

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

# Health & Wellness<sup>®</sup> MAGAZINE

May 2022

Manatee/Sarasota Edition - Monthly

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  **FREE**

**STROKE  
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**CATARACTS**  
YOUR TREATMENT  
OPTIONS

**WHEN DEALING  
WITH HEARING LOSS**

WATCH FOR SIGNS OF  
ANXIETY, DEPRESSION,  
AND ISOLATION...

**INTERVENTIONAL  
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BRINGS SPECIALIZED  
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**LOWERING  
CHOLESTEROL**  
IS NOT THE ONLY WAY  
TO PROTECT THE HEART

**THREE OF THE  
TOP REASONS**  
TO CONSIDER  
SENIOR LIVING

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





# THIS IS NO TIME FOR PAIN

*NON-SURGICAL* ORTHOPEDICS



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- Skip & Gail Sack



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



# Interventional Cardiologist Brings Specialized Skill Set to Venice Area

By Heidi Smith, Contributor

**F**or Mohamed Morsy, M.D., FACC, FSCAI, RPVI, saving patients' limbs and lives is all in a day's work.

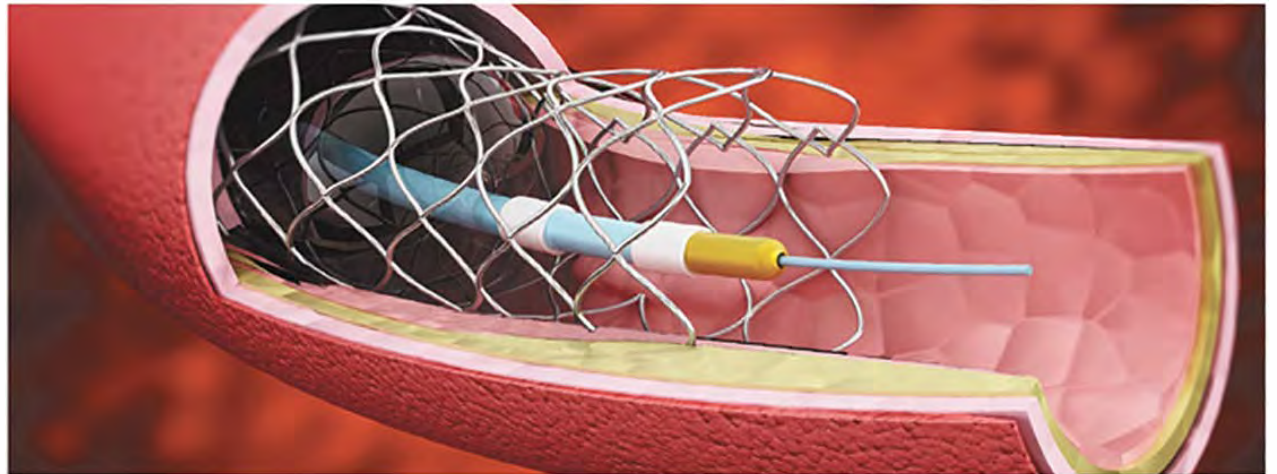
An interventional cardiologist, Dr. Morsy recently relocated to Venice from Memphis, Tenn. His expertise includes complex procedures on veins and arteries to treat heart attacks and prevent strokes and limb amputation.

"It was hard to leave Memphis where I have so many professional and personal relationships, but I'm excited to bring my skill set and experience to Venice," said Dr. Morsy, who sees patients at ShorePoint Cardiology. "While the Venice area is rich in medical expertise, I have experience with complex interventions that are rarely offered except by major institutions."

An example of a highly complex procedure that Dr. Morsy performs is chronic total occlusion percutaneous coronary intervention (CTO PCI). CTOs are blockages of arteries in the heart that have typically been present for more than three months. These blockages result from severe build-up of fatty deposits or plaque within the arteries (atherosclerosis) and are one of the complications from coronary artery disease.

When a patient has not responded to medicines or other interventions, a CTO PCI may be indicated. The procedure is performed by experienced cardiac interventionalists, such as Dr. Morsy, who have specialized training in advanced methods to treat CTO blockages.

Dr. Morsy earned his medical degree at the University of Alexandria in Egypt. He came to the United States to pursue research and his residency, then completed fellowship training in cardiology and interventional cardiology at the University of Tennessee Health Science Center. He is board-certified in several specialties, including interventional cardiology, internal medicine, cardiovascular disease, echocardiography, nuclear cardiology, cardiac computed tomography, and vascular medicine. To become board certified, physicians pursue specialty training and take rigorous exams administered by various medical boards.



Dr. Morsy also has extensive experience treating blood clots in the lung (pulmonary embolism), which can be a life-threatening condition. The condition is often treated with blood thinners, but some patients benefit from early intervention to remove or dissolve the blood clots.

While in Memphis, Dr. Morsy established a city-wide hospital program for treating pulmonary embolism by removing blood clots from lungs. Patients with life-threatening pulmonary embolism are assessed for level of risk and potential for emergency mechanical intervention, including disruption and removal of the blood clots, and restoration of adequate blood flow to the lungs. Five hospitals in the Memphis area have adopted the protocol to improve patient care.

More typical in his practice are interventions for patients with circulatory problems in veins and arteries in the leg, such as peripheral artery disease (PAD).

"If blood vessels become narrowed or blocked, the blood can't flow normally, and patients may experience symptoms such as pain in leg muscles with activity, muscle cramps, constant burning pain when sitting or lying down (rest pain), or non-healing wounds and ulcers of the feet," Dr. Morsy explained. "One of my passions as an interventional cardiologist and vascular specialist is treatment of critical limb ischemia, where the toe, foot or leg can be at risk for amputation. Our goal is not only to prevent those outcomes, but to restore the patient to a healthier and more active lifestyle."

**"Many risk factors for diseases of veins and arteries are lifestyle-related," Dr. Morsy said. "That gives patients a great deal of power – and responsibility – to contribute to their own health and a long, active lifestyle."**

#### Keep Your Veins and Arteries Healthy

Many risk factors for PAD and other diseases of the veins and arteries are lifestyle-related. You can help prevent PAD by managing and reducing your risk factors.

- Don't smoke.
- If you have diabetes, managing the condition is vital.
- Consume a low-fat, high-fiber diet to help keep cholesterol, triglycerides and blood pressure in a healthy range.
- Stay physically active.

**Mohamed Morsy,**  
M.D., FACC, FSCAI, RPVI  
Interventional Cardiologist



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**Natalie Sullivan, MD**  
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Radiation  
Oncologist





# CATARACTS: YOUR TREATMENT OPTIONS

By Eric Liss, M.D. - Board Certified Ophthalmologist with Quigley Eye Specialists

**Y**our eyes have a natural lens. The lens bends or refracts light rays that come into your eye to help you see. This lens should be clear. As we age, most of us will develop cataracts, which is when our lens becomes cloudy. Seeing through a cloudy lens is a bit like looking through a frosted or foggy window.

## What are the symptoms?

Most cataracts develop slowly and don't disturb your eyesight early on. You may not even know you have a cataract. But with time, cataracts can interfere with your vision and can negatively affect your quality of life. Symptoms may include:

- Blurry vision
- Light sensitivity
- Bright colors are faded
- Difficulty seeing at night
- Double vision

## How did I get Cataracts?

If you have been diagnosed with cataracts, you're not alone. Cataracts affect more than 24 million Americans aged 40 and older. By age 75, approximately half of all Americans have cataracts.<sup>1</sup>

The most common reason people develop cataracts is age. According to Johns Hopkins Medicine, age-related cataracts may begin to develop as early as 40 years old.

Over time, cataracts become worse and start to interfere with vision. This can affect your overall quality of life in many ways including reading, working, hobbies and sports. If left untreated, cataracts can cause total blindness.

## How do I treat my Cataracts?

If cataracts are impacting your quality of life or you're experiencing symptoms that interfere with daily tasks, your ophthalmologist may recommend treatment.

The only way to treat cataracts is to remove the cloudy lens and replace it with a clear, artificial lens, called an intraocular lens or IOL.



The procedure is about 15 to 20 minutes. It's very safe and painless with little downtime. Although you're awake, you're given a "twilight" anesthesia so you're comfortable.

## What is an IOL?

An intraocular lens or IOL is a tiny, artificial lens for the eye. It replaces the eye's natural lens that is removed during cataract surgery.

IOLs come in different focusing powers, just like prescription eyeglasses or contact lenses. For example, a basic IOL has only one focusing power, which means you will need glasses for all tasks. On the other hand, a multifocal IOL gives you focusing powers at various focal points, so you may not need glasses after your procedure.

Many patients with multifocal IOL implants enjoy reading again or playing golf without worrying about glasses or contacts. Many of them also report seeing more clearly with brighter colors.

## Which IOL is Best for Me?

Based on your lifestyle and the health of your eyes, your ophthalmologist will recommend a cataract vision package customized for you. For example, if you have cataracts with astigmatism, your ophthalmologist may recommend a Toric lens with laser cataract surgery.

### References:

1. National Institute of Health, 2021
2. In addition to the 2018 study noted above, a 2016 study showed that when compared to another leading laser, the other laser showed significantly higher cumulative dissipated energy and phacoemulsification power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077266/>

## Cataracts with Astigmatism

Astigmatism is an imperfection in the curvature of your eye's cornea or lens and can impact your vision. When combined with cataracts, your vision may be even more impacted. During your evaluation, your eye specialist will let you know if you have cataracts with astigmatism. If so, your eye surgeon can correct your astigmatism during your cataract procedure to help you achieve your best possible vision.

## Laser Cataract Surgery

Technology Leaders in Eye Care, Quigley Eye Specialists offers patients the Catalys® Laser System. Compared to another leading laser, the Catalys was found to use less energy and demonstrated superior patient outcomes (Khodabakhsh & Hobauer, 2018).<sup>2</sup> Built specifically for cataract surgery, the Catalys is more gentle on the eye and opens the door to laser cataract surgery for patients with glaucoma.

If you suffer from cataracts or any other eye condition, Quigley Eye Specialists can help you see the life you love.

If you have blurry vision, double vision, floaters, eye pain, headaches, trouble seeing up close or far away, you absolutely need to be seeing an ophthalmologist on a regular basis. Eye disorders can escalate quickly, and many times, eye problems are overlooked but can be debilitating or even cause blindness. Keep in mind that many eye diseases do not have any initial symptoms.



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## About Quigley Eye Specialists

Dr. Liss is a board-certified Ophthalmologist with Quigley Eye Specialists, a world-class eye care practice specializing in cataracts, laser cataract surgery, glaucoma, iLASIK, dry eye, eyelid surgery, retinal issues, corneal conditions, facial plastic surgery and routine eye care. Quigley Eye Specialists has served the region for more than 30 years with locations throughout Florida including Sarasota, Venice, North Port, Port Charlotte, Punta Gorda, Cape Coral, Fort Myers, Lehigh Acres, Bonita Springs, Naples and Coral Gables.



# NATURAL LONG-TERM RELIEF FOR PTSD, DEPRESSION AND ANXIETY

## *How Neurofeedback Improves Brain Function and Mental Health*

If you are struggling to get over challenging life situations or traumas, and are left with depression and/or anxiety, you are not alone. Challenging life experiences, such as relationship break ups, work/school stress, financial difficulties, and even just raising a family can take a great toll on our emotional health. These events can also literally change our brains. Many studies have shown that anxiety and depression can signify brainwave imbalances, which can be corrected by retraining the brain!

### Depression

When you experience depression, your brain functions differently from when you are happy and carefree. Studies show that depression is frequently related to brainwave imbalances, and there are specific patterns that relates to depression, such as **an excess of Alpha brainwaves on the left side of their brain**. These brainwave imbalances dramatically effect mood and can create ongoing 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 & Panic Attacks

The prevalence of anxiety has been increasing over the past several decades. In the first year of the COVID-19 pandemic, global prevalence of anxiety and depression increased by a massive 25%, according to the World Health Organization. All kids ages 8 and up are recommended to be screened for anxiety, according to the U.S. Preventive Services Task Force. 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. This may be measured as an excess of Beta (high frequency) brainwaves, typically on the right side of the brain.

### How Does Neurofeedback Eliminate These Symptoms?

Neurofeedback is a non-invasive, drug-free therapy that targets imbalances in the brain by retraining it over time. It's safe, simple to do, and enjoyable!



Neurofeedback therapy not only brings relief of symptoms, but it also addresses and modifies underlying imbalances in the brain. This results in brainwave forms that are associated with happy and healthy brain function. Healthy brainwave forms are associated with a natural state of feeling happier and more balanced.

At The Brain Wave Center, we take a comprehensive approach to brain health. We begin with a Brain Map to assess your brainwave patterns. We observe how your brain wave imbalances relate to your feelings of depression and anxiety. We also look at how issues in your physical health may be impacting your emotional health and how lingering past traumas may be keeping you stuck in anxiety or depression.

After a comprehensive Brain Map assessment, you will embark on a neurofeedback journey to retrain your brain. The therapy is both enjoyable and powerful. Your brain wave patterns are monitored to determine optimal function, and these are healthy brain waves are rewarded through the video that you are watching. This, over time, retrains the brainwaves to 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. 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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# Lowering Cholesterol is Not the Only Way to Protect the Heart

By Abby Vallejo, RD, CPT, CHC

**W**hat is the number one risk factor for heart disease? High cholesterol may come to mind, but it is actually hypertension, or high blood pressure. Why? Think about your blood vessels for a minute.

When blood vessels are healthy, their inner lining (endothelium) is smooth. However, if damage to this lining occurs, it becomes a jagged sticky surface, upon which plaque— the body's natural Band-Aid— forms. Plaque in itself is not bad, but it indicates that there is tissue damage in that area of the endothelium. When plaque becomes vulnerable and ruptures, it can cause a heart attack or stroke. So, what is the number one contributor for damaged blood vessel inner lining with subsequent plaque formation? High blood pressure.

Microcirculation is especially important for women, since a condition known as coronary microvascular dysfunction is the usual cause of women's heart attacks and strokes. Coronary microvascular dysfunction entails ruptured plaque in the microvascular system— minute blood vessels averaging less than 0.3 mm in diameter— that's undetectable via routine cardiovascular testing, and which commonly leads to heart attacks. Women concerned about heart disease should ask their doctor for an echo stress test. This ultrasound scan is the only means of diagnosing coronary microvascular dysfunction. Conversely, men tend to have heart attacks from coronary artery disease, characterized by easily detectable plaque that's prone to rupture in the coronary arteries.

In addition to reliable testing, the best ways to protect yourself against heart disease are natural support for blood pressure, blood vessels, and microcirculation.

#### Sources:

American Heart Association

Herbal Support for a Healthy Heart by Dr Berris Burgoyne, Wholistic Matters Podcast, <https://wholisticmatters.com/herbs-for-heart-health/>

Lowering Cholesterol Doesn't Always Count by Dr Christiane Northrup, Heart Health, <https://www.drnorthrup.com/cholesterol-doesnt-always-count/>

Onor IO, Hill LM, Famodimu MM, Coleman MR, Huynh CH, Beyl RA, Payne CJ, Johnston EK, Okogbaa JJ, Gillard CJ, Sarpong DF, Borghol A, Okpechi SC, Norbert I, Sanne SE, Guillory SG. Association of Serum Magnesium with Blood Pressure in Patients with Hypertensive Crises: A Retrospective Cross-Sectional Study. *Nutrients*. 2021 Nov 24;13(12):4213. doi: 10.3390/nu13124213. PMID: 34959763; PMCID: PMC8709166.

#### Healthy blood pressure support

- Magnesium
- Omega 3s/fish oil
- Coleus (Coleus forskohlii root) - also helps with weight loss
- Astragalus (Astragalus membranaceus root) - also supports a healthy stress response.
- Herbs for stress and Hypothalamic Pituitary Adrenal axis support like Ashwagandha and Eleuthero
- Daily practice of stress management
- Exercise and movement
- It is important to investigate and address the underlying cause of high blood pressure; i.e., due to stress or kidney dysfunction. Unfortunately, blood pressure medications do not address underlying causes, they simply bring numbers down.

**Healthy blood vessel support:** Support microcirculation, bringing nutrients to blood vessels and capillaries with:

- Grape seed extract
- Ginkgo biloba
- Gotu Kola (Centella asiatica)
- Support healthy blood vessel integrity with Vitamin C and Buckwheat

The best herb for vulnerable plaque is Gotu Kola. In addition to supporting microcirculation, Gotu Kola (Centella asiatica) can help stabilize existing plaque that is vulnerable to rupture.

#### A note about statin drugs

Although a statin drug for cholesterol has been the conventional intervention of choice when it comes to heart disease, diet, exercise, lifestyle and herbal support also offer quite powerful results. These typically well tolerated natural approaches do not cause low CoQ10, muscle aches and diminished testosterone or estrogen, common side effects of statin drugs. Additionally, it is important to account for not just cholesterol, but all other risk factors for heart disease. This is since approximately 50% of heart attacks occur in those with healthy cholesterol.

#### Other risk factors for heart disease include:

- Metabolic Syndrome (a cluster of coinciding conditions including high blood pressure, high blood sugar, high cholesterol and excess body fat especially around the waist)
- Smoking
- Obesity
- Unmanaged stress and emotions
- Lack of exercise
- Diet (especially diets high in sodium and low in potassium)
- Excessive sugar consumption
- Nutrient and mineral deficiencies
- Excessive alcohol consumption
- Poor sleep, especially due to obstructive sleep apnea
- Gut dysbiosis and poor gut health
- Chronic inflammation
- Gum disease

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# LEG PAIN – UNDERSTANDING THE OPTIONS

By Jeffrey Edwards, MD, RPVI

**L**eg pain is frequently encountered by vascular surgeons and primary care providers alike. There are several potential etiologies with a wide array of treatment options, but determining the underlying cause is critical to successful diagnosis and treatment. Following a thorough history and physical, non-invasive testing options can be tailored to each individual patient. Vascular causes of leg pain are common and may be an indicator of systemic vascular disease. It is important to determine the underlying etiology of leg pain as there may be major implications pertaining to systemic cardiovascular health.

You may be familiar with the term angina, as it describes chest pain occurring due to restricted blood flow to the heart. This can be a warning sign for a heart attack. Similarly, claudication is a term used to describe pain in the legs which occurs with walking and may be a sign of underlying peripheral artery disease. This is a condition which results from blockages in the peripheral arteries, which are located in the legs (i.e., the vessels located outside of the heart and the brain). Major risk factors for peripheral artery disease include smoking, high blood pressure, high cholesterol, and diabetes. Initial treatment includes tobacco cessation, antiplatelet (aspirin) and cholesterol-reducing medications and an exercise program combined with a healthy diet. Up to 50% of people can improve their walking symptoms without the need for surgery. More severe symptoms or failure of conservative treatment may require a procedure or surgery to restore blood flow within the leg, such as minimally-invasive angioplasty or stenting, or in more advanced cases, traditional bypass surgery. This is when your vascular surgeon creates a new pathway for bloodflow around the blockages, either by using one of your veins or a prosthetic bypass.

Leg pain and claudication may also result from chronic venous insufficiency. Whereas the arteries carry oxygenated blood from the heart to the peripheral tissues, veins return the de-oxygenated blood to the heart and lungs after it has supplied oxygen to the muscles and tissues. Chronic venous insufficiency develops when venous blood no longer flows normally due to blockage or dysfunction of vein valves. The arteries rely on the heart to act as a pump to push blood through the vessels, but blood flow through veins is more passive. Vein



valves normally prevent blood from refluxing or flowing backwards. If this occurs, pressure within the veins increases and fluid may leak into the surrounding tissues, leading to leg swelling and pain. In addition to these symptoms, unsightly darkening of the skin and varicose veins may also be present. Pain due to venous claudication can sometimes be distinguished from arterial claudication based on the patient's history alone, as venous disease often results in pain associated with swelling, skin changes, and tends to be worse at the end of the day. Conversely, arterial claudication results in pain which is worse with walking and characteristically improves with rest.

Symptoms of leg pain and discomfort can be due to non-vascular causes. Spinal stenosis and degenerative disc disease can cause similar symptoms to vascular claudication; however this can be present with normal bloodflow. Important distinguishing features of neurogenic claudication include the sensation of "pins and needles" traveling down the leg, sometimes associated with shooting, shocking-type pain. It is not necessarily related to activity level and typically improves with sitting down or bending over at the waist. In this case, arterial and venous testing may be normal, and imaging of the spine is often recommended with x-rays or MRI. If pathology is identified, evaluation by a spine specialist would be recommended.

If you think you may be experiencing leg pain related to vascular disease, ask your doctor about a referral to a vascular surgeon. Sarasota Vascular Specialists is the only practice within the tri-county area dedicated solely to the treatment of patients with arterial and venous disease. Our board-certified vascular surgeons are nationally known and highly regarded experts in the treatment of all types of vascular pathology.

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# Stroke Care

According to the Centers for Disease Control and Prevention (CDC), approximately 800,000 Americans have a stroke each year, and about 25 percent of those persons have had a prior stroke. This fact is particularly relevant for seniors, as nearly 75 percent of those who have strokes are at least 65 years of age, and the risk of having a stroke continues to grow greater with age. Additionally, strokes are one of the most prevalent causes of long-term disabilities.

Some stroke survivors recover naturally. This is known as spontaneous recovery, and generally occurs within a few weeks to six months following the stroke. Other stroke survivors require more extensive rehabilitation, which includes relearning of lost skills and/or learning new ways to function, and will recover within a couple of years. Still others never fully recover and are left with lifetime disabilities.

In a situation where stroke care is required, it is common that a relative, such as an adult child, serves as an informal (unpaid) caregiver. This role can be challenging, particularly when a caregiver has to juggle caregiving duties with a full-time job, a family, and other responsibilities. In addition to the time commitment, the care needs of a stroke survivor can be very taxing. In some cases, the responsibility can be too much for an untrained family caregiver to handle. For example, caring for a loved one who has extremely limited functioning on one side of his or her body is not physically possible for everyone. Taking on too much as a caregiver not only leads to high stress levels, but also can lead to caregiver burnout.

The good news is that there are stroke care options, providing an alternative to family members taking on the role of informal caregiver. Assisted living is one such option. This type of care allows stroke survivors to maintain a degree of independence, while also giving relatives peace of mind knowing that their loved one is being cared for in a safe environment. Some assisted living residences even provide stroke-specific care.



## Who Should Consider Assisted Living after a stroke?

Assisted living residences provide room and board, personal care assistance, housekeeping and laundry, medication reminders, and therapies (physical, occupational, and speech) as needed. Most facilities offer various levels of care, so residents can access the services they need while maintaining independence in other areas of their lives. This can range from the need for very little supervision and assistance, to the need for more extensive assistance with several activities of daily living (bathing, grooming, mobility, toiletry, etc.), to the need for some medical care.

The following two scenarios are examples in which stroke survivors might be well suited for assisted living:

- The individual requires limited rehabilitation and limited assistance
- The individual has a stroke-related long-term disability and requires regular assistance with a few activities of daily living

While assisted living might be a great option for some stroke survivors, it is not the right fit for everyone. This is largely due to the fact that the seriousness of a stroke and the resulting physical, behavioral, and emotional side effects vary widely. Some stroke survivors have care, medical, and rehabilitation needs that are greater than can be provided in an assisted living setting.

## 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.

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# Natural Solution for Vertigo Sufferers Here in Sarasota

By Dr. Drew Hall

**V**ertigo is the second most common condition why patients visit a doctor. Most who suffer, end up at their primary care physician, are told it's their inner ear and if it persists are referred out to a HEENT (head ears eyes throat) doctor. The patient is usually run through a battery of tests and diagnosed with BPPV, Meniere's disease, vestibular labyrinthitis, or cervicogenic vertigo. The mainstream health system is great at giving you a diagnosis, but rarely do they ask the question, **WHAT IS THE CAUSE?** In this article we will discuss a little-known procedure called Blair upper cervical technique. Blair upper cervical is a niche chiropractic technique that focuses its attention on the top two bones in the spine and their relationship to the brainstem and central nervous system. The procedure is precise, gentle, effective, and uses no twisting, popping, or pulling during the correction.

## How is vertigo related to the neck?

The upper cervical spine is the most unstable junction of the spine. A bowling ball (your head) rests on a two-ounce bone (the atlas) and houses the most vital structure in the body, the brainstem. The brainstem is the part of the nervous system that controls and coordinates most body function you are not consciously controlling; heart function, respiratory function, postural muscle tone control, thermo-regulation (body temperature) and the vestibular nucleus, the body's balance center.

Trauma in the past such as car accidents, slip and falls, and blunt trauma can cause the top bone in the neck to misalign off the floor of the skull. This misalignment can set the stage for a host of chronic health problems including vertigo. Misalignments at the floor of the skull interfere with brainstem function and can affect any part of the body.

Often people who suffer with vertigo notice that certain head positions or movements trigger their vertigo. Also lying on one side versus the other may set off their symptoms. These are clues that the vertigo is coming from a misaligned neck!



3-D CBCT

When a neck joint is misaligned from its normal position, millions of nerve endings on the joint surface can send "bad" information back into the central nervous system causing disturbances within the balance system of the body. Furthermore, certain head positions can fire off these pathways and commonly are experienced by vertigo sufferers. The solution is to identify which joint has misaligned and precisely correct it to restore normal joint motion and nervous system function!

## How precision CBCT imaging allows the doctor to locate your exact misalignment pattern

In order to correct an upper cervical misalignment, it must first be viewed. In our office we take 3-d cone beam computed tomography (CBCT) that allows the doctor to view the joint misalignment. Each person has unique joint anatomy and direction of misalignment. By using precision imaging our doctors can then direct a precise gentle force into the joint to restore normal motion and function. Once corrected the body will go through postural changes and normal physiology follows - health!

## Follow up care

The purpose of the correction is to restore normal joint motion and allow the central nervous system to improve function. Follow up visits are used to monitor the upper cervical spine. We want to know is the correction "holding" in its normal position or has it misaligned again to its bad position. The goal of Blair upper cervical care is for the soft tissue around the misaligned joint to heal so the joint moves normal and the central nervous system has no interference.

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## Common symptoms that accompany vertigo

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- Tinnitus
- Cognitive fog
- Ear pain
- Eustachian tube dysfunction

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# TREATMENT-RESISTANT DEPRESSION

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

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

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

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



### What is Ketamine?

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

### How does Ketamine Work?

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

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

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

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

### How is Ketamine Administered?

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

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

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

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

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



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



**Lolita Borges, RN**  
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# Avoid Weight Gain When Quitting Tobacco

**W**hen tobacco users set out to quit using tobacco, they may be faced with the obstacle of weight gain. Although it is possible to gain weight when you quit, it is not inevitable. There are many things you can do to keep the weight gain in check.

When an individual quits tobacco, there may be a slight change in metabolism – how fast the body burns calories. Nicotine in tobacco products is an appetite suppressant which means individuals may feel hungrier when they quit. Food is also going to smell and taste better as the tar that coats the nasal cavity and taste buds starts to break down. Lastly, some individuals may want to eat to keep from using tobacco.



Check out these tips for managing weight gain when you quit:

## Pay attention to your plate:

- Eat plenty of fruits and vegetables.
- Choose fat-free or low-fat snacks like pretzels.
- Use sugar-free hard candy as an alternative to tobacco.
- Choose foods low in sodium, trans fat and added sugar. Read food labels and choose healthful options.
- Drink lots of water!

## Incorporate physical activity:

- Physical activity helps to release stress.
- Physical activity can help control your appetite.
- Being active can improve your mood.
- Physical activity burns calories and can help you lose weight if you take in fewer calories than you use up.

## Find other activities to stay busy or prevent boredom:

- Play with a pencil, stress ball, paper clip or marbles.
- Munch on carrots, apples, celery and sugarless gum.
- Brush your teeth often and keep a fresh taste in your mouth.
- Keep your hands busy — wash the car, garden, knit, do crossword puzzles, write letters, cook.
- Try a new sport.

So, if you are avoiding quitting smoking for good because you are afraid of weight gain, do not let it get in the way of kicking the habit to the curb once and for all! The most important thing you need to remember is that tobacco does not make you thin and quitting does not make you fat. Focus on what you will “gain” when you quit – a healthier body and outlook.

**Help quitting tobacco is free!** Gulfcoast South Area Health Education Center (GSAHEC), as part of the Group Quit option of Tobacco Free Florida's Quit Your Way program—offers free group quit sessions to help someone quit all forms of tobacco. These group sessions held virtually and in-person, provide information about the benefits of quitting, managing stress and triggers, and will assist you with developing your own customized quit plan. **Free** nicotine replacement therapy in the form of patches, gum, or lozenges (if medically appropriate and while supplies last) is provided with the session. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist. Contact us today at **866-534-7909** or visit [www.tobaccofreeflorida.com/groupquitcalendar](http://www.tobaccofreeflorida.com/groupquitcalendar) to schedule a class or learn more about the program!

## References:

1. How can I avoid weight gain when I stop smoking? American Heart Association. [http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/YourNon-SmokingLife/How-Can-I-Avoid-Weight-Gain-When-I-Stop-Smoking\\_UCM\\_307852\\_Article.jsp#.V2gwNNbjYU](http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/YourNon-SmokingLife/How-Can-I-Avoid-Weight-Gain-When-I-Stop-Smoking_UCM_307852_Article.jsp#.V2gwNNbjYU). Accessed June 20, 2016.

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

**P**rotecting 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.

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

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

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

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

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

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



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*- Dr. Drew Hall*

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# Lumbar Spine Pain: Symptoms, Causes & Treatments

By: Regenexx Tampa Bay, Regenerative Medicine

**T**he body is an interconnected machine with each part working together in harmony. The lumbar spine is a crucial element of this machine. The hip, knee, and foot are all controlled by spinal nerves within the low back. A problem in the lumbar spine could create problems at any point in the lower body. Common lumbar issues include arthritis, foraminal and spinal stenosis, pinched nerves, disc problems, muscle atrophy, loose ligaments, and spondylolysis. In this article, we will give you a brief overview of these common lumbar spine problems along with their potential symptoms, causes, and treatments.

First, let's take a look at the spinal column and its parts.

## The Spinal Column

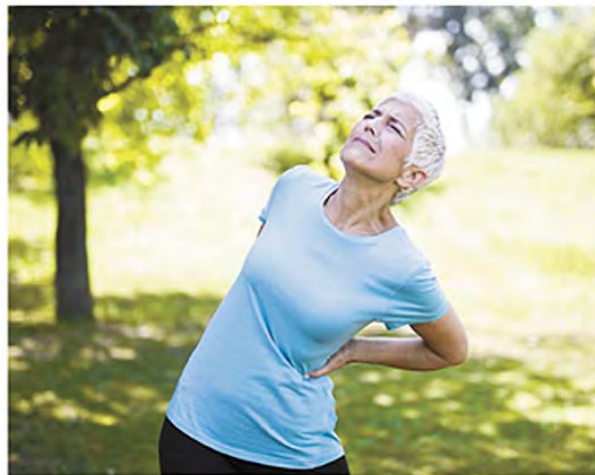
The spinal column is made up of vertebrae that are stacked one on top of the other with an intervertebral disc between each level to provide cushion and absorb shock. The cervical spine consists of the neck area and is made up of seven vertebrae (C1-C7). Following the cervical spine is the thoracic spine (T1-T12), the lumbar spine (L1-L5), the sacrum (S1-S5), and the coccyx. The posterior (back) portion of these vertebrae is known as the spinous process and on either side of these, connecting one vertebra to the next, are finger-joint-sized articulations called facet joints.

Another extremely important part of the spinal column is the spinal canal. This tunnel runs down the middle of the column and houses the spinal cord, which has many nerves that transmit muscle commands and sensory information throughout the body and to the brain. There are small holes in the spinal column where the nerves exit and branch off to other parts of the body. There is one at each level of the spinal column. One of these holes is called a foramen. Any of these structures can become damaged or diseased in some way and lead to pain, discomfort, or even disability.

## Foraminal Stenosis

When the spine is healthy, spinal nerves easily traverse through the tunnels transmitting sensory information from each body part to the brain and provide impulses to the muscles so they can contract and move the body part. However, when the spine is unhealthy, the flow of information can be disrupted.

The disc or cushion in between the spine bones can bulge and/or the spine joints can get arthritis causing the foramen to narrow. This narrowing of the tunnel is called foraminal stenosis and can cause the nerves to get pinched. The pressure from a pinched nerve can cause muscle tightness, weakness, numbness, tingling,



burning, or electrical pain in the specific distribution of that nerve. For example, if there is a lower lumbar foraminal stenosis, you could experience numbness in your big toe. Sometimes the symptoms slowly manifest over time from a more subtle pinching of the nerve. If the nerve is irritated, it may release inflammatory substances into the tissue to which the nerve travels causing that tissue to degenerate more rapidly than other areas leading to painful problems such as tendinopathy.

You could have laser spine surgery to open up the hole, but this surgery can have major side effects and serious implications. Another way to surgically treat stenosis is with a spinal fusion, but the mention of a fusion should be a huge red flag to seek out other opinions. Why? Adjacent segment disease (ASD). After a fusion, the motion of the fused segments is limited and the biomechanical loads are transferred to the segments above and below the level of the fusion. These adjacent segments could get damaged and become painful over time resulting in additional surgeries.

Surgery is often performed after an MRI diagnosis of the problem. An MRI indicating stenosis is not enough to appropriately diagnose that stenosis is the cause of pain. If you do have foraminal stenosis, you should not put all your trust in MRI results. Patients may or may not have pain with foraminal stenosis. The MRI is a description of the appearance of the spine. Many people have stenosis and no noticeable problems. An experienced physician knows that it's critical to treat the person, not the MRI. This can be determined by a thorough history and physical examination. Research also shows that skilled physical therapy is as effective as surgery in relieving stenosis symptoms.

Our approach to foraminal stenosis utilizes nonsurgical solutions to treat it before it progresses. Precise image-guided injections of the patient's own platelets into the foramen and around the nerve can help manage the problem.

## Facet Joint Osteoarthritis and Instability

The facet joints that we spoke of earlier can become injured from trauma or develop arthritis from cartilage breakdown due to wear and tear. Facet joints allow for and limit movement in the spine. When bending backward, these joints become compressed and when you bend forward, they open up. When damage or arthritis occurs, facet joints can become chronically painful, especially with movement. Facet arthritis is often referred to as Degenerative Joint Disease (DJD).

For facet arthritis or injuries, doctors may recommend a radiofrequency ablation (RFA) also referred to as a rhizotomy of the small nerve that senses pain from that specific facet joint. This is a destructive process that damages the nerve. Although this can be effective in some cases, it may leave the surrounding muscles weaker which can actually be a cause of back pain.

A surgical option is a lumbar fusion to bolt two or more vertebrae of the spine together to eliminate movement and therefore, pain. The nature of this surgery can also damage the muscles that stabilize the area. This is an irreversible procedure that can cause adjacent segment disease in the vertebrae above and below. This surgery should only be considered in the most extreme cases.

Our approach for DJD often includes high-dose PRP, platelet lysate, or stem cell injections precisely targeting the facet joints, surrounding ligaments, atrophied muscles, and around the nerves. This is a tissue preservation strategy that involves no cutting, surgery, hardware, or tissue destruction helping patients avoid pain medications and damaging cortisone injections.

## Disc Problems

Within the lumbar spine, there are four types of disc problems that can occur. A herniated disc occurs when the outer covering of the structure breaks open allowing the inner gel to herniate out. A bulging disc is when the outer covering doesn't completely break open, but the fibers are stretched and weak leading the gel to bulge. A torn disc means that the outer cover has a tear that causes or it may allow the leaking of chemicals on the associated spinal nerve. Lastly, a degenerated disc is one that has collapsed or narrowed due to insufficient living cells inside the disc not producing enough of the substances that keep the disc plump. A severely degenerated disc is usually not a source of pain unless it's bulging or leaking onto a spinal nerve. Earlier in the degeneration process, while the disc still has plumpness to it, tears in the back of the disc can be a source of low back pain that results in severe episodes of pain with sitting, coughing, sneezing, or lifting. When a disc is severely degenerated, it usually is no longer painful itself. However, the mechanical load of the compressive forces in the spine at that level are no longer being taken up by the disc and therefore get transferred to the facet joints leading to wear and tear and DJD as described above.



Generally, disc surgeries include either back fusions or disc replacement. Regarding fusion, the vertebrae are bolted together with hardware to keep them immobile. With disc replacement, the goal is to have fewer side effects than a fusion, however, research has shown that abnormal motion with an artificial disc can also lead to ASD. The other side effects of having a device implanted include wear-and-tear ions in the blood from the breakdown of the metal or plastic device, ongoing pain, and potential revision surgeries.

With our approach, herniated and bulging discs are treated based on the problem they are causing. For pinched nerves, instilling isolated growth factors or platelet lysate around the irritated nerve can help the nerve recover and become more tolerant of its narrow space. Injection of the surrounding ligaments and muscles provides for stability with better-controlled movements taking pressures off the disc and nerves. In some cases, bulging discs may be treated with a same-day stem cell treatment to reduce the size of the bulge or heal a tear. In other cases, cultured (grown) stem cells injected in a specific way may be required. Torn discs can be treated with either stem cell or PRP injections very effectively. Symptoms respond well to a treatment protocol focused on platelet and/or stem cell technology deployed to treat undesirable disc and lumbar segment movements due to lax ligaments and arthritic facet joints.

#### Pinched Lumbar Nerve

Pinched nerves can be caused by foraminal stenosis from bulging or herniated discs and facet joint arthritis as discussed. A pinched lumbar nerve can cause pain, numbness, tingling, or weakness anywhere along the route that particular nerve branch supplies. Pain may or may not be present in the low back.

Chronic knee pain could actually be due to a pinched nerve in the lumbar spine. A doctor may mistakenly conclude that the knee is the source of the pain. This is exactly why we find it so important to consider the entire musculoskeletal system as a whole rather than in parts and to take an extensive history and physical.

The surgical approach to a pinched nerve depends on the root cause. For example, if a disc bulge is to blame, it could be a discectomy and graft and/or lumbar fusion. If it is a foraminal stenosis, laser surgery may enlarge the foraminal opening where the nerve is being pinched. Problems with invasive lumbar surgery are many, including long recovery times and often continuing pain. Ultimately, the structure never fully functions as it originally did.

Our approach includes examining the full musculoskeletal system to determine the source of pain and the pinched nerve and then developing an appropriate treatment plan. Treatment may consist of precise image-guided injections of healing growth factors isolated from a patient's own blood platelets, PRP, or stem cells.

#### Steroids, NSAIDs, & Other Drugs - Not Recommended

You may be presented with other treatments within the traditional orthopedics model for lumbar problems, including steroid shots or medications.



Nonsteroidal anti-inflammatory drugs (NSAIDs) come with a long and growing list of dangerous side effects, such as sudden-death heart attacks, stroke, gastrointestinal bleeding, addiction, and overdose.

Narcotics can provide pain relief but are not addressing the issue directly and of course, can be addictive. Overdose has become an increasing public health issue.

Steroid shots have been shown to destroy local cartilage in the joint which can progress arthritis and provide no significant long term pain improvement. In fact, pain relief usually diminishes with repeated steroid injections. The list of problems with these injections is also lengthy.

There are supplements that can be a good alternative for pain and inflammation. Chondroitin and glucosamine have been shown to be effective pain relievers and can preserve cartilage. Curcumin derived from turmeric can also decrease inflammation and relieve pain from arthritis and other issues.

Our spines are tuned to precision and attempting to rearrange the spine's biomechanics with fusions and surgeries is often a bad idea. It is essential to understand that where it hurts may or may not be where the primary damage is located.

Acting on a lumbar spine problem while it's still a small problem or when the issue first appears, will be less of an issue than trying to take care of it when it becomes a larger problem that spirals out of control. Conservative options may help in some cases, but if these options have failed, we urge you to seek out interventional orthopedic solutions!



**Dr. James Leiber**

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

Dr. Leiber specializes in Interventional Regenerative Orthopedics with years of experience and is honored to have been the first Regenexx Network Provider in Florida. In 2012, Dr. Leiber began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).

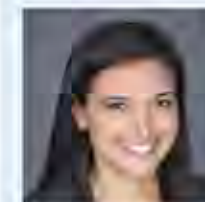


**Ron Torrance II, DO And FAOASM** - Board Certified in Sports Medicine and recent co-author of *Exercise 2.0* for Regenexx and author of the 2018 best paper of the year on *The Concussed Athlete*. Dr. Torrance has achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete.



**Ignatios Papas, DO**, is a non-surgical orthopedic physician specializing in Physical Medicine and Rehabilitation at Regenexx Tampa Bay. Dr. Papas has taught courses in musculoskeletal ultrasound to residents across multiple specialties and to medical students at Carolinas Medical Center in Charlotte.

He is a member of the American Medical Society for Sports Medicine, the American Academy of Physical Medicine and Rehabilitation, and the American Academy of Orthopedics just to name a few. When he isn't practicing medicine he enjoys spending time with his wife and new baby, playing soccer, practicing guitar, and listening to historical podcast.



**Lisa Valastro, DO** - 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. She also completed a fellowship with Dr. Marko Bodor in Napa, California, focused on Spine, Sports, Electrophysiology and Regenerative Medicine. In her spare time, she enjoys hiking, kayaking, weight lifting and volleyball.


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# Three of The Top Reasons to Consider Senior Living

## #1 The Housing Market & Maintenance-Free Living

If you're a senior that's contemplating senior living options, now is a great time to make a move. With real estate listings skyrocketing, limited inventory, and out-of-towners clamoring to move to the sunshine state, if you're considering selling your home and moving into a senior community with independent living and luxurious amenities, schedule a tour of Freedom Village of Bradenton. You'll discover the retirement lifestyle that allows you to socialize, stay active, and enjoy your senior years without the worries of home upkeep and yard work. At Freedom Village of Bradenton, residents enjoy a maintenance-free lifestyle in a great location that's close to the beach, medical care, hospitals, shopping, and restaurants.

### Amenities:

- Private dining room for family gatherings
- Walking paths
- Business Center with computers and internet access
- Wi-Fi throughout common areas
- Guest suites
- Clinic
- On-campus postal services
- On-campus chapel
- Restaurant-style, chef-prepared meals
- Café/Bistro
- On-campus, full-service beauty and barber shop
- Indoor heated pool
- Fully equipped Fitness Center
- Wellness Center
- Fitness and Wellness programs
- Many wonderful places to gather, including our courtyard and gardens, Library, Game Room, Pub/Sports Bar, meeting rooms, fireside living room
- Located minutes away from several of the most beautiful beaches in the U.S.

## #2 You or Your Loved One Needs Assistance With Daily Living

Research shows seniors who stay active and social experience better health, a greater sense of well-being, and may recover from illness more quickly. Many assisted living communities have medical needs, but two of the main emphasis of assisted living are socializing and staying active.

If needed, assisted living residents can benefit from help with daily living activities such as bathing, dressing, grooming, personal hygiene, medication reminders, and meals. Residents can also maintain their independence with Freedom Villages' transportation services for shopping and outings. Laundry and housekeeping services are also provided.

## #3 A Safe Place For a Loved One With Memory Issues

Memory care residences at Freedom Village of Bradenton provide the safety, security, professionals and programs to help preserve the things that bring meaning and order to your loved one's life. Making this transition can be a difficult one for your family; however, at Freedom Village of Bradenton, you can feel good about your decision. Because each day their mission to enrich the lives of residents with Alzheimer's disease and other related dementias by creating success stories and celebrating the abilities that remain. And because Freedom Village is a life care community, residents can seamlessly transition from another level of care to memory care.

### Your Options

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

### Independent Living at Freedom Village of Bradenton

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

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

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

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

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

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

***Your Life, Your Way, Every Day—Contact Freedom Village of Bradenton Today to Find Out More at 941-798-8122 or visit [fvbradenton.com](http://fvbradenton.com).***



**Freedom Village  
of Bradenton**

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





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- Complex Regional Pain Syndrome (CRPS or RSD) • Diabetic Neuropathies
- Fibromyalgia • Lichen Sclerosus • Lyme Disease • Multiple Sclerosis Pain
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# PLASMA EYELID TIGHTENING THE NEW NONSURGICAL EYE LIFT!

## Plasma Skin Tightening

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

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

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

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

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

## Does it Hurt?

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

## What areas can be treated with Fibroblast plasma?

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

## What results can I expect?

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



## What happens after treatment?

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

## What are the possible side effects?

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

## Prices:

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

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- Signature Glo Treatment
- Custom Facial
- Microdermabrasion
- Microneedling Rejuvenation
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- Glycolic Peel
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# Psoriasis: Do You Have Dry Patches of Irritated Skin?

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

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

## Psoriasis Symptoms:

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

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

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

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



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

## Luminary Medical Group Trust an Experienced Provider Team

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

## Look and Feel Your Very Best

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

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

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

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

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

To schedule your appointment please call 941-926-6553 or visit [luminarydermatology.com](http://luminarydermatology.com).



Cary L. Dunn, M.D.



Shauntell Solomon, D.O.



Harib Ezaldein, M.D.



Michael Van Vliet, M.D.



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# EARLY DETECTION SAVES LIVES:

## WHAT YOU SHOULD KNOW ABOUT THE LATEST LIFE-SAVING TECHNOLOGY

The best way to conquer, fight and overcome any disease state is to have early diagnostic testing at the onset of symptoms, or as a preventative measure. Individuals with high-risk factors for coronary artery disease, or certain cancers are highly encouraged to have annual screenings for their specific disease states potentials.

### RAVE RADIOLOGY

At RAVE Radiology, they put your health at the forefront of their mission, by investing in the latest most up to date technology available. RAVE, Radiology Associates of Venice & Englewood understand the importance of providing the best methods and the most advanced diagnostic tools for their patients.

RAVE is a radiology practice, which has been active for over 30 years. They currently consist of 10 board-certified radiologists, many of which have postgraduate fellowships with subspecialty training, all of whom have years of full-time experience. There are over 90 healthcare professions working with RAVE to provide the best possible radiologic services in Sarasota County. In addition to their personnel, they have some of the best radiologic imaging devices available. Superior visualization makes your diagnoses accurate and timely, preventing potentially dangerous delays in initiation of your therapy. At RAVE, you can have confidence you're getting top-notch professional assistance in your diagnosis and care.

### CRITICAL CARDIAC TESTING

Cardiac Scoring is a Non-Invasive CT Scan of the heart, which calculates the risk of developing Coronary Artery Disease by measuring the amount of calcified plaque in the coronary arteries.

### LEADING LUNG DISEASE DIAGNOSTIC TOOLS

CT Lung Screening: If you have been a heavy smoker, then you are at significantly increased risk of developing lung cancer. CT can find small lung nodules that might be cancer before any other test can detect them. If you are between the ages of 55 and 75, then national experts recommend you undergo low dose CT screening for lung cancer. These recommendations come from many groups of medical experts including the National Lung Screening Trial Research Team, the American College of Chest Physicians, and American Society of Clinical Oncology.

RAVE is committed to you and your family's health. If you wish to undergo a lung cancer screening, you should ask your doctor to order it, or you can contact RAVE directly to schedule an appointment.

### THE DIFFERENCE BETWEEN MRI AND CT SCANS

MRI uses a strong magnetic field, radio waves and a computer. This enables MRI to make very detailed pictures of bone, organs, soft tissues and any other body structures. Differences between normal and abnormal tissue is often clearer on an MRI image than a CT.

CT uses a very thin unique X-ray beam to produce detailed, cross-sectional views of the area being studied. CT is often the preferred method of diagnosing causes of pain and many different forms of cancer.

### KNOW YOUR RISK FACTORS

#### CARDIAC

- Smoking
- Atherosclerosis
- Family History
- Shortness of Breath
- Lethargy
- Chest pain
- Leg pain

#### LUNG

- Smoking
- Pollutants
- Asthma
- COPD
- Frequent Coughing
- Shortness of Breath and more...

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- Nuclear Medicine
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- Osteoporosis (Bone Density/DEXA) Evaluation
- Diagnostic Radiology/X-ray
- Non-invasive Vascular Testing



To find out if you're a candidate for CT Lung Cancer Screening, you can use the Lung Cancer Risk Calculator at <http://www.shouldiscreen.com>.

*For more information on early diagnostic testing and screenings, please visit their website at [www.RaveRad.com](http://www.RaveRad.com)*



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Its wave like shape allows the body to rest comfortably after a workout or during session with Magic Sun lamp. It comes in two versions: Standard and Exclusive equipped with heated massaging mat with a remote control and built-in speakers that support MP3 playback.

## **MAGIC SUN - SPA lamps**

**With IR lamps** - Infrared helps in skin regeneration and raises body temperature. Lamp set near the training equipment multiplies burned calories and accelerates fat reduction.

**With collagen lamps** - Collagen lamp reduces wrinkles, improves the texture, firmness and moisture of the skin, giving it a youthful appearance. It increases blood circulation, heals skin lesions (pimples, pustules) and discoloration.

**Magic Wave and Magic Sun** are the perfect combination for any SPA and Wellness center. Comfortable couch and lamp made of the same materials. You can choose a custom color profile for your device from RAL palette.

**Aqua Bike Magic®** device combines aqua cycling and hydromassage. Training rapidly burns calories, reduces cellulite and provides a relaxing workout experience. Training on a water-exercise bike with hydrostatic resistance of water produces quick results. Whirling water held during the session relaxes and stimulates flow of the lymph glands and released ozone oxidizes dead skin cells. Stairs and handrail are designed with user safety in mind. The elderly can benefit from training on Aqua Bike Magic® as it doesn't stress the joints.

## **Roll Magic Beauty Line**

Roll out your toxins.... reduce the appearance of cellulite! 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 rate at which they turn – that's what provides a lymphatic massage to help eliminate toxins and reduce the appearance of cellulite. The device provides a multitude of functions, programs and voice guidance for each roll massage session – all can be found in the touch control panel.

In line with customer expectations, this model was designed in a laminate body that we can make in selected RAL colors. Touch control panel allows to expand the use of the device with helpful functions: displaying the position on the screen and voice guidance.

**Vacu Magic Slim Line** combines physical exercise with IR radiation and vacuum. All the factors working simultaneously help in burning many more calories than a classical training. Infrared speeds up the metabolism by raising the body temperature and increasing sweat. It helps in regeneration of skin cells and relaxes (warms up) muscles. Vacu Magic Slim Line is equipped with a powerful IR lamp on each side.

**The vacuum effect** – increased blood flow into the subcutaneous adipose tissue accelerating the release of fatty acids in regions below the waist. Vacu Magic Slim Line capsule can be ordered with a treadmill, exercise bike or an elliptical stepper.

## **Positive Vibrations**

**Magic Vib** is a vibrating platform – a new generation of the whole-body vibration workout. The frequency of vibration engages muscles to work by inducing involuntary micro-contractions. The platform generates oscillating vibrations to increase effectiveness.

Magic Vib is equipped with an IR or collagen lamp, which raises body temperature during exercise and increases the metabolism rate. A set of healthy

light and relaxing massage is the perfect way to renew your body after each workout. The modern design catches the eye. Hotels, swimming pools, recreation centers should offer such comfortable services to their clients. Feel the pleasure of resting.

## **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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# Exclusive Shape



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## Geriatric Care Management

### Helping you reduce the stress of aging

By Heidi Brown, MSW, ACSW, CMC

**A**ging Life Care Professionals, also known as Geriatric Care Managers, are experts in the field of aging well. They help seniors and their families navigate the challenges of aging and make positive, informed decisions about care. Aging Life Care Managers are strategic planners and have a holistic approach to aging with key knowledge areas that include crisis intervention, housing, health and mental health, advocacy, family, legal, financial, and local resources.

These professionals, usually nurses or social workers, are trained and certified in senior care. They act as advocates and guides for family members who want to ensure their loved ones are in the best hands and they reduce the stressors experienced by seniors as they tackle the complexities of aging.

For caregivers juggling jobs and family responsibilities and seniors paralyzed by the stress of “what am I supposed to do”, the aging life care manager can offer a more efficient, healthy path forward, reducing anxiety that causes distress or that interferes with everyday activities. Care Managers provide answers in time of uncertainty. Their guidance leads families to the actions and decisions that ensure quality of care and an optimal life of those they love, reducing worry and pressure. The individual’s independence is encouraged, while safety and security concerns are also addressed.

Aging Life Care Professionals become the “coach” and families or clients the “team captain” offering expertise and peace of mind.

#### How Care Managers can help

**Health and Disability.** From physical problems to mental health and dementia-related problems, care managers interact with the health care system effectively and frequently. They centralize medications and diagnoses, attend doctor appointments and facilitate communication between physician, client, and family. They help determine types of services - such as home health and hospice - that are right for a client and assist in engaging and monitoring these services.

**Financial.** Services may include reviewing or overseeing bill paying or consulting with a client's accountant, Power of Attorney, or Guardian.

**Housing.** Assist families and clients evaluate and select appropriate levels of housing or residential options.

**Families.** Help families adjust, cope and problem-solve around long-distance and in-home care giving, addressing care concerns, internal conflicts and differences of opinion about long-term care planning.

**Local Resources.** Evaluate local resources and know how services are accessed.



**Advocacy.** Care Managers are strong and effective advocates for clients and their families, promoting the client's wishes with health care and other providers, ensuring the client's needs are being optimally addressed.

**Legal.** Refer to legal experts like elder law attorneys, estate planners, and Powers of Attorney.

**Crisis Intervention.** Offer crisis intervention when it is needed, helping clients navigate through emergency departments and hospitalizations, rehabilitation stays, and ensuring that adequate care is available to the client. For families that live at a distance, this can be a much needed 24/7 emergency contact.

**Aging Life Care services are offered in a variety of settings and provide:**

- Personal and compassionate service - focusing on the individual's wants and needs.
- Accessibility - care is typically available 24 hours a day, 7 days a week.
- Continuity of care - communications are coordinated between family members, doctors and other professionals, and service providers.
- Cost containment - inappropriate placements, duplication of services and unnecessary hospitalizations can be avoided.
- Quality control - Aging Life Care services follow ALCA's Standards of Practice and Code of Ethics.

Source: [www.aginglifecare.org](http://www.aginglifecare.org)



# When Dealing with Hearing Loss Watch for Signs of Anxiety, Depression, and Isolation ...

**A**nxiety and depression caused by untreated hearing loss is a subject not often discussed, but the effects of both on an aging person shouldn't be ignored. Healthy Hearing magazine states that depression may be psychosocial in nature, that a persistent feeling of missed connections, or being out of the loop, can be disorienting and isolating. People not able to keep up in a conversation may even start to question the worth of their presence. Anxiety is similarly affected. Like depression, stress and frustration can stem from struggling to hear in a world that may at times seem inaccessible. Having to constantly ask someone to repeat what they have said can be frustrating for all the people involved in a discussion. Eventually those with hearing loss stop participating in conversations at all.

**What can the hearing individuals do to help those with hearing loss?** The goal is to limit the amount of worry. Think of it this way: the more you agonize over your hearing, the more anxiety can grow into the corners of your mind. Not that an anxiety-free existence is possible, but actively trying to reduce its influence can be more than beneficial to both you and your loved ones. Always try to include those with hearing loss in conversations, especially if the discussions are about them. Try not to be dismissive or show frustration at the hearing loss or having to repeat statements. Show grace and patience.

**Most importantly, don't put off those hearing tests!** Hearing checks are just as important to good overall health as seeing a medical doctor. Scheduling an appointment with your audiologist can be an important first step in your hearing recovery journey, and something as simple as showing up to your first hearing assessment can help manage your stress in a big way. Adults should have a base line hearing test at age 55. Hearing is related to overall wellness. Any change in this baseline can be an indication of health issues that need to be addressed with a physician. Hearing changes can be related to diabetes, cardiac issues, autoimmune problems, and medication.

Mitigating measures are important because hearing loss can alter the brain, as can constant anxiety and depression. The connection between depression and hearing loss may not be solely due to the damaging social effects that accompany having difficulty hearing... In other words, there are indications that the brain is rewired by hearing loss. You don't want to fight a battle on two fronts.

**When should you consider scheduling a hearing check with a professional?** One of the more common symptoms is difficulty understanding speech in noisy situations. Do you say "what?" or "huh?" often? Do you often need people to repeat what they just said? If you said yes to these questions, you are using more energy than appropriate



figuring out the words of a conversation. The goal is to use that energy in engaging with confidence in the conversation instead of figuring out what people are talking about.

**Other questions you need to ask yourself:**

Do you need to turn the TV volume louder?

Do you have difficulty conversing on the phone?

Do you have more problems understanding people when you are not looking at them?

Do you often feel like you are guessing at what people are saying?

Do you often desire not to attend group affairs or go to restaurants especially if noisy?

Often others, not the affected individual, are the first to notice a decline in hearing. Having that first conversation about the concern can be difficult, but it is important. Don't wait to seek professional help. Call Costal Hearing and schedule a consultation with Dr. DesErmia today.

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# STROKE NUT

By Nasser Razack, MD, JD

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

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

A stroke occurs when blood flow to the brain is interrupted, causing a deprivation of oxygen and nutrients to that section of the body. There are two types of strokes: (1) ischemic stroke caused by blocked arteries that supply oxygen to the brain and, (2) hemorrhagic stroke which results from a leaking or ruptured brain blood vessel (Figure 1).

Figure 1. Types of Stroke



Ischemic stroke accounts for the vast majority (80%) of all stroke cases and can result in the following signs and symptoms: speech difficulties, confusion, vision problems, balance issues, headaches and paralysis or numbness of the face, arm, or leg (Figure 2).

Figure 2. BEFAST to stop stroke in its tracks!

If you think someone is having a stroke, BEFAST and do these simple tests:



Figure 3. Brain Nut

Increasing evidence demonstrates that inflammation plays an important role in the development of cardiovascular and cerebrovascular disease (stroke). A significant cause of inflammation is our diet. Specifically, diets high in red and processed meat, refined grains and sugar-sweetened beverages are all associated with increased inflammation which can heighten the subsequent risk of stroke compared to diets comprised of anti-inflammatory foods. Certain diets such as the Mediterranean diet—abundant in olive oil, nuts, whole grains, fruits, vegetables and seafood with reduced consumption of red and processed meat—can lower inflammation in the body (as measured by inflammatory biomarkers) and thus reduce the risk of stroke. Conversely, diets consisting of refined sugars and grains, fried foods, soda, red and processed meat which promote inflammation (as marked by increased inflammatory biomarkers), had a higher risk of stroke.

Research demonstrates that regular nut consumption is associated with lower cholesterol levels and a reduced risk for heart disease (including stroke). One study specifically examined whether a diet containing walnuts could lessen inflammation. This study examined 634 participants and determined that the regular consumption of walnuts (30 to 60 g per day or around 2 to 4 walnuts) showed reduced levels of inflammation in six of the 10 inflammatory biomarkers that were measured. Monserrat Cofan, PhD, lead author of this study, stated, "The anti-inflammatory effect of long-term consumption walnuts demonstrated in this study provides novel mechanistic insight for the benefit of walnuts consumption on heart disease risk beyond that of cholesterol-lowering." Other studies also demonstrate that regular walnut consumption can boost brain function and

slow down cognitive decline. Walnuts are rich in omega-3 fatty acids and polyphenols, both of which reduce inflammation and fight oxidative stress which are the main causes of cognitive decline (Figure 3).

Another study published in the Journal of Nutritional Metabolism demonstrated that a single serving of Brazil nuts containing one, four or eight Brazil nuts resulted in an almost immediate improvement in bad (LDL) cholesterol levels. Elevated cholesterol is a known risk factor for stroke and other forms of cardiovascular disease. However, researchers followed up on the participants' cholesterol levels five days and then 30 days later. Note that during this period, the participants only had the initial single serving of one, four or eight Brazil nuts. Amazingly, they maintained lower cholesterol levels for a month after only eating that initial serving of Brazil nuts. The researchers also concluded that eating a single serving of four Brazil nuts was enough to maintain lower cholesterol levels for up to a month.

This sounds too good to be true and further research is definitely required. However, when the intervention is inexpensive, easy, harmless and healthy—such as eating four Brazil nuts a month—it's quite reasonable to adopt this habit until proven otherwise. In case you're wondering, the theory behind this amazing process is the selenium content of Brazil nuts. As an added benefit, the study also demonstrated these effects were achieved "without producing liver and kidney toxicity."

Stroke is an inflammatory-based disease process. Theoretically, blocking inflammation and other degenerative processes can delay the onset of inflammatory-based diseases such as stroke. Neurcumin® is an all-natural nutrient which, in addition to curcumin, contains many other polyphenols and natural agents uniquely formulated to fight inflammation.

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

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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.



# WHAT IS NAD+?

By Amanda Tezyk, APRN, BSN, RN

**N**AD stands for nicotinamide adenine dinucleotide. It is a coenzyme found in all living cells and has even been called an anti-aging molecule because of the many important roles it plays in promoting health and prolonging lifespan.

This powerful molecule has a lot of potential for new therapeutic opportunities. Studies have shown that it can help battle many effects of aging and chronic conditions on the human body and brain.

Read on to learn more about what exactly the coenzyme is responsible for in your body and how IV NAD+ supplementation can improve your overall health.

## What Is NAD+, What It Does & How It Benefits the Body?

Nicotinamide adenine dinucleotide has two forms—one active and one inactive. In its active form, it is known as NAD+, and in its inactive form, it is known as NADH.

Scientists first discovered NAD+ and started studying its benefits in the early 1900s, but only in recent years are we beginning to understand its full potential.

Because of the role it plays in so many different biological processes, scientists and doctors are now looking at different ways it can be used to maintain healthy organs and neurological systems in human patients.

NAD+ is what's called a "helper molecule" because it binds to other enzymes in the body to activate them and generate molecular reactions. For example, proteins called "sirtuins," which are responsible for carrying out many biological processes within the human body, require the coenzyme to function properly.

## Biological Processes Aided By NAD+

- Repairing and protecting DNA
- Gene expression
- Extracting cellular energy from nutrition
- Maintaining mitochondrial function
- Chromosomal integrity preservation
- Calcium signaling
- Epigenetic and posttranslational modifications

In layman's terms, we need NAD+ to live. However, as we get older, our bodies generate less and less of the coenzyme. This is one reason why we begin to feel the effects of aging and become more prone to age-related illnesses as the years pass by.

One of the ways you can supplement NAD+ in your body is through IV therapy. This is a holistic, all-natural way to help your body fight against aging and illness to feel healthier and more youthful.

## NAD+ IV Therapy Benefits:

- Slows cognitive decline
- Promotes healthy brain function
- Fights chronic fatigue
- Increases energy
- Boosts metabolism
- Regenerates cells
- Slows aging
- Reduces internal inflammation

## Benefits of NAD+ Infusion Therapy For Your Brain

People often describe feeling like a mental fog has been lifted after undergoing NAD+ therapy. This overall improvement in mental sharpness helps guests feel better day to day and contributes to their overall feelings of wellness. Furthermore, one of the most noticeable side effects of getting old is a decline in cognitive function. Forgetting things, lack of concentration, and general mental foggy are some of the more specific outcomes.

A simple NAD+ IV infusion can help activate your brain's neuron function by helping cells regenerate and protect them against damage. This results in increased mental cognition, including better mental clarity, higher concentration, and enhanced memory function.

This overall boost in brain function can also help guests overcome other types of mental struggles. IV therapy can help you battle against common conditions like depression, anxiety, and mood disorders.

## REDUCE PAIN

### Do you suffer from arthritis?

NAD+ might be able to help. As if the benefits from IV NAD therapy couldn't get any better, it might help reduce your pain and also promote healing. A 2014 study published results of IV NAD therapy and neuropathic pain. This has implications for people with arthritis and autoimmune disease. They found that administering NAD intravenously helped reduce pain up to 2 days after the last injection. Even though this study was done on mice, it's impressive nonetheless.

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Dr. Jeremy Bonjorno, DPM  
Dr. Brielle Roggow, DPM



# Achilles Tendon Ruptures and Getting You Back in the Game

By Premier Foot & Ankle Specialists

**A**chilles Ruptures are more common in men than women and the typical age group that is affected is between the ages of 30-50. Some other risk factors include race, genetics, medical conditions, musculoskeletal disease, ankle and foot alignment (pronation/hyper-pronation), obesity, sports, exercise, medication and smoking.

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

Although the Achilles tendon can withstand great stresses from running, twisting and jumping, it is extremely vulnerable to injury. A rupture of the tendon is a tearing and separation of the tendon fibers, so that the tendon can no longer perform its normal function.

People that are athletic and play sports or do extreme workouts are often times more frequently affected by Achilles tendon injuries. This is because they have jarring, ballistic movements. Sports like tennis, basketball and football all create these airborne movements. Also, exercises or workouts like jumping rope, or other high intensity movements can rupture the Achilles tendon. Corticosteroids and some other pain deterring injectables have been studied for their negative effect on the tendons, due to the medications actually breaking down the tissues and weakening the Achilles tendon.

When the tendon is ruptured, most notably, people remark of the popping sound they hear at the onset. It causes a tremendous amount of pain and unfortunately takes a very long time to heal.

There are several types of treatment options, both surgical and nonsurgical. The nonsurgical approach is to cast the foot in a pointed toe position and then gradually recasting to stretch the tendon back into place very slowly. The non-operative repair has a much greater re-rupture rate than with surgery. We also use laser therapy in conjunction with stem cells as to repair the Achilles tendon.



The surgical repair of the Achilles rupture involves several different options. All of the options will reconnect the two ends of the tear back together by suturing them back into place. Sometimes this is done with a flap drawn down from the gastrocnemius (calf muscle), while other times it's achieved with a donated graft, or simply sewn back together with a specific suturing method that ties both sides down and reconnects the sutures in the midline of the tear.

Whichever of the treatment options that your physician may choose, expect the rehabilitation to be quite long. There is no weight bearing activity allowed for several weeks, and then from there there will be many weeks of therapy. The length of healing for the average person is usually around 4 to 6 months.

At week 8 after your treatment, your Achilles tendon will be primarily healed, but not strong enough to put undue stress on it. It must be over-protected for several months to insure that it is not reinjured. For competitive and exercise, or sports enthusiast, they can expect a good 6-9 months before being back to their normal extreme routines.

At Premier Foot & Ankle Specialists, we are highly experienced in treating Achilles tendon ruptures both surgically and non-surgically, depending on your unique circumstances. And they offer great options and routines for the most beneficial rehabilitation and healing.

The caring supportive staff at Premier Foot & Ankle Specialists are available to answer your questions and make your appointment. Please visit their website at [www.premierfootandanklefl.com](http://www.premierfootandanklefl.com), or call them direct 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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# WHY YOU SHOULD BE IN TOTAL CONTROL OF YOUR ESTATE PLANNING

**E**state 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](http://www.attorneypatricksmith.com)**.

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# A PAINFUL BLADDER CONDITION

## What You Need to Know About Interstitial Cystitis

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

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

The following is information provided by the Urology Foundation:

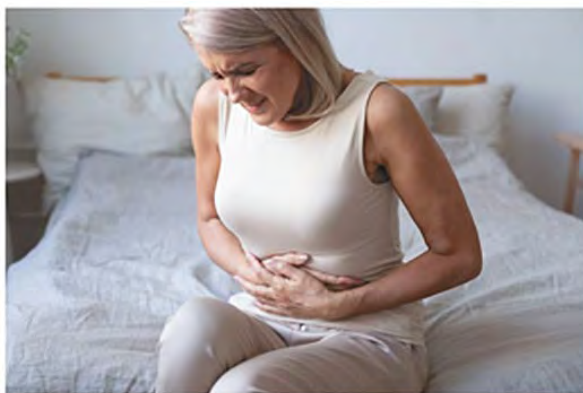
### Causes of Interstitial Cystitis

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

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

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

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



These phases of treatment include:

### Lifestyle Changes

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

### Medications

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

### Neuromodulation, Ulcer Cauterization, and Injections

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

### Cyclosporine

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

### Surgery

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

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

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

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

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

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

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

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

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

Center for Urogynecology and  
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# GAINSWave is Making Headlines Due to its Ability to Prevent & Treat ED

By Dr. David S. Zamikoff

**W**ith 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.<sup>1</sup>

## How Can GAINSWave Prevent & Treat ED?

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

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

**GAINSWave**  
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- ✓ Improve Sexual Performance
- ✓ Increase Sensation
- ✓ Treat ED & Peyronie's Disease



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

## Younger Men Should Seek Treatment Early

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

## Men are Preventing ED with GAINSWave

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

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

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

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

By Craig S. Aderholdt, BSc, DC

**V**AX-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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# Slowing the Pace of Your Life

By Pastor Timothy Neptune

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

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

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

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

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

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

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

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

The Apostle Paul said this about contentment. *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup>I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup>I can do everything through him who gives me strength.* Philippians 4:11-13

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

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

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

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

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

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

If you find yourself making statements like this:

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

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

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



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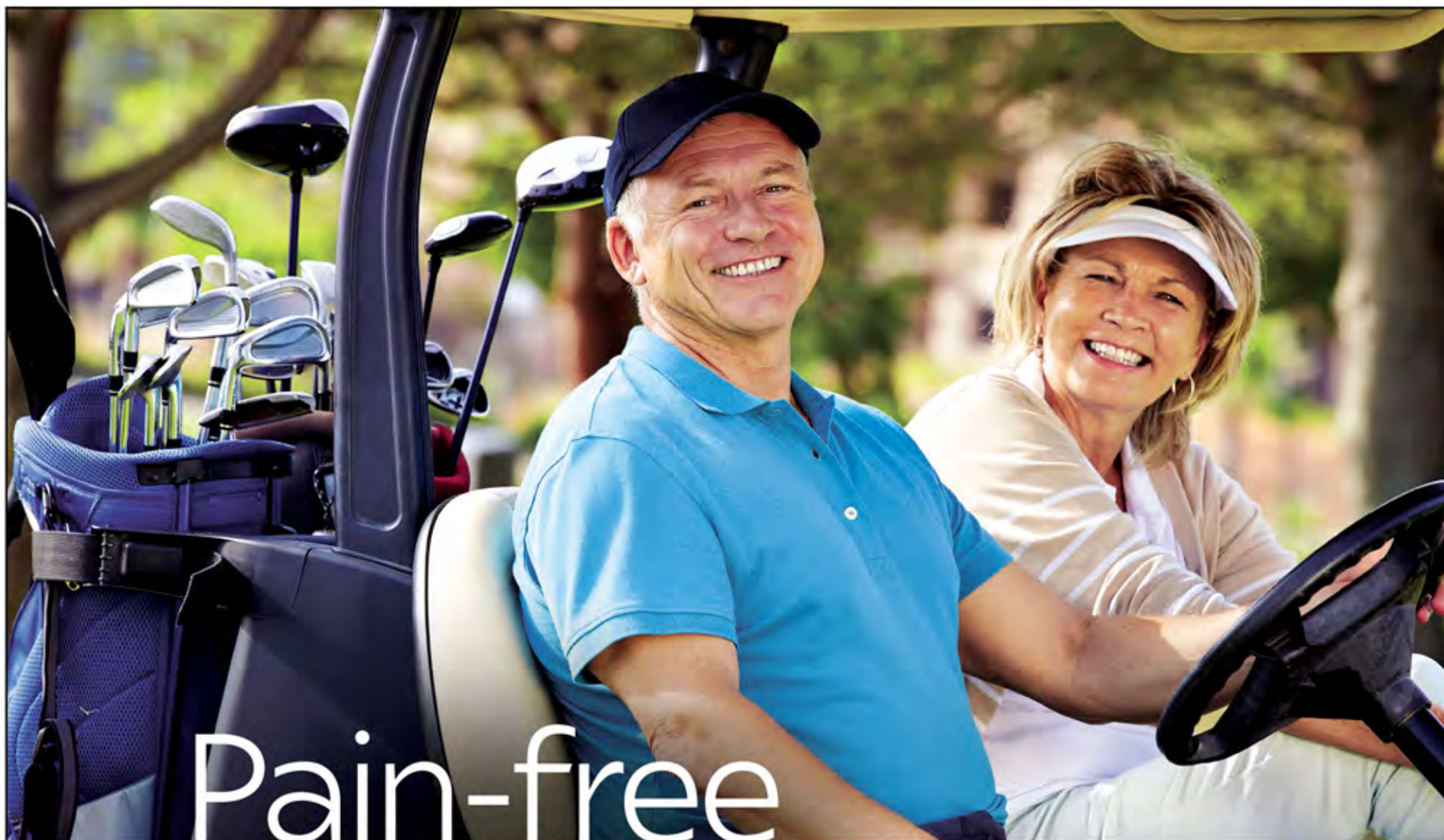
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