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

August 2022

Manatee/Sarasota Edition - Monthly

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# Are You at Risk for Peripheral Artery Disease?

By Heidi Smith, Contributor

**A**ccording to the U.S. Department of Health and Human Services, one in every 20 Americans over the age of 50 has peripheral artery disease (PAD). PAD occurs when arteries narrow, reducing blood flow to arms and legs. Because symptoms of PAD can be confused with general signs of aging, many who suffer from this disease go undiagnosed.

If left untreated, PAD can lead to serious complications, such as loss of a limb. Abdul Ezeldin, M.D., RPVI, FACC, FSCAI, FSVM, FASNC, FASE, is a board-certified cardiologist specializing in interventional cardiology, as well as vein and artery procedures. He has extensive experience in helping patients resolve advanced problems with blood circulation in the legs, heart and carotid arteries. Dr. Ezeldin recently relocated to Venice from Arkansas, where he practiced for more than 20 years. He sees patients at ShorePoint Medical Group and is a member of the medical staff at ShorePoint Health Venice.

## Q. What causes PAD?

A. PAD occurs when arteries narrow due to buildup of a fatty material called plaque. Plaque buildup is also called atherosclerosis, or hardening of the arteries. Plaque deposits cause the arteries to stiffen and become narrow, limiting the supply of oxygenated blood throughout the body.

## Q. What types of health problems can PAD cause?

A. That depends on which arteries are blocked. Mild cases of PAD cause symptoms like claudication, which is pain when walking as leg muscles do not receive enough oxygenated blood. Severe PAD can cause critical limb ischemia (CLI). Patients with CLI have pain in their legs even when at rest, as well as wounds to lower extremities and feet that can be difficult to heal due to compromised blood flow.

## Q. What are the symptoms of PAD?

A. Typical symptoms include pain or tiredness in the feet and legs, buttock pain, and burning or tingling in the feet. Additional symptoms may include sores or breaks in the skin of the legs and feet, loss of hair on the feet and toes, aching feet or toes when at rest, changes in skin color (reddish, bluish or pale discoloration) in the lower extremities, decrease in skin temperature, and impotence in men.

## Q. Who is at risk for PAD?

A. Some hardening of arteries and plaque buildup is normal as we grow older, but certain risk factors can lead to PAD sooner. The more risk factors one has, the higher the chances of developing PAD. Some risk factors are smoking, high blood pressure (hypertension), high cholesterol, diabetes, family history of heart or vascular disease, obesity, lack of physical activity, stress, and being older than 50. African-Americans also have a higher risk for PAD.

## Q. How do you diagnose PAD?

A. Your doctor will review your medical and family history, risk factors and symptoms. If your doctor suspects that you have PAD, he or she will conduct an examination and series of tests before advising a plan of care. The tests will measure how well blood is flowing through your arteries and identify areas of concern.

## Q. If someone is diagnosed with PAD, what are the treatment options?

A. Your doctor will recommend a treatment plan based on your symptoms, test results, medical history and potential risks. This plan may include lifestyle changes and medications to relieve your pain and symptoms, and interventional procedures to increase blood flow through your arteries. Interventional procedures may be non-surgical or surgical.

## Q. Could you give some examples of the non-surgical procedures?

A. Non-surgical, or endovascular procedures, are performed inside your artery using a thin, long tube called a catheter. For most patients, these are same-day, outpatient procedures with excellent outcomes. An example is balloon angioplasty, where the doctor inserts a device with a small balloon into the artery. Once the device reaches the narrowing of the affected artery, the balloon is inflated to flatten the plaque, open the artery and restore blood flow. The balloon is then deflated and removed. Another example is placing a stent in the narrowing part of the artery. The stent stays in the artery permanently to maintain blood flow. Sometimes we combine the two therapies with the stent being placed after the balloon is removed.

Additionally, there is a relatively new therapy that includes a drug-coated balloon to help reduce the buildup of plaque over time.

## Q. What are some surgical options and when would you use them?

A. There are many types of surgery to address PAD. Two of the most common are endarterectomy and bypass. An endarterectomy removes plaque directly from the inside of the artery wall. This is only used for patients with serious PAD. Bypass is used in even more serious cases where blockages are very long or very hard. This procedure uses a graft (either a healthy blood vessel from another part of the body or a synthetic tube) to reroute the blood flow.

## Q. How can a person reduce their risk of developing PAD?

A. It is critical to talk with your doctor about your risk factors. Hardening of the arteries can increase your risk of heart attack, stroke and loss of a leg or foot. Your doctor can help you control or manage your risk factors, while you can adopt a healthy lifestyle, including not smoking, maintaining a healthy diet and weight, and staying active.



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# QUITTING TOBACCO IN RECOVERY:

## What You Need to Know

Everyone knows that using tobacco is bad for you. Yet in the alcohol and drug addiction treatment arena, helping individuals quit smoking has traditionally been a low priority.<sup>4</sup> This creates a disparity for individuals beginning their recovery journey. Studies show that smoking is highly prevalent among people in treatment for substance use disorders, with most studies finding rates between 65-85 percent among patients in addiction treatment.<sup>3</sup> As a result, clients in substance abuse treatment are at a higher risk for tobacco-related health issues.



### There are several widespread myths when it comes to addictions treatment and smoking cessation:

1. Individuals in treatment do not want to quit smoking. This belief that clients do not want to stop is challenged by recent surveys finding most clients entering drug treatment do express an interest in quitting smoking when asked.<sup>1</sup>
2. Individuals in treatment would not be able to quit smoking if they tried. On the contrary, evidence supports that smoking cessation interventions can be effective at increasing short-term quit rates in people with substance use disorders.<sup>1</sup>
3. Individuals in treatment may relapse with another substance if they quit smoking. Studies have shown that treating multiple addictions at once does not seem to make recovery more difficult and, in fact, cigarette smoking increased the likelihood of relapse among people in recovery from substance use disorder.<sup>2</sup>

Understanding how nicotine interfaces with chemicals in the brain can be key to understanding the benefits to addressing multiple addictions at one time. Nicotine, the addictive substance in tobacco products, passes to the brain in under 7 seconds.<sup>4</sup> Nicotine stimulates the brain's reward center which means that it reinforces specific behaviors that are beneficial for survival. Dr. Heather Kimmel, Health Scientist Administrator of NIDA's Epidemiology Research Branch explains that even though various substances have different pharmacological

#### References:

- 1 Mythbusters: One addiction at a time? NZ Drug Foundation - At the heart of the matter. (n.d.). <https://www.drugfoundation.org.nz/matters-of-substance/archive/may-2007/one-addiction-at-a-time/>.
- 2 National Institute on Drug Abuse. (2021, May 10). Cigarette smoking increases the likelihood of drug use relapse. National Institute on Drug Abuse. <https://www.drugabuse.gov/news-events/nida-notes/2018/05/cigarette-smoking-increases-likelihood-drug-use-relapse>.
- 3 National Institute on Drug Abuse. (2021, April 12). Do people with mental illness and substance use disorders use tobacco more often? National Institute on Drug Abuse. <https://www.drugabuse.gov/publications/research-reports/tobacco-nicotine-e-cigarettes/do-people-mental-illness-substance-use-disorders-use-tobacco-more-often>.
- 4 Why giving up cigarettes in recovery is good for you. Positive Sobriety Institute. (2018, July 27). <https://www.positivesobrietyinstitute.com/quitting-time-giving-cigarettes-recovery-good/>.

mechanisms, all drugs of abuse ultimately affect the same reward pathway. Abstinence from all of them will help the individual move to a new physiological state and, hopefully, a new mental state as well.<sup>2</sup>

**Help with quitting tobacco is free!** Gulfcoast South Area Health Education Center (GSAHEC), as part of the Tobacco Free Florida AHEC Cessation Program—offers free tobacco cessation sessions that are available to help someone quit all forms of tobacco. These group cessation sessions, held virtually and in-person, provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. **Free** nicotine replacement therapy in the form of patches, gum or lozenges (*if medically appropriate and while supplies last*) are provided with the session. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist.

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# CATARACTS: YOUR TREATMENT OPTIONS

By Duane Wiggins, M.D.

Board Certified Ophthalmologist, Cataract & Refractive Surgeon with Quigley Eye Specialists

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

## What are the symptoms?

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

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

## How did I get Cataracts?

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

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

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

## How do I treat my Cataracts?

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

## About Quigley Eye Specialists

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



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

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

## What is an IOL?

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

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

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

## Which IOL is Best for Me?

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

## Cataracts with Astigmatism

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

## Laser Cataract Surgery

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

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

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

## References:

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



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

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# 5 Reasons to Avoid Knee Replacement Surgery

By Regenxx at New Regeneration Orthopedics

**W**e understand the growing concern surrounding the Coronavirus (COVID-19) across the communities we serve. The health and safety of our patients, physicians, and staff is our top priority. Regenxx at New Regeneration Orthopedics has been actively preparing its offices, physicians, and employees to address these uncertainties and prevent the transmission of COVID-19. To schedule a Telehealth call with one of our physicians, please call us today.

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

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

## 1. Chronic Knee Pain

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

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

## 2. Pseudotumors & Tissue Damage

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



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

## 3. Device Failure Caused By Allergies

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

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

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

## 4. Increased Risk of Heart Attack & Stroke

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

## 5. Increased Risk of Hip Fracture

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

## Alternatives to Surgery

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

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

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

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

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

Regenxx at New Regeneration Orthopedics provides trusted regenerative solutions, offering the nation's most advanced, researched, and evidence-based non-surgical treatments for injuries and arthritis.



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# Ketamine for Pain Management

In the U.S., over 100 million people reportedly suffer from some form of chronic pain. Most people can relate to having experienced physical pain in their lifetime, but to have to live with that pain daily can become intolerable. Neuropathic pain syndromes are the root cause of many individuals' chronic discomfort. Neuropathic pain syndromes are related to disorders like diabetes, fibromyalgia, CRPS, Lyme disease, and migraines.

The most common treatment for neuropathy is to mask it with narcotic prescription pain medications. Narcotics such as opioids are highly addictive, and Florida is currently leading the country in abusing drugs and overdose episodes. The CDC reports that nearly half of all opioid-related deaths are due to the narcotics being prescribed for pain-related circumstances.

Pain medications have adverse side effects and, in many cases, show signs of cognitive decline in long-term use. The other issue with standard pain medication is that they often become ineffective and are unable to mask the pain signals. This is called treatment resistance.

Opioids fool the body by binding to the opioid receptors in the brain, spine, and other areas of the body. They DON'T treat the health condition; they merely mask the pain by disrupting the signals to the brain. Opioids are one of the most highly addictive classes of drugs available.

## ONE OF THE MOST PROMISING ALTERNATIVE METHODS IS KETAMINE IV THERAPY

### How does ketamine work?

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

A recent study conducted at Thomas Jefferson University Hospital involved 61 patients with intractable migraines. Of the 61 patients in the study, 75%



showed a decrease in the intensity of their headaches after receiving low dose IV ketamine infusions over five days. On a scale of zero to 10 (10 being the highest), the self-reported pain score from patients was an average 7.5 before the initiation of the study and 3.4 at the conclusion of the IV ketamine infusions.

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

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

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

### How is ketamine administered?

In our office, ketamine is administered intravenously. The initial series of infusions for pain are completed over a one week period and over a two week period for mental health and mood disorders.

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

- Severe or chronic depression
- Chronic pain
- Bipolar disorder
- Obsessive compulsive disorder OCD
- Post-traumatic stress disorder PTSD

With our ongoing drug related epidemic, ketamine therapy can reduce the risk of opioid, benzodiazepine, and other narcotic addictions. Physicians are

often overprescribing these types of highly addictive drugs to help minimize or mask patients' chronic pain, depression, or other ailments. With ketamine therapy, the treatment is safe, non-habit forming and highly effective.

### Reichbach Center

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 suffering from chronic pain. It is now purported as a 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."

**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 [www.findpainrelief.com](http://www.findpainrelief.com).



**Steven Reichbach, MD**  
Board-Certified Anesthesiologist  
President and Founder



**Lolita Borges, RN**  
Clinical Director,  
Reichbach Center

2415 University Parkway, Building #3,  
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# END YOUR STRUGGLES WITH ADD/ADHD

## Help your child succeed this school year!

**D**o you have an intelligent child who fails to reach their highest potential because of the inability to focus and complete tasks?

Children with ADD/ADHD often anticipate a new school year with deep-seated dread. Their parents, too, feel the trepidation of the transition. School routines - homework, test taking, behavioral expectations - can be overwhelming. This is especially so for families struggling with ADD/ADHD.

Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD) are neurodevelopmental disorders affecting millions of school-age children in the United States. The disorders are characterized by developmentally inappropriate levels of inattention, impulsivity, and hyperactivity.

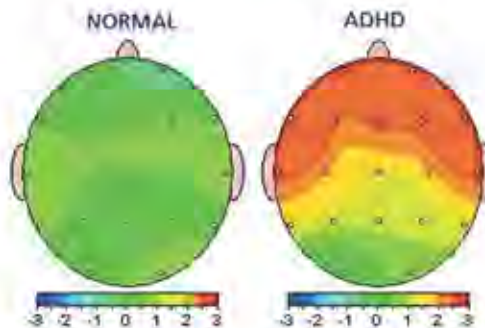
Sure - all children can have difficulty sitting still, paying attention, or controlling their behaviors; however, some children with ADD/ADHD do not just grow out of these behaviors. The symptoms continue, can be severe, and can cause significant difficulties at school, school delinquency, family stress, social challenges, and substance abuse.

Two out of three children diagnosed with ADHD will also have at least one co-occurring condition such as behavioral problems, anxiety, depression, and/or autism spectrum behaviors.

Failing to successfully address ADD/ADHD may result in a lifetime of struggles for your child. Childhood/teen ADHD has been associated with low self-esteem, poor academic performance, poor interpersonal skills, antisocial behavior, and substance abuse that can persist THROUGHOUT their life and well into adult years.

### ADD/ADHD and Brainwaves - Find Out WHY Your Child Has ADD/ADHD

If your child has ADD/ADHD, it's important to analyze how his/her brain functions! A qEEG Brain Map can reveal the imbalances in brainwaves that underlie attention deficit issues. Unfortunately, this is NOT something that is screened for by most pediatricians, school physicals, or medical doctors.



The human brain emits electrical activity in wave frequencies called alpha (medium), beta (fast), theta (slow), and delta (super slow). Data shows that kids with ADD/ADHD have irregular brainwave patterns that can lead to slower information processing and an inability to do multiple tasks without difficulty.

### Brain Wave Measuring

The Brain Wave Center of Sarasota uses quantitative Electroencephalograph (qEEG) technology to obtain an accurate recording of brain wave functioning and map abnormal activity. This Brain Map involves scanning the brain waves using a state-of-the-art wireless headset. These scans DO NOT put any electrical current into the brain - they simply record signals or electrical activity coming from the brain. The experts at The Brain Wave Center then compare measurements to a database of established standards of normal brain function to determine if problems are present. The qEEG shows a map of problem areas in the brain that are used for creating a successful Neurofeedback treatment protocol.

### Neurofeedback for Irregular Brain waves

Neurofeedback is a safe and effective process of retraining brainwaves back to a state of healthy activity.

At the Brain Wave Center, a neurofeedback training session lasts for 30 minutes. Your child sits in a comfortable chair and watches a movie or video. During this time, the trained staff at the Center will place two small sensors on the scalp that measure the brainwave output in real time. Just like in real life, if the brain speeds up while watching the movie (the child gets fidgety or anxious) - this brain-wave dysregulation is detected, and the movie is

modified in a way that signals the brain to slow down and focus. Over time, the brain creates new, more efficient neural pathways that allow calmer thinking. When your child has learned how to maintain the desired level of frequencies, improvements in ADD/ADHD symptoms will result.

### The Brain Wave Center

ADD and ADHD can be deeply disruptive to kids and their families. The Brain Wave Center can help with psychological assessments of ADD/ADHD, brain mapping, and safe, non-drug treatment options. Our Center has a dedicated team of professionals offering innovations in brain health for children and their families.

### A Better Brain Means a Better You!

The Brain Wave Center has helped many children and adults overcome emotional health disorders using safe, noninvasive, and drug-free therapies. Help your child find relief from chronic emotional health issues including:

- ADHD / Learning Disabilities
- Anxiety / Depression
- PTSD / Stress / Trauma
- Memory Loss / Brain Fog
- Concussion / Brain Injury
- Autism Spectrum Symptoms
- Migraines
- and more

### BACK-TO-SCHOOL PROMOTION

**SAVE \$2,000 on Neurofeedback for your child!**

Find out today how brain mapping and neurofeedback can help your child overcome ADD/ADHD. We offer brief no-charge initial consultations with our medical director.

Call 941-552-4500.

*Offer Expires August 31st, 2022, please call our office for more details.*

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# Chronic Headaches and Chronic Migraines Are Often Caused By a Prior Neck Injury

By Dr. Drew Hall

**T**he head neck junction is one of the most complex biomechanical regions of the body. We have all heard the phrase "structure dictates function". This phrase intimates that structural abnormalities in the spine can have a negative effect on the normal function of the body, especially in the upper cervical spine. In this article we will talk about the relationship between injuries to the upper cervical spine and how they can lead to not only chronic headaches and migraine but also can be at the root of many different chronic health problems. We will discuss how injury to the neck affects the structure and how it is at the root CAUSE of many who suffer with chronic headaches.

**But first listen to what one of our patients experienced following Blair upper cervical care:**

**Tracy Shaw - Verified Google Review**

I have suffered from migraines since the age of three. I have tried everything from acupuncture, massage therapy, general chiropractic, as well as taking prescription medications from the neurologist. Nothing I have just listed has worked as well as what Dr. Hall has done for me. I have been under his care for about the past 7 years and each time I see him my migraines seem to disappear within hours after his visit or never come at all. I am a true believer in upper cervical care, and I must say that Dr. Hall has given quality back to my life. With the help of Dr. Hall I can once again function in my daily life. I highly recommend anyone who suffers as I must please go see Dr. Hall. It will change your life.

## Upper Cervical Spine Anatomy

The head on average weighs 10-12 pounds and sits on the top vertebra in the neck called the atlas, weighing only two ounces. To make the engineering more precarious, these two structures sit on the end of a "stick", your neck. Life is inherently traumatic. Few of us make it through this life without having a car accident, slip and fall, or sports injury. Blunt trauma can cause one or several joints in the neck to misalign tearing the fibrous ligament surrounding the joint called the joint capsule. Once Injury occurs to the soft tissue a cascade of postural and neurophysiological events follows and can set the stage for headaches and other chronic health problems.



Figure 1

Joint misalignment leads to muscle imbalances throughout the spine. Once a joint is injured it loses its normal range of motion which fires bad information from the joint receptors back into the spinal cord which can lead to dysfunction through many different neurological pathways.

## The Myo-Dural Bridge - an underlying cause of headache and nervous system interference

A rather new anatomical finding in the past ten years explains how headaches can be caused by upper cervical spine joint misalignment. This new anatomical finding was coined "myo-dural bridge". Myo means muscle and dural refers to the thin sheath like covering over the spinal cord. About ten years ago anatomists found a muscle at the base of the skull named the rectus capitus posterior minor (RCPM) muscle that connects or "bridges" to the dura covering the spinal cord. This new finding opened a new bio mechanical mechanism that could explain tension headaches, migraine, and other chronic health issues related to abnormal nervous system function.

As we discussed earlier injury to the neck can cause spinal misalignment at the joint level. This injury causes loss of motion that then causes the muscles of the neck to become unbalanced and chronically tight. When the RCPM muscle becomes tight it "tugs" on dural sheath covering the brainstem (the most vital part of your nervous system located at the base of the skull). The myo-dural bridge has been implicated as the source of a large percentage of patients who suffer with chronic tension headaches and migraine.

If you have chronic headaches and other chronic health problems it is a wise to get to a Blair upper cervical chiropractor who is specially trained to locate, analyze, and correct any upper cervical spine misalignment to ensure the brainstem and central nervous system are working optimally.

## How does a Blair Upper Cervical Chiropractor Locate Upper Neck Misalignments?

When you enter a Blair upper cervical office you will be assessed for upper cervical spine misalignment from a battery of tests that determine if you have a misalignment and what level of the spine. Once the patient shows evidence of structural misalignment, and nervous system interference, a precise 3-d image called cone beam computed tomography (CBCT) is taken. (Fig.1) This imaging allows the doctor to view the spinal joints to determine the direction and magnitude of misalignment. Once determined the patient is corrected with the data gleaned from the imaging. The Blair procedure uses precision and finesse not force to restore normal motion to the misaligned vertebrae. The correction involves no twisting, popping, or pulling and it's end goal is the restore normal function to the central nervous system so the body can return to normal function and health.

**TO SCHEDULE A FREE CONSULTATION, CALL  
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CERVICAL CHIROPRACTIC AND DR. HALLS  
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- Instagram drdrewhall
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- YouTube - Sarasota Upper Cervical Chiropractic Inc.



Dr. Drew Hall

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sarasotauppercervical.com



# THE KIDS ARE BACK TO SCHOOL... NOW ITS TIME FOR MOM TO REFRESH

**M**om life is hard. I'm sure we can all agree on that. I hear a lot of people, myself included, make plans for later – when things slow down. The thing is things never slow down. There are always new things that keep us crazy busy. We need to create and demand time for our own body and mind. Every mom needs time to refresh and recharge. August at the Wild Lilly Med Spa is the time and the place for mom to put herself back together. Let's start with a SkinPen treatment for mom!



SkinPen gives your skin the reset that it needs. Not only is SkinPen the first FDA-cleared micro needling device, but it's also made in the USA – which means it's rigorously tested for safety. Experience radiant results in as little as three treatment sessions!

SkinPen by Crown Aesthetics is the first FDA-cleared micro needling device in the world, clinically proven to safely and effectively fighting the appearance of neck wrinkles and facial acne scars for ages 22 and up. With as few as three non-invasive and affordable treatments spaced 30 days apart, you can improve your appearance for six months after your last treatment – and step out with confidence.

SkinPen creates hundreds to thousands of "micro" skin punctures per second to stimulate the skin's natural wound healing process – inflammation, proliferation, and remodeling – to prompt tissue remodeling without causing scar tissue formation. Most patients can return to normal activities within 24 hours.

SkinPen is clinically proven to fight the appearance of neck wrinkles and reduce the appearance of acne scars. In fact, 90% of subjects in the clinical trial would recommend the treatment to friends and family. It's a minimally invasive procedure performed in-office with little to no downtime. As the first FDA-cleared micro needling device, SkinPen sets the industry standard for safety.

Unlike some alternatives, SkinPen has been clinically proven to be effective for women and men with all Fitzpatrick Skin Types I – VI. Likewise, unlike lasers or chemical peels that can damage skin over the long term, SkinPen treatments, when properly spaced and overseen by a physician, can be used for years.



SkinPen is safe by design. SkinPen's patented – and single-use – sterile needle cartridge is built with safety in mind. SkinPen is also surrounded by a custom designed BioSheath that acts as a barrier to prevent cross contamination between procedures. That's part of the reason SkinPen by Crown Aesthetics is the world's first FDA-cleared micro needling device. Learn more by reviewing our patient labeling document.

SkinPen should not be used on patients who have active skin cancer in the treatment area(s); open wounds, sores, or irritated skin in the treatment area(s); an allergy to stainless steel or anesthetics; a hemorrhagic (bleeding) disorder or hemostatic (bleeding) dysfunction; are pregnant or nursing; or are currently taking drugs with the ingredient isotretinoin (such as Accutane). Talk to your doctor to see if this treatment is right for you.

Micro needling procedures tend to cost less than the alternatives, due to their non-invasive nature. The cost of SkinPen procedures varies depending on the size and the number of treatment areas. During your consultation, your physician can develop a plan to work within your budget.

The U.S. Food and Drug Administration's clearance covers not only the SkinPen device but the entire protocol. That includes the Skinfuse® Lift HG hydrogel used to protect against abrasion and friction during the treatment, as well as the custom designed BioSheath to prevent cross contamination.

**SPECIAL:**  
**SkinPen \$350**  
**Microneedling for**  
**Face and Neck**

The SkinPen treatment works in three simple steps, designed to activate the skin's natural healing process. Following each session, the skin begins to heal itself, looking more renewed and rejuvenated over time. SkinPen is only used in professional settings and delivers dramatic results without the use of heat or chemicals.

- **Inflammation:** SkinPen's microneedles pierce the skin, triggering your immune system to disinfect the wounds, remove debris, increase blood flow, and begin to create new tissue.
- **Proliferation:** The micro-wounds created by SkinPen are rebuilt with new granulation cells that include collagen proteins. Additionally, a new network of blood vessels develops.
- **Remodeling:** The wound is replaced with new dermal tissues and blood vessels which are comprised of rich collagen and elastin proteins. These proteins improve skin youthfulness.

Wild Lilly is a full-service med spa located in Sarasota. Here at Wild Lilly, our motto is "Beauty, Elevated". Wild, an adjective describing 'living or growing in the natural environment', and Lilly, a fresh flower symbolizing purity and modesty, our philosophy is to enhance your natural beauty in a way that's refreshingly honest. Therefore, we are committed to excellence, not just in the services we offer, but in the staff that provides them. We want our clients to feel cool, confident, and at home within our space, and to return to their own refreshed and rejuvenated.

Wild Lilly flourishes with compassion, attention to detail and results- it takes more than hard work to earn the trust of our clients. We individualize treatments based on each client and their personal beauty goals. Through our top of line treatments, including CryoSkin, Procell, Dysport, Botox, Restlyane, Versa, and more, we are committed to providing our patients with quality results. Contact Wild Lilly today to refresh your summer skin.

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

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

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*Medspa*  
2650 Bahia Vista Street #303, Sarasota, Florida 34239  
**941.350.9008**



# Freedom Village of Bradenton Awarded Gold Seal of Approval for Health Center Accreditation from The Joint Commission

**F**reedom Village of Bradenton has earned The Joint Commission's Gold Seal of Approval® for Health Center Accreditation by demonstrating continuous compliance with the organization's performance standards.



The Joint Commission accredits more than 22,000 U.S. health care organizations and programs; the Gold Seal is a symbol of quality that reflects a health care organization's commitment to providing safe and quality patient care.

The Health Center, which is part of "The Inn at Freedom Village," underwent a rigorous onsite review in mid-May as part of the accreditation process. During the visit, a team of Joint Commission reviewers evaluated compliance with the Health Center's standards spanning several areas including environment of care, infection prevention and control, leadership, medication management, and rights and responsibilities of the individual.

"We are pleased to earn the Joint Commission accreditation and Gold Seal because we hold ourselves to the highest level of standards in patient care and in all of our operations," said Scott McAlister, Freedom Village Executive Director.



"It's especially rewarding when independent evaluators visit us and affirm that we are meeting and exceeding universal standards. I want to thank Steve Levato, director of our Health Center, and his outstanding team for the quality care they consistently provide for Freedom Village residents."

The Joint Commission's standards are developed in consultation with health care experts and providers, measurement experts and patients. They are informed by scientific literature and expert consensus to help health care organizations measure, assess and improve performance.

"As a private accreditor, The Joint Commission surveys health care organizations to protect the public by identifying deficiencies in care and working with those organizations to correct them as quickly and sustainably as possible," says Mark Pelletier, RN, MS, chief operating officer, Accreditation and Certification Operations, and chief nursing executive, The Joint Commission. "We commend Freedom Village of Bradenton for its continuous quality improvement efforts in patient safety and quality of care."

In May, Freedom Village was recognized by *U.S. News & World Report* as a 2022-23 Best Senior Living Community by achieving the highest possible rating for Independent Living in a national performance assessment.

**More About Freedom Village of Bradenton**  
*Freedom Village of Bradenton is a Continuing Care Retirement Community (CCRC) that was established in 1986 and is managed by Life Care Services, the second-largest operator of senior living communities in the country. Freedom Village provides a variety of living options for seniors including independent living in apartments and villas, assisted living, memory care and additional healthcare services. Residents enjoy a full array of dining options and a variety of amenities, including a full schedule of social, educational, and wellness activities on its lush 34-acre campus located in West Bradenton, Fla. Residents also have easy access to vibrant social and cultural activities in the Bradenton-Sarasota region, including close proximity to some of the world's finest beaches, local shopping, restaurants, and many activities. Blake Medical Hospital and renowned medical professionals are located adjacent to Freedom Village of Bradenton.*

For more information, please visit [www.fvbradenton.com](http://www.fvbradenton.com) or call 941-798-8122.



**Freedom Village  
of Bradenton**

**941-798-8122**

**[www.fvbradenton.com](http://www.fvbradenton.com)**

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AL Facility #5415, 1168096

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





# KEEP YOUR ARTERIES YOUNG: THE IMPORTANCE OF EXERCISE FOR VASCULAR HEALTH

By Jeffrey Edwards, MD - Sarasota Vascular Specialists

**T**here is a famous saying of the English physician, Thomas Sydenham, stating: "a man is as old as his arteries". As we age, the blood blood vessels become stiffened and narrowed secondary to the effects of various pathologies such as hypertension (high blood pressure), diabetes, and atherosclerosis. These changes in the structure and function occur at a different rate and to a different extent in all people.

There are several factors that impact these changes in vascular function and compliance (stiffness). While some of these factors can't easily be controlled, such as genetics and environmental exposures, smoking and exercise play a large role in vascular health.

Exercise training has been shown to slow and/or prevent the aging of blood vessels. This occurs due to changes in the cardiovascular system which promote and maintain laminar blood flow. Laminar blood flow is smooth, non-turbulent blood flow which minimize inflammation and plaque formation. This increases nitric oxide (NO) production by the inner-most layer of the blood vessel, the endothelium.

Nitric oxide is a vital component of normal endothelial function, as it helps regulate vascular responses to changing conditions such as vascular tone. This is important for such functions as maintaining blood pressure, temperature regulation, and ensuring blood flow is directed to vital organs in times of stress. Nitric oxide also plays a role in vascular permeability, platelet aggregation, interactions of the vessel wall with immune cells (leukocytes), and vascular smooth muscle cell proliferation (maintains functional integrity of vessel wall).

Physical aging is inevitable, and all vessels become less compliant (i.e., more stiff) over time, however previous research has shown that moderate exercise may potentially prevent vascular aging and stiffness by promoting nitric oxide production and limiting the activity of inflammatory substances in the vessel wall.



Nitric oxide is a critical component of some medications which are used to treat vascular insufficiency. Perhaps the most well-known use of nitric oxide mediators is in the treatment of erectile dysfunction. Sildenafil, also known as Viagra, propagates the action of nitric oxide by preventing its breakdown. This medication has a relatively specific action on the penile vessels and thereby is a potent vasodilator and very effective medication for treatment of erectile dysfunction.

Patient with peripheral artery disease are often treated with cilostazol, increases production of nitric oxide by the vessel wall, thereby causing the vessel to relax and dilate. In addition to mild anti-platelet activity, this medication improves blood flow to critical muscles which may result in increased walking distance with decreased pain, particularly in patients with intermittent claudication (leg pain with exertion).

The United States Preventative Services Task Force (USPSTF) recommends at least 150 minutes of aerobic exercise per week, which works out to 30 minutes of exercise per day. In addition, resistance strength training is also recommended twice per week along with a healthy diet and avoiding environmental risk factors, such as smoking. Although aging is inevitable, you can take control of your vascular health and help keep your arteries young.

**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
- Carotid artery surgery and carotid stenting
- 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](http://www.veinsandarteries.com) to find out more.**

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# Back to School Common Acne Treatment Options

Anyone who has ever walked through the skincare aisle of their local drugstore knows that there are tons of acne-fighting products on the market. So, which one is right for you? Should you opt for an acne cleanser or spot treatment, or both? Choosing the right acne treatment can be challenging, to say the least.

While acne is a common problem among teenagers, many people don't just leave acne behind the minute they toss out those graduation caps. In fact, many adults well into their 20s, 30s and beyond still deal with regular acne outbreaks. So, how do you properly treat acne? There is no singular way to treat acne and the best treatment option for you and your skin will depend on the cause. While you might not know what's to blame for your acne symptoms a dermatologist certainly can help.

## Treating Acne on Your Own

If you are dealing with mild to moderate acne, look for products that contain these powerful acne-fighting ingredients:

- Salicylic acid
- Benzoyl peroxide
- Glycolic acid
- Sulfur
- Retinol

## How a Dermatologist Treats Acne

If you've tried over-the-counter acne products for more than 12 weeks and aren't seeing results, or if you are experiencing severe, deep or cystic acne then it's time to turn to a skin care professional for help. The first thing your dermatologist will do is determine the cause of your acne. From there, one or more of these treatments may be recommended:

**Prescription topical medications:** Certain topical medications act as an anti-microbial and anti-inflammatory, which reduces redness and inflammation associated with acne while also removing acne-causing bacteria from the surface of the skin.

**A simple extraction:** You should never pick at your acne or try to pop a pimple on your own, as you could end up causing further irritation or scarring; however, a dermatologist knows the safest and most effective techniques for extracting blackheads and whiteheads safely.



**Birth control pills:** For women who notice breakouts that correspond to their menstrual cycle, certain birth control pills may be able to reduce the amount of androgen hormones, which in turn can reduce breakouts. Talk to your dermatologist about the birth control pills that are FDA approved to treat acne.

**Isotretinoin:** This is an extremely intense oral retinoid that is used for treating severe, cystic acne that isn't responsive to other treatment options. Isotretinoin is better known as Accutane, and this treatment can take up to nine months to see full results. Some patients will require multiple courses of treatment. Due to the nature of this strong medication, there are some possible side effects. It is important to discuss these side effects with your dermatologist before beginning Isotretinoin.

If you are having trouble getting your acne under control it's important that you have a dermatologist that you can turn to for customized care. Take control of your acne once and for all.

## Luminary Dermatology

### Trust an Experienced Provider Team

Luminary Dermatology 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 Dermatology, you will find services including:

- Medical Dermatology
- Cosmetic Dermatology
- Skin Cancer Screening
- Plastic Surgery

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

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

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



Cary L. Dunn, M.D.



Shauntell Solomon, D.O.



Harib Ezaldein, M.D.



Michael Van Vliet, M.D.



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Female | Age: 66 | Procedures: 2  
Photos courtesy of Christina Clarke, Registered Nurse  
Bio-Health & Aesthetics, Mount Pleasant, SC.

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# FINISH WHAT YOU STARTED WITH THE HODGES UNIVERSITY WHEEL

August is back to school for millions around the country. Have you thought about finishing what you started? Are you this close to getting that promotion or the career of your dreams, but the lack of a bachelor's degree is the only thing stopping you?

The Hodges University Wheel is specifically for working professionals who want to advance their careers by completing their Bachelor's degree in as little as one year.

"Hodges University is transfer credit friendly. By bringing in previous military or college credits earned at another institution, you can graduate with a Bachelor's degree in organizational management quickly in a year," said Dr. John Meyer, president of Hodges University. "We selected this degree because all organizations need professionals in management positions."

The Wheel is designed to be engaging, inspiring, and laser-focused. This degree will help you learn to make informed, strategic business decisions, gain a full understanding of the most important functions of business and management, and learn effective leadership skills for advancement. You'll learn from a dynamic professor with practical, real-world experience, so it's not just about learning the theory, but also applying that theory to your personal and professional life.

You meet for class once a week at a location that is convenient for you. Classes will be held on campus at Hodges University in Fort Myers, or in the Hodges Direct classrooms located in the Community Resource Center of Goodwill in Port Charlotte or in Naples at a location to be announced. You can attend class one evening a week or on a Saturday.

"This flexible schedule is great for students that are balancing a full-time job, a family or a shift schedule," added Dr. Meyer. "There is the added benefit of building a network and a sense of camaraderie with your classmates."

Classes start at the end of August. To find out more about The Wheel, you can visit [Hodges.edu](https://Hodges.edu), stop by the Hodges University campus at 4501 Colonial Blvd. in Fort Myers, call (239) 938-7700, or email [Admissions@hodges.edu](mailto:Admissions@hodges.edu). Scholarships and financial aid are available.



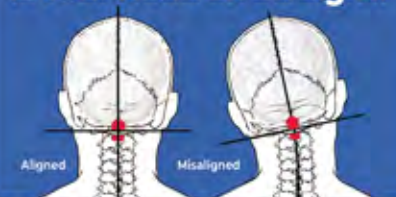
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## FINDING THE BEST ORTHOPEDIC SPECIALIST FOR YOUR CHILD'S INJURY IS CRITICAL

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

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

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

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

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

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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.

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

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

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

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

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

### 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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# AGING AT HOME



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

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

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

## They are Living Longer

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

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

## They are Passionate about Hobbies, Jobs, Activities and Lifestyle

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

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

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

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

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

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# Diagnostic Imaging Saves Lives

**M**edical imaging technology has revolutionized health care over the past 30 years, allowing doctors to find disease earlier and improve patient outcomes. Whether you are a young child with cancer or a grandmother who just wants to make sure she's in good health, medical imaging helps you detect and diagnose disease at its earliest, most treatable stages and guides physicians and patients in determining the most appropriate and effective care.

Radiology Associates physicians are board certified radiologists with training in all aspects of diagnostic imaging, including CT, Mammography, MRI, Ultrasound, X-ray, and Nuclear Medicine. Additionally, each has advanced subspecialty training in one or more areas of medical imaging or interventional radiology that we believe provides the basis for providing the highest level of patient care.

Our goal is to provide high quality patient care in a comfortable environment, using the latest imaging and interventional technology and working in close collaboration with referring physicians.

Radiology Associates of Venice and Englewood is pleased to offer the following diagnostic imaging services:

## MRI Scan

Magnetic resonance imaging, commonly known as MRI is a medical test that aids physicians in diagnosis and treating medical conditions. This is a non-invasive and typically painless test.

## Breast MRI

Breast MRI uses Magnetic Resonance Imaging (MRI) to look specifically at the breast. It is a non-invasive procedure that doctors can use to determine what the inside of the breast looks like without having to do surgery or flatten the breast (as in a mammogram).

## MRA

Magnetic Resonance Angiography - Magnetic Resonance Angiography (MRA) uses the same MRI scanner to get its images, however it is a special type of MRI scan that looks at blood vessels and blood flow. MRA can help diagnose aneurysms, and also detect narrowing or blockages of blood vessels. If there is decreased or blocked flow leading to the



brain this can be the cause of a stroke. Additionally, it can be an ideal aid to the physician for surgical planning. Some MRA's, as with MRI's, require a contrast medium.

## CT Scan

CT Scan sometimes called CAT scanning is a painless and a non-invasive medical test that helps physicians diagnose and treat medical conditions.

## Ultrasound

A process that uses high-frequency sound waves to produce pictures of the inside of the body. Because ultrasound images are captured in real time, they are able to show blood flowing through the blood vessels, as well as the movement of the body's organs and its structure.

## Nuclear Medicine

Nuclear medicine is a specialized form of radiology. Patients are given a radioactive substance either by mouth or intravenously that collects in specific body organs. Then the gamma camera detects the energy being emitted from that substance and an image can then be captured.

## Digital X-Ray & Fluoroscopy

An X-ray is a painless and quick test for the patient to endure. It involves exposing the part of the body that is being examined to a small dose of ionizing radiation to produce pictures of the inside of the body.

## 3D Mammography

3D mammography is a new technology in the fight against breast cancer that allows doctors to examine your breast tissue one layer at a time. 3D mammography uses high-powered computing to convert digital breast images into a stack of very thin layers or "slices" - building what is essentially a "3-dimensional mammogram".

## Bone Density DEXA

Bone density scanning, also called dual-energy x-ray absorptiometry (DXA) or bone densitometry, is an enhanced form of x-ray technology that is used to measure bone loss.

## PET Scan

Positron emission tomography, also called PET imaging or a PET scan, is a type of nuclear medicine imaging.

For more information about the diagnostic imaging services available at Radiology Associates of Venice, Englewood and Sarasota. Call the Venice office at 941-488-7781 or the Englewood office at 941-475-5471 or the Sarasota office at 941-342-7283.



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# ADVANCED URINARY INCONTINENCE PROCEDURES

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

## There are several types of urinary incontinence:

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

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

## Sacral Neuromodulation

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

## Bulkamid—Urethral Bulking

Bulkamid is a soft, smooth hydrogel that consists of 97.5% water and 2.5% polyacrylamide. Once injected, Bulkamid provides additional volume to the urethra and acts as a scaffold for cells to grow through helping to provide long lasting relief of stress urinary incontinence symptoms. Bulkamid is noninvasive and requires to surgery, It is injected directly into the closing mechanism of the urethra. More than 70,000 patients have been treated with Bulkamid.

## What is urethral bulking?

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

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

## Short procedure

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

## No Incisions

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

## Quick recovery

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

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

**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.**

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

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- Interstitial Cystitis





# Back to School Shoes

By Premier Foot & Ankle Specialists

Summer is flying by and your children heading back to school will be here before we know it. Children grow at a rapid rate and are hard on their feet, so becoming aware of your child's overall foot health, along with understanding the importance of good fitting and supportive footwear is a must. We will discuss strategies to allow proper development and support of your child's feet starting from infant to toddler to children and teens.

During the very early days of your baby's life, it is important to not keep their feet constricted in tight shoes. Baby's feet are flexible and require room to grow while developing. Therefore, it is important to allow them to spend a lot of time barefoot as they grow. This is especially true in the first year of life. The American Podiatric Medical Association recommends that infants and toddlers should leave their feet unrestricted to facilitate bone and muscle development, which can also lead to further development of gross motor skills like toe grasping.

Toddlers often exhibit numerous gait patterns early in their development, which might seem unusual at first. For example, if you notice that your toddler is walking on his or her toes, or walking with toes facing outward or inward, this is usually a normal pattern of development, which your child will most likely outgrow. However, it is important to check with your podiatrist if these patterns persist longer term.

Children's feet differ from adult's feet in a multitude of ways and should not simply be thought of as a scaled down version of adult's feet. Children's feet have a wider range of flexibility due to developing bones, muscles, tendons, and ligaments. These characteristics can make children more prone to developing specific type of injuries. Couple this with the fact that most children's feet are susceptible to high levels of activity and it becomes evident that they can become prone to certain types of injuries and conditions. Some such conditions include flexible flat feet, heel pain, ankle sprains, plantar warts and ingrown toenails.

Often, it is easy to overlook the possibility that your child is suffering from foot pain. There are several signs that can clue you in to the possibility that your child is experiencing foot problems. This is most easily recognized when your child becomes less physically active than before, along with limping or exhibiting irregular gait patterns. Their feet can be observed to have an abnormal shape, size or structure as well. If your child complains about pain and



discomfort, is no longer willing to participate in traditional activities, has issues keeping balance or is tripping often, these can all be signs that a problem may be developing. During instances such as these, it is important to check your child's feet for blisters, ingrown toenails, warts, minor wounds or abrasions.

Some of these can be caused by ill-fitting constrictive shoes and others by spending too much time barefoot with activity. It is crucial to have your child's feet measured properly by a Brannock device to ensure appropriate size shoes prior to purchasing. Due to the rapid growth and development of your child's feet, they must be measured every time new shoes are purchased. Suffice to say, it is important to be aware of your child's foot health and recognize the need to have their feet examined by a podiatrist when such issues arise. Your podiatrist can assess whether they may need custom orthotics, bracing, or prescription shoes.

Going back to school also means back to recess and for many children, getting into organized sports. The fit of an athletic shoe is crucial in supporting your child's overall foot health and is also essential in preventing sports-related injuries. For all active children that play a variety of sports, it is important to have a supportive sneaker that provides adequate arch support, heel stability, and sole rigidity. Some youth sports require the use of cleats which can be rigid, unforgiving and can actually cause injury if not fitted properly. Be certain that your child's cleats are not too big or small, as slipping and sliding inside of the shoe or too much constriction can cause ingrowing and bruised toenails, among other injuries. Children under 13 years old should have cleats no taller than half an inch, to avoid injuries such as ankle sprains, heel pain, or fractures. Even after finding the appropriate pair, it is important to re-evaluate the fit and function throughout the sports season. If your child's feet start hurting with use of cleats, it could be a sign of wear and tear, or that your child has outgrown their current pair of cleats.

In summary, there are a multitude of factors to consider when maintaining optimal foot health for your child. If your child are experiencing foot pain or discomfort, it is prudent to have a podiatrist evaluate their feet to assess and treat these conditions.



## Dr. Brielle Roggow

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

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



## Dr. Jeremy Bonjorno

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

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



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

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

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

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



## Health and Mental Capacity

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

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

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

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

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

## Estate Planning Should be Under Your Control

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

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

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# VALVULAR HEART DISEASE: MITRAL AND AORTIC VALVES

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

**V**alvular heart disease is when any valve in the heart is damaged or is diseased. There are several causes of valve disease.

- The normal heart has four chambers (right and left atria, and the right and left ventricles) and four valves.
- The mitral valve allows blood to flow from the left atrium to the left ventricle.
- The tricuspid valve allows blood to flow from the right atrium to the right ventricle.
- The aortic valve allows blood to flow from the left ventricle to the aorta.
- The pulmonary valve allows blood to flow from the right ventricle to the pulmonary artery.

These valves open and close to control or regulate the blood flowing into the heart and then away from the heart.

Healthy heart valve leaflets can fully open and close the valve during the heartbeat, but diseased valves might not full open and close. Any valve in the heart can become diseased, but the aortic valve and mitral valve are commonly affected.

Diseased valves can become "leaky" where they don't completely close; this is called regurgitation. If this happens, blood leaks back into the chamber that it came from, and not enough blood can be pushed forward through the heart.

The other common type of heart valve condition happens when the opening of the valve is narrowed and stiff and the valve is not able to open fully when blood is trying to pass through; this is called stenosis.

If the heart valves are diseased, the heart can't effectively pump blood throughout the body and must work harder to pump, either while the blood is leaking back into the chamber or against a narrowed opening. This can lead to heart failure and death.

- About 2.5% of the USA population has **valvular heart disease**, but it is more common in older adults. About 13% of people born before 1943 have valvular heart disease.

## The Heart, Heart Valves, and Blood Flow

- Nearly 25,000 deaths in the USA each year are due to heart valve disease from causes other than rheumatic disease.

### Causes of Valvular Heart Disease:

Valvular heart disease can be caused by congenital conditions (being born with it), infections, degenerative conditions (wearing out with age), or they may be caused by other types of heart diseases such as coronary artery heart diseases or cardiomyopathy, (both conditions are know to cause leaky mitral valve).

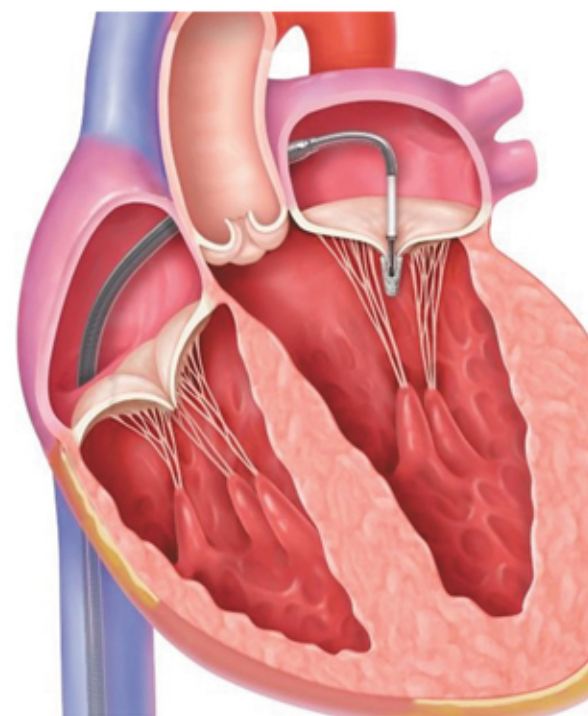
### Aortic and Mitral valve commonly affected, and hence we will focus on those two valves.

**Aortic valve stenosis (AS)** is a condition when the aortic valve doesn't open well. This can lead to shortness of breath, chest pain and passing out. Aortic valve regurgitation (AR) on the other hand is when the aortic valve leaks. This can also lead to shortness of breath.

**Mitral valve regurgitation (MR)** is when the valve leaks. Mitral valves stenosis is when the valve is narrow. They both can cause shortness of breath. Mitral regurgitation is much more common in the US than Mitral stenosis. Mitral valve stenosis nowadays is becoming less common as it was typically associated with Rheumatic heart disease.

Rheumatic heart disease has decline significantly in the western world eventhough it continues to be a major public health concern in the developing world.

Fortunately in the last few years, minimally invasive innovative treatments have emerged addressing those two valvular diseases.



Transcatheter aortic valve replacement (TAVR) is a minimally invasive procedure to replace a narrowed aortic valve that fails to open. In this procedure a doctor inserts a catheter in your groin to replace the aortic valve without cutting your chest open. Often times you will be able to go home the next day and resume regular activities.

Mitral Clip is another minimally invasive treatment available for the leaky mitral valve. In this procedure, a doctor inserts a catheter in your groin and goes up in your heart to deliver a clip to the mitral valve that makes the leak less. Usually the patient in able to go home the next day.

If you have valvular heart disease, you can reach out to Port Charlotte Cardiology. Port Charlotte Cardiology, partnering with Riverview Cardiac Surgery (Dr. Golino Group), can help you get the treatment you need at your doorstep.

Reference:  
[https://www.cdc.gov/heartdisease/valvular\\_disease.htm](https://www.cdc.gov/heartdisease/valvular_disease.htm)



3161 Harbor Blvd, Suite A, Port Charlotte, FL 33952  
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# ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

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

## What is Osteoarthritis (OA) of the Knee?

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

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

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

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

### Knee Replacement Surgery is Permanent

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

### Physicians Rehabilitation's Knee Therapy Program Includes:

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

### Viscosupplementation

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

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

### PRP (Platelet-Rich Plasma)

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

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

### Physicians Rehabilitation

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

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5668 Strand Court, Naples, FL 34110

The Villages 733 CR 466, Lady Lake, FL 32159

The Villages 4076 E SR 44, Wildwood, FL 34785



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

By Craig S. Aderholdt, BSc, DC

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

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

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

## How does VAX-D work?

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



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

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

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

## Is VAX-D Right for Me?

**You may be a candidate for VAX-D if:**

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

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

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

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

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

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## Dr. Craig S. Aderholdt, BSc, DC



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

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

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



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

By Dr. David S. Zamikoff

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

## How Can GAINSWave Prevent & Treat ED?

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

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

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



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

## Younger Men Should Seek Treatment Early

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

## Men are Preventing ED with GAINSWave

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

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

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

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# Defeat Gum Disease

**T**here is a silent oral disease affecting more than 80% of adults. Chances are you either have had or are currently battling periodontal (gum) disease. Unfortunately, in many cases, the disease goes undetected until painful symptoms begin occurring. At which time the disease and any adverse conditions have already set in. Because there are no early signs of periodontal disease, it often goes untreated until the physical symptoms surface and by then the concern is treatment not prevention. It is extremely important for everyone to have regular dental check ups at the recommended six month interval. Without these check ups and proper oral care, periodontal disease can silently cause not only oral health problems but can also contribute to other major health concerns.

Periodontal disease, also known as gum disease, is the chronic infection of the soft tissue around the teeth caused by plaque producing bacteria. The gums hold the teeth in place. As the gums become infected, they loosen their hold on the teeth and pockets are formed. These pockets collect debris and cause more infection and bone loss to the tooth. Gum disease is infectious and contagious. It can spread from tooth to tooth in the mouth and from one person's mouth to another through saliva.

As with other diseases, prevention is key to good oral health. It is important for everyone to practice diligent, thorough, and proper oral care by scheduling check ups every six months. At which time, your dentist will be able to detect and treat any signs of periodontal disease before symptoms begin to show and the damage is done. As mentioned earlier, most people do not know they have periodontal disease until they begin suffering from any combination of the following signs:

- Chronic bad breath
- Red or swollen gums
- Bleeding gums especially after tooth brushing
- Tender or sore gums
- Loose or shifting teeth
- Receding gums
- Sensitive teeth



If you have been diagnosed with periodontal disease, there are various treatment plans your dentist may recommend depending on the severity of your case. The most important action is meticulous at home daily oral care. Teeth must be brushed twice or more times each day for at least two minutes and flossed at least once per day. Other treatments include oral rinses, periodontal cleanings, and sometimes surgery.

Traditional periodontal surgery involves cutting and suturing of the gums and recovery time can be long and painful. With the advancement of modern laser technology, there is an alternative. Joseph H. Farag, DMD offers a better alternative for patients battling periodontal disease. Dr. Farag offers patients laser-assisted new attachment procedure (LANAP™) which is a no-cut, no-sew procedure to treat mild to advanced periodontal disease. The advancements in laser surgery techniques, have made treating periodontal faster and less painful. LANAP™ is much less invasive than traditional surgery, allowing patients to return to work the next day if desired.

Even with the benefits of LANAP™ it is obviously best to practice good oral care. The most important preventative measure to avoid the insidious gum disease is to take excellent care of your teeth. Proper cleaning at least twice a day is imperative. The goal is to keep the bacteria that cause the plaque at very low levels.

If your gums are painful, red, or swollen don't ignore the signs; make an appointment today that may save your teeth and gums. Treating periodontal disease sooner is always better than later.

## Benefits of LANAP™

**EASY** – LANAP™ is about as EASY as erasing a blackboard – unlike older techniques, there is no cutting and no suturing of the gums.

**MINIMAL DISCOMFORT** – Both during and post procedure, the patient experiences very minimal discomfort with LANAP™ than with prior standard surgery techniques.

**SHORTER PROCEDURE TIME** – It takes less time to complete LANAP™ than traditional surgery. Typically it takes is two 2-hour visits to the office and two follow up visits. Traditional surgery requires four sessions of about one hour each, with subsequent visits for suture removal and additional check-ups.

**LESS GUM LOSS** – LANAP™ minimizes the loss of gum tissue, traditional surgery often involves removing a significant amount of gum tissue. This tissue loss can lead to sensitive teeth since your roots are exposed. Also, if the treatment needs to be performed again in the future, you have not removed the bone and gums during the first LANAP™ treatment. Typically with LANAP™, any gum tissue shrinkage is actually due to reduced swelling of the area that was previously diseased and inflamed.

**SHORT RECOVERY** – Many patients fully recover from LANAP™ within 24 hours. In most cases, patients feel just fine post surgery and daily activities are not interrupted. On the other hand, recovery after traditional surgery can take up to 4 weeks during which patients can experience considerable pain and swelling.

**SAFE** – LANAP™ with the PerioLase is SAFE for patients with health concerns such as diabetes, heart disease, high blood pressure or those taking medications such as Coumadin or Cyclosporine.

**Dr. Joseph Farag - Port Charlotte Dentalcare**  
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# Dealing With Life's Painful Situations

By Pastor Timothy Neptune

**O**n Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain. I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.

David tells us in the book of Psalms, <sup>18</sup>*The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18*

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble."*

Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.



David went on to say in Psalm 142:3 that <sup>3</sup>*"When my spirit grows faint within me, it is you who knows my way..."* God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.

*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](http://www.venturenaples.com) or call (239) 775-5323.*



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The happy, healthy, active me.

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Patient results may vary. Consult your physician about the benefits and risks of any surgical procedure or treatment.

