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July 2022

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- Skip & Gail Sack



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contents JULY 2022

6 Venice Orthopedic Surgeon Uses Advanced Techniques to Restore Patients to Active Lifestyles

7 Regenerative Options for Hip Labrum Tear

8 Falls Can Be Due to Blurred Eyesight

10 Brain Fog? Depression? Feeling Overly Stressed?

12 Psoriasis: Do You Have Dry Patches of Irritated Skin?

13 Plasma Eyelid Tightening The New Nonsurgical Eye Lift!

14 How Ketamine IV Therapy is Helping Those with Alcohol Use Disorder

15 Natural Solution for Vertigo Sufferers Here in Sarasota

16 Staying Safe on The 4th of July

17 Put Parkinson's on the Ropes with Boxing Exercise Programs

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

19 Healthy Eating Reduces Vascular Disease

20 Healthy Aging: What Does It Really Require?

21 9 Tips to Prevent Alzheimer's Disease

22 Leg Pain? It May Be Peripheral Artery Disease or PAD

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

24 Welcome to The Medical Fair FIME - July 27-29, 2022

25 Why You Should Be In Total Control of Your Estate Planning

26 Summer Foot Care

27 Glutathione for Alzheimer's and Parkinson's

28 A Painful Bladder Condition

29 Do You Know Untreated Sleep Apnea Can Lead to Heart Disease?

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

31 Spiritual Wellness: Failure is a Part of Growth

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

Venice Orthopedic Surgeon Uses Advanced Techniques to Restore Patients to Active Lifestyles

By Heidi Smith, Contributor

Knee pain is one of the most common complaints of active adults as they age. When pain progresses and mobility decreases, orthopedic physicians have many tools, techniques and medications that can help. Orthopedic surgeon Tracy Ng, D.O., of ShorePoint Medical Group in Venice, is fellowship-trained in sports medicine and arthroscopy – a minimally invasive procedure for diagnosing and treating joint problems. She also performs robotically assisted surgery for knee and hip replacements as a member of the medical staff at ShorePoint Health Venice. Additionally, she is the Atlanta Braves Spring Training orthopedic surgeon in North Port and the team physician for the North Port High School Bobcats.

Q. How can you help an adult suffering from knee pain, who also may feel unstable when standing or walking?

A. First I examine the patient, to learn about their issues based on medical history and a physical exam. In our community of active adults, I often see patients who have been competitive athletes and whose joints have undergone a lot of “wear and tear” over the years. I try to treat conservatively at first with physical therapy, exercises, weight loss, rest, bracing and over-the-counter, anti-inflammatory medication. The next step may be injections of a steroid or hyaluronic acid gel, which can help with pain. If those measures fail, then we order an MRI and consider surgical options.

Q. Could you describe what an MRI of the knee might find?

A. One example of an injury an MRI can reveal is tears of the meniscus, which is rubbery knee cartilage that cushions the shinbone from the thighbone. Additionally, an MRI may show a ganglion cyst – a noncancerous lump filled with fluid – surrounding the anterior cruciate ligament (ACL), which is a key ligament that helps stabilize the knee joint.

Q. How would you help a patient with those conditions?

A. Using the minimally invasive arthroscopic technique, I would trim the meniscus on both sides

of the knee, remove the cyst, and smooth the cartilage that interferes with the joint’s movement. I would also consider applying amniotic fluid to facilitate healing and help reduce pain.

Q. When would you consider recommending a total knee replacement?

A. If the MRI or x-ray shows that cartilage is absent and the knee is “bone on bone,” that’s a clear indication for a replacement. As long as the patient is otherwise healthy with no heart or lung problems, for example, they could be a good candidate for replacement surgery using a minimally invasive, robotically assisted technique.

Q. What does that surgery entail?

A. We upload a CT scan of the patient’s knee into a computer and create a surgical plan. We then upload the plan to the robot. During surgery, I guide the robot and use the scan to align the replacement knee perfectly. To close the incision, I use bioabsorbable sutures, instead of staples. A waterproof dressing allows the patient to shower right away. Patients are usually up and walking with the assistance of a walker the same day as the surgery, and often don’t require an overnight hospital stay.

Q. Can you give another example of how technological advances are helping restore patients to active lifestyles?

A. One example of a knee defect that an MRI can reveal looks like a “pothole” in the kneecap. To repair the defect, I open the patient’s knee, remove the damaged tissue and apply a high-tech patch containing cartilage cells. Then I apply amniotic fluid. The cartilage graft and amniotic fluid are examples of “orthobiologics,” new technologies and products that help reduce inflammation, accelerate healing and reduce pain. These are the same advanced technologies that are used on professional athletes.

Q. What would you tell someone who is dealing with chronic knee pain that’s keeping them from enjoying life?

A. Recent advances in technology allow for greater precision, faster healing, and in the case of minimally invasive surgical techniques, a less noticeable scar from the incision. I’m so pleased to be able to offer these options, even to patients of advanced years, and see them regain a more active lifestyle.



Tracy Ng, D.O.
Orthopedic Surgeon



Formerly Venice Regional Bayfront Health

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Regenerative Options for Hip Labrum Tear

By: James Leiber, DO

Hip Labrum Tears

Think of the hip labrum as a gasket that surrounds the rim of the socket where the hip bone attaches. Its job is to assist hip stability, and when injured or torn, it can cause pain and catching of the joint. If you've failed or neglected conservative treatment such as physical therapy and rest, a common treatment for hip labral tears is arthroscopic surgery to remove the torn labrum.

Arthroscopic surgery for a labral tear consists of cutting out the damaged tissue because it can rarely be sewn back together. This method has generated an entire multibillion-dollar surgical industry in which there is very little hard evidence of success. Removing the labrum does not ultimately fix the problem long-term. In fact, it may cause more stability issues and increased susceptibility to arthritis over time.

Luckily, there are alternatives to invasive surgery. If your primary complaint is pain and you have no "locking" symptoms, you should consider forgoing surgery and looking into Regenexx procedures, depending on the degree of your problem. If arthritis is already present in the hip, then Regenexx Bone Marrow Concentrate (BMC) procedures, which use stem cells from your own body to help repair damaged tissue, could help in treating both the labral injury and your arthritis.

Precise Injections or Interventional Orthopedics

Not all injection skills are created equal. Physicians should be highly skilled in image-guided injection procedures, requiring intensive training. Many providers offering platelet-rich plasma (PRP) or Bone Marrow Concentrate are injecting low-quality products, utilizing low-level injection skills.

How the product is made, and precision placement, matter. Most of what your family doctor, a physician extender at a chiropractic office, or even an orthopedic surgeon knows how to do are simple injections. Even worse, some providers are injecting these products in an IV, or randomly somewhere near the vicinity of the problem, and telling patients that "stem cells know where to go." Our advice is to run the other way.

Another thing to avoid is the fraudulent advertising and use of birth tissue products derived from umbilical, placental, and amniotic tissue. Although

these tissues have living stem cells at the time of birth, the products sold are devoid of living stem cells, as documented by multiple independent laboratories. Not to mention the fact that the FDA requires that these products be devoid of living cells, otherwise they'd need to go through FDA-approved clinical trials (which no manufacturer has done).

The same can be said about stem cells derived from fat tissue. Again, the FDA considers this to be a drug and it is currently not allowed in the U.S. Right now, there are opportunists who are negatively impacting the reputation of a valid and successful medical approach, done by highly skilled and compassionate physicians, in order to make a buck.

The interventional orthopedic procedures we are discussing here are quite different. Regenexx has the largest database registry in the world, tracking patients for safety and outcomes utilizing their protocols. We understand who is and isn't a candidate.

A Hip Labrum Tear Regenexx Procedure with Ultrasound and Fluoroscopy

Ninety-nine percent of all the injections that you could get in your hip tomorrow are not specifically targeting tears in your hip labrum. Precise hip labrum BMC procedures have not traditionally been taught to physicians or other providers. Regenexx physicians have all been trained through the Interventional Orthopedics Foundation (IOF).

By using real-time X-ray imaging and ultrasound, we can ensure that the BMC is placed in the exact location of the tear.

In conclusion, you may not need surgery to treat a labral tear. By using repair cells from your own body, precisely injected into damaged tissue under the direction of a skilled physician, you can experience similar results and relief from pain.

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

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

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

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

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

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Values is "Patient Above All Else"**



FALLS CAN BE DUE TO BLURRED EYESIGHT

By Elizabeth Schwartz, O.D. - Quigley Eye Specialists

Falling is one of the greatest health risks older adults face. Each year, one in four Americans 65 and older experiences a fall, the leading cause of injury among older adults, and impaired vision more than doubles the risk, according to the National Academies of Sciences.

Every second, an older adult falls and every year there are 36 million falls among those age 65 and older, according to the Centers for Disease Control and Prevention. One out of five falls cause serious injury such as broken bones or a head injury.

Vision impairment may be to blame in many of these cases. Blurred vision may cause you to not see objects in your path as clearly as you once did, which will increase your chances of falling. In some cases, other eye conditions such as undiagnosed near-sightedness, an out-of-date eyeglass prescription, eye infections, glaucoma or macular degeneration can increase the risk of falling.

That's why the ophthalmologists at Quigley Eye Specialists recommend that all people, but especially those 65 and older, receive a comprehensive eye exam every year. Changes in your vision can be monitored and treatment can be started as soon as the first signs appear. We also assess your risk of falling and make recommendations on how you can make your home safer.



Here are some tips to help:

- Small throw rugs are a tripping hazard and should be rolled up and put away.
- Clear the clutter. Random items left on the floor make it more difficult to have a clear path for walking.
- Use bright bulbs where they are needed most, but especially at room entrances and the top and bottom of stairs.
- Wear rubber-soled shoes around the house to gain traction.
- Use hand rails in the shower since slippery surfaces make you more prone to falling;
- Watch your balance, which decreases as you age. Exercises are available to help maintain and improve balance.
- Know where your pets are located at all times. We all love our pets, but they can be tripping hazards if you're not aware that they are running across your path.

**Every second,
an older adult falls,
and every year
there are...**



Data sources: National Vital Statistics System, National Electronic Injury Surveillance System—All Injury Program, and Behavioral Risk Factor System.

- Review your medications with your doctor. Some medications for arthritis, high blood pressure, heart disease and sleeping can cause dizziness. Your doctor can recommend alternatives.
- Consider a fall detection device that will alert help should you need it.
- Limit alcohol consumption. Older adults cannot process alcohol as easily as they did when they were younger which can produce dizziness and light-headedness even 24 hours later.

Your primary care physician also should be consulted. Blurred vision can be a sign of diabetes, high blood pressure, and arthritis. One of the first things that an arthritis flare-up might affect is the eyes. Impaired sight can be a direct result of the inflammation that comes from arthritis and affects the rest of the body from there.

The important thing to remember is that falls are preventable. Quigley Eye Specialists is here to work with you to gain the best vision possible and keep you safe from falling.

Elizabeth Schwartz, O.D.

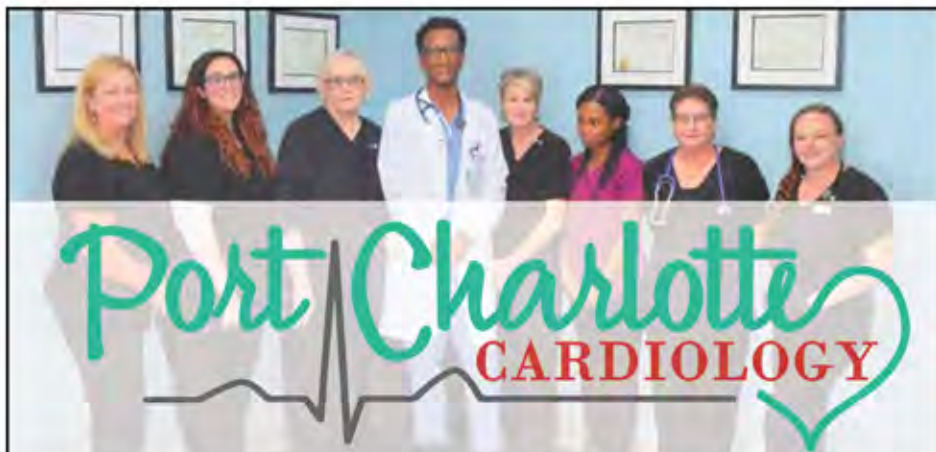
Dr. Elizabeth Schwartz is an optometrist with Quigley Eye Specialists with locations throughout Florida. Quigley Eye Specialists specializes in cataracts, laser cataract surgery, glaucoma, LASIK, dry eye, eyelid surgery, facial plastic surgery, retina, cornea conditions, optical and routine eye care. For more information, call 239-466-2020 or visit www.QuigleyEye.com.



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Brain Fog? Depression? Feeling Overly Stressed?

The After Effects of Concussions Are More Common Than You May Think!

George* owns a successful construction business, but he couldn't enjoy time with his family or reap the success that his business offered him because of persistent anxiety and depression. He was on several medications that only partially helped him cope. It had been a long time since George felt the joy of life. At George's Brain Wave Center intake consultation, we learned that he had a history of multiple head traumas from high school sports. Even though those events occurred many years ago, George's EEG showed abnormalities that were consistent with head trauma. He began a series of PrTMS treatments to bring his brainwaves back into healthy balance. Within a few weeks, George was feeling like himself again with better energy, more restful sleep, no depression, and little to no anxiety.

**not his real name*

If you think concussions occur only in pediatrics, football players, or the military, think again! Concussions, a type of traumatic brain injury (TBI), can occur across our lifespan. They're caused by a traumatic bump or blow to the head or neck that causes the head and brain to move rapidly back and forth in a whiplash-like fashion. The sudden movement causes our brain to bounce and twist around inside the skull, stretching and damaging the delicate cells and structures inside. This damage can cause physical and chemical changes in your brain and affects how it functions.

Vehicle crashes (bikes included), physical altercations, contact sports, and falls make up the most common causes. But, let's not discount hitting our head when unloading the kayak or that hard knock of our noggin on the cupboard door. Remember that you do not need to lose consciousness to sustain a concussion and that concussions can have long-lasting consequences even if there is no blacking out or loss of consciousness.

For most young, healthy people, the occasional bump to the head shouldn't be cause for alarm; however, that isn't always the case. Having an initial concussion sets things up for making future bumps to the head, even minor ones, more impactful and more likely to cause long-term consequences.



Immediately after a head injury, it's all about observation and early intervention. Early symptoms of a concussion may include dizziness, headaches, and sensitivity to light or noise. But, you can have a concussion and have no initial symptoms whatsoever! Symptoms may not show up for months to years. Some of the long-term symptoms of a concussion include anxiety, depression, having a 'short fuse' - being quick to becoming angry, slow to find words or thoughts, sensitivity to light or noise, sleep disturbances, overwhelm, and/or inability to cope with stress. Post-concussion syndrome (PCS) can have devastating effects on your emotional and cognitive functioning.

After a concussion, symptoms may initially last hours, days, weeks or longer. The symptoms and the amount of time it takes for them to go away may differ between people and between concussions. Each concussion is different, even for the same person, and the path to concussion recovery will vary for every individual. Most people recover from the initial symptoms within two weeks to a month. An estimated 20 percent of people will experience persistent symptoms of post-concussion syndrome (PCS), where symptoms last for more than 6 weeks and up to many years. Some people have little to any of the classic initial symptoms, but begin to show symptoms months later.

Neurofeedback for Post-Concussive Syndrome.

Concussions result in abnormal brain electrical activity, which may be detected in a Brain Map or a qEEG. These abnormal brain waves are often associated with depression, anxiety and/or overwhelm,

and may be present for months to years (sometimes decades) after the head trauma. Neurofeedback is a non-invasive process of retraining your brain's electrical activity back to a state of healthy regulation.

During a neurofeedback session, clients wear a fitted cap that is connected to a computer that uses sensors to monitor brainwaves (think of a wired hat). While the client watches a video, the computer will look for the brainwaves associated with head trauma, anxiety, depression, overwhelm, etc. When the computer detects irregular brainwaves, it will fade the video and sound. This will cause the client to refocus their attention back on the video until the brainwaves return to normal. This can happen hundreds of times during a single session. Eventually, after multiple sessions, the brain learns to maintain brainwaves in a healthy range on its own. As that happens, the client will see a reduction in their PCS symptoms. The best part, results are often permanent.

Personalized repetitive Transcranial Magnetic Stimulation (PrTMS) for Post-Concussive Syndrome.

Transcranial Magnetic Stimulation (TMS) is a FDA-approved drug-free, painless, non-invasive therapy that uses magnetic pulses to stimulate activity in the brain. Unlike conventional TMS, where all clients receive the same therapy, PrTMS incorporates diagnostic assessments and a brain function analysis to deliver an individualized TMS treatment.

PrTMS is a simple, safe, and effective way to address post-concussion symptoms. To initially assess brain functions, an electroencephalogram (EEG), will be performed using a fitted cap containing sensors that communicate to a computer. This will measure brainwave activity. The recording takes less than 5 minutes to complete. The data collected is analyzed for 'concussion bands' and other signs of abnormal brain function caused by past head trauma. The EEG is used to generate a treatment plan tailored specifically to your brain.

During a PrTMS session, clients relax in a comfortable chair for approximately 20 minutes. A small electromagnet is very lightly placed against the scalp in the areas around the forehead. The electromagnet painlessly delivers a magnetic pulse that re-regulates the nerve cells in the region of the brain affected by the concussion. Normal activities, including driving, can be resumed immediately afterwards.

Nutrition for Post-Concussive Syndrome.

Research points to the importance of nutritional supplements and wise food choices following a concussion. It's important to focus on anti-inflammatory foods and protective nutrients to balance the brain's inflammatory response. Sugar, red meat, gluten, many processed and refined foods, as well as caffeine and alcohol are highly inflammatory and lack the nutrients that the brain needs for repair and recovery. Foods that have browned proteins, chips, crackers, or coffee should be avoided. These foods contain advanced glycosylated end products, which may be harmful to the body and brain.

Nutrients, such as those found in green tea, turmeric, fish oils, berries, eggplant, black rice, and broccoli, along with additional magnesium, zinc, selenium, ascorbate, and glutathione precursors, such as N-acetyl-cysteine, may be helpful as part of a comprehensive brain recovery protocol. Lion's Mane mushroom has neuroprotective effects and reduces the reactive oxygen species in the brain. It also increases the levels of brain-derived neurotrophic factor (BDNF) which encourages the growth of new brain cells, especially the myelin sheath, which is often damaged from head trauma.

Foods high in anthocyanins, can benefit the brain, especially, blueberries which have been shown to slow neurodegeneration. Vegetables, particularly the green and leafy ones, are great for many of the brain repair vitamins and minerals (including B7, B12 Vitamin A, and calcium). Fruit and vegetables also provide excellent levels of vitamin C. Nuts and seeds are good for B6, vitamin E, selenium, magnesium, zinc, and omega-3.

The Brain Wave Center

The lasting effects of a concussion can contribute to a wide range of emotional and physical health challenges. Isn't it time that you found a way to free yourself of depression, overwhelm, anxiety and the other symptoms of post-concussion syndrome? Our Center has a dedicated team of professionals offering innovations in brain health. At the Brain Wave Center, we are focused on assisting everyone in recovering their brain health following a head injury.

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Psoriasis: Do You Have Dry Patches of Irritated Skin?

Psoriasis 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.



Cary L. Dunn, M.D.



Shauntell Solomon, D.O.



Harib Ezaldein, M.D.



Michael Van Vliet, M.D.



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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

Special:

**Non-Surgical Eyelid Lift \$499
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- Signature Glo Treatment
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- Microneedling Rejuvenation
- Dermaplane (deep cleanse & hydration mask included)
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HOW KETAMINE IV THERAPY IS HELPING THOSE WITH ALCOHOL USE DISORDER

Social drinking has become commonplace in our society, many people are unaware of the long term effects that it has on the body and body and brain and how quickly it can escalate into alcohol use disorders, which affects over 14 million adults and nearly half a million adolescents.

Depending on the length of time someone has been drinking, and the amount consumed regularly, or in binging episodes, the impact can have moderate to severe outcomes. If left untreated, alcoholism can lead to permanent brain dysfunction, disabilities, chronic pain, disease states, and death. 3.3 million people die each year due to alcohol. The cumulative effects of drinking are the most damaging.

For heavy drinkers, trying to abstain from drinking for long periods of time, it is significantly challenging, as the brain is programmed to associate drinking with pleasure, and it's also triggered by environmental and psychological issues.

For years there have been medically assisted treatments that block the NMDA (N-methyl-D-aspartate) receptor in the brain, which reduces the desire to drink. However, there is another way to block this receptor safely, and that is with Ketamine IV therapy.

A recent study was conducted to evaluate the outcome of ketamine IV infusion therapy for alcohol use disorder. The trial included the following baseline information and conclusions:

Objective: Pharmacotherapy and behavioral treatments for alcohol use disorder are limited in their effectiveness, and new treatments with innovative mechanisms would be valuable. In this pilot study, the authors tested whether a single subanesthetic infusion of ketamine administered to adults with alcohol dependence and engaged in motivational enhancement therapy affects drinking outcomes.¹

Methods: Participants were randomly assigned to a 52-minute intravenous administration of ketamine (0.71 mg/kg, N=17) or the active control midazolam (0.025 mg/kg, N=23), provided during the second week of a 5-week outpatient regimen of motivational enhancement therapy. Alcohol use following the infusion was assessed with timeline followback method, with abstinence confirmed by urine ethyl glucuronide testing. A longitudinal logistic mixed-effects model was used to model daily abstinence from alcohol over the 21 days after ketamine infusion.¹



Results: Participants (N=40) were mostly middle-aged (mean age=53 years [SD=9.8]), predominantly white (70.3%), and largely employed (71.8%) and consumed an average of five drinks per day prior to entering the study. Ketamine significantly increased the likelihood of abstinence, delayed the time to relapse, and reduced the likelihood of heavy drinking days compared with midazolam. Infusions were well tolerated, with no participants removed from the study as a result of adverse events.¹

Conclusions: A single ketamine infusion was found to improve measures of drinking in persons with alcohol dependence engaged in motivational enhancement therapy. These preliminary data suggest new directions in integrated pharmacotherapy-behavioral treatments for alcohol use disorder. Further research is needed to replicate these promising results in a larger sample.¹

Ketamine IV Therapy

For many years, Ketamine has been studied in patients with severe depression and PTSD. It is now also being studied for its effectiveness in treating alcohol and substance use disorders. A rapid, instantaneous effect takes place immediately upon the drug being dispensed intravenously. When a well-trained physician administers Ketamine, it can help with symptoms associated with depression such as like moodiness, decreased concentration, low self-esteem, impaired sleep, decreased sexual desire, diminished appetite, addiction, and can even alleviate suicidal thoughts. During the treatment, the initial infusions usually take place over approximately two weeks, with six infusions that are administered every other day.

Gulf Coast Ketamine Center

Gulf Coast Ketamine Center works closely with a therapist well-versed in Ketamine therapy to maximize the benefits of the therapy in patients

References:

1. E Dakwar, M.D., A Single Ketamine Infusion Combined With Motivational Enhancement Therapy for Alcohol Use Disorder: A Randomized Midazolam-Controlled Pilot Trial, The American Journal of Psychiatry, December 2019, <https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2019.19070684>

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

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

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

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



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



Lolita Borges, RN
Clinical Director, Gulf Coast
Ketamine Center

2415 University Parkway, Building #3,
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Natural Solution for Vertigo Sufferers Here in Sarasota

By Dr. Drew Hall

Vertigo 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.

COME TO SARASOTA UPPER CERVICAL AND GET TO THE ROOT CAUSE OF YOUR VERTIGO! WE REMOVE THE CAUSE AND YOUR BODY DOES THE HEALING!

Common symptoms that accompany vertigo

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

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Dr. Drew Hall



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Staying Safe on The 4th of July

As we celebrate our freedom and enjoy time with friends and family, this year, we're all thankful for the ability to be in public. However, being in a large crowd for fireworks or an event can seem a bit overwhelming.

Staying safe in crowds

If you haven't been vaccinated, you should avoid large crowds. People are still being diagnosed with COVID. The disease hasn't miraculously disappeared as some may think. If you are vulnerable or have underlying conditions or have not been vaccinated, do not attend large events for yours and the safety of others.

Fireworks

Each year, thousands of people flock to the emergency room due to firework hazards and accidents. Some are luckier than others; however, these explosives are much more dangerous than most people are aware of. If you are near or setting off fireworks, please use extreme precautions. Even sparklers, which parents think are harmless, can cause severe burns and even affect the eyes of children and adults that think they are completely safe. Use caution this 4th of July and stay safe.

Don't get overheated

Our bodies self-regulate heat by sweating and also through radiating heat back into the atmosphere. When we sweat, we perspire potassium and sodium. Both of these minerals help to control nerve function, water balance, and heart rhythm. When our bodies are hot, the skin radiates heat into the air to normalize our body temperature. However, when the air is sweltering, our bodies can no longer reduce its high temperature this way, as it has nowhere to radiate the heat into or to take in cooler air from, as the temperature is higher than your bodies.

Warm weather makes the heart pump faster, which requires more oxygen. When it's hot, and we can't cool down, or breathe efficiently, we complicate the heart's normal functioning, by putting undue stress on its muscle contractions. Each year during the summer months, more than 8,000 children and teens and over 10,000 adults are admitted to the emergency room due to dehydration. Make sure to drink plenty of water, seek shade or an air conditioned area and avoid exercising outside in the middle of the day.



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

Independent Living at Freedom Village of Bradenton

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

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

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

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

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

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

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



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



SARASOTA

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Put Parkinson's on the Ropes with Boxing Exercise programs

By Scott Miller

While every individual has a unique game plan for living with Parkinson's disease (PD), exercise is an important part of the management strategy. Not only is it good for general health, but certain forms of activity can target specific Parkinson's symptoms. Although one distinct type of exercise isn't universally recommended for all people with PD, many have gotten hooked on non-contact boxing. A boxing program designed for people with Parkinson's is sweeping the nation.

This full-body workout focuses on balance, agility, and hand-eye coordination, all of which can be affected by Parkinson's. It also can build muscle strength, potentially help speech (some say grunting or yelling while punching aids with vocal projection), and even offer an outlet for frustration toward symptoms or the disease.

Like many types of exercise, boxing can ease a range of PD symptoms. Research suggests, however, that it might be doing even more with participants consistently showing improvements in walking, balance, performance of daily activities and quality of life in people who boxed regularly. Researchers are working to learn more about how exercise benefits people with Parkinson's and which symptoms respond to which types and levels of activity.

What is boxing for Parkinson's?

Parkinson's boxing classes are non-combat workouts, meaning you won't be fighting another person. Classes typically include exercises that help you improve hand-eye coordination, agility, speed, endurance, and strength. It can be modified for all levels of ability from high-active to low-passive such as sitting in a chair vs standing. It's really about the motion rather than donning boxing gloves and taping the wrists. The reach, the stretch, the rapid flexion and extension.

Benefits of boxing...

Boxing has received a lot of attention as a form of high intensity exercise with the potential to be engaging and accessible for people with chronic diseases.

A recent study compared boxing training to traditional group exercise on function and quality of life in a group of 31 adults with Parkinson's disease. The researchers found both groups had improvements in:

- balance
- mobility
- quality of life

While **ONLY** the boxing group had improvements in gait, velocity, and endurance

While we continue to learn more about Parkinson's disease and exercise, we do know that living an active lifestyle supports overall health. No matter what kind of exercise you choose -- boxing, biking or swimming -- if you enjoy it, you'll be more likely to make it a habit!

Considering A Move To Senior Living? Call (941) 661-6196 Or Visit SarasotaSeniorConsulting.Com For Your FREE Consultation!

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

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

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

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

You have a choice when deciding on an orthopedic surgeon. It is essential for patients to do their research, look at real reviews and patient testimonials, and most importantly, to go with a physician or group that has the experience level and training necessary to improve your child's condition and keep them active now – and for their future.

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

**Sforzo | Dillingham | Stewart
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EVERYTHING HEALTHCARE SHOULD BE**

Providing advanced meticulous orthopedic care is what Dr. Christopher Sforzo envisioned when he opened the doors to Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine in 2006. And that is just what you can expect today when you choose the practice for your orthopedic and sports medicine needs.

Treating All Generations

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

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

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

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

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

You Have a Choice

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



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

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

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

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

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

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



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HEALTHY EATING REDUCES VASCULAR DISEASE

Vascular disease affects millions of Americans, and it's a leading cause of death. There are multiple comorbid disease states that are interrelated to vascular issues. Although arterial and venous disease can happen to anyone, the most common factors that put you at risk are family history, smoking, being overweight, and a sedentary lifestyle. Atherosclerosis, which is a buildup of plaque and hardens the arteries, causes life-threatening complications.

Complications

- Stroke
- Heart attack
- Amputation
- Poor wound healing
- Pain upon standing or walking

For severe cases, there are important interventional procedures that are necessary; however, cardiovascular disorders are initially treated with lifestyle changes. These include getting blood pressure and cholesterol levels at a normal range through medications. It also includes treating any underlying or comorbid conditions. There are several primary factors that shouldn't be overlooked. These include, regular exercise and dietary changes. If you smoke, stop now or seek out a smoking cessation program.

The main causes of cardiovascular issues include being overweight, poor dietary habits, having high blood sugar levels, and living a sedentary lifestyle.

Too Much Sugar

High blood sugar and cardiovascular disease have more in common than most people realize. In our country, nearly 30 million people have diabetes, and a vast majority of our population unknowingly has what's known as prediabetes, which quickly escalates into the disease within a short amount of time. Sugar causes inflammation in the body and metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders.

Too Much Salt

Excessive salt intake leads to high blood pressure and makes the heart work harder than in a person with less salt intake. Too much salt, such as sodium, increases your risks of strokes and heart failure, along with other disorders and diseases.



Keeping your sodium intake low is one of the major ways to keep your blood pressure and heart healthy. Eating fresh foods is imperative to keeping your sodium levels in check and also to make you healthier, by lowering cholesterol and increasing antioxidants and nutrients from meals.

Improve Your Diet

Shopping the periphery of the grocery store is a great way to avoid all of the processed foods, excessive sugar and salt found in the center aisles. There are exceptions of course, like frozen fruits and vegetables, and 'no salt added' canned produce, as well as dried spices to take the place of your saltshaker. However, for the most part, you should focus your shopping efforts on fresh produce, lean protein like poultry, seafood, eggs, and some dairy.

The Mediterranean or the Dash diet are examples of what foods you should be eating, which provide essential nutrients for the brain's functioning. All three of these diets emphasize eating plenty of vegetables, fruit, healthy fats, whole grains and lean protein (especially cold-water fish) while avoiding excess salt, sugar, simple carbs and saturated fats. Eating this way is thought to prevent cognitive decline by providing the heart, brain and entire body with antioxidants, and the good fats that it needs to function properly. Excessive sugar, simple carbohydrates, processed foods, and chemicals are known to cause inflammation and vascular degeneration.

If you or a loved one has any of the vascular symptoms or risk factors discussed above, you should seek medical attention immediately. Making an appointment with a board-certified vascular surgeon specializing in arterial and venous disease is critical.

Sarasota Vascular Specialists

Sarasota Vascular Specialists have been the leading vascular specialists in the tricity area for over 30 years. Their practice is the only medical practice in the region dedicated to the treatment of patients with disorders of the veins and arteries. They are uniquely trained and experienced to offer all forms of diagnosis and therapy including:

- Varicose veins, spider veins, deep venous thrombosis
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- Medical management, angioplasty, bypass
- Thoracic and abdominal aortic aneurysms

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

It's the first vascular laboratory in Sarasota to be certified by the International Commission for the Accreditation of Vascular Laboratories. The lab was also featured as the gold standard facility by ABC Television's Prime Time when it evaluated vascular labs in Florida. They have state-of-the-art equipment and vascular imaging software.

To schedule your appointment, please call 941-371-6565, or visit www.veinsandarteries.com to find out more.

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HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

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

By Physicians Rehabilitation

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

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

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

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

Regenerative Medicine

The purpose of Regenerative medicine is it to utilize the body's own ability to regenerate cells and tissues that have been damaged back to full functionality. When used in orthopedics, the goal is to regenerate soft tissues, cartilage, muscles, and tendons. Regenerative Medicine should be the first recommendation, and in many cases, it is the only treatment necessary when dealing with muscle strains, tears. When it comes to joint dysfunction or tears such as with sports injuries, physical therapy is also extremely beneficial as an add on treatment.



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

Viscosupplementation

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



855-276-5989

www.PhysiciansRehab.com

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

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

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

9 TIPS TO PREVENT ALZHEIMER'S DISEASE

By Nasser Razack, MD, JD

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

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

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

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

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

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

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

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



people, the highest risk of head injury is while driving, so always wear your seatbelt and avoid texting. People who text behind the wheel increase their risks for accidents by as much as 23 times compared to those who don't. One study demonstrated this was equivalent to driving after having four alcoholic drinks. Head injury is also believed to result in increased inflammation, another factor associated with Alzheimer's disease. Recovery from stroke can also increase brain inflammation, with approximately 30% of stroke survivors unfortunately developing dementia.

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

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

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

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

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

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

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

available at **amazon**



About Nasser Razack, MD, JD

Dr. Razack currently practices as a neurointerventional surgeon in Naples, Florida. He dedicates a significant portion of his practice to educating in the diagnosis, treatment and prevention of stroke. He completed his medical training at the University of Virginia in Charlottesville, Virginia.

Leg Pain?

It May Be Peripheral Artery Disease or PAD

Do you happen to have these symptoms?

- Painful cramping in your hip, thigh or calf muscles after certain activities, such as walking or climbing stairs (claudication)
- Leg numbness or weakness
- Coldness in your lower leg or foot, especially when compared with the other side
- Sores on your toes, feet or legs that won't heal
- A change in the color of your legs
- Hair loss or slower hair growth on your feet and legs
- Slower growth of your toenails
- Shiny skin on your legs
- No pulse or a weak pulse in your legs or feet
- Erectile dysfunction in men

Then you may have Peripheral Artery Disease or PAD. If peripheral artery disease progresses, pain may even occur when you're at rest or when you're lying down (ischemic rest pain). It may be intense enough to disrupt sleep. Hanging your legs over the edge of your bed or walking around your room may temporarily relieve the pain.

What are the causes and Risk factors?

Atherosclerosis is a process in which blood, fats such as cholesterol, and other substances build up on your artery walls. Eventually, deposits called plaques may form. The deposits may narrow — or block — your arteries. These plaques can also rupture, causing a blood clot.

Peripheral artery disease is often caused by atherosclerosis. In atherosclerosis, fatty deposits (plaques) build up in your artery walls and reduce blood flow.

Although the heart is usually the focus of discussion of atherosclerosis, this disease can and usually does affect arteries throughout your body. When it occurs in the arteries supplying blood to your limbs, it causes peripheral artery disease.



Risk factors of PAD

- Smoking
- Diabetes
- Obesity (a body mass index over 30)
- High blood pressure
- High cholesterol
- Increasing age, especially after reaching 50 years of age
- A family history of peripheral artery disease, heart disease or stroke
- High levels of homocysteine, a protein component that helps build and maintain tissue

People who smoke or have diabetes have the greatest risk of developing peripheral artery disease due to reduced blood flow.

When should I see my doctor?

If you have leg pain, numbness or other symptoms, don't dismiss them as a normal part of aging. Call your doctor and make an appointment.

Even if you don't have symptoms of peripheral artery disease, you may need to be screened if you are:

- Over age 70
- Over age 50 and have a history of diabetes or smoking
- Under age 50, but have diabetes and other peripheral artery disease risk factors, such as obesity or high blood pressure

While many people with peripheral artery disease have mild or no symptoms, some people have leg pain when walking (claudication). Claudication symptoms include muscle pain or cramping in your legs or arms that's triggered by activity, such as walking, but disappears after a few minutes of rest. The location of the pain depends on the location of the clogged or narrowed artery. Calf pain is the most common location.

The Good News is RAVE can help

Our Physicians Dr. Craig Reiheld and Dr. Charles Gordon are able to provide an outpatient minimally invasive surgery that can have you in and out our facility within a few hours. Our state of the art outpatient surgical suite allows us to give you the best treatment option if you suffer with Peripheral Artery Disease (PAD).

If left untreated it could lead to:

- Critical limb ischemia. This condition begins as open sores that don't heal, an injury, or an infection of your feet or legs. Critical limb ischemia occurs when such injuries or infections progress and can cause tissue death (gangrene), sometimes requiring amputation of the affected limb.
- Stroke and heart attack. The atherosclerosis that causes the signs and symptoms of peripheral artery disease isn't limited to your legs. Fat deposits also build up in arteries supplying your heart and brain.

If you feel that you have or have been diagnosed with PAD have your physicians set up a consultation with our Board Certified Interventional Radiologists to review your treatment options.



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

By Dr. David S. Zamikoff

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

How Can GAINSWave Prevent & Treat ED?

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

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

GAINSWave
THE NEW WAVE IN MALE ENHANCEMENT

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



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

Younger Men Should Seek Treatment Early

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

Men are Preventing ED with GAINSWave

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

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

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

Natural Healing Arts Medical Center

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

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WELCOME TO THE MEDICAL FAIR FIME - JULY 27-29, 2022

The Recovery of Our Clients is Our Mission

Since Exclusive Shape LLC, carries a diverse product line of wellness, slimming and recovery equipment my partners and I thought it would be a good idea to participate in the international medical fair, FIME 2022 in Miami. We made the decision to attend FIME once we discovered how easy it was to connect with both business owners and individuals looking to purchase fitness and wellness equipment on a large scale. We also noticed a trend among the CEO's of fitness clubs. According to the global trend, 98% of fitness facilities are currently looking to expand their business by adding new services geared towards wellness and recovery, which is very good for us. Our product line is versatile and can be used in different market sectors such as, chiropractic offices, spas, hospitals and physical therapy centers.

Values And Benefits For Better Health Provided By Our Devices

Our most popular seller is the Magic Vac Treadmill, which contains seven therapeutic functions during a workout by;

- 1 Active walking helps stimulate the muscles, joints, cardiovascular and respiratory system.
- 2 Negative vac effects help remove toxins from the body, improves blood supply and oxygenation to the skin.
- 3 Infrared Lamps raise the temperature of our cells which speeds up the metabolism and opens our blood vessels improving blood circulation.
- 4 Collagen lamps aimed towards the face and neck area increase collagen production and skin rejuvenation.
- 5 LED lights, (color therapy) has a therapeutic effect on mental health.
- 6 An electro stimulator with four attached electrodes, stimulates the leg, abdomen and back muscles with electrical pulses.
- 7 A dispenser of essential oils for skin renewal and ozonator for disinfection.

Our equipment is both innovative and safe for individuals with medical problems such as, obesity, hypertension, motor coordination, proper metabolism and breathing. Due to the many therapeutic



functions in the Vacu Magic Tread, was the deciding factor in attending the IHRSA trade show. We also decided to showcase our Body Roller machine which gained a lot of attention during IHRSA. The body roller machine helps with slimming, toning, relaxation and cellulite reduction. By massaging fifteen parts of the body stimulates the lymphatic system and cleans the body of toxins. We are highly convinced that the Body Roller will be of great interest during the upcoming FIME medical fair.

Our newly opened wellness studio/show room is becoming increasingly popular with the locals of all ages. For us, it's important that our clients know and understand the health benefits while using our wellness equipment. Another key factor is drinking alkaline water from the ionizer which is hugely important for de-acidification of the body and improvement of blood circulation.

We are pleased that our clients can see the effects from using our equipment such as weight reduction, cellulite reduction, increased physical efficiency, improvement in blood circulation and motor coordination.

However, in order to achieve faster results (along with the proper diet and lifestyle), we encourage our clientele to initially workout at least three times per week. We sell packages and not single sessions in order to motivate and assist in desired goal achievement. Since our equipment stimulates the entire body, the workouts are less invasive than traditional workouts.

WE INVITE EVERYONE FROM THE MEDICAL INDUSTRY TO VISIT OUR BOOTH, NO. L85 AT THE FIME INTERNATIONAL MEDICAL FAIR IN MIAMI JULY 27-29, 2022



Wellness Studio Exclusive Shape is open Monday - Saturday from 10 am to 6 pm. We encourage you to make an appointment today by phone at 941-960-9108 to take advantage of the free educational session using all machines.

*The fair will be held at the Miami Beach Convention Center located at:
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Florida International Medical Expo (FIME) is the leading event in the medical device and equipment sector in all of America.

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Exclusive Shape expressly disclaims responsibility, and shall have no liability for any damages, loss, injury, or liability whatsoever suffered as a result of reliance on the information contained on this site.

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

Exclusive Shape



CONTACT US

941-960-9108
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ExclusiveShape.com

WHY YOU SHOULD BE IN TOTAL CONTROL OF YOUR ESTATE PLANNING

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

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

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



Health and Mental Capacity

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

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

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

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

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

Estate Planning Should be Under Your Control

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

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

Law Offices of Patrick L. Smith, PLLC

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

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Summer Foot Care

By Premier Foot & Ankle Specialists

Here in Florida we live near beaches and warm sunny weather all year around but our feet are vulnerable to these luxuries. Walking barefoot in the sand at the beach or by the pool can be dangerous, especially for diabetics. Below are some ways to protect your feet and prevent foot problems.

1. Wear shoes with socks and limit walking barefoot. Without shoes, your feet are exposed hot sand and surfaces, the sun's UV rays and organisms that can cause athlete's foot, toenail fungus, ring worm or bacterial infections. In the pool and ocean make sure to wear water shoes to safeguard your feet from the rough cement, shells, coral and rocks. Make sure your shoes dry out completely before using again to prevent bacteria and fungus from growing in them. You can periodically wash your shoes in the washing machine and line dry them to keep them clean. Try to avoid flip flops as they put your foot in an unneutral position causing progressive deformities like bunions, hammertoes and arthritis. If you must wear a flip flop or sandal, look for one with a rigid sole and good arch support like Birkenstocks or Olukai's. The best shoe for foot health is a stiff soled lace sneaker with a medical grade orthotic from your podiatrist.

2. Apply sunscreen all over your feet, including the tops and between the toes. It is recommended to use an SPF of at least 30 and reapply every 2 hours. Sun exposure increases your risk for skin cancer of the feet and legs. The most common types of skin cancer of the lower extremity are basal cell carcinoma, squamous cell carcinoma and melanoma. These can occur on the skin or under the nail bed. Some signs of skin cancer on the lower extremity area dark areas under the nail, lesions on the skin that are varied in color, crusty and/or bleed. These signs are reasons to see your podiatrist immediately for evaluation and possible biopsy.

3. Exercise and drink plenty of water. Drinking plenty of water will help your overall health and also help minimize foot swelling caused by the heat. Exercise with muscle contraction also helps the veins in your legs push blood back up to your



heart, further decreasing swelling. Walking is the best way to achieve muscle contraction in your lower extremity.

4. Clean and dry your feet well. Wash your feet daily, especially between your toes with a wash cloth. You can use mild soap or an antifungal shampoo to wash your feet. After washing, make sure to dry well between each toe. Moisture attracts bacteria and fungus and can cause many problems. Using socks and mesh shoes will also keep your feet dry.

5. Moisturize dry skin. Using lotions or oils can help combat dry skin. Avoid placing these between your toes to prevent moisture there. Again, avoiding flip flops and using socks and laced up sneakers will prevent dry cracked heels. Also, stay away from pumice stones which trap bacteria and fungus in them.

6. Watch for problems. You will want to inspect your feet daily for any signs of trouble. Check for signs of ingrowing toenails, cuts or scrapes before going into the water. Catching a problem early and prevent it from getting much worse. Many people only contact a podiatrist when something is broken or sprained but your podiatrist can evaluate and treat many other lower extremity ailments. Everyone should be conscious of their foot health but this is especially true for diabetics. If you find yourself needing a podiatrist, do not wait, call us immediately!

This summer, Premier Foot & Ankle Specialists are ready to help you put your best foot forward, call us today at 941-488-0222!



Dr. Brielle Roggow

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

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



Dr. Jeremy Bonjorno

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

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



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GLUTATHIONE FOR ALZHEIMER'S AND PARKINSON'S

By Amanda Tezyk, APRN, BSN, RN

Glutathione supplementation has been evaluated in clinical trials in various formulations (eg, oral, intravenous [IV], topical, intranasal, nebulized) for its effects on HIV, Parkinson disease, Alzheimer disease, autism, cystic fibrosis, and cardiovascular diseases, among other conditions. N-acetylcysteine, as the precursor to glutathione, has demonstrated efficacy in raising glutathione levels and is frequently chosen for this purpose.

Glutathione is a tripeptide that can be synthesized in all cells of the body from its constituent amino acids L-cysteine, L-glutamic acid, and glycine. It is found in lower concentrations in plasma and extracellular fluid, except in bile where concentrations are higher. Lower levels are found in the brain; this is considered a protective mechanism because glutathione precursor molecules may be toxic in high concentrations.

Glutathione is a tripeptide that can be synthesized in all cells of the body. Glutathione is involved in many biological processes such as free radical neutralization, detoxification, transport and storage of cysteine, maintenance of cellular redox, ascorbic acid and vitamin E regeneration, transport of mercury out of cells and brain, and serving as a coenzyme.

Glutathione is important for supporting functions of both the innate and adaptive immune systems, including T-lymphocyte proliferation, phagocytic activity of polymorphonuclear neutrophils, dendritic cell function, and antigen presentation by antigen-presenting cells.

A study of community-based elderly patients found that increased glutathione levels were associated with higher levels of self-rated health, fewer illnesses, and reduced

cholesterol, body mass index, and blood pressure. Depletion of glutathione has been linked to neuroinflammation; neurodegeneration; infection; cancer; and diseases such as Alzheimer disease, Parkinson disease, HIV, cystic fibrosis, periodontitis, diabetes, schizophrenia, and bipolar disorder, among others. Levels of glutathione are often reported to be low in neurodegenerative diseases. Depletion of glutathione is also a part of the aging process.

In general, antioxidants are important in the prevention of Alzheimer disease based on evidence suggesting an association between increasing signs of oxidative stress and progression of the disease. The main endogenous antioxidant glutathione has been shown to decline in Alzheimer disease. However, there is debate regarding an association between cognitive status and declining glutathione levels. Clinical trials with glutathione supplementation are lacking, primarily because of the poor uptake of supplemental glutathione via the blood-brain barrier. Limited studies focusing on N-acetylcysteine as a precursor to glutathione reported improvement in cognition; further study is needed to evaluate effects on disease progression.

Decreased levels of glutathione in the substantia nigra (a basal ganglia structure located in the midbrain that plays an important role in reward and movement) of patients with Parkinson disease have been described, and some researchers consider glutathione depletion to be a precursor to and potential marker of the disease. A case report describes improvements in mental function and speech quality in a patient receiving supplemental IV glutathione 1,400 mg 2 to 3 times weekly in addition to a standard treatment regimen for Parkinson disease.

Symptom improvement was not noted until after 3 weeks of treatment. The patient described these improvements as being maintained for 24 hours, with a decline to baseline function within 36 hours of receiving the injections. In another small study of patients with Parkinson disease of twenty-one patients randomized to receive IV glutathione 1,400 mg or placebo administered 3 times weekly for 4 weeks, the possibility of a mild symptomatic effect was suggested based on improvement in Unified Parkinson Disease Rating Scale (UPDRS) scores with glutathione.

As an antioxidant, glutathione helps your body balance free radicals and stay healthy. It works at the cellular level to prevent inflammation and other cell damage that can make you sick. Glutathione is an antioxidant that fights free radicals, molecules that cause cellular damage. Glutathione also helps to break down nutrients, activate enzymes, produce proteins, repair DNA, inactivate toxins, and regulate the immune system.

In some cases, healthcare professionals administer glutathione through use of an IV to treat atherosclerosis, diabetes, Parkinson's disease, and side effects of chemotherapy. If you're considering the use of glutathione for a condition, make sure to consult your healthcare provider before starting your supplement regimen. Self-treating a chronic condition and avoiding or delaying standard care may have serious consequences.

BR Rejuvenation and Hydration offers two IV drips containing Glutathione. The Glutathione drip encourage cell revitalization and regeneration, while you detoxify the liver and drastically improve how your skin looks and feels. Achieve a brighter skin complexion and a youthful appearance after a series of treatments. The Fountain of Youth Drip detoxifies the body and promotes noticeably healthier skin, hair, and nails because it contains glutathione, B vitamins and vitamin C.

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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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DO YOU KNOW UNTREATED SLEEP APNEA CAN LEAD TO HEART DISEASE?

Why do apnea and sleep disorders lead to heart problems?

According to the National Sleep Foundation, researchers aren't entirely sure why we need sleep to maintain a healthy heart. However, they have been able to observe that certain biological functions are disrupted when we awaken frequently in the night or experience sleep deprivation on a regular basis.

When these disruptions happen (for example, if you stop breathing while sleeping), hormonal and chemical imbalances occur that trigger inflammation, high blood pressure, reduction in blood oxygen levels, and changes in how you metabolize sugar. Together, these changes lay the groundwork for heart disease to take hold.

Inflammation, for example, is associated with a dysfunction of the lining of blood vessels. This condition can then turn into atherosclerosis (plaque buildup in artery walls). Left unchecked, these plaque-clogged arteries can cause atherothrombosis (a blood clot that forms in a vessel, cutting off blood and oxygen flow). This can result in a stroke or acute coronary syndrome a decrease of blood flow to the heart muscle, which leads the heart to malfunction or die. This is how lack of sleep turns into heart disease: by creating a chain of events that culminate in potentially serious damage, or even death.

Some specific dangers to your heart stemming from untreated Obstructed Sleep Apnea include:

- **Coronary artery disease.** Inflammation, combined with cholesterol-heavy plaque deposits in the arteries, damages the arteries' ability to carry nutrients to the heart. Over time the heart becomes diseased and weakened.

- **Congestive heart failure.** The heart weakens and cannot pump and fill with blood effectively. When it fails to circulate nutrients like it should, the kidneys respond by creating fluid buildup in the organs and throughout the body.

- **Cardiac arrhythmia.** This electrical signal malfunction creates an irregular heart rhythm, either too fast or too slow. Arrhythmias can be mild, but they can also lead to fainting or cardiac arrest (a stopping of the heart).

- **Cardiac arrest.** Cardiac arrest is an abrupt electrical malfunction of the heart that leads to a loss of function (the heart stops). It's often linked to ventricular fibrillation (v-fib), a type of arrhythmia where chambers of the heartbeat rapidly without pumping blood. It can be reversed with emergency medicine, but without treatment it is often fatal within minutes.

- **Myocardial infarction (heart attack).** Sometimes, a piece of plaque in an artery can break off from the vessel walls. If a clot forms around it, it become large enough to block the flow of blood to the heart. The heart can't get enough oxygen and the muscle begins to die. Heart attacks can cause permanent damage to the heart, but they are not necessarily fatal if you seek treatment right away.

- **High blood pressure (hypertension).** When the force of the blood flowing through your vessels is consistently too high, your circulatory system can sustain damage that can lead to heart attack and stroke (and many other conditions). High blood pressure is a silent killer affecting about 85 million Americans over the age of 20.

- **Pulmonary Hypertension.** Pulmonary hypertension is a condition when pressure in the lung gets high. It can cause significant morbidity and mortality. Pulmonary hypertension is present in approximately 20 percent of patients with moderate to severe OSA (obstructive sleep apnea) and may be associated with decreased survival.

Untreated Obstructed Sleep Apnea can also lead to related conditions like metabolic syndrome, obesity, diabetes, pre-diabetes, and stroke. Only a sleep specialist can diagnose you for Obstructed Sleep Apnea or Central Sleep Apnea. If you wake up tired and have the symptoms in combination with one or more of the following risk factors, you may want to see a specialist. Remember, the high cost of untreated sleep apnea is not worth putting off a doctor's visit or beginning treatment.

Risk factors for Central Apnea:

- Older (over 40)
- Congestive heart failure
- Stroke
- Narcotics use (for example, opioids/pain medications)

Risk factors for Obstructed Sleep Apnea:

- Male (any age)
- Female, post-menopausal
- Older (over 40)
- Heavy/obese
- Narrow airway
- Thicker neck circumference (more than 17 inches in men or 15 inches in women)
- Family history of sleep apnea
- Smoking
- Drug or alcohol use
- Nasal congestion (from allergies or anatomical issues)

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Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

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

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

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

How does VAX-D work?

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



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

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

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

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

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

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

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

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

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

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Dr. Craig S. Aderholdt, BSc, DC



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

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

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



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Failure is a Part of Growth

By Pastor Timothy L. Neptune

The Apostle Peter was a bold man. He stepped up when others stepped back. He was often the first to speak in a group setting. Because of his faith, he was able to walk on water. And, like most risk takers, he experienced his share of failures.

Faith involves risk. Failure is a possibility. But that's okay. Step out of the boat anyway. I love a small part of a speech given by President Teddy Roosevelt back in 1910. He said,

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

I would rather die on the playing field engaged in the battle than rot in the grandstands as a spectator.

Did Peter fail when he started to sink? Yes, he failed. But I think there were 11 bigger failures sitting in the boat afraid to even try to walk on water.

We need men and women of courage today. High-impact people who are willing to take risks and trust God with the results.

Failure is an indispensable part of growth.

The greatest lessons I've learned in life are from the many mistakes I've made along the way.

If you want to be a high-impact person, you too, will make some mistakes and need God to bail you out.

Peter took his eyes off of Jesus and his faith began to waver. But give Peter some credit... he was in the middle of a really big storm, he was outside of his boat in the darkest part of the night. Can you imagine how scary that must have been? I get nervous just standing at the back of cruise ship at night looking out at the sea!

Nevertheless, if we keep our eyes on Christ, what do we really have to fear?

As followers of Jesus Christ, we've been called to live a life of adventure that requires great risk and great faith.

Perhaps you've tried before but failed. That's okay. Admit your lack of faith and move on.



Whatever you do, don't give up, give in, or quit.

You lose more often than you win in life. There are more bad days than good days. You fail more often than you achieve. Remember that God is sovereign and always in control. Nothing can happen to you except by divine permission or divine directive.

Don't live with regrets and second guesses. Learn from your mistakes and then move on. It does no good to dwell on the past and wish you could do it over. Just keep moving forward... that's how your faith grows.

Tim Neptune is the lead pastor of Venture Church Naples, a new church located on the campus of Florida SouthWestern State College in Naples, FL. For church times and other information, visit www.venturenaples.com.

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