

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

Health & Wellness[®] MAGAZINE

September 2022

Manatee/Sarasota Edition - Monthly

www.swfhealthandwellness.com

 **FREE**

**HEALTHY
AGING
MONTH**

**THE GOOD
AND BAD
OF SHOULDER
LABRAL TEAR
SURGERY**

**IMPROVE VASCULAR
HEALTH BY
CONTROLLING
YOUR CHOLESTEROL**

**EARLY
DETECTION
OF PROSTATE
CANCER
SAVES LIVES**

**DIABETES
MANAGEMENT**



THIS IS NO TIME FOR PAIN

NON-SURGICAL ORTHOPEDICS



JAMES LEIBER, DO



RON TORRANCE II, DO, FAOASM



IGNATIOS PAPAS, DO



LISA VALASTRO, DO

REGENEXX TAMPA BAY

Tampa Bay

8600 Hidden River
Pkwy, Ste 700
Tampa FL 33637

St. Petersburg

100 2nd Ave S,
Ste 904S
St. Petersburg FL 33701

Sarasota

2401 University
Pkwy, Ste 104,
Sarasota FL 34243

Orlando

1412 Trovillion Avenue
Winter Park, FL 32789

(941) 213-7518 | NEWREGENORTHO.COM

Raising the bar in cancer care

For the most effective prostate cancer treatments, you want the collaboration of the world's most brilliant cancer minds. It's how successes in Spain lead to recoveries in Sarasota. And advanced research becomes breakthrough techniques, like stereotactic body radiotherapy (SBRT), a less invasive treatment that minimizes damage to surrounding organs and is delivered across only a few treatment sessions.

This is a better world of care. This is GenesisCare.

Contact us today to
schedule your appointment:
(833) FOR-MYGC
genesiscare.com/us



GenesisCare



FREE CATARACT SCREENING*

Are you over 50 and suffering from blurry vision? Do you have trouble driving at night or reading small print?

Call 855-734-2020 to Schedule Your FREE Screening & Mention this Ad!



Schedule Today!
QuigleyEye.com



*OFFER EXPIRES ON DECEMBER 31, 2022.

Free cataract screening is conducted by a technician. Following your screening, it may be recommended to schedule a cataract evaluation, which would be conducted by a Quigley Eye Specialists ophthalmologist.

*A screening does not replace an exam with an optometrist or ophthalmologist. Evaluations are not free. Free screenings are limited to one per person. THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.



**EXPERIENCE
MATTERS.
WE GET RESULTS!**

WILD LILY
Medspa

SkinPen \$350
Microneedling for
Face and Neck



SkinPen
by Bellus Medical

BELLUS
MEDICAL

Female | Age: 66 | Procedures: 2

Photos courtesy of Christina Clarke, Registered Nurse
Bio-Health & Aesthetics, Mount Pleasant, SC.

941.350.9008 | 2650 BAHIA VISTA ST UNIT 303, SARASOTA, FL 34239
WILDILYMEDSPA.COM |



**Experience.
Relief.**

Formerly Gulf Coast Ketamine Center

Reichbach Center restores hope to people who may have thought that they were out of options.



Contact us at (941) 213-4444, or request an appointment online to schedule your complimentary consultation with our board-certified anesthesiologist, Dr. Steven Reichbach.



Reichbach Center
KETAMINE • MEDICAL CANNABIS • PSYCHOTROPICS

To schedule an appointment, call (941) 213-4444

www.findpainrelief.com

contents

SEPTEMBER 2022

6 Nerve Release Surgery Resolves "Drop Foot" for Venice Man

7 The Good and Bad of Shoulder Labral Tear Surgery

8 Falls Can Be Due to Blurred Eyesight

9 Back to School Common Acne Treatment Options

10 Low Dose IV Ketamine for OCD

11 Depression and Anxiety Got You Down?

12 Factors to Consider When Evaluating Independent Living Options

13 Improve Vascular Health by Controlling Your Cholesterol

14 Career of a Lifetime

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

17 The Harms of Tobacco Use

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

20 The Kids Are Back to School... Now It's Time for Mom to Refresh

22 Early Detection of Prostate Cancer Saves Lives

23 Diabetes Management

24 Ovarian Cancer: A Silent Killer

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

26 What is GOUT?

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

28 Healthy Aging: What Does it Really Require?

29 Are Your Symptoms Related to Atrial Fibrillation (AFIB)?

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

31 Spiritual Wellness: Hope and Optimism

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



Publishing • Advertising • Web Design • Graphic Design

Southwest Florida's Health & Wellness Magazine can be found in over 600 Southwest Florida medical facilities including, hospitals, doctors, chiropractors and dentist offices. Find a copy of your FREE Southwest Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239.588.1200
Cristan@gwhizmarketing.com

G WHIZ Marketing, LLC | 1630 Caxambas Court | Marco Island, Florida 34145

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2022. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTHWEST FLORIDA'S Health & Wellness Magazine. SOUTHWEST FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTHWEST FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



DO YOU KNOW ALL THE FREE CATARACT SCREENING*

Are you over 50 and suffering from blurry vision? Do you have trouble driving at night or reading small print?

Call **855-734-2020** to Schedule Your
FREE Screening & Mention this Ad!



Schedule Today!
QuigleyEye.com



*OFFER EXPIRES ON DECEMBER 31, 2022.

Innovations in brain health for a better you.
Free cataract screening is conducted by a technician. Following your screening, it may be recommended to schedule a cataract evaluation, which would be conducted by a Quigley Eye Specialists ophthalmologist.

941.552.4500
640 S. Washington Blvd. Sarasota, FL 34236

Nerve release surgery resolves "drop foot" for Venice man

By Heidi Smith, Contributor

Following a serious fall at age 29, Marty Shoemaker's foot and ankle problems ended his passion for tennis, cycling, and even walking. A "drop foot" caused by nerve damage in his left leg dramatically limited his mobility and made simple movements like using stairs or stepping from a curb risky propositions.

"If you don't really concentrate on setting your foot down flat, you'll step onto the side of the foot and fall on your face," said the 65-year-old Venice resident. "I saw many doctors about the drop foot over the years, but they all said nothing could be done."

After he moved to Venice in 2018, a surgical repair on his left small toe had become so painful, Shoemaker searched online to find a foot doctor. That's how he met Michael Gallina, D.P.M., a podiatrist and reconstructive foot-and-ankle surgeon at ShorePoint Podiatry in Venice.

"Dr. Gallina found that a pin from surgery decades ago was the problem with my toe," Shoemaker explained. "He removed the pin and fixed my toe. But what amazed me is that he said there could be a fix for my drop foot!"

"As I examined Marty's condition, I pressed on a specific nerve in his leg, and he felt shooting pain. That was actually a good thing; it meant the nerve was still alive," Dr. Gallina said. "If we could release the nerve from being impinged, there was a good chance Marty's drop foot could be resolved."

Dr. Gallina trained under a surgeon at Johns Hopkins who pioneered a nerve release procedure to treat drop foot. He encouraged Shoemaker to read about the procedure.

"Dr. Gallina told me the surgery doesn't work for everyone," Shoemaker said. "I could have some improvement, a lot of improvement or no improvement. He was very careful to manage my expectations."

But after doing his "homework," Shoemaker's decision was an emphatic "YES!"



Marty Shoemaker of Venice says surgeon Michael Gallina, D.P.M., gave him a new lease on an active lifestyle.

In October 2021, Dr. Gallina performed the nerve release procedure at ShorePoint Venice Health Park. Dr. Gallina made an incision in the outer calf to access the nerve that controls the muscles responsible for ankle flexion. He then isolated bands of tissue that were compressing the nerve, and released them, restoring blood flow to the nerve.

Shoemaker was able to stand and walk immediately after surgery, with the aid of a supportive boot that he wore for two weeks. He then began physical therapy.

While the drop foot was resolved, Shoemaker's journey to better mobility wasn't over. Because he had compensated for the drop foot with an unnatural gait for many years, bone spurs had grown on his ankle. The bony growths continued to limit his mobility. In February 2022, Dr. Gallina removed the bone spurs, again in an outpatient procedure.

Five months later, Shoemaker's range of motion was much improved.

"My left leg and ankle had atrophied over the years from lack of use," he said. "Now that I'm moving them, there's a lot more mobility. I've always been cautious on stairs or stepping off a curb. With the foot drop, there was so much deadening of the nerve, I couldn't tell if my left foot was flat on the floor before taking a step, so my ankle would turn under. Now, I'll take the stairs and not think twice."

"It's such a good feeling," he continued. "I'm able to walk more, and the physical therapist says I'll be able to increase distance as things strengthen. And I'll be able to ride a bike again. It seems a small thing, but it's huge!"

Shoemaker credits Dr. Gallina for giving him a new lease on an active lifestyle.

"Dr. Gallina is so focused, and anticipates absolutely everything," Shoemaker said. "He's always positive and well informed. He doesn't rush through anything and answers every question. He never makes me feel like I'm asking a stupid or redundant question. His staff is just incredible. I can't say enough about the people that work in his office. I would tell anyone with foot or ankle problems to start with Dr. Gallina. I can never repay him for what he's done for me."



Michael R. Gallina, D.P.M.
Podiatrist & Reconstructive
Foot-and-Ankle Surgeon



ShorePointPodiatry.com
(941) 487-0916

The Good and Bad of Shoulder Labral Tear Surgery

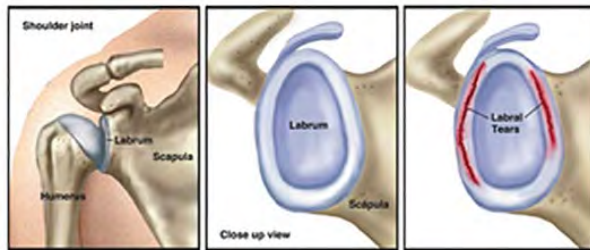
By Regenxx at New Regeneration Orthopedics

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

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

What Is the Shoulder Labrum?

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



What Caused Your Labrum to Tear?

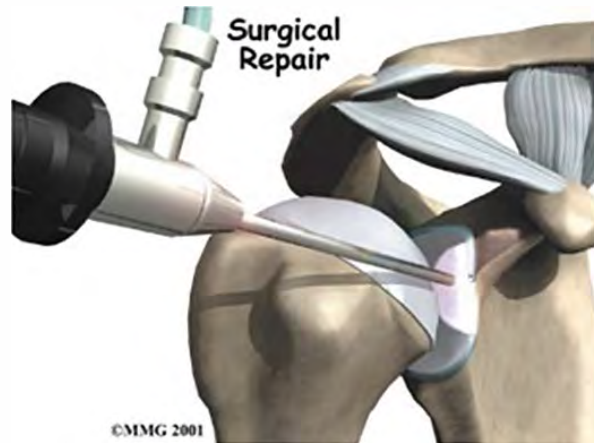
Labral tears can happen as a result of a traumatic incident, such as a car wreck or a major fall. It's not unusual, however, for tears to occur without any fanfare or particularly notable injury. What causes a tear in those cases? Hidden shoulder instability is the probable culprit.

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

Why Does Shoulder Instability Matter?

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

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



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

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

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

Read the Stories of Two Patients

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

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

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

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

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

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

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

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

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

It's a win-win scenario that will serve you much farther into the future than the short-term shoulder labrum surgery solution.



James Leiber, DO | Ron Torrance II, DO
Ignatios Papas, DO | Lisa Valastro, DO

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



Regenxx®
At New Regeneration Orthopedics

**Regenxx at New Regeneration
Orthopedics:**

941-254-2757

2401 University Parkway, Sarasota
8600 Hidden River Parkway, Tampa
100 2nd Avenue South, St. Petersburg
1412 Trovillion Avenue, Winter Park

FALLS CAN BE DUE TO BLURRED EYESIGHT

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

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

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

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

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

Here are some tips to help:

- Small throw rugs are a tripping hazard and should be rolled up and put away.
- Clear the clutter. Random items left on the floor make it more difficult to have a clear path for walking.
- Use bright bulbs where they are needed most, but especially at room entrances and the top and bottom of stairs.
- Wear rubber-soled shoes around the house to gain traction.
- Use hand rails in the shower since slippery surfaces make you more prone to falling;

About Quigley Eye Specialists

Dr. Elizabeth Schwartz is an optometrist with Quigley Eye Specialists with locations throughout Florida. Quigley Eye Specialists specializes in cataracts, laser cataract surgery, glaucoma, LASIK, dry eye, eyelid surgery, facial plastic surgery, retina, cornea conditions, optical and routine eye care. For more information, call (855) 734-2020 or visit www.QuigleyEye.com.



Blurred vision may cause you to not see objects in your path as clearly as you once did, which will increase your chances of falling.
GETTY IMAGES PHOTOS

- Watch your balance, which decreases as you age. Exercises are available to help maintain and improve balance.
- Know where your pets are located at all times. We all love our pets, but they can be tripping hazards if you're not aware that they are running across your path.
- Review your medications with your doctor. Some medications for arthritis, high blood pressure, heart disease and sleeping can cause dizziness. Your doctor can recommend alternatives.
- Consider a fall detection device that will alert help should you need it.
- Limit alcohol consumption. Older adults cannot process alcohol as easily as they did when they were younger which can produce dizziness and light-headedness even 24 hours later.

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



Older adults cannot process alcohol as easily as they did when they were younger which can produce dizziness and light-headedness even 24 hours later.

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



(855) 734-2020

www.QuigleyEye.com

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

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.



Cary L. Dunn, M.D.



Shauntell Solomon, D.O.



Harib Ezaldein, M.D.



Michael Van Vliet, M.D.



LUMINARY
DERMATOLOGY

941.926.6553

luminarydermatology.com

Low Dose IV Ketamine for OCD

Obsessive-Compulsive Disorder is a mental health disorder that affects 1 in 100 people and occurs when a person gets caught in a cycle of obsessions and compulsions. The distress that comes with the anxiety, urges and abnormal compulsions plague the majority of their day.

O- Obsession

C-Compulsions

D-Distress

Types of OCD

- Checking
- Contamination
- Mental Contamination
- Hoarding
- Ruminations
- Intrusive Thoughts

One example of "checking" OCD symptoms include checking to make sure the stove is off repeatedly and worrying that when you leave the house, you have forgotten to check it or aren't sure it was really off. Along with checking throughout the day, it's not uncommon for those suffering with "checking" disorders to have to come back home to check on an issue multiple times, or to get out of bed to check.

OCD can be triggered by stress, abuse, trauma, depression, or crisis. One in seven people with obsessive compulsive disorder attempt suicide.

In the case of OCD, hyperactivity causes certain areas of the brain and neurotransmitters to become overstimulated. It is thought that glutamate plays a large role in circuitry stimulation. It's difficult to treat OCD with pharmacological and behavioral standard. Roughly one-third of patients with obsessive-compulsive disorder (OCD) fail to experience significant clinical benefit from first-line interventions such as pharmacotherapy with selective serotonin reuptake inhibitors (SSRI) or cognitive behavioral therapy (CBT).¹

The drug Ketamine is a glutamate receptor and offers greater reduction in obsessive behaviors with low-dose administration.

In 2013, the first Ketamine IV clinical trial for OCD patients showed that after just one low-dose ketamine IV treatment, half of the patients (out of 15), showed reduction in obsessive behaviors (35



percent or greater reduction in the Yale-Brown Obsessive Compulsive Scale, or Y-BOCS, one week after infusion).¹ And those results lasted for several weeks. Because of the remarkable results, the lead researchers are now calling for a larger trial for patients with OCD and the effect of Ketamine IV therapy.

Ketamine IV Therapy

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

Gulf Coast Ketamine Center

Gulf Coast Ketamine Center works closely with a therapist well-versed in Ketamine therapy to maximize the benefits of the therapy in patients who are appropriate for this particular treatment.

Sources:

1. <https://www.treatmyocd.com/blog/dr-carolyn-rodriguez-ocd-expert-interview/>

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

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

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

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



Steven Reichbach, MD
Board-Certified Anesthesiologist
President and Founder



Lolita Borges, RN
Clinical Director,
Reichbach Center

2415 University Parkway, Building #3,
Suite 215, Sarasota, FL 34243
941-213-4444 | www.findpainrelief.com



DEPRESSION AND ANXIETY GOT YOU DOWN?

A Safe and Effective Drug-Free Approach!

Depression and anxiety affect more than 40 million adults in the US, or about 18% of the population. Are you or someone you know one of these people? The most common form of depression is Major Depressive Disorder. This is a depressed mood that lasts for two weeks, occurring as a single or recurrent episodes. The World Health Organization has estimated that the COVID-19 pandemic led to a 27.6% increase in depression and a 25.6% increase in anxiety disorders worldwide.

What causes depression & anxiety?

The underlying role of trauma & PTSD

Depression and anxiety are commonly associated with trauma and/or a family history (genetic predisposition). PTSD (Post Traumatic Stress Disorder) is also frequently associated with depression and anxiety, and can be caused by emotional trauma from early childhood, prenatal, birth, relationship break ups, sexual experiences, school bullying, financial loss, and from many other life situations that became overwhelming. Depression and anxiety are often found in family lineages and can be associated with addiction tendencies. Hormone changes that occur at menopause and after giving birth can cause anxiety, depression, and crying for no apparent reason. Head trauma, from sports or an accident, can lead to anxiety and depression, sometimes many years after the event.

While there are many potential underlying causes for depression and anxiety, these emotional health challenges are frequently associated with brain-wave imbalances. Many people with depression have excess of Alpha brainwaves on the left side of their brain. Too many Alpha brainwaves can create negative thought patterns, leading to depression. The parts of the brain that are important in processing emotional thoughts and feelings are often impaired in people with PTSD and anxiety. Neurofeedback training can reduce this impairment and the excessive Alpha waves, which leads to a more balanced outlook on life, and a marked decrease in anxiety/depression tendencies.

The detrimental effects of unrecognized depression & anxiety on kids, teens, and the elderly

When a child has fears and worries that interfere with school or home activities, the child may be diagnosed with an anxiety disorder or an inability



to focus (attention deficit - ADD/ADHD). Childhood trauma, separation anxiety, phobias, and social anxiety can make children irritable, angry, miss sleep, and produce physical symptoms such as fatigue, headaches, or stomachaches. Unaddressed depression can lead a child to think about, or plan for, suicide. For youth ages 10-24 years, suicide is among the leading causes of death. As we age, our brain can remain traumatized by events in our childhood years, and the depression/anxiety cycle repeats itself later in life.

Medications are not always helpful and can be harmful

Benzodiazepines (Xanax, Valium, etc.) and Antidepressants (SSRIs, SNRIs) may produce some initial symptom relief, but they don't get at the real cause of the problem, and they may create dependence and require increasing dosages. They may also cause what's known as "paradoxical effects," where there is a worsening of symptoms, rather than an improvement. This may result in more anxiety/depression or even suicidal ideation. Taking benzodiazepine medication for 3-6 months alters brain function and raises the risk of developing Alzheimer's dementia by 32%. Taking these medications for more than six months boosts dementia risk by 84%.

Brain mapping can provide essential information. Neurofeedback can get at the underlying cause

Computerized EEG technology is used to map areas of dysfunction in the brain and develop a treatment protocol. Neurofeedback is a brain-training therapy that corrects brainwave imbalances and helps the brain learn how to function more optimally by re-regulating the brainwave frequency patterns.

It has beneficial effects for ADD/ADHD, autism, depression, anxiety, insomnia, childhood behavioral problems, migraines, post-concussion syndrome, PTSD, and more. It helps balance the brain, which regulates every function of the body. When the brain is balanced, many seemingly unrelated problems can simply vanish.

The role that nutrition & supplements may play

Many people with emotional health challenges can benefit from better nutrition and targeted nutritional supplementation. Anxiety, stress, and PTSD require additional nutritional support to help the body cope with these challenges. With the right nutrients, your brain and body may be more able to overcome anxiety and depression naturally. Nutrition is a major factor influencing the onset, severity, and duration of an anxiety or depressive episode. Individuals with depression or anxiety often have a deficiency in a range of nutrients that are necessary for optimal brain function. Vitamin D, Omega-3 fatty acids, Magnesium, Zinc, Vitamin B-12, Folate, Flavonoids, Vitamin C, Potassium, and Iron are the top nutrients deficient in the diet of most Americans. Nutrition is a highly underrated lifestyle factor that can markedly improve many emotional health issues and help overcome some inherited tendencies for anxiety and depression.

How the Brain Wave Center puts it all together

The Brain Wave Center takes a holistic view of your emotional health. Isn't it time that you get to the cause rather than masking symptoms with more medications? Our comprehensive approach addresses trauma, nutrition, hormones, and brain-wave patterns.

For more information on our comprehensive approach to depression, anxiety, and other emotional health challenges, contact The Brain Wave Centers at 941.552.4500 for a free initial consultation. Or visit us at www.brainwavecenters.com.

The 
BRAIN WAVE CENTER
Innovations in brain health for a better you!
941.552.4500
BRAINWAVECENTERS.COM
640 S. Washington Blvd., Sarasota, Florida 34236

FACTORS TO CONSIDER WHEN EVALUATING INDEPENDENT LIVING OPTIONS

Is Independent Living Right For Me?

A Quick Guide to Choosing the Best Community for Your Retirement

This old house has given you great memories, but you just don't need the hassle of homeownership anymore. You've heard your friends talking about how much they enjoy the freedom of retirement communities, but aren't sure if one is right for you.

So what exactly is independent living, and can it really offer you the retirement lifestyle you've always wanted? Get the answers in this simple guide on modern senior living, and learn how you can find a community that's the perfect fit for your retirement.

DESIGN YOUR RETIREMENT WITH MODERN SENIOR LIVING

Independent living is not a nursing home. It's a modern senior housing option that allows an active retirement lifestyle without limits. The best communities offer spacious floor plans, top-of-the-line security, and amenities you won't find in a traditional neighborhood or basic apartment complex.

Look for communities that feature convenient services and amenities that spark your interests and take your retirement to the next level. For instance, sip on new varieties of vino in a wine club, stretch out stress in a yoga class, or freshen up your curls at an on-site salon.

Choosing independent living means you can design the hassle-free retirement of your dreams. Use your newfound freedom to pursue your passions, travel far and wide, or simply spend more quality time with your loved ones.

IT'S ALL GOOD IN THE NEIGHBORHOOD

There's great news! You don't have to choose a retirement community that's drab and dreary. Instead, live in a vibrant, neighborhood-like community filled with friendly faces, gorgeous landscapes and stylish interior designs.

In fact, many independent living communities offer unique ways to gather your friends and neighbors for unforgettable fun. Discuss your favorite novel over coffee at a bistro, brag about your grandkids as you garden, or grab your pals for a game of pool in the billiards room.

Top-notch, 24-hour security offers a convenient lock-and-leave lifestyle. That means you and your neighbors can book a lengthy cruise without fear of something happening to your home. Plus, someone is always there to take care of the lawn.

BRING YOUR FURRY FAMILY MEMBER WITH YOU

Your pet is an irreplaceable member of your family. Only their wet nose and wagging tail can bring you ultimate peace after a hard day. That's why it's essential to find a pet-friendly retirement community in Florida that fits your needs and those of your furry family member.

Of course, there are rules and restrictions regarding pet ownership in a retirement community. At some communities, these might include:

- Birds, snakes, and other exotic or undomesticated animals aren't allowed.
- There may be restrictions about certain dog breeds.
- Your pet may need to weigh less than 15 or 20 pounds.
- The community may require proof that your pet is up to date on vaccinations.

The only way to know for sure if a community will accept your pet is by scheduling a tour and asking questions. You'll be surprised to find out how easy it is to transition into independent living with your pet.

IT'S TRUE ...YOU CAN AFFORD INDEPENDENT LIVING

One of the biggest myths about independent living is that it's expensive. While the cost of a retirement community varies with its location and services, most communities are designed for middle-income seniors.

They feature thoughtfully designed floor plans and modern amenities that let you take control of your retirement and your wallet. Here are just a few ways independent living can make life a lot easier:

- Basic cable and most utilities are included
- Chef-prepared dining keeps grocery shopping to a minimum.
- Housekeeping, lawn care, and grounds maintenance are included.
- On-site fitness centers allow you to skip the monthly gym membership.
- Different levels of care are ready when you need them.

To learn more about the cost of independent living in your area, schedule an appointment with a senior living representative at a retirement community near you. They'll be able to help you get a better idea of what you can afford, and help you get started on your path into independent living.

The Road to Independent Living Starts at Freedom Village of Bradenton

Are you ready to make the move to independent living in Florida, but aren't sure where to turn? Then come join Freedom Village of Bradenton for one of our prospective resident events, so you can gain first-hand experience of premier senior living.

Freedom Village is hosting two events in September that will help seniors determine which type of living accommodations are right for them:

**September 15 - Life Care vs. Rental
11:30 a.m. to 1:30 p.m.**

The Landings, Tuscany Dining Room

Researching senior living options can be overwhelming and confusing due to the wide range of options out there. Join us for lunch as we dive into the differences of a Life Care Community compared to a Rental Community. Learn which best fits your lifestyle and preferences so you can make an informed decision for your future.

September 15

**Round Table Discussion with Leadership Team
11:30 a.m. to 1:30 p.m.**

The Landings, Tuscany Dining Room

Freedom Village of Bradenton invites you to join us for lunch and a lively round-table discussion with our leadership team where you will learn about the many benefits of worry-free retirement living at a Life Care Community. We'll provide an overview of living on our campus during conversations that will include finances, dining services, the amazing activities and amenities our residents enjoy, our exceptional transportation and healthcare services. **Call 941-798-8922 to RSVP.**



**Freedom Village
of Bradenton**

941-798-8122 | www.fvbradenton.com

**6406 21st Avenue West
Bradenton, FL 34209**

  **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*



IMPROVE VASCULAR HEALTH BY CONTROLLING YOUR CHOLESTEROL

By Jeffrey Edwards, MD - Sarasota Vascular Specialists

Cholesterol is a naturally occurring and essential substance which is both produced within the body and consumed in foods of animal origin (i.e., meat). The main function of cholesterol is to maintain cell membranes and it is a vital component of steroid hormones, vitamin D, and bile acids (which help to digest food). It is important, however, to understand that there are different types of cholesterol, some of which have significant implications for cardiovascular health.

Generally speaking, there is "good" cholesterol and "bad" cholesterol.

- **Good cholesterol**, also called high-density lipoprotein (HDL), helps maintain vessel health and prevents the build-up of atherosclerotic plaque.
- **Bad cholesterol**, also known as low-density lipoprotein (LDL), contributes to vascular inflammation and the development of atherosclerosis
- **Triglycerides** are fats which are produced by the liver, which also contribute to the development of atherosclerotic plaque

Over time, excess bad cholesterol results in the development of arteriosclerosis, sometimes called hardening of the arteries. The plaque that forms can narrow the inside of blood vessels and lead to blockage, resulting in heart attacks, stroke, peripheral artery disease. The buildup of plaque can also damage the arterial wall resulting in aneurysms or arterial dissections.

It is important to know your cholesterol levels and to have them checked on a regular basis. The American Heart Association recommends the following thresholds for cholesterol levels in most patients:

- Total cholesterol **less than** 200
- Good cholesterol (HDL) **greater than** 60
- Bad cholesterol (LDL) **less than** 70
- Triglycerides **less than** 150

Cholesterol levels are largely impacted by diet, lifestyle, and genetics. Controlling your cholesterol can be achieved with lifestyle changes such as maintaining a healthy weight, avoiding fried fatty foods, eating mostly vegetables, and limiting the amount of meat in your diet.



Medications are very effective at reducing cholesterol levels and statins are recommended as first-line therapy for most adults. Statin medications reduce the production of LDL cholesterol, thereby slowing the production of atherosclerotic plaque and reducing the risk of heart attack and stroke. Some people benefit from statins even if they have normal cholesterol levels. Who benefits from these medications?

- People at risk for heart attack and stroke
- Patients with known atherosclerotic plaque in the vessels supplying the brain or the legs
- Patient undergoing vascular or cardiac procedures

The benefits to statins are several. Research has shown that statins may actually reduce the degree of plaque within the leg arteries. It has also been shown that statins can have anti-inflammatory effects on the vessels walls. It has been clearly demonstrated in large studies that patients undergoing vascular procedures have fewer complications if they are taking statin medications at the time of their procedure.

Side effects from statin medications are possible, but they are rare. Most often, people may experience muscle pain or inflammation. In this case, the symptoms will resolve when the medication is stopped. Only in rare cases have people developed permanent muscle damage, which can also injure the kidneys. Although liver damage has been reported with statin use, this side effect is extremely rare. You should have your liver function tested after starting a new statin medication, and if everything is normal then further testing is not required.

Maintain good vascular health by keeping your cholesterol in check and living a healthy lifestyle. Daily exercise, healthy diet, and avoiding tobacco products will give you the best chance at avoiding vascular disease. Talk to your doctor for more information and ask if a vascular evaluation would be right for you.

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 to find out more.

 **SARASOTA VASCULAR SPECIALISTS**
941-371-6565
WWW.VEINSANDARTERIES.COM

Sarasota

600 N. Cattlemen Road, Sarasota, Florida 34232





CAREER OF A LIFETIME

By Dr. Nashat Abualhajja, Ph.D., MSN, RN

Do you like helping people? Do you want to do work that is exciting and rewarding? Do you want a career that has a high job satisfaction rate? Do you want to work in a field that is greatly respected? Do you want to be in a career that is in demand and stable? Do you want work in a career where you can choose your specialty?

If you answer yes, then nursing is a great career choice.

According the Bureau of Labor Statistics (BLS), the average salary in Florida for a nurse is \$72,000, and Florida is in the top five for employing nurses.

Hodges University's Thelma T. Hodges Bachelor of Science in Nursing (BSN) program is accelerated. You are immersed in gaining the knowledge and skills needed to earn your bachelor's degree and be prepared to take the NCLEX exam for your Registered Nurse license. And this is done in four semesters.

You'll learn from faculty, nurses themselves, who bring the added real life expertise that goes beyond classroom materials. With that knowledge, you'll apply it in our advanced nursing simulation suite, starting with the basics of patient care to advanced scenarios. You'll practice on SIM patients that include newborns, mothers giving birth, children, and adults.

"Tory" is a life-like high-fidelity newborn that weighs just over eight pounds. She can breathe, cry, grunt, open and close her mouth, blink her eyes and move her arms and legs. "Tory's" skin feels like a real newborn and her skin tone can change to become pale, jaundice or cyanotic. Our students can listen to her heartbeat, lung and abdominal sounds, feel her pulse and fontanelles, and assess her muscle tone. She can also suffer seizures if that is part of the simulation scenario. Students can also practice starting IVs on the newborn, perform CPR, and ECG monitoring."

"Hal" is a pediatric patient that can simulate lifelike emotions and phrases. Pediatric "Hal's" emotions, include anger, worry, anxiousness, crying, yawning, and being quizzical and amazed. This helps our



students learn how to communicate with young patients in a variety of settings. For example, if "Hal" is lethargic, his eyelids will droop and his head movements slow, and he may yawn. When he cries, he sheds real tears to further enhance the student learning process related to pediatric patients and communication. Our students practice multiple skills to assess "Hal's" condition, including trauma, neurological diseases, and respiratory distress. His eyes will track when students enter the room and his pupils can dilate and constrict when a penlight is shined on them. Our students can also listen to his heart, lung and bowel sounds, and detect any abnormal respiratory patterns. Students can also practice using airway support devices and hem thorax procedures.

Several adult "Susie" mid-fidelity simulators provide our students the opportunity to learn and practice their clinical skills. Some of the skills taught in the Hodges University nursing skills lab include obtaining vital signs and listening to heart,



lung and bowel sounds. Students can also practice tracheostomy care, nasogastric tube insertion, feeding and care, patient catheterization, correct placement of ECG electrodes, and CPR. "Susie" can also suffer from medical conditions that include a heart attack, heart failure, acute respiratory distress, asthma, chronic obstructive pulmonary disorder, fluid and electrolyte imbalance, hypoglycemia, new onset diabetes, pneumonia and sepsis.

Adult "Hal" gives our students the opportunity to practice connecting monitoring devices for EKGs, defibrillators, oximeters, capnographs and NIBP monitors. Hodges University students can practice various skills, including nasal/oral intubation, surgical airway, feeling carotid, femoral, popliteal, brachial and pedal pulses, listening to airway, bowel and heart sounds, and visualizing tongue edema, pharyngeal swelling, and more. Students can also practice IV insertion and monitoring, intramuscular access, catheterization, and needle decompression.

With classroom and simulation experience, our students graduate prepared, and confident, to be the nurses our community needs.

Dr. Nashat Abualhajja, Ph.D., MSN, RN, is the Director of the Nursing program at Hodges University. His research foci include transcultural nursing (especially examining cultural competence among health-care professionals, leaders, and systems; evaluating cultural competence among nursing students and faculty), men's health disparities, and student-centeredness and active learning approaches in nursing academia.



HODGES
UNIVERSITY
Stay Near. Go Far.

239-938-7744 | Hodges.edu

Experience the Gulf Coast's Premier Life Care Community

Providing a complete array of healthcare services, living accommodations and activities for seniors.



Freedom Village
of Bradenton

- ✓ INDEPENDENT LIVING
- ✓ REHABILITATION
- ✓ ASSISTED LIVING
- ✓ SKILLED NURSING
- ✓ MEMORY CARE
- ✓ IN-HOME CARE
- ✓ HOSPICE

Call 941-798-8122 to schedule a tour today!

6406 21st Ave. West, Bradenton, FL 34209

www.fvbradenton.com

Nurses MAKE THE DIFFERENCE!



Graduate in **16 Months** with a Bachelor's degree in Nursing and ready to take the **NCLEX-RN** exam!

ACEN Accredited Program | Start-of-the-Art Simulation Labs

APPLY NOW! Hodges.edu/ApplyNow



Admissions@Hodges.edu | www.hodges.edu
239-938-7700 | Hablamos Español



Hodges University is an equal access, equal opportunity organization.



CHRISTOPHER SFORZO, M.D.

CASTLE
CONNOLLY

TOP DOCTORS®
ORTHOPAEDIC
SURGERY
2022



CHRISTOPHER DILLINGHAM, M.D.



CHARLES STEWART, M.D.



PHILIP MEINHARDT, M.D.

BOARD-CERTIFIED. FELLOWSHIP-TRAINED. ORTHOPEDIC SURGEONS.



DILLINGHAM • STEWART

ORTHOPEDICS + SPORTS MEDICINE

941.378.5100 | SFORZODILLINGHAM.COM

5831 Bee Ridge Road, Suite 300, Sarasota, FL 34233

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

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

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

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

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

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

**Sforzo | Dillingham | Stewart
Orthopedics + Sports Medicine
EVERYTHING HEALTHCARE SHOULD BE**

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

Treating All Generations

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

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

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

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

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

You Have a Choice

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



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

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

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

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

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

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



941.378.5100

SFORZODILLINGHAM.COM



TOP DOCTORS[®]
ORTHOPAEDIC
SURGERY
2022

THE HARMS OF TOBACCO USE

Each year, in the United States alone, there are 480,000 deaths due to tobacco-related illness. This is only the tip of the iceberg when it comes to the impact of tobacco use in our country. For each death caused by tobacco, there are at least 5 people living with a serious tobacco related illness. **Tobacco use is the number one preventable cause of death and leads to disease and disability.**

Tobacco can lead to many different cancers and chronic health issues throughout the body. In fact, **tobacco harms nearly every organ system of the body**, from the top of the head all the way down to the tip of the toes. Some of these cancer and chronic conditions include:

- Asthma
- Buerger's Disease
- Lung Cancer
- Oral Cancer
- Popcorn Lung
- Pneumonia
- Emphysema
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- Gum (Periodontal) Disease
- Heart Disease
- Stroke
- Reduced fertility
- Vision Loss and Blindness
- Osteoporosis
- Poor Wound Healing
- Secondhand Smoke
- Higher Risk for COVID-19
- And More

The good news is that it is never too late to quit using tobacco. Quitting tobacco reduces the risk of tobacco-related diseases in the future, slows the progression of existing tobacco-related disease, and improves life expectancy by an average of 10 years. When a tobacco user quits, the body starts to get healthier almost immediately.

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.

Contact us today at 866-534-7909 or visit
www.tobaccofreeflorida.com/groupquitcalendar **to schedule a class**
or learn more about the program!

References:

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



QUIT TOBACCO with **GROUP QUIT**

There's never been a more important time to quit.

Free expert-led sessions to help you quit all forms of tobacco.



Virtual Group Sessions



In-Person Group Sessions



**Develop your
personalized
quit plan.**



**FREE nicotine
replacement patches,
gum, or lozenges.***



**More than
DOUBLES your
chances of success!**

*(If medically appropriate for those 18 years of age or older)

Pre-registration is required.

CALL TODAY:

866-534-7909

Sponsored by:



Learn more about all of Tobacco Free Florida's tools and services at
www.tobaccofreeflorida.com/quityourway

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

By Dr. Drew Hall

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

IT COMPLETELY CHANGED MY LIFE FOREVER!

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

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

**Schedule a no obligation FREE
consultation in our office today!**



Dr. Drew Hall



**SARASOTA
UPPER CERVICAL
CHIROPRACTIC P.C.**

3920 Bee Ridge Rd, Bldg D, Sarasota, FL 34233

941.259.1891
sarasotauppercervical.com



LUMINARY DERMATOLOGY  **LUMINARY PLASTIC SURGERY**

(941) 926-6553

IMMEDIATE APPOINTMENTS AVAILABLE

CARY L. DUNN, MD
BOARD CERTIFIED DERMATOLOGIST
FELLOW AMERICAN ACADEMY OF DERMATOLOGY

MICHAEL VAN VLIET, MD, FACS
BOARD CERTIFIED PLASTIC SURGEON

SHAUNTELL SOLOMON, DO
BOARD CERTIFIED DERMATOLOGIST
FELLOW AMERICAN ACADEMY OF DERMATOLOGY

ELIZABETH REISINGER, DO
BOARD CERTIFIED DERMATOLOGIST

MOHS SURGERY
SKIN CANCER SCREENINGS
BOTOX & FILLER
SKIN DISORDERS
BREAST AUGMENTATION
TUMMY TUCK
HAIR TRANSPLANT

SHERI KRAVOLD, PA-C
CERTIFIED PRACTICAL NURSE
FACIAL & COSMETOLOGY

SAR BONO, PA-C
CERTIFIED PRACTICAL NURSE
FACIAL & COSMETOLOGY

CYNTHIA SPENCER, APRN
BOARD CERTIFIED NURSE PRACTITIONER

LuminaryDermatology.com

Offices in Sarasota, Bradenton, North Port, Venice & Arcadia

The Leading Vascular Specialists in the Tri-County Area for 30 Years.

SARASOTA VASCULAR SPECIALISTS

INTERNATIONALLY
RENOWNED
VASCULAR SURGEONS
ESTABLISHED IN
SARASOTA FOR MORE
THAN 30 YEARS.

 **SARASOTA
VASCULAR
SPECIALISTS**

941-371-6565
WWW.VEINSANDARTERIES.COM
600 N Cattleman Rd, Sarasota, FL 34232



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

Mom 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!



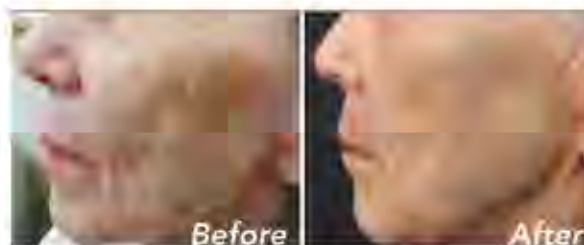
SkinPen gives your skin the reset that it needs. Not only is SkinPen the first FDA-cleared micro needling device, but it's also made in the USA – which means it's rigorously tested for safety. Experience radiant results in as little as three treatment sessions!

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**.

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

Is Your Head on Straight?



We Put Your Head on Straight!

If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.

If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.



Free Consultation for All New Patients.

- Auto Accidents
- Fibromyalgia
- Lower Back Pain
- Meniere's Disease
- Neck Pain
- Sciatica
- Post-Concussion Syndrome
- TMJ
- Trigeminal Neuralgia
- Vertigo
- Whiplash

"I have over 20 years of practice experience and taking care of 10,000 patients from Los Angeles to Sarasota Florida. I recovered from severe chronic health problems 30 years ago after being introduced to Blair upper cervical technique. It's my lasting purpose to help as many people as possible live a life of health and happiness".

- Dr. Drew Hall

ACCEPTING NEW PATIENTS!

3920 Bee Ridge Rd, Bldg D, Sarasota, FL 34233
(941) 259-1891 • sarasotauppercervical.com

We're Open and Serving the Sarasota Community



Port Charlotte

CARDIOLOGY

We listen to you and your heart.

SPECIALTIES:

- Consultative Cardiology & Advanced Heart Failure Management
- Cardiac Catheterization
- Pacemaker Insertion
- Transesophageal Echocardiography
- Vascular Imaging
- Nuclear Cardiology

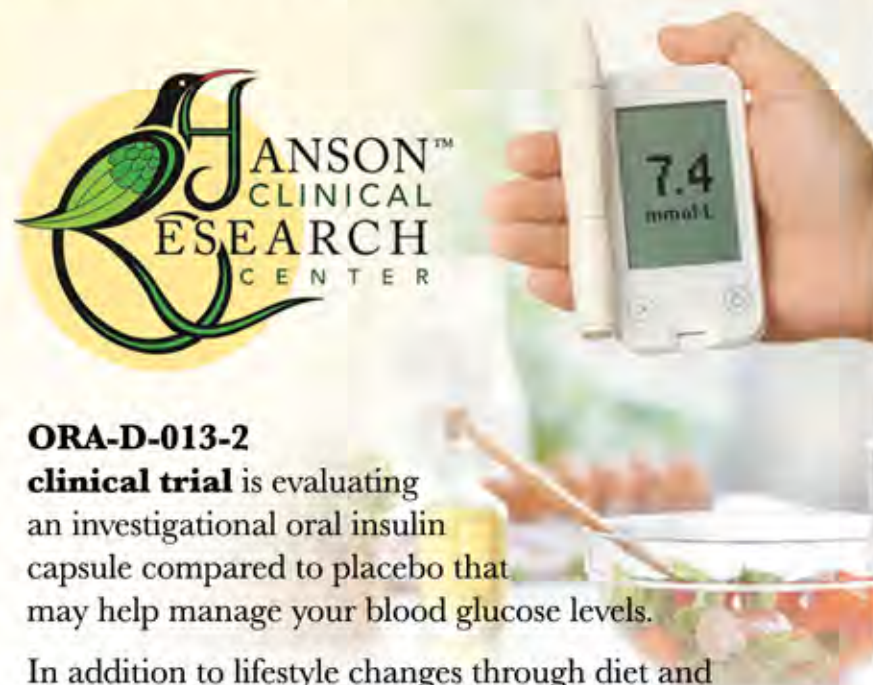


Aneley Yegezu Hundae
M.D., FACC

(941) 235-8892 | www.portcharlottcardiology.com
3161 Harbor Blvd Suite A, Port Charlotte FL 33952

DIABETES CLINICAL TRIAL

Have Type 2 Diabetes? Here's Something New!



ORA-D-013-2

clinical trial is evaluating an investigational oral insulin capsule compared to placebo that may help manage your blood glucose levels.

In addition to lifestyle changes through diet and exercise several treatments including injectable insulins are available to treat persons with Type 2 Diabetes.

Oral insulin is a novel treatment expected to manage blood glucose levels and provide a reduced risk of low blood sugars.

You may be eligible to participate in the ORA-D-013-2 study if you:

- » Are diagnosed with Type 2 Diabetes
- » Are between the age of 18 and 75 years old
- » Have A1c levels between 7 and 9%
- » Are diet controlled or only take Metformin for Type 2 Diabetes

Lenita Hanson MD, F.A.C.E., CDCES, CPI

For more information and to see if you meet other screening criteria, please contact:

Hanson Clinical Research Center

Tel: 941-764-9110

Email: info@hansoncrc.com

Website: www.DiabetesFL.com



Early Detection of Prostate Cancer Saves Lives

Prostate cancer is a fairly serious blip on the male health radar as the second leading cause of cancer death in American men. Chances are you know someone who has battled prostate cancer because statistically speaking; one in seven men will be diagnosed with prostate cancer during his lifetime. The average age of diagnosis is 65, in fact 60% of those diagnosed are 65 and older.

Prostate cancer – and other prostate issues – can cause considerable discomfort, pain and even death, if they are left undiagnosed and untreated. No man looks forward to the annual prostate exam; but if you're smart, you'll bite the bullet and go anyway because early detection can save your life.

Regular screenings cannot only save you a lot of pain and discomfort – they may just save your life.

What is the prostate – and why does it need to be examined?

The prostate gland is a doughnut-shaped organ that is part of the male reproductive system. A healthy prostate in a younger man is only about the size of a walnut. The prostate sits just under the bladder and is wrapped around the beginning of the urethra. It is surrounded by nerves that control erections and its primary function is to produce a liquid that enriches and protects sperm.

Unfortunately, as men get older this little organ tends to act up. At times, some of the symptoms are simply a sign of aging; however, in many cases prostate trouble is an indication of a more serious problem. Prostate cancer is a primary concern, but other prostate disorders can be just as uncomfortable and a serious concern for male health.

So if you are experiencing symptoms like difficulty or discomfort while urinating, reduced ability to get an erection, blood in your urine or semen, or painful ejaculation, it's important to have your prostate checked out. Even if you aren't experiencing any symptoms, it's still wise to be screened from time to time, as you can pre-empt and prevent problems before they crop up.

Regular screenings ensure that problems are caught quickly. Catching a prostate problem right at the start, means that it can be treated and cleared up with far less difficulty.



So men, don't wait around till you run into trouble. A little momentary discomfort is a worthwhile trade for a long, happy, healthy life surrounded by your family and friends. Do yourself a favor and get your prostate checked out.

If there is concern as a result from the routine annual prostate exam, diagnostic imaging will be ordered. There are different imaging screenings available, the 3T wide bore MRI provides that best image quality in a non-invasive way.

Men travel from across the United States for advanced imaging with our Phillips 3T wide bore MRI.

Radiology Associates of Venice and Englewood is pleased to offer 3T wide bore MRI scans for obtaining superior-quality MRI images for diagnostic accuracy and exceptional comfort in an expanded range of patient scenarios.

What is a 3T MRI?

The term "3T" stands for "3 Tesla." Tesla is the name given to a measurement unit that expresses the strength of the electromagnetic energy field that MRI devices use for generating images. Standard MRI scanners operate in the range of about 1.5 Tesla. This means that our 3T MRI operates at approximately twice the electromagnetic energy level of a standard MRI.

Benefits of 3T MRI

Our wide bore 3T MRI scanner combines the superb diagnostic image quality gained through a stronger electromagnetic field with the exceptional patient comfort of a wide-bore configuration—70 cm in diameter, a full 10 cm larger than standard MRI scanners. The scanner is also shorter in length than conventional MRI scanners. These factors make this scanner less confining to patients, reducing symptoms of claustrophobia. Additionally, large patients who have trouble fitting into conventional scanners can have their scans done in this machine, which can accommodate patients weighing up to 500 lbs.

The stronger magnetic field allows the machine to detect stronger signals from the patient during the imaging. This increased signal strength can be used to generate more detailed pictures or reduce the total imaging time. Often the imaging protocols are designed to generate better pictures while still saving time compared to other types of MRI scanners, giving patients the benefit of a shorter exam without sacrificing diagnostic quality.



www.raverad.com

VENICE

512-516 S. Nokomis Ave
Venice, FL 34285
941-488-7781
Hours: 8:00am-5:00pm

ENGLEWOOD

900 Pine Street
Englewood, FL 34223
941-475-5471
Hours: 8:00am-5:00pm

SARASOTA

3501 Cattleman Road
Sarasota, FL 34223
941-342-RAVE (7283)
Hours: 8:00am-5:00pm



DIABETES MANAGEMENT

HANSON CLINICAL RESEARCH CENTER

By Lenita Hanson MD, F.A.C.E., CDCES, CPI

Diabetes is a chronic health condition that affects millions of men, women, and children globally. Managing diabetes requires awareness of your own body and knowing what makes your blood sugar rise and fall. Controlling these day-to-day factors is the key to living a long and healthy life.

There are many ways to educate oneself on diabetes management. Participating in programs that focus on teaching management strategies is a good place to start. Diabetes centers offer lifestyle classes that include helping you learn skills to manage your diabetes more effectively by checking blood sugar regularly, eating healthy foods, being active, taking medicines as prescribed, and handling stress.

Let's look at some of the basics of managing your diabetes.

DIET

Healthy eating is a key component in a healthy life for everyone, but for those living with diabetes, it becomes paramount. Learning how certain foods affect your blood sugar is important and then knowing how much to eat and what combinations to eat is also important.

1. Counting carbohydrates and controlling portion size are two keys to eating with diabetes. Learning to count carbohydrates will have the greatest impact on managing your diabetes because they have the biggest impact on your blood sugar. For those who take insulin at mealtime, counting carbohydrates determines the proper insulin dose.

It is also important to learn what portion of each food type is appropriate. Using a scale or measuring cups can be quite helpful in getting the proper carbohydrate count.

2. Meal planning is also helpful. As much as possible, plan for every meal to have a good mix of starches, fruits and vegetables, proteins, and fats.

Pay attention to the types of carbohydrates you choose. Some carbohydrates are better for you than others. Fruits, vegetables, and grains are low in carbohydrates and have fiber. Fiber helps keep your blood sugar levels more stable.

3. Sugar sweetened beverages can be dangerous. Try to avoid them as much as possible since they tend to be very high in calories and offer little nutritional value. These drinks can be useful during a low blood sugar episode because they raise the blood sugar quite quickly. However, drinking them on a regular basis should be avoided.

EXERCISE

Make physical activity part of your daily routine. Set a goal to be more physically active. Try to work up to 30 minutes or more of physical activity on most days of the week. Taking a quick walk and swimming laps at the pool are good ways to move more.

Ask your doctor to help you establish a plan that is right for you. Most people try to shoot for 30 minutes of aerobic activity a day 5-7 days a week. Remember to check your blood sugar levels before, during, and after exercise. Exercise can lower blood sugar levels for up to a full day after the activity. Look for warning signs like feeling shaking, weak, tired, or confused and monitor your blood sugar frequently. Always be prepared with a small snack or glucose tablets handy.

MEDICATION

Insulin and other diabetes medications are often necessary when diet and exercise aren't sufficient for managing your diabetes. The effectiveness of these medications depends on the timing and dosage. Other medications can affect your blood sugar as well. That's why it is important to talk to your medical team about any new medications and how they can affect you.

It is also important to always store your insulin properly. Do not use insulin that has passed its expiration date and remember that insulin is extremely sensitive to temperature. Improper storage can result in loss of effectiveness.

ALCOHOL

The liver releases stored sugar to combat low blood sugar levels. If you are drinking alcohol, however, the liver is otherwise occupied. While it is busy metabolizing the alcohol you consume, your blood sugar may not get its necessary boost. For this reason, it is important to monitor closely your alcohol consumption.



DIABETES CARE, BASICS AND NUTRITION CLASSES

Tel: 941-624-4800

It is best for diabetics not to drink any alcohol. It can aggravate complications that generally accompany diabetes such as eye disease or nerve damage. However, if your diabetes is well controlled and your doctor gives the okay, moderate alcohol consumption is allowed. Be sure not to drink on an empty stomach and to choose your drinks wisely. Light beer and dry wine have fewer calories and carbohydrates and will have less of an effect on your blood sugar.

WORK WITH YOUR HEALTH CARE TEAM

It is true that "there is no I in team", but in the case of your health care, YOU are the most important member of the team. You must advocate for the "I" in your team. Though you may have excellent doctors, nurses, dieticians, pharmacists, etc., none of them will know your body better than you. It is important to advise each new medical professional you see about your diabetes and ask them pertinent questions about how a new condition or new medication will affect your situation. Be prepared with a list of questions so that you don't forget in the moment.

Remember that managing diabetes isn't easy, but it there are many steps you can take to make your life more comfortable and freer. The more you know about diabetes management, the easier it will be.



Tel: 941-764-9110

Email: info@hansoncrc.com

Website: www.DiabetesFl.com

OVARIAN CANCER: A SILENT KILLER

By Jennifer Fernandez, APRN

Ovarian Cancer is one of the deadliest cancers that women can face. Each year, nearly 22,000 women will be diagnosed with ovarian cancer in America. It is estimated by the World Health Organization IARC department that there are over 238,000 new cases diagnosed annually and nearly 152,000 deaths worldwide.

This cancer typically occurs in women in their fifties and sixties with the median age being 63. Many women who are diagnosed with Ovarian cancer have a genetic history that may include carrying the BRCA mutation gene and having a strong family history of ovarian cancer.

Symptoms

Unfortunately, many women don't seek help until the disease has begun to spread. However, if detected at its earliest stage, the five-year survival rate is more than 93%. The symptoms of ovarian cancer are often subtle and easily confused with other ailments.

Symptoms may include:

- Abdominal bloating or swelling
- Quickly feeling full when eating
- Weight loss/weight gain
- Discomfort in the pelvic area
- Fatigue
- Back pain
- Changes in bowel habits, such as constipation
- A frequent need to urinate
- Shortness of breath

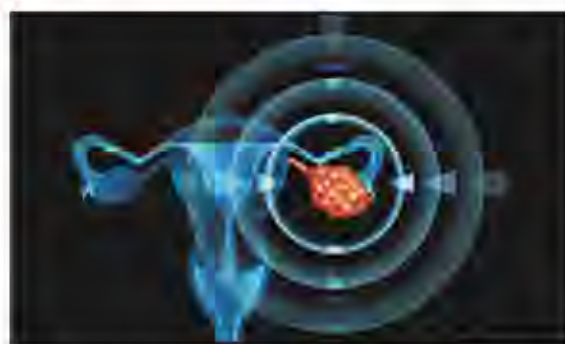
Diagnosis

Your doctor may order the following tests:

- **Physical examination** – Your doctor will palpate your abdomen to look for discomfort and tenderness or abnormal fluid.
- **Pelvic examination** – Yearly visits to the gynecologist are crucial.
- **Blood Test** – Your doctor may order a CA-125 blood test. This test measures CA-125 in the blood. CA-125 is found on the surface on ovarian cancer cells and also normal tissue. A high CA-125 level may indicate ovarian cancer or other conditions.
- Ultrasound
- Biopsy

Stages of Ovarian Cancer

There are four stages of ovarian cancer. Your doctor will determine the stage you are in upon diagnosis. Ovarian cancer is treated differently depending on which stage you are diagnosed with.



The four primary stages are:

Stage I: The cancer is completely contained within the ovary or ovaries.

Stage II: The cancer is in one or both of the ovaries and has spread to additional organs located in the pelvis such as the bladder, colon, rectum or uterus.

Stage III: The cancer is in one or both ovaries and has spread to the lining of the abdomen and/or the lymph nodes.

Stage IV: The most advanced stage of cancer. The cancer has spread from one or both ovaries to additional organs such as the liver or lungs, or there may be cancer cells in the fluid surrounding the lungs.

Ovarian Cancer Risk Factors

Ovarian cancer does not discriminate. It can strike a woman of any race or at any age. We do know that women with certain risk factors may have a greater chance of developing ovarian cancer.

These risk factors include:

- Family history of breast or ovarian cancer
- Personal history of cancer
- Women over the age of 55
- Women who have never been pregnant
- Women on menopausal hormone replacement therapy

Studies have found that women who have a mother, daughter, or sister with ovarian cancer have an increased risk of developing this disease. Women with a family history of breast cancer, uterine cancer, colon cancer or rectal cancer many also have an increased risk.

Women with the BRCA 1 or BRCA 2 gene have an increased risk of developing ovarian cancer.

Source: ovariancancerawareness.org

Like all cancers, the ripple effects of ovarian cancer extend beyond the people who receive the diagnosis. It affects family, friends, colleagues, and neighbors. By coming together, we can raise awareness, research funding, and provide support for people living with ovarian cancer and their loved ones. That's why it's so important to get involved in Ovarian Cancer Awareness Month. Pin on a teal ribbon, learn about local organizations in your area, and get ready to take action.



Jennifer Fernandez, APRN

Jennifer is an Advanced Practice Registered Nurse who relocated to Florida from Illinois after obtaining her Master's degree in nursing.

Jennifer obtained her Bachelor's of nursing from Rivier University and her Master's degree from Herzing University.

While obtaining her Masters degree she completed a clinical rotation internship with Dr. Devine. This is where her interest in Women's Health began. After graduating from her Masters degree program with a degree in Advanced Practice Registered Nursing she then began working in Urology. This eventually brought on the opportunity to work with Dr. Devine once again.

Jennifer joined the Center for Urogynecology and Female Pelvic Health in June 2022. She brings nearly 20 years of experience in the medical field to the practice ranging from Urology to outpatient surgery. Jennifer is offering her patients a personalized non-invasive approach to their common urologic and pelvic floor disorders with an emphasis on counseling/education, pelvic floor therapy, pessaries, hormone balancing, and other treatment modalities, as well as general gynecology.

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.

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.

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

By Dr. David S. Zamikoff

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

How Can GAINSWave Prevent & Treat ED?

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

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

GAINSWave
THE NEW WAVE IN MALE ENHANCEMENT

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



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

Younger Men Should Seek Treatment Early

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

Men are Preventing ED with GAINSWave

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

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

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

Natural Healing Arts Medical Center

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

To schedule your consultation, please call
(941) 761-4994 or visit myofficeinfo.com.



2215 59th Street West, Bradenton, FL 34209

941.761.4994

www.NaturalHealingArtsMedical.com



Center for Urogynecology and Female Pelvic Health

John B Devine, MD

Urogynecologist & Female Pelvic Medicine and Reconstructive Surgeon located in Venice, FL

941-457-7700

www.johndevinemd.com

375 Commercial Court, Ste. E
Venice, FL 34292

The Center for Urogynecology and Female Pelvic Health accepts most major insurance plans.



Services:

- Urogynecology
- Gynecology
- Urinary Incontinence
- Menopause
- Pelvic Prolapse
- Complications from mesh
- Fecal Incontinence
- Interstitial Cystitis



941.761.4994

2215 59th Street West, Bradenton, FL. 34209

Dr. David S. Zamikoff - Chiropractic Physician

One of America's Best Chiropractors

Selected as one of America's Best Chiropractors for 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021 & 2022 by the National Consumer Research Board

Medical Services: Stem Cell • Trigger Point Therapy • Headaches

Knee Pain Treatment • Hormone Therapy • PRP Treatment



www.NaturalHealingArtsMedical.com
www.facebook.com/NaturalHealingArts
www.instagram.com/realdz
www.twitter.com/doczammie



What is GOUT?

By Premier Foot & Ankle Specialists

Gout is an arthritic inflammatory process that is caused by a buildup of crystals in joints, from excess uric acid. Uric acid is a byproduct of the body's own metabolism. It is formed by the breakdown of purines, which are present in human cells and found in a variety of foods, including red meat, organ, meat, and some seafood, to name a few. This condition can lead to abrupt, severe pain with reduced range of motion, swelling in the joints which are often red and/ or hot to the touch; this is called a gouty flare. A gouty flare can last for several hours and the swelling and pain can last for several days or even weeks. Attacks typically occur late at night or early in the morning. Recurrent gout flares that are not treated may involve more joints, have a longer duration, and become more severe over times. Some individuals can eventually develop gouty tophi, which are hard lumps of uric acid crystals that can form in the soft tissues or around the bones of affected joints. More than 50 percent of gout flares start in the big toe, but other joints that are affected most commonly are the knees, hands, and ankles. Those who have gouty flares can eventually be diagnosed with gouty arthritis which causes erosions and breakdown of the joints due to the buildup of the crystals. Uric acid crystals can also affect other parts of the body including a buildup in the kidneys, causing kidney stones.

It is normal for everyone to have some uric acid in their body. However, when there is too much uric acid in the body, it leads to a condition called, hyperuricemia, which can, but does not always, cause gout. Uric acid buildup causing gout can occur via two methods. One, is an overproduction of the uric acid or two, is the underexcretion of uric acid by the kidneys. Uric acid is a byproduct of the breakdown of purines, a compound found in food and different cells of our bodies and is typically excreted in the form of urine. Therefore, either there is too much uric acid in the body or not enough being efficiently excreted via urine, or a combination of both.

Gouty attacks can happen to anyone but most commonly to middle aged men in their 40-60's. Some other risk factors include: obesity, certain medications like diuretics and beta blockers, stress, consuming sugary beverages, or foods with high levels of purines such as red meat, shell fish



and alcohol. Diabetes, kidney disease and dehydration are also conditions that put you at increased risk for a gouty attack.

Gout symptoms can mimic other inflammatory disease, arthritis or even infection. Diagnosis may be difficult unless there is an active gouty attack. Seeing a trained podiatrist immediately during or right after your attack will help aid in your diagnosis. The doctor will ask a thorough set of questions regarding past medical history, lifestyle and diet. Typically, with a physical exam, x-rays will be taken and possibly a joint fluid test and or a blood test to determine the amount of uric acid in the blood stream.

Treatment of gout is essential to reduce the crystals in joints and lessen or prevent the breakdown of the joint which can cause arthritis and chronic pain. There is no cure of gout but there are treatments to manage symptoms and decrease the occurrence of flares. Some possible options for treatment include weight loss, exercise, physical therapy, limiting foods that trigger attacks, decreasing consumption of alcohol, drinking plenty of fluids to stay hydrated and help flush out excess uric acid. Anti-inflammatory medications, corticosteroids, or injections can help treat an acute attack. For patients with more frequent or chronic gout symptoms, medications to help lower uric acid in the blood are sometimes indicated, such as Allopurinol, Febuxostat, and Pegloticase.

Fortunately, gout can be successfully managed. If you believe you have experienced a gout flare, contact your podiatrist today to get treatment.



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.



(941) 488-0222

premierfootandanklefl.com

4120 Woodmere Park Blvd, Suite 5, Venice, FL 34293

WHY YOU SHOULD BE IN TOTAL CONTROL OF YOUR ESTATE PLANNING

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

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

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



Health and Mental Capacity

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

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

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

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

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

Estate Planning Should be Under Your Control

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

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

Law Offices of Patrick L. Smith, PLLC

6260 Lake Osprey Drive, Sarasota, FL 34240

For your **free consultation** or to have Attorney Smith speak at your event or group, you may reach him at his Sarasota office by calling **941-841-3420** or visit:

www.attorneypatricksmith.com.

Introducing Cryoskin Toning, Cryoskin Slimming & Cryoskin Facials at The Back Pain Institute of West Florida now available.

CRYOSKIN LESS FAT. MORE YOU.
Fat Loss & Body Contouring



Non-invasive fat loss technology to help you shape the body you want.

Contact Dr. Aderholdt's office at
(941) 756-5528 today for a free consultation.

Voted #1

Chiropractic
Physician

Herald-Tribune
Awards Winner
for 2021



Dr. Craig S. Aderholdt, BSc, DC

Back Pain Institute of West Florida

5221 26th Street West, Bradenton, Florida 34207
7345 International Place, Suite 101 Lakewood Ranch, Sarasota 34240

BACK PAIN INSTITUTE
OF WEST FLORIDA



GET A FREE
ESTATE PLANNING CONSULTATION
CALL 941-841-3420



Wills • Trusts • Probate • Estate Planning

www.attorneypatricksmith.com

6260 Lake Osprey Drive, Sarasota, FL 34240

The hiring of a lawyer is an important decision that should not be based solely upon advertisement. Before you decide, ask me to send you free written information about our qualifications and experience.

HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

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

By Physicians Rehabilitation

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

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

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

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

Regenerative Medicine

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



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

Viscosupplementation

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



855-276-5989

www.PhysiciansRehab.com

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

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

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

ARE YOUR SYMPTOMS RELATED TO ATRIAL FIBRILLATION (AFIB)?

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

A fib is an irregular heart rate that is often rapid with palpitations and causes insufficient blood flow. More than 6 million individuals in the United States have Afib. An electrical disruption to the top chamber of the heart, prompting the heart's rhythm and rate to fluctuate, causes an arrhythmia.

The two sides of the heart work in opposition to each other. The right side of the heart takes in deoxygenated blood from the body and feeds them to the lungs; the left side carries the oxygen and nutrient-rich blood from the lungs and feeds it back to the body. Four chambers make up the heart. The top chambers are called the atria, and the lower are the ventricles. In atrial fibrillation, the two atria quiver instead of pumping. Without proper functioning, the heart will begin to cause adverse effects very quickly.



Most of us are very familiar with symptoms of coronary heart disease, but Afib symptoms often go overlooked and are not taken as seriously as they should be. Atrial Fibrillation takes over 130,000 lives each year.

The symptoms of an atrial heart arrhythmia are:

- Dizziness
- Shortness of breath
- Racing heart
- Fluttering heart
- Palpitation
- Uneven heartbeat
- Chest pain

If left untreated, Afib can cause blood clots to form in the heart. These clots are produced due to the restricted pumping of the chambers, which causes the blood to pool in the atria and form clots. If the blood clots break off, they can reach the brain and cause a stroke. Patients with AFIB are seven times more likely to have a stroke than those with normal heart rhythm.

Risk factors for Afib include:

- Advancing age
- High blood pressure
- Obesity
- Obstructive sleep apnea
- European ancestry
- Diabetes
- Heart failure
- Ischemic heart disease
- Valvular heart disease
- Hyperthyroidism
- Chronic kidney disease
- Heavy alcohol use
- Enlargement of the chambers on the left side of the heart

Treatment for Afib

- Medications to regulate the heart's rhythm (antiarrhythmic drugs, calcium channel blockers, beta blockers)
- Blood thinners to reduce the risk of stroke (Anticoagulants)
- Procedures (i.e. Catheter ablation, electrical cardioversion, implanted pacemaker, left atrial appendage closure, Watchman Device)
- Surgery (MAZE surgery creates scar tissue is created to block the abnormal electrical impulses)

It's critical to seek medical attention from a respected cardiologist if you are experiencing any of the symptoms related to atrial fibrillation. DO NOT wait, the heart muscle, rhythm, rate, and ability to pump correctly, is what is keeping you alive.



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

INVASIVE CARDIOLOGY AND ADVANCED HEART FAILURE MANAGEMENT

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

(941) 235-8892

www.portcharlottcardiology.com

No Drugs. No Surgery.
Simply Relief from Knee Pain.

Call TODAY to schedule your NO COST consultation! That may be just what you need to change your life for the better.



www.PhysiciansRehab.com

Our goal is to decrease the inflammation, promote healing, and eliminate your pain.

We are Medicare providers and accept most insurance plans.

Stem Cell Therapy | Orthopedics | Osteoarthritis Treatments | Physical Therapy | Platelet Rich Plasma | Spinal Decompression

6 LOCATIONS SERVING FLORIDA

(855) 276-5989

6150 Diamond Centre Court, Bldg.100, Fort Myers, FL 33912

413 Del Prado Blvd. S., Suite 201, Cape Coral, FL 33990

3417 Tamiami Trail, Unit A, Port Charlotte, FL 33952

5668 Strand Court, Naples, FL 34110

The Villages 733 CR 466, Lady Lake, FL 32159

The Villages 4076 E SR 44, Wildwood, FL 34785

FOOT & ANKLE PAIN STOP HERE!



Surgical and Conservative Care for...

Hammertoes • Heel Pain • Ingrown Toenails

Bunions • Diabetic Foot Care

Nail Fungus • Sports Injuries • and More...

Schedule Your Appointment Today!

premierfootandanklefl.com



(941) 488-0222

4120 Woodmere Park Blvd, Suite 5
Venice, FL 34293

Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

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

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

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

How does VAX-D work?

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



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

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

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

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

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

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

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

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

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

BACK PAIN INSTITUTE OF WEST FLORIDA

5221 26th Street West, Bradenton, Florida 34207

Second Location: 7345 International Place, Suite 101
Lakewood Ranch, Sarasota 34240

Dr. Craig S. Aderholdt, BSc, DC



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

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

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



Voted #1
Chiropractic Physician
Herald-Tribune
Awards Winner for 2021



Hope and Optimism

By Pastor Timothy L. Neptune

Hope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, *"Where then is my hope? Who can see any hope for me?"* (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, *"May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: *"And now these three remain: faith, hope and love. But the greatest of these is love."* (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, *"...I will go to the king, which is against the law; and if I perish, I perish!"* (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)."* (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!



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

Southwest Florida's
Health & Wellness
Magazine

On the Web
swfhealthandwellness.com

On Facebook
[facebook.com/healthandwellnessmagazine](https://www.facebook.com/healthandwellnessmagazine)

On Twitter
twitter.com/21stCenturyMag

In Your Inbox
Receive our monthly newsletter. Sign up online.

Providing information
that will promote living a healthy, well-balanced lifestyle.

It's your Choice.

3D Mammography

Radiology Associates of
Venice, Englewood
and Sarasota

Call to schedule **941-488-7781**



I'm 62

My heart's 53.

That's good news for me and my family.

Find out if you're young at heart with our five-minute Heart Risk Assessment. It will calculate your Heart Age and offer advice on how to maintain or improve your heart health.



Visit **ShorePointHeartVenice.com** to take the assessment.

