yoga. These new and diverse activities allow your brain to grow by forming more neural connections. In a sense, all these are also exercise for the brain.

3. Avoid toxins. For example, midlife smoking can double the rate of dementia. Smoking is a fairly obvious toxin, but we are also constantly barraged by other harmful substances throughout our life without knowing it. Please visit Cosmeticsdatabase.com to find out what toxins may be affecting your health. You can check any product you currently use to determine their toxicity.

4. Engage in social activities. A recent Harvard study demonstrated individuals with at least five strong social ties (people they enjoy spending time with) had a 50% reduced rate of cognitive decline compared to those who were more isolated.

5. Have a purpose and life direction. Researchers at Rush University Medical Center demonstrated that people with the highest level of purpose and direction in life had a 2.4-fold reduced risk of developing dementia. So find your passion, pick a cause that is meaningful to you, and work on it regularly!

6. Relax and rejuvenate. There are different ways to do this including prayer, meditation, exploring nature, reading a book, visiting the spa, getting a massage, doing yoga and other forms of exercise. This is important because the opposite of relaxation is stress which can actually damage your brain.

7. Protect your head to prevent brain injury. Patients with head injuries have 2 to 4 times the rate of developing Alzheimer's disease. For most



people, the highest risk of head injury is while driving, so always wear your seatbelt and avoid texting. People who text behind the wheel increase their risks for accidents by as much as 23 times compared to those who don't. One

study demonstrated this was equivalent to driving after having four alcoholic drinks. Head injury is also believed to result in increased inflammation, another factor associated with Alzheimer's disease. Recovery from stroke can also increase brain inflammation, with approximately 30% of stroke survivors unfortunately developing dementia.

8. Reduce inflammation. You can achieve this with a non-inflammatory eating plan such as the Mediterranean diet which favors 7 to 10 servings of fruits and vegetables daily. This diet also includes wild fish twice weekly, plus lots of nuts, almonds, walnuts, beans, and legumes. Additionally, there is a significant social component to this diet as advocates typically interact with each other while they dine.

Researchers also demonstrated that natural substances can reduce inflammation. Neurcumin® is an all-natural supplement which contains many natural agents uniquely formulated to synergistically fight inflammation.

9. Have a positive outlook. A positive mindset offers tremendous protection against Alzheimer's disease. In "The Nun Study", researchers demonstrated nuns who had the highest usage of positive words and emotions in their journals aged better and lived longer, healthier lives. Even more remarkable, these incredible women donated their bodies to science. When their brains were examined after death, the researchers found biomarkers typically associated with Alzheimer's disease (neurofibrillary tangles and beta-amyloid plaques). However, these nuns did not have Alzheimer's disease symptoms. It's as if they derived a neuro-protective effect by maintaining a positive outlook. Further, this is an extremely strong message that we have to reduce any negativity in our lives. Negativity is literally toxic, even deadly.

You can remember all of these preventative measures by simply recalling the acronym, "PREVENT AD".

P	Purpose and life direction
R	Relax and rejuvenate
E	Exercise daily
V	Very positive outlook
E	Engage in social interactions
N	No head injuries
T	Toxin avoidance
A	Activities that stimulate your mind
D	Diet (anti-inflammatory)

It also helps to partner with a prevention-oriented physician. Specifically, find a physician that understands the importance of exercise and nutrition in the prevention of Alzheimer's disease. Notice that this is the last item on the list because everyone must be proactive when it comes to healthcare. No one is more concerned with your health than you are. Partnering with a physician is great but you must be in control of your daily activities which, compounded over time, will either hurt you or help you.

To learn more about Neurcumin® and the prevention of inflammatory diseases such as Alzheimer's disease, stroke and heart attacks, please visit Neurcumin.com. You may also call 727-289-7139 or email us at strokenerd@gmail.com for more information.

available at **amazon**



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.

AGING AT HOME



The vast majority of seniors prefer to “age-in-place” or continue living in their own homes or communities. According to aarp.org, “nearly 90 percent of people over age 65 want to stay in their home for as long as possible, and 80 percent believe their current residence is where they will always live.”

While it is a fantastic feat for seniors to continue to care for themselves as they age; eventually, adult children of these wildly independent baby boomers realize that their aging parents need more support – and likely are not asking for it.

Baby-boomers are stubborn about maintaining their independence and for excellent reasons. These reasons are shaking up traditional senior living and senior care programs.

They are Living Longer

Statista reports a higher life-expectancy for baby boomers. Women can look forward to a life expectancy of 81 years while men are averaging a 76-year life expectancy.

Not only are they living longer, but medical and technological advancements have promoted healthier, fuller lives for this generation, more than any generation before. These advancements are how baby boomers have more drive, ambition and desire to maintain independent living.

They are Passionate about Hobbies, Jobs, Activities and Lifestyle

Don’t expect to see baby boomers sitting around knitting with NPR on the radio station. You’re more likely to see this age group hiking a popular trail with friends, participating in triathlons, volunteering at their grandchildren’s schools and working from the comfort of their home.

Baby boomers DO NOT sit still. They are tech-savvy, active, social and are retiring at older ages than previous generations. They are more educated and on-base with modern technology. You might see them playing games on their smartphones, taking online courses or listening to podcasts. One thing is for sure – they are not sitting around waiting for other people to tell them what the rules are, what’s for dinner and what time lights are out.

With the lifestyles that baby boomers are living, it is easy to see why this age group fearlessly challenges any threat of losing it. However, just because an aging parent has lived a strongly independent life does not mean that they will be capable of living without assistance forever. When the time comes for support to step in, in-home care provides the best type of care for individuals who want to remain in their homes, participating in the community and continue to enjoy a self-reliant lifestyle.

Gone are the days where senior living facilities were the “go-to” method of support for seniors. With in-home services, your bold and active parents can rely on assistance catered to their individual needs. Suppose mom and dad enjoy decorating their homes, choosing their meals, keeping beloved pet companions and caring for their gardens, but struggle with personal hygiene and housework or have limited sight or mobility. In that case, an in-home aide can provide that extra support so that they can stay comfortable and happy.

If you have a baby boomer in your family who is adamantly guarding their self-reliance but requires day-to-day or constant support, in-home care services are an ideal option that you can mold to meet specific needs. This way, they still get to live in the home they love, do the things they love without the fear of losing their beloved independence.

Call (941) 661-6196 Or Visit [SarasotaSeniorConsulting.com](https://www.sarasotaseniorconsulting.com) For A FREE Consultation!

PLASMA EYELID TIGHTENING

THE NEW NONSURGICAL EYE LIFT!

Plasma Skin Tightening

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

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

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

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

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

Does it Hurt?

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

What areas can be treated with Fibroblast plasma?

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

What results can I expect?

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



What happens after treatment?

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

What are the possible side effects?

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

Prices:

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

Special:

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Prostate Artery Embolization (PAE)

Do you have the following symptoms?

- Frequent urination at night
- Frequent urination that often produces only a small amount of urine
- Hesitant or interrupted urine stream
- Leaking or dribbling urine
- Sudden and urgent need to urinate
- Weak urine stream
- Feeling like the bladder is not completely empty after urinating
- Occasional pain when urinating
- Having to rush to the bathroom suddenly after the urge to urinate
- Sometimes complete obstruction when severe

You may be a candidate for a new minimally invasive procedure called Prostate artery embolization or PAE. This is a new treatment option for men with benign prostatic hyperplasia (BPH), also known enlarged prostate gland. This procedure can greatly reduce BPH symptoms.

This is a new minimally invasive alternative approach for patients who are not a surgical candidate or choose not to undergo a TURP or Prostatectomy. The benefits to this state of the art procedure are:

- Outpatient Procedure many patients return home after few hours
- Low risk of complications to the patient
- No associated risks of sexual dysfunction
- No associated risk of urinary incontinence
- High success rate

Our Vascular and Interventional Radiologist Craig Reiheld, MD combines his expertise of clinical and imaging based diagnosis with minimally invasive therapy. PAE (Prostate Artery Embolization) is a safe and effective alternative to TURP, Laser and Microwave therapies.

What should I expect during my PAE consultation?

Besides a history and physical examination, you will be asked to fill out a brief questionnaire to evaluate the severity of your symptoms. After this, you will meet with Dr. Reiheld and his team who will discuss your treatment options and pre-procedure tests. It's important to note that patients will also need a referral from their urologist.

What tests may be needed prior to having the procedure?

Upon assessment, the radiologist may order a variety of diagnostic testing as deemed appropriate. A blood test is also needed to ensure a safe procedure.

How is the procedure performed?

Similar to a heart catheterization, a very small tube is placed into the arteries that supply the prostate. Tiny particles are injected into the prostate arteries to decrease blood supply to the prostate, thus reducing its size and alleviating your symptoms.

Do I need to have general anesthesia for the procedure?

Patients are given a sedative medication for the procedure, similar to that given for a colonoscopy which is often referred to as "twilight sleep." There is no need for general anesthesia. The procedure is not considered painful and some patients elect to have no sedation.



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Diabetic Home Safety Outline

By Premier Foot & Ankle Specialists

Diabetes mellitus refers to a number of conditions that affect the body's use of blood sugar (glucose) and hormone, insulin. Diabetes affects 18.2 million Americans and an additional 41 million Americans are considered pre-diabetic. Diabetes affects multiple organ system of the body, including the neurologic and vascular systems of our lower extremities. Diabetics can develop peripheral neuropathy in their feet, which can manifest as abnormal nerve sensations like burning, tingling, and numbness. The loss of the foot's innate protective sensation can increase the risks of injury from the surrounding environment. Diabetics can also develop vascular disease, which diminishes circulation in their lower extremities, which can also increase the risk of developing open wounds and impairing healing. Therefore, it is crucial that diabetics are always cognizant of their surroundings and activities at all times to prevent injuries.

There are numerous measures one can take at home to reduce risks of injury and mitigate hazards in one's home. Some such measures include; always wearing protective house shoes to prevent injuries from stepping on sharp objects. Ensuring a safe home environment by clearing away clutter and tripping hazards. Removing loose throw rugs from the home or securing them to the floor with tape or adhesive to prevent tripping or slipping injuries. Avoiding thicker carpets with long fibers that can hide sharp objects can also increase safety and reduce chances of injury. Installing low (or no) threshold door and shower entries to prevent stubbing toes or tripping. Applying non-slip materials to stair treads or other hard slippery surfaces in the home. Placing protective padding like a pool noodle around hard-edged furniture like bed posts and coffee tables.

It is imperative that diabetics check their feet daily for wounds and signs of infection. Due to sensory loss associated with peripheral neuropathy, diabetics can often sustain wounds and other injuries unknowingly, and if left untreated, this can result in a significant increase in infection risks. Diabetics can develop autonomic neuropathy, which can negatively affect or impair the skin's moisture balance, which can lead to dry and



scaling skin that it prone to developing calluses along pressure points in the feet. Therefore, applying specific moisturizer formulated for diabetics is essential in preserving skin integrity to avoid breakdown and tissue loss, which can further reduce the risks of developing potential wounds and subsequent infections. It is important that diabetics wear socks with their shoes to provide extra cushioning to feet, as well as reducing shearing forces that can cause skin irritation and breakdown. Appropriate fitting footwear is also essential in providing support and protecting diabetic feet. Your podiatrist can evaluate your feet to determine the proper footwear, and whether or not you are a candidate for diabetic shoes and custom inserts.

It is crucial to establish care with your local podiatrist to have regular at risk checkups. During these appointments, periodic preventative care can be provided, shoe gear can be evaluated for optimal function, along with assessment of overall foot health. Your podiatrist at Premier Foot & Ankle are ready to help you put your best foot forward, call us today at 941-488-0222!



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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Hearing Loss Linked to Alzheimer's Disease

June is Alzheimer's & Brain Awareness Month. Hearing loss is connected to a number of other health conditions. Several studies have indicated a link between it and cognitive decline, dementia, and Alzheimer's disease.

Arthur Wingfield, who teaches Neuroscience at Brandeis University, has been studying cognitive aging and the link between memory and hearing. Wingfield's research has shown that untreated hearing loss can lead to an increased amount of stress and poorer performance when it comes to memory tests.

"Even if you have just a mild hearing loss that is not being treated, cognitive load increases significantly," said Wingfield. "You have to put in so much effort just to perceive and understand what is being said that you divert resources away from storing what you have heard into your memory." This suggests that when your brain has to put in more effort to properly process and make sense of auditory information, your ability to retain that information may suffer.

A number of studies have also come out showing a link between hearing loss and dementia. In a 2011 study conducted by Frank Lin, an otologist and epidemiologist at John Hopkins University, and his colleagues' indicated that seniors with hearing loss are more likely to develop forms of dementia over time than individuals with normal hearing. And in 2013 they found that "hearing loss is independently associated with the accelerated cognitive decline and incident impairment in community-dwelling older

adults." Which means that hearing loss, independent of other causes and contributors, was found to put people at greater risk of cognitive impairment.

Some experts believe that treating hearing loss with professionally fitted hearing aids could help delay dementia. Unfortunately, for many different reasons, a majority of individuals don't seek treatment or tend to delay getting hearing aids for many years.

HOW HEARING AIDS SUPPORT HEALTHY BRAINS

Although research into the causal link between hearing loss and different forms of dementia is ongoing, a few studies suggest that keeping mentally active through social connections or other intellectual stimulation may lower the risk of cognitive decline and Alzheimer's disease. Some ways to stay cognitively active and keep your brain healthy include:

Staying socially engaged: There are many benefits of being socially active, like reducing the risk of dementia and depression. Volunteering, joining a club, or just interacting with friends and family can keep your brain active and keep your mind sharp.

Maintaining a healthy diet: A diet that consists of vegetables, fruits, and whole grains while being low in fat and added sugar can keep your brain cells healthy and reduce the risk of chronic diseases, like obesity and cardiovascular disease. Eating foods with certain nutrients can help improve memory and slow down cognitive decline.

Getting regular exercise: A number of studies have found an association between physical activity and a reduced risk of cognitive decline. Participating in activities like walking, dancing, or swimming can help lower blood pressure, reduce mental stress, and increase blood flow to the brain, which all helps with the prevention of Alzheimer's.

Stimulating your brain: Activities that are mentally stimulating help keep your brain healthy and have been shown to reduce the risk of dementia in seniors by as much as 75 percent. Simple ways to stimulate your mind include reading, word puzzles, and crafts.

The impact of untreated hearing loss shouldn't be ignored. It causes emotional and physical difficulties that reduce your ability to fully enjoy life. Addressing hearing loss by seeing a hearing care professional, and if needed, getting fitted with hearing aids, is one important, proactive step you can take to ensure your long-term physical and mental health.

Contact Coastal Hearing Care today to find out more about your options to improve your hearing or to upgrade your hearing devices.

Source:
<https://www.signiausa.com/blog/hearing-loss-linked-alzheimers-disease/>

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IMPROVING OVERALL HEALTH & APPEARANCE EXCLUSIVE SHAPE SARASOTA

Alkaline water | Mechanical stimulation of the lymphatic and muscular system | Magneto-electric stimulation of the circulatory system

At Exclusive Shape in Sarasota, they specialize in providing the combination of these elements to strengthen the immune system, increase cellular energy, lower body weight, reduce body fat, and reduce cellulite. With their innovative technology and state of the art machines, you will see real tangible results.



ROLL MAGIC

The body stores toxins in fat cells – which is what causes the distorted look of cellulite!! Eliminate the toxins and you are well on your way to eliminating the cellulite.

The secret to the Roll Magic is the shape of the balusters and the rate at which they turn – that's what provides a lymphatic massage that helps with the elimination of the toxins and therefore reduces the appearance of cellulite.

VACU MAGIC

Exclusive Shape devices help to reduce cellulite after just a few sessions. In Vacu Magic blood is drawn into the subcutaneous tissue using a vacuum. It helps to flush fat deposits from under the skin. IR and collagen lamp used in our devices accelerate metabolism during exercise and increase sweating. Roll Magic breaks down fatty tissue massaging problematic parts of the body.

AQUA BIKE MAGIC®

The Aqua Bike device combines aquacycling and hydromassage. Training rapidly burns calories, reduces cellulite and provides a relaxing experience during workout.

**The Vacu Magic Beauty Line combines physical exercise with IR radiation and vacuum. All the factors working simultaneously help in burning much more calories than during a classical training.*

MAGIC VIBRATION PLATFORM

The frequency of vibration engages the muscles to work by inducing involuntary microcontractions. The platform generates oscillating vibrations, which increase training effectiveness. Magic Vib is equipped with an IR or collagen lamp, which raises body temperature during exercise and thus increase the metabolism rate.

MAGIC WAVE & MAGIC SUN

A set of healthy light and relaxing massage is the perfect way to renew your body after each workout. Feel the pleasure of resting.

SLIM LINE SERIES

Three new Slim Line devices in one machine: Spa Bike, Vacu Magic and Open Vacu provides increased slimming efficiency.

REJUVENATION

Lamps used in many Exclusive Shape devices regenerate the skin. IR lamps restore skin elasticity and firmness. Collagen supplements collagen levels, removes skin discoloration, and smooths out wrinkles.

ACTIVE ALKALINE WATER

In our Wellness Studio we have the latest generation hybrid ionizer. Each of our clients receives a glass of ionized water before and after exercise. Alkaline water has a high pH level (10). It contains a large amount of oxygen and active hydrogen. Additionally, it is structured with a microparticle structure. Alkaline water straight from the ionizer has such antioxidant properties. The body is hydrated, oxygenated and the acidity of the muscles is reduced during exercise.

If you are ready to change the way you look and feel, contact Exclusive Shape, or stop by to check out our state of the art, modern studio in Sarasota.

ABOUT ROBERT STAFECKI, CO-OWNER

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

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

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

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

Exclusive Shape



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

By Dr. David S. Zamikoff

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

How Can GAINSWave Prevent & Treat ED?

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

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

GAINSWave
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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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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WHY YOU SHOULD BE IN TOTAL CONTROL OF YOUR ESTATE PLANNING

Estate planning services include living wills, drafting of wills, trusts, and powers of attorney. Estate planning customizes the documents to match the needs of the clients, and to prepare provisions for their children, dependents and intended beneficiaries, and to also reduce the impact of estate taxes.

Many people are intimidated or afraid of hidden fees and high costs associated with estate planning, but Attorney Patrick L. Smith does things differently. Many attorneys bill their clients by the hour to handle their planning—Attorney Smith offers a complimentary consultation and has instituted a flat-fee system for his services. For example, a basic Will is a flat charge of \$75.00 and a Non-Tax Trust Package is \$695.00. This allows clients to know their costs from the start of planning and to determine their estate planning needs without surprises. Although Attorney Smith primarily practices in estate planning and asset protection, he regularly works to connect his clients with a network of attorneys to provide them with complete, affordable legal advice.

If you are putting off estate planning, here are few reasons you might want to take action now as opposed to later:



Health and Mental Capacity

In Florida, the state no longer recognizes Springing POAs (Power of Attorney). *Springing POAs* were able to “spring” into effect and make decisions after a loved one was incapacitated. These are no longer accepted. Instead, the State now requires a permanent POA that goes into effect at the moment of signing the document. If you or a loved one are being proactive about your estate planning or medical decisions, it’s critical to speak to an attorney to help guide you through the process and make the appropriate choices that are specific to your situation.

It’s essential to implement a power of attorney (POA) while someone is capable and competent of signing paperwork and evaluating needs.

If your loved one is unable to make sound judgments and decisions, it can be costly to navigate

the court systems to try and retroactively gain control of assets and to make important financial and health-related decisions.

Unfortunately, neurodegenerative disorders are escalating in our country. It’s not uncommon that individuals need 24-hour care and nursing to help with daily tasks due to conditions such as Alzheimer’s and Parkinson’s disease, or other debilitating disorders like COVID, cancers, coma, and those on life-support, to name a few. When there is no power of attorney in place to make decisions, such as hiring a caregiver, transitioning into a memory care facility, or implementing a hospice plan, these important decisions can turn into a challenging legal process.

Estate Planning Should be Under Your Control

Making decisions now is proactive. It should not be thought of as premature; it should rather be thought of as a wise decision for your family and those left behind that you wish to care for or donate to.

You DO NOT have to disclose all details of your assets to your family, but it is very important that they know where to find the information when they need it. Preparing and organizing your estate planning is critical.

Law Offices of Patrick L. Smith, PLLC

For your **free consultation** or to have Attorney Smith speak at your event or group, you may reach him at his Fruitland Park office by calling **877-754-6764** or visit: **www.attorneypatricksmith.com**.

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

Bulkamid—Urethral Bulking

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



What is urethral bulking?

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

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

Short procedure

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

No Incisions

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

Quick recovery

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

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

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

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

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

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

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

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

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

Center for Urogynecology and
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THE “SILENT” KILLER FOR MEN

By Dr. Aneley Yegezu Hundae, M.D., FACC

The term heart disease refers to several types of heart conditions, including coronary artery disease and heart attack, heart failure; arrhythmia, among others. Heart disease is the leading cause of death for men in the United States, killing 357,761 men in 2019—that’s about 1 in every 4 male deaths.

Heart disease is the leading cause of death for men of most racial and ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer.

About 1 in 13 (7.7%) white men and 1 in 14 (7.1%) black men have coronary heart disease. About 1 in 17 (5.9%) Hispanic men have coronary heart disease. Half of the men who die suddenly of coronary heart disease had no previous symptoms. Even if you have no symptoms, you may still be at risk for heart disease.

WHAT ARE THE SYMPTOMS OF HEART DISEASE?

Sometimes heart disease may be “silent” and not diagnosed until a man experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include:

- **Heart attack:** Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.

- **Arrhythmia:** Fluttering feelings in the chest (palpitations)
- **Heart failure:** Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

Even if you have no symptoms, you may still be at risk for heart disease.

What are the risks for heart disease?

In 2013–2016, 47% of men had hypertension, a major risk factor for heart disease and stroke. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including diabetes, overweight and obesity, unhealthy diet, physical inactivity, and excessive alcohol use.



HOW CAN I REDUCE MY RISK OF HEART DISEASE?

To reduce your chances of getting heart disease, it’s important to do the following:

- **Know your blood pressure.** Having uncontrolled blood pressure can result in heart disease. High blood pressure has no symptoms so it’s important to have your blood pressure checked regularly. Learn more about high blood pressure.

- **Talk to your health care provider** about whether you should be tested for diabetes. Having diabetes raises your risk of heart disease.
- **Quit smoking.** If you don’t smoke, don’t start. If you do smoke, learn ways to quit.
- **Discuss checking your cholesterol** and triglyceride levels with your health care provider.
- **Make healthy food.** Having overweight or obesity raises your risk of heart disease.
- **Limit alcohol** intake to one drink a day.
- **Lower your stress** level and find healthy ways to cope with stress.



Dr. Aneley Yegezu Hundae, M.D., FACC

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Dr. Hundae received his Premedical and Doctor of Medicine Degree from Jimma University School of Medicine. He completed his Internal medicine Residency at Mercer University School of Medicine. His Heart Failure/Heart Transplant fellowship at the University of Miami Cardiovascular Fellowship Program. Cardiovascular fellowship at Baylor University Medical Center.

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When You Are At Your Wits End

By Pastor Timothy Neptune

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.

The 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.



Tim Neptune is the lead pastor of Venture Church in Naples, Florida. Venture Church meets on the campus of FSW State College on Lely Cultural Blvd. in East Naples. For times and directions, visit www.venturenaples.com.



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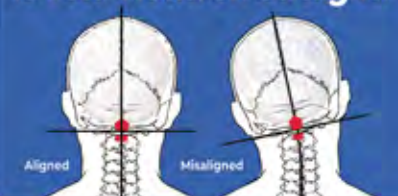


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A photograph of a middle-aged couple in a warm, modern living room. The woman, with blonde wavy hair, is wearing a white long-sleeved top and is smiling broadly while embracing the man. The man, with grey hair and a beard, is wearing a teal sweater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

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