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October 2022

Manatee/Sarasota Edition - Monthly

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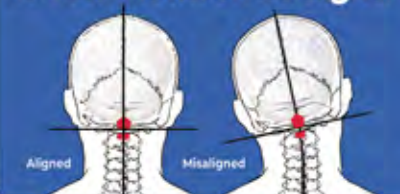
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- Skip & Gail Sack



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### CONTACT US

OWNER / ACCOUNT EXECUTIVE  
**Cristan Gensing**  
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR  
**Sonny Gensing**  
sonny@gwhizmarketing.com



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# SCHOOL BULLYING

## The Hidden Effects on Children and How to Help Them Recover

**B**ullying has become rampant in the school system. Children and teens are often picked on, ostracized, teased, publicly humiliated, or targeted in many ways by their peers at school. Witnessing or being around bullying can also be a traumatic experience for many children.

- 49 percent of children in grades four to 12 reported being bullied by other students at school at least once during the past month.
- 23 percent of youth say they've been bullied two or more times in the past month.
- 20 percent of students in the United States in grades nine to 12 report being bullied.
- 71 percent of young people say they've witnessed bullying at school.
- 70 percent of school staff report they've seen bullying.
- A survey of 1,000 females in the UK revealed that one in five girls and young women are teased or bullied about their periods, with nearly half (49%) saying that they had not spoken to anyone about this issue.
- Approximately 30 percent of young people admit to bullying others at one time or another.
- In recent years, cyberbullying has also become a widespread problem. Cyberbullying is any bullying performed via cell phones, social media, or the Internet. These devices allow bullies to continue their harassment at any time of the day.

### What Are The Consequences of School Bullying?

Students who are bullied are more likely to experience sleep difficulties, anxiety, depression, and post-traumatic stress disorder (PTSD). Bullied students say that being bullied hurts how they feel about themselves. They report that being bullied affects their friendships and relationships with family members and their schoolwork. Some even report that it has taken a toll on their physical health.

Bullying results in decreased school performance and increased absenteeism. Hormonal changes may also occur. Testosterone can be inhibited by long-term stress, and this can result in failing to develop full height or muscle mass.

### School Bullying as a Cause of PTSD, Depression, and Anxiety

Researchers have known for years that bullying has lasting and long-term consequences. When kids are repeatedly bullied, it can affect them emotionally, academically, and psychologically. For instance, they may experience low self-esteem, an inability to trust others, and trouble forming lasting friendships. The effects of being bullied are more than just emotional and psychological. Research shows that there may be structural differences in the brains of teens who are regularly victimized. Being the target of bullying can cause long-term changes to the brain and brain damage.

Research from the University of Ottawa shows the brains of bullied children have both cognitive and emotional deficits that look like the brains of children who have been neglected and who have experienced child abuse. These physical changes can contribute to a wide range of mental health issues later in life including a greater risk of suicide, drug use, depression, and anxiety.

### Traumatic Memories From Bullying Can Be Re-Triggered When They Are Not Completely Resolved.

The trauma from bullying can be re-triggered by sights, sounds, words, or smells that activate those unprocessed memories. This re-experiencing leads to ongoing emotional distress and post-traumatic stress disorder (PTSD).

### EMDR and Neurofeedback Are Safe, Natural, Trauma-Resolving Approaches

Eye movement desensitization and reprocessing (EMDR) refers to an interactive psychotherapy technique used to relieve psychological stress. EMDR aims to reduce symptoms of trauma by clearing the emotional charge on the traumatic memory. In a nutshell, an EMDR therapist does this by leading you through a series of eye movements as you recall challenging experiences (in small segments) until those memories no longer cause any distress. While originally developed to address war trauma, EMDR also helps relieve residual traumatic symptoms of bullying, shaming, teasing, and other form of school trauma.

### A Brain Map Can Provide Essential Information

The depression, anxiety, and poor school performance from bullying trauma is often associated with abnormal brain electrical activity, which may be detected in a Brain Map (qEEG).

Brain mapping helps reveal how bullying has affected the brain and can help design a neurofeedback treatment plan to bring the brain back to healthy balance and regulation. Brain mapping measures brain wave patterns. The mapping information provides the data needed to create a customized training program to correct the brainwave imbalances that are associated with bullying trauma. Neurofeedback is a non-invasive process of retraining your brain's electrical activity back to a state of healthy regulation.

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

### Neurofeedback Can Get at The Underlying Cause of Ongoing Depression and Anxiety From School Bullying

Neurofeedback is a safe way to retrain a bullied brain back to health. One study revealed that after 30 neurofeedback sessions and heart rate variability training, 57% of people with severe anxiety, and 45% of people with severe depression showed normal brain activity. Anxiety sufferers tend to have repetitive, negative thoughts that make them feel like they're in a constant state of fear or dread. Medications can help ease symptoms, but they often do not fix the underlying issues, and the side effects can be severe. Neurofeedback is an all-natural, pain-free way to relieve the trauma from bullying that has long-term positive results.

During a neurofeedback session, brainwave activity is monitored while the client watches a video of their choice. The computer system looks for the brainwaves associated with bullying trauma, anxiety, depression, overwhelm, attention deficit, etc. When the computer detects irregular brainwaves, the video is modulated in a way that causes the client to refocus their attention back on the video until the brainwaves return to normal. This can happen hundreds of times during a single session. Eventually, after multiple sessions, the brain learns to maintain brainwaves in a healthy range on its own. As that happens, the client will see a reduction in their bullying symptoms. The best part, results are often permanent.

### Nutrition and Supplements May Play in Addressing Trauma

When your body is experiencing stress and trauma, it needs increased amounts of many nutrients. Poor diets can exacerbate the effects that trauma has on the brain. Chronic stress can lead to inflammation in the brain, which has been associated with depression and a wide range of other mental health issues. Researchers have found links between low levels of certain nutrients — such as folate, magnesium, iron, zinc, and vitamins B6, B12, and D — and worsening mood, feelings of anxiety, and risk of depression. There is also a direct link between mood disorders and omega-3 intake.

### How The Brain Wave Center Puts it All Together

EMDR, nutritional support, brain mapping, and neurofeedback can successfully address emotional & mental health conditions when other therapies have failed. The Brain Wave Center has a dedicated team of professionals offering innovations in brain health. At the Brain Wave Center, we are focused on assisting children and their families in recovering from bullying trauma.

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# ANTI-AGING SECRETS OF CELEBRITIES ARE THEY AVAILABLE TO EVERYONE?

By Dr. Stephen Prendiville

**W**e've all seen photos of celebrities who we know are much older than they appear and we assume that they have had "some work done" or they have some magic potion that shaves years off their appearance.

The truth is there is no magic or secret potion. There are treatments and anti-aging options that are available to the general public as well as the Hollywood elite.

Facelifts and nose reshaping are some of the most popular procedures to rejuvenate the face, according to the American Academy of Facial Plastic and Reconstructive Surgery, but there are many other options too.

Blepharoplasty, better known as eyelid surgery, can make tired eyes look bright and youthful. Many patients tell me that their friends ask if they are tired because their eyelids are sagging when they actually feel rested. The answer may be to remove the excess skin from above or below the eyelids, a surgery that can be done with minimal downtime. If the excess skin is impacting your vision, insurance may cover the cost.

Another popular anti-aging procedure is laser resurfacing of the skin. The laser beam used in laser resurfacing removes the outer layer of skin while simultaneously heating the underlying skin, called the dermis. This action works to stimulate growth of new collagen fibers. As the treated area heals, the new skin that forms is smoother and firmer.

The two types of lasers most commonly used in laser resurfacing are carbon dioxide (CO2) and erbium. The newest version of CO2 laser resurfacing is the fractionated CO2 which uses coordinated fractionated pulses of CO2 Laser wavelengths that are delivered in a scanning pattern to remove thin layers of skin with minimal heat damage.

Erbium laser resurfacing is designed to remove surface-level and moderately deep lines and wrinkles on the face, hands, neck or chest.



A non-surgical option is Virtue RF microneedling which delivers radio frequency energy to a variety of depths, regardless of skin type, to stimulate the production of collagen. It can be used for several facial rejuvenation treatments, including skin tightening, acne scarring, stretch marks, scars and improvements in skin texture. Virtue RF is the next generation in RF microneedling technology with less downtime, faster treatment and very little discomfort.

**Younger individuals with minor to moderate wrinkles may benefit from injectable wrinkle fillers:** Botox®, Sculptra®, Juvederm®, Restylane®, Restylane Silk®, Radiesse®, Voluma®, and the newest filler on the market, Revanesse Versa, but I always let patients know that while these treatments are fast with no downtime, they will need to be repeated every six months to maintain the same effect.

To keep your skin looking healthy and youthful, regular facials at a medical spa should be a routine part of your ongoing beauty regimen. The Hydra-Facial is now available at The Q Laser & Med Spa in Fort Myers and Naples and offers customized treatments for all skin types. LED light therapy, Virtue RF microneedling and many other non-surgical treatments also are available at The Q Laser & Med Spa.

With celebrities, it's not always what procedures they have but the frequency with which they have them. The average person may wait until their filler is completely gone before they come in for their next treatment. Celebrities, however, have routine "touch-ups" before the look has a chance to fade. This approach is best because our skin is at its healthiest when maintained in its youthful positioning.



**Dr. Stephen Prendiville** is a Florida Board-certified facial plastic surgeon with Quigley Eye Specialists and is the Medical Director of The Q Laser & Med Spa in Fort Myers and north Naples. He specializes in facelifts, rhinoplasty, eyelid surgery, facial resurfacing and other facial cosmetic procedures. He conducts regular free seminars at his office in Fort Myers. To register, call 239-437-3900. Visit [www.drprendiville.com](http://www.drprendiville.com) or [www.TheQMedSpa.com](http://www.TheQMedSpa.com).

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# VASCULAR SURGEONS ARE THE VASCULAR EXPERTS

By Jeffrey Edwards, MD, RPVI

**V**ascular surgeons are specialists who are highly trained to treat the disorders of the vascular system. Blood vessels and lymphatic vessels are vital for normal function, as arteries carry oxygen rich blood to all of your tissues, veins carry blood back to the heart, and lymphatic vessels provide vital transport to immune cells and other protein-rich fluids. Without adequate flow, vital body systems are unable to function. Conditions such as peripheral artery disease, a type of atherosclerosis, can obstruct flow and limit vital organ functions.

Vascular surgeons do much more than surgery. Often, vascular conditions may be treated with medications alone or lifestyle changes such as diet and exercise. When a procedure is needed, there are often multiple options available, ranging from minimally invasive endovascular treatments to traditional open surgery. A vascular surgeon will make sure that you understand vascular health issues and all of the treatment options available.

There are some types of specialists that are able to treat vascular conditions with only one or two types of procedures. Since a vascular surgeon is specially trained in all types of vascular treatments including complex open surgery and image-guided endovascular therapies, they are able to offer the best treatment for every individual patient. This is

important, because patients should be assured that they are offered the best type of treatment for their particular condition.

Once you become established with a vascular surgeon, there is often a relationship that develops as your surgeon will continue to follow you over time. Many vascular diseases are considered to be life-long conditions which require ongoing monitoring and maintenance. Rather than relinquishing surgical care after you heal, you may continue to see your vascular surgeon for years to come. You can trust that your vascular surgeon will continue to care about your long-term health and continually re-evaluate your treatment options as they become required.

Patients will often establish care with a vascular surgeon at the recommendation of their primary care providers. Other times, you may become acquainted with a vascular surgeon due to an emergency that results in hospitalization. If you have risk factors such as smoking, diabetes, high blood pressure, or high cholesterol then you may be a candidate to establish care with a vascular surgeon. Other reasons to seek a referral include aortic aneurysm (or family history of aneurysm), carotid stenosis, leg pain or swelling. Ask your primary care provider if you would benefit from seeing a vascular surgeon.

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# IS PHYSICAL THERAPY FOR YOU?

By Dr. Cindy Vaccarino, DPT, PT

**H**ave you suffered an injury? Do you have a disability or an ongoing health condition? Are you between the ages of two and over 65? Then Physical Therapy may be for you.

Some of the most common reasons that a person needs physical therapy range from recovering from a sports injury, improving mobility, managing pain, recovering from a stroke, and preventing falls to treating conditions like arthritis, fibromyalgia and lymphedema. Other conditions include carpal tunnel syndrome, cystic fibrosis, back pain, multiple sclerosis, traumatic brain injuries, or spinal cord injuries.

## How can a physical therapist help?

First, a physical therapist will build a customized plan so that his or her patient can reach a goal. That goal may be a combination of pain reduction, increased mobility, range of motion and alignment. Second, this plan is built upon realistic goals. It's a collaboration between the physical therapist and the patient. This is where communication is key. Information that patients share with their physical therapists helps shape the plan and the goals.

Patients need to be consistent and committed. That means keeping appointments and be willing to do the work necessary, both at the facility and at home. That also means carefully following the directions of the physical therapist. Overdoing it or pushing too hard, too fast can set patients back in their progress.



Patients always ask how long they will need to have treatment. That depends on the extent of the injury or condition. With a plan and goals, the physical therapist and patient work together and can set a realistic timeline.

Patients also like to know what type of equipment and treatments will be needed. Common equipment patients may see and use are treatment tables, resistance bands, exercise balls, stationary bikes, and treadmills. Additionally, patients may also need heat and/or cold therapy, electrical stimulation, ultrasound, traction, light therapy, or kinesiology taping.

There are other benefits of physical therapy. Studies show that physical therapy can lower patient treatment costs by as much as 72 percent. It can also reduce the need for prescription pain drugs by 41 percent.

There are also many benefits to becoming a physical therapist or a physical therapist assistant (PTA). A physical therapist has earned a clinical degree and can examine, diagnose, determine treatments and discharge patients. A physical therapist assistant has an associate's degree and performs treatment under the direction of a physical therapist. Both must pass the national licensure exam.

The demand for physical therapist assistants in Florida through the year 2030 is expected to grow 42 percent, and the average annual salary in state is nearly \$65,000.

Selecting the right program to become a PTA is important. Hodges University offers a PTA program that is CAPTE-accredited, the gold standard for a quality program. The first-time pass rate for the PTA licensure for our students is 93 percent. Students can complete this program in less than two years. We are accepting applications for our January 2023 class, and scholarships are available. Learn more at [Hodges.edu](https://Hodges.edu).

*Cynthia Vaccarino, DPT, PT, is the Program Director for the Physical Therapist Assistant program at Hodges University.*



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# The Most Common Causes of Cartilage Loss

By: Regenexx at New Regeneration Orthopedics

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

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

## The Truth About Cartilage Loss

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

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

## What Causes Joint Pain?

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

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



## Can We Re-grow Cartilage?

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

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

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

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

## 1. Obesity (Mechanical)

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

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

## 2. Obesity (Biochemical)

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

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

## 3. Trauma

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

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

## 4. Joint Instability

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

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

## 5. Poor Nutrition

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

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

#### 6. Medications

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

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

#### 7. Lack of Exercise

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

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

#### 8. Poor Alignment and Biomechanics

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

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

#### 9. Aging and Genetics

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

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

Experiencing pain from cartilage loss? Find out what Regenexx at New Regeneration Orthopedics can do for you at [www.newregenortho.com](http://www.newregenortho.com).



## MEET THE DOCTORS



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

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



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



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



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

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

**Regenexx at New Regeneration Orthopedics: 941-254-2757**

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100 2nd Avenue South, St. Petersburg | 1412 Trovillion Avenue, Winter Park

# SUFFERING FROM CHRONIC NECK PAIN? Sarasota Upper Cervical Can Help!

By Dr. Drew Hall

**N**eck pain affects 25 percent of the US population. Neck pain affects work performance, reduces the enjoyment of life, and limits activities that bring people joy. In our Sarasota Upper Cervical Clinic neck pain is the number one condition that walks through our doors. Prior to opening in Sarasota, our offices in Los Angeles helped over 12,000 patients regain their health through precision upper cervical corrections. Our practice employs 3-d imaging to locate the spinal misalignment. Our corrective procedure does not use twisting, popping, or pulling.

## *Listen to what one of our patients says about their recovery:*

"I went to see Dr. Hall this week after a whiplash injury that left me with chronic headaches, neck and shoulder pain, ear problems, and halos in my vision. After doing extensive research about Upper Cervical, I decided to fly from Michigan to Sarasota so that I could be seen by Dr. Hall. He examined me and then scanned me using a cutting-edge 3D Cone Beam CT scan (the scan literally took 10 seconds, I was amazed) and then showed me exactly where I was out of alignment. There was a very noticeable subluxation in my axis (C2) and my atlas (C1) was also out of alignment to a lesser extent. He adjusted my axis first, then gently turned me over and adjusted my atlas, and the headache that I had had since the injury was INSTANTLY gone. That night was the first time I had been able to get a good night's sleep in weeks. I owe Dr. Hall my life, and if you have any reservations about seeing him for your health concern, just know that he's the best at what he does and that you're in very skilled hands. I was scared to get adjusted, but Dr. Hall only delivers precision adjustments exactly where you need them so he's not "cracking your neck" like regular chiropractors. I am beyond grateful... thank you so much Dr. Hall, you gave me my life back! Verifiable on google reviews for Sarasota upper cervical!

If you suffer with chronic neck pain or other chronic health conditions, we would love to help!

## **Neck Misalignment, Trauma, and Neck Pain**

The large majority of chronic neck pain results from prior trauma. Trauma injures the soft tissue that surrounds the joints in the neck. Normal joint motion keeps the spinal muscles relaxed and balanced. When injury occurs to the soft tissues surrounding the joints, loss of normal joint motion ensues. Reduced motion in the joints leads to chronically tight imbalanced muscles throughout the spine. Most neck pain has its roots in this mechanism.



If the cervical spine has been injured, it is less able to adapt to stressors that are commonplace in today's society. Desk jobs, long commute hours, long hours hunched over texting all exacerbate underlying imbalances in the spine. In our clinic we take great care to locate the underlying cause of your issue and remove it so the body can heal itself!

## *Read what another one of our patients has to say about her healing journey in our office!*

In my 41 years of life, I've generally been a healthy active person. Days after Christmas 2017, my neck started to have sharp pain. The pain then went down my left shoulder blade, through the scapular area then down my left arm. Then my left arm went numb...It was a type of chronic pain I've never experienced before! Days later, my left ear was clogged, and I couldn't hear clearly... the symptoms are worse than labor pains!!!! And I have 3 kids! I immediately went to a medical doctor, and they ran tests to make sure it wasn't a stroke. They wanted to prescribe me prescription medication, however, I refused. I was miserable! It disturbed my sleep. I was starting to get irritable & depressed. I was wondering if I was going to live like this and adjust my entire life... I was then advised to see an orthopedist. They did an MRI and diagnosed me with Cervical Stenosis and Radiculopathy. I was given 4 options: 1) Live with the pain 2) Figure out how to manage the pain 3) Do some epidural type treatment 4) or surgery where they would infuse a metal plate to keep my vertebrae's spaced out so that it wouldn't pinch my nerves.

Immediately, I scheduled with Dr. Hall for my second opinion. After my first visit and adjustment, I was able to sleep that night. The pain was there, however, the intensity wasn't as high. Dr. Hall also made sure for me to NOT take any ibuprofen. So the next 2 days, I went without taking the ibuprofen. That night, the pain was starting to intensify again, however, I resisted taking ibuprofen because I knew I was going to see Dr. Hall that day. The next morning until my appointment, the pain had decreased. I didn't need any adjustments made. Dr. Hall was very thorough and explained how we have to give our bodies time to heal and that it'll fluctuate...

It has been only 4 days since I started treatment with Dr. Hall, and honestly, I'm starting to see light at the end of this tunnel... I have hope that this pain will go away. I can honestly say that my pain is about 85% gone!!!!

I am left speechless, yet again. I know of Dr. Hall because he treated my son when numerous doctors just wanted to prescribe him dangerous prescription drugs for his Post-Concussion Syndrome.... however, that's a whole other review to write about :) When you walk into his office and sit in the lobby, you'll see a sign. It says EXPECT MIRACLES... I've experienced 2 so far..... Thank you, Dr. Hall!

## **What Exactly Does a Blair Upper Cervical Chiropractor Do?**

Blair Upper Cervical doctors are specially trained to locate spinal misalignments in the upper cervical spine and correct them. Spinal misalignments are located by running a battery of neurological tests that locate the spinal segments that have been injured and misaligned by a prior neck injury.

Once located, precision imaging in the form of cone-beam computed tomography (cbct) is used to precisely determine which joint has misaligned and the angulation of the misaligned joint. Each person's anatomy is different and therefore imaging is used to uncover the blueprint to be used to correct each patient's individual misalignment pattern. Once this information is gleaned, a gentle, light correction is made without twisting, popping, or pulling. The patient is then monitored overtime to ensure that the correction is holding. If the testing indicates the need for another correction, then it is performed. However, the goal of Blair Upper Cervical Care is for the patient to stay in "adjustment". It isn't the correction that produces healing. It is the removal of nerve irritation and the adjustment "holding" in its normal position that allows the body to function better and proceed through a healing process.

This is how Blair Chiropractic care can often help remove the underlying cause of many who suffer from occipital neuralgia, tinnitus, Vertigo, Meniere's disease, neck pain, migraine headaches, and other chronic health problems by supporting the body in healing itself.



Dr. Drew Hall



## SARASOTA UPPER CERVICAL CHIROPRACTIC P.C.

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

**941.259.1891**

[sarasotauppercervical.com](http://sarasotauppercervical.com)

# MOVING CAN BE STRESSFUL. FREEDOM VILLAGE MAKES IT EASY.

If you are a senior considering a move to a retirement community, you may be a bit overwhelmed with the prospect of having to sell your home and all that comes with downsizing, moving and starting a new life.

You may be concerned – or even a little stressed – about the size of your new home and how you are going to fit your prized possessions, including family heirlooms, into a smaller space. You could be flooded with thoughts about the logistics of the move itself and don't know where to start.

The best starting point to address these types of concerns is a conversation with Jacquie Stayner, the move-in coordinator for Independent Living at Freedom Village of Bradenton, a Life Care retirement community that has been serving seniors since 1987.

"My job is to take away the stress of moving," said Jacquie.

"I work with seniors every day on the logistics of moving into a new place and the most important thing I do is listen. I listen to their concerns, respect the emotions and fears that may come with an important life transition, and we work together to come up with a plan."

Jacquie explained that she works in tandem with the team of residency sales counselors to develop a plan that is personalized for each individual or couple.

"We provide a full range of services, from helping seniors preserve their prized possessions that may have been passed down through generations, to choosing the right-sized apartment or villa, to the paint colors and furnishings that are important to creating a beautiful home, and of course, the move itself."

Jacquie explained that Freedom Village partners with Spirit Movers on every aspect of the move. "Spirit movers will use a blue-print of the floorplan of their new place and a software program to place the furniture, so future residents know not only what will fit, but where it works best."



Freedom Village provides a "move-in credit" for all new residents that will generally cover most of the move-in expenses, including renovations such as new kitchen cabinets and counters, flooring and more.

"I'm the connection with new residents in our community and facilitate all of logistics of the transition," said Jacquie. "The move-in process and renovations to customize a residence if it has not already been modernized usually takes about 90 days from closing to move-in"

"I stay in close communication throughout the entire process, with frequent phone calls, and I'll send photos of the progress we are making to prepare a place to their specifications and tastes."

Jacquie goes one or two steps further.

"I also help residents connect with their new neighbors," she said. "I'll help them meet people on their floor by making dinner reservations in one of our restaurants, connect them with people who enjoy the same activities like golfing, or going to the theatre, or exercise classes, whatever it may be that will help them transition into a new, less-stressful lifestyle at Freedom Village."

"I love my job because I am able to help people get what they want and improve the quality of their lives and that's important."

*For more tips on preparing for a move, or other topics of interest, visit our blog at [fvbradenton.com/blog/packing-tips/](http://fvbradenton.com/blog/packing-tips/)*

Freedom Village is launching a new Senior Singles Club that will begin with a kickoff event on Thursday, Oct. 27 from 3 to 5 p.m. at its' on-campus Tuscany Restaurant. The singles club will meet monthly for social events and educational seminars to help seniors make new friends and have fun to overcome isolation and loneliness they may be experiencing.

## Single Seniors Club at Freedom Village **KICKOFF EVENT**

**Thursday, October 27  
3 to 5 p.m.**

**Tuscany Restaurant.**

**RSVP's required.**



**Call today!**



**Freedom Village  
of Bradenton**

**941-798-8122 | [www.fvbradenton.com](http://www.fvbradenton.com)**

**6406 21st Avenue West  
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*\*Life Care Services received the highest score in the J.D. Power 2019 Senior Living Satisfaction Study of resident/family member/friend's satisfaction with senior living communities. Visit [jdpower.com/awards](http://jdpower.com/awards)*

# VI PEEL

**G**et Glowing and Keep Glowing™ with a VI Peel! The #1 Chemical Peel for dermatologists, plastic surgeons, nurses, and estheticians worldwide is designed to target pigmentation, acne, and aging via a painless, effective treatment only available through authorized clinicians.



The VI Peel® is a skin treatment used to improve the appearance of the skin on the face and chest. It is perfect for those suffering from acne, uneven skin texture or skin tone, fine lines and wrinkles, acne scarring, sagging skin, age or sun spots, enlarged pores or hyperpigmentation.

This peel is intense and will peel a layer of skin off. The skin will look slightly tan, yellow or red immediately after the peel. On days one and two the skin will feel slightly tighter, with no visible signs of having had a peel. Any pigmented areas might appear slightly darker. On approximately day three, you will begin to peel.



When you arrive to your appointment, your practitioner will go over your skin care needs.

Once your practitioner assesses your goals, they will apply one of VI Peel's six unique chemical peel formula options. This painless application involves sweeping strokes of a liquid formula via a gauze, with time in between each layer for the product to absorb and the technician to assess your skin's reaction.

Your practitioner will provide you with a take-home kit with specific post-treatment instructions and skin care products to ensure the best VI Peel experience. Including in the kit is a QR code for our App which helps you care for your skin and track your progress. A typical post-peel will show some flaking by day 2 and peeling by day 3 – 5. By day 6, the peeling will ease. By day 7, most patients have stopped peel and that fresh glowing skin on full display!

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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 Lily, 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, Restylane, Versa, and more, we are committed to providing our patients with quality results. Contact Wild Lilly today to refresh your summer skin.



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

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

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# BREATHE EASIER

## OCTOBER IS HEALTHY LUNG MONTH!

**O**ur lungs are **vital** to our health. They filter the air we breathe, provide us with the oxygen we need to exist, and allow us to speak to one another<sup>2</sup>. Quite simply, without healthy, functioning lungs, one's quality of life is substantially and adversely impacted.

Healthy Lung month is an opportunity to be more conscientious about your lung health, to take steps to improve your lung health and, ultimately, to improve your quality of life!



Implementing the following steps is a great way to prioritize your lung health:

**1) Prevent illness.** In the middle of a worldwide pandemic, this is now more important than ever. Lung illnesses put a strain on your entire respiratory system, not just your lungs. Preventing infections that lead to illnesses by washing your hands regularly, practicing good hygiene, and eating a healthy, nutrient-dense diet are essential in protecting your lungs from pathogens that can devastate your immune system.<sup>1</sup>

**2) Exercise regularly.** Physical exercise doesn't just make your muscles stronger, it makes your lungs stronger too! Healthy adults should be moderately exercising approximately 30 minutes a day, five days a week. Moderate exercise can be enjoying a brisk walk, playing with your children or pets at the park, or even cleaning your house! Improving your lung strength doesn't need to be intense; it just needs to be consistent.<sup>1</sup>

**3) Quit smoking.** Smoking is a major cause of heart disease and lung disease. In fact, smoking and tobacco-related illnesses are the leading cause of preventable death in the United States.<sup>3,4</sup> While the stress of the pandemic can make it difficult to quit smoking, and even more difficult to stay quit, it is the single-best thing you can do to improve the health of your lungs.<sup>1,3</sup>

Fortunately, help to quit smoking 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 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. Contact us today at **866-534-7909** or visit [www.tobaccofreeflorida.com/groupquitcalendar](http://www.tobaccofreeflorida.com/groupquitcalendar) to schedule a class or learn more about the program!

**4) Get screened.** Early detection is crucial in identifying lung cancer and establishing a favorable prognosis. In fact, screening for lung cancer using low-dose CT scans can lower the chance of dying from lung cancer by 20 percent, according to the National Lung Cancer Screening Trial.<sup>1</sup>

If you are between the ages of 55 and 77, have a 30 pack-year history of smoking (smoking an average of a pack of cigarettes a day for 30 years), are a current smoker or have quit smoking in the last 15 years, you should be screened for lung cancer. Contact your local hospitals and lung care clinics to learn more about screenings available to the community.

### References:

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# Breast Cancer & Lymphatic Draining

By James Ferrara - Occupational Therapist and Certified Lymphedema Therapist

The American Cancer Society purports that in 2021, an estimated 281,550 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 49,290 new cases of non-invasive (in situ) breast cancer.

We put a lot of attention and focus on celebrating awareness and survivorship throughout the year, and while that is admirable and helps educate the public on the importance of screenings, for those that are in the midst of fighting cancer, the surgical procedures, chemotherapy, radiation, or immunotherapy, can often make them feel very sick and lethargic. One of the most widespread issues with cancer treatment is lymphedema.

## WHAT IS LYMPHEDEMA?

Lymphedema is a build-up of lymphatic fluid throughout the body, and it is usually a secondary issue that arises after cancer treatment or lymph node removal; it can also be a critical indicator for individuals that an illness or adverse reaction is occurring in their bodies.

Lymphedema is a threatening disorder that needs to be treated and properly managed. The fluid must be safely guided through the body to remove the excess. Lymphedema can happen to anyone, but women are more susceptible to the disorder and often, are unfortunately underdiagnosed or misdiagnosed altogether. Lymphedema can cause physical debilitations and physiological distress.

Lymphedema disposes the affected area to an ongoing inflammatory process that, if untreated, can progress to skin fibrosis, adipose tissue accumulation, and further accumulation of fluid, causing disfiguring swelling, disability, and infections such as cellulitis.<sup>1</sup>

## LYMPHEDEMA TREATMENT

*Complete Decongestive Therapy*

- 1. Manual Lymphatic Drainage (MLD)** — A manual technique to mobilize fluid in the lymph system that is very light and gentle.
- 2. Compression** — Low stretch compression bandages that help increase lymph flow by increasing resting and working pressures to decrease the lymphedema in the limb; this also assists the efficiency of the muscle pump to decrease lymphedema and prevents fluid from returning.



- 3. Skin Care** — Reduces the risk for infection and helps prevent dry skin from cracking.
- 4. Exercises** — Improves lymph flow and improves venous return.
- 5. Self-Care Management and Training** — Allows the patient to minimize spikes in fluid retention.

## YOU CAN GET TREATMENTS IN THE COMFORT OF YOUR HOME

Many people are concerned about visiting a medical office due to COVID-19. My services are unique in that we come to you via our Mobile Outpatient Occupational Therapy Services. You don't have to leave your home.

## MOBILE LYMPHEDEMA THERAPY SERVICES

*Lymphedema therapy*

- Decrease lymphedema
- Promote wound healing
- Decrease fibrotic tissue hardening
- Increase functional mobility and quality of life
- Decrease swelling due to acute trauma
- Help reduce edema from chronic venous insufficiency

**New Lymphedema Clinic  
in Sarasota Specializing  
in Cancer Treatment  
Opening Mid November!**

Source:  
Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5665410/>

Coming from Moffitt is:



**Beth Daniels, OTR, CLT-LANA, ALM**

Occupational Therapist for 30 years, Lymphedema therapist for 22 years, Pelvic Floor therapist for 2 years. Specializing in cancer treatment related lymphedema, upper extremity deficits, and pelvic floor complications and diagnoses. Bachelors degree from Texas Women's University in Occupational Therapy - May 1992 Certification in Lymphedema - Judith Casley-Smith Australia - November 2000 Lymphology Association of America Certification - 2001 Advanced Lymphedema Therapy - Foldi Clinic - Germany - 2012 Advanced Lymphedema Management - Academy of Lymphatic Studies - February 2020 with emphasis on Head and Neck Lymphedema, Genital Lymphedema, and Wound Care Herman & Wallace - Pelvic Floor Therapy - March 2021 Lindsey Vestal - Pelvic Floor for Occupational Therapists - September 2022



**Kanna Shepherd, OTR/L, CLT-LANA**

Master of Occupational Therapy degree from Louisiana State University Bachelor of Science in Biology from the University of Louisiana at Monroe where she graduated Magna Cum Laude Certified as a lymphedema therapist in 2017 and has achieved the Lymphology Association of North America, CLT-LANA, certification which indicates the highest level of competency and dedication to advanced learning in the field.



IF YOU ARE IN NEED OF LYMPHATIC THERAPY, CONTACT JAMES FERRARA - FUNCTIONAL TRANSFORMATION MOBILE REHAB TODAY AT 941-830-3749. TO FIND OUT MORE, PLEASE VISIT [SUNCOASTFTMREHAB.COM](http://SUNCOASTFTMREHAB.COM).

# LOW DOSE IV KETAMINE FOR OCD

**O**bsessive-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).<sup>1</sup>

**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).<sup>1</sup> 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 [findpainrelief.com](http://findpainrelief.com).



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



**Lolita Borges, RN**  
 Clinical Director, Gulf Coast  
 Ketamine Center

2415 University Parkway, Building #3,  
 Suite 215, Sarasota, FL 34243  
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## FINDING THE BEST ORTHOPEDIC SPECIALIST FOR YOUR CHILD'S INJURY IS CRITICAL

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

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

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

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

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

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

### Treating All Generations

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

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

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

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

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

### You Have a Choice

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



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

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

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

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

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

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



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# Treating Skin Cancer on the Face Requires Aggressive Removal, along with a Delicate, Aesthetic Eye

**S**kin cancer is a growing concern. Every hour a person dies of melanoma, and this year alone, over 76,000 new cases of melanoma will be diagnosed. On average skin cancer screenings take about 10 minutes, which could potentially save your life.

Skin cancers often occur on the face, around the eyes, ears, lips and on the nose. When dealing with removing cancerous tissue on the face, patients will require Mohs surgery. While removing the margins of the cancer fully is critical, making the incisions and closures as aesthetically pleasing is also a primary goal.

Mohs micrographic surgery is a safe and effective treatment for skin cancer. During Mohs surgery, cancerous tissue is removed in small sections. While the patient waits, a pathologist examines each tissue specimen for malignant cells. If malignant cells are found, more tissue is removed until the cancer is eradicated. This comprehensive microscopic examination helps to target only cancerous tissue, significantly reducing damage to healthy surrounding tissue. Developed by Frederic E. Mohs, M.D., in the 1930s, Mohs surgery excises not only the visible tumor, but any “roots” extending beneath the surface of the skin. Five-year cure rates of up to 99 percent for first-time cancers and 95 percent for recurring cancers have been documented.

Mohs surgery is primarily used to treat basal and squamous cell carcinomas, the two most common types of skin cancer, although it can be used for melanoma and other types of cancer. Mohs surgery is often recommended for recurring cancers, as well as those in difficult-to-treat areas, such as the nose, eyelids, lips, hairline, hands, feet and genitals, in which preserving as much tissue as possible is extremely important.

## The Mohs Surgery Procedure

Mohs surgery is performed as an outpatient procedure in a physician’s office. It may be performed by a team of highly trained specialists, each member of which specializes in a different part of the surgery, or by one experienced surgeon capable of performing the entire procedure. During Mohs surgery, the treatment area is numbed with a local anesthetic.



Small layers of skin are removed, and each layer is examined microscopically to see if it contains malignant cells. Excision continues until the cancer is completely removed. Most Mohs procedures can be performed in three or fewer stages and take approximately 4 hours.

At Luminary Dermatology, we have three fellowship trained Mohs surgeons, Dr. Cary Dunn, Dr. Shauntell Solomon, and Dr. Harib Ezaldein, and have recently added a highly respected board-certified plastic surgeon, Dr. Michael Van Vliet, who is doing Mohs closures to close the loop on the full spectrum of services for our patients. Patients no longer need to be referred out to a plastic surgeon for closure of their excisions.

## Recovery from Mohs Surgery

After Mohs surgery, patients experience mild discomfort, bleeding, bruising, and swelling. Pain medication is prescribed if needed, although most patients require only over-the-counter medication.

Mohs surgery leaves scars, although they are often smaller than those from other excision procedures. Reconstructive procedures, including skin flaps and skin grafts, can reduce the prominence of, or even eliminate, scars; they can be performed at the same time as the Mohs surgery or at a later date. If possible, surgical techniques, including placing stitches in the skin’s natural creases or out-of-sight areas, are used to make scarring less visible.

Luminary Dermatology is located 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 Midwest City, Oklahoma.

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

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



Cary L. Dunn, M.D.



Shauntell Solomon, D.O.



Cynthia Spencer, D.O.



Michael Van Vliet, M.D.



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# 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

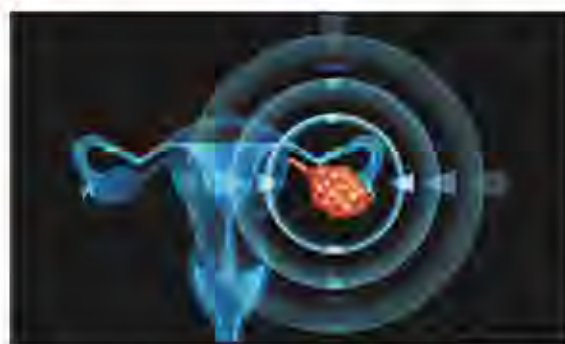
## Diagnosis

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](http://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.

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

By Craig S. Aderholdt, BSc, DC

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

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

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

## How does VAX-D work?

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



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

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

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

## Is VAX-D Right for Me?

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

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

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

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

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

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

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



*At Back Pain Institute of West Florida, located in Bradenton, FL, our number one concern is to help our patients with a natural approach to pain treatment. Dr. Craig Aderholdt, BSc, DC, received his undergraduate degree from Pennsylvania State University State College, and his Doctor of Chiropractic from life University School of Chiropractic in Marietta, GA. He then later graduated Cum Laude.*

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



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# À LA CARTE DIRECT PRIMARY CARE:

## A New Health Care Model that Creates Happy and Healthy Patients

**T**he À La Carte Direct Primary Care (DPC) model is new alternative payment model for improving access to high-functioning healthcare without a monthly membership fee or high annual commitments. No third-party billing. No interference or restrictions from health insurance companies. The defining element of DPC is an enduring and trusting relationship between a patient and his or her primary care provider. Patients have extraordinary access to a provider of their choice. The Health Care Providers are accountable first and foremost to their patients.

### BETTER HEALTH OUTCOMES:

Health & Wellness Magazine asked Latitude Clinic's owner Vanessa Hamalian why she created the À La Carte DPC model for her practice.

**Hamalian:** "The concept for Latitude Clinic has been cooking in my brain for a long time. It is rooted in the original Direct Primary Care concept, which historically offers a low recurring monthly fee rather than an annual fee as is typical in Concierge Care.

As much as I love the Direct Primary Care concept, I find myself personally not willing to pay the monthly fee. I perceive myself as not needing a doctor very often at all. However, I do want the "small office feel, personal attention, and ease of access that direct primary care and concierge care offer. I am happy to pay for the access I want."

### LOWER COSTS:

Health & Wellness asked: How can not having insurance save my family money?

**Hamalian:** "Basically, my concept is to provide all the good things that DPC offers without the monthly fee. For a person that utilizes care once a month or more, traditional DPC would be the better option. For the person that needs medical care on average less than once per month, the à la carte will be a better financial option. Its concierge care for the financially savvy individuals and families!"

### ENHANCED PATIENT EXPERIENCE:

Health and Wellness asked: What makes Latitude Clinic a place I want to bring my family?

**Hamalian:** "We offer personalized care AND easy access. We do NOT allow insurance companies to dictate what we can and can't do. This concept is most



beneficial to people that tend to think outside the box when it comes to healthcare and medicine. Maybe they want a more or a less aggressive treatment than what is considered "traditional western healthcare." Sometimes they want more screenings or less screenings or different options for screening.

We do not judge. We do not talk down to our patients or fire them when they choose a path outside of our suggestions. We listen to hear the patient's perspective and understand the root of their concern. We share our perspectives, professional opinions, and treatment options. Ultimately, we understand the patient is the decision maker. We place the power and the responsibility in the patient's hands and will honor their decisions."

Health & Wellness asked: What happens if there is a major life event and I need surgery or I am diagnosed with something serious like cancer or diabetes?

**Hamalian:** "Most people carry catastrophic insurance or a Christian Health Share Plan like CHM or Medishare, which is, in essence, catastrophic coverage. DPC and the À La Carte version we offer at Latitude Clinic is the "regular maintenance care" model.

If you think of a person as a car, we all need gas and preventative maintenance. Car insurance would be much more expensive and unwieldy if it covered gas, oil, tires and brakes. If your car insurance covered the regular maintenance, then the insurance company would be dictating which tires,

oil, and gas you buy. Instead, we maintain our own cars, and then carry auto insurance for unforeseen events, like accidents and hailstorms. In the À La Carte DPC model, you are taking care of your own body the way YOU choose. You are often saving money and making your own choices.

Health and Wellness: So what happens when your body suffers a "hail storm"?

**Hamalian:** Our recommendation is always to carry catastrophic insurance. In our opinion, the quality of the "maintenance care" is better when the free market and the individual's free will guide the purchase rather than the insurance company. At Latitude Clinic, you can control your costs and make your own choice of doctor and services.

**Latitude Pediatric & Family Clinic:** Where individual rights meet professional advice! We provide primary care to the entire family, starting with our sweet newborns and throughout the lifespan. Medicine is not one size fits all. Here, you are given the latitude to be the master of your path and destiny. Our goal is to provide medical recommendations while truly hearing and understanding and respecting your concerns and goals.



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# Attorney Patrick Smith Radio Show Now on 17 Stations

For the last 16 years, Patrick Smith has served Clermont as a local estate planning attorney and occasional radio guest host. It's the last year, though, that has brought his knowledge and outreach to the entire state and across the country — this time returning as host of his own call-in legal advice show. Saturday mornings from 8-9 you can listen Live on 102.5 FM and AM760 and call in with your legal questions. Broadcasts can also be streamed Live on Facebook and at theBoneOnline.com. The office and website are always available to you: (941) 841-3420 - [www.AttorneyPatrickSmith.com](http://www.AttorneyPatrickSmith.com)

Unchanged these his last 16 years of practice is Attorney Smith's flat fee model of Estate Planning, including \$75 Wills. He continues to be available free of charge to speak to your church or social club on a wide range of topics, including charitable giving, estate planning for Florida residents, and homestead and tax planning. The previous year's radio content can be found and streamed at [www.AttorneyPatrickSmith.com](http://www.AttorneyPatrickSmith.com).



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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.

# HEART FAILURE: WHAT YOU SHOULD KNOW

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

**W**hile there are several types of heart failure, the primary concern is that the heart cannot pump blood and oxygen efficiently throughout the body. Due to this overcompensation, the heart becomes enlarged. The muscle mass of the heart thickens, and the heart tries to beat as fast as possible to keep up with its demand. Because the blood vessels narrow to try and compensate for the heart's lack of ability to supply blood, the narrowing causes severe swelling in the legs and feet.

When fluid builds up around the heart, it causes the heart to pump inefficiently. This is known as Congestive heart failure (CHF). Congestive heart failure is a progressive condition that's chronic, and it affects the heart muscles along with the entire systemic system. Heart failure affects nearly 6 million adults in the United States.

*The American Heart Association describes the various types of heart failure as the following:*

## Left-sided Heart Failure

The heart's pumping action moves oxygen-rich blood as it travels from the lungs to the left atrium, then on to the left ventricle, which pumps it to the rest of the body. The left ventricle supplies most of the heart's pumping power, so it's larger than the other chambers and essential for normal function. In left-sided or left ventricular (LV) heart failure, the left side of the heart must work harder to pump the same amount of blood.

There are two types of left-sided heart failure. Drug treatments are different for the two types.

- **Heart failure with reduced ejection fraction (HFrEF), also called systolic failure:** The left ventricle loses its ability to contract normally. The heart can't pump with enough force to push enough blood into circulation.

- **Heart failure with preserved ejection fraction (HFpEF), also called diastolic failure (or diastolic dysfunction):** The left ventricle loses its ability to relax normally (because the muscle has become stiff). The heart can't properly fill with blood during the resting period between each beat.



**A. Right-sided heart failure** (Back-ups in the area that collects "used" blood)

**B. Left-sided heart failure** (Failure to properly pump out blood to the body)

**C. Congestive heart failure** (Fluid backs up into the lungs and tissues)

## Right-sided Heart Failure

The heart's pumping action moves "used" blood that returns to the heart through the veins through the right atrium into the right ventricle. The right ventricle then pumps the blood back out of the heart into the lungs to be replenished with oxygen.

Right-sided or right ventricular (RV) heart failure usually occurs as a result of left-sided failure. When the left ventricle fails, increased fluid pressure is, in effect, transferred back through the lungs, ultimately damaging the heart's right side. When the right side loses pumping power, blood backs up in the body's veins. This usually causes swelling or congestion in the legs, ankles and swelling within the abdomen such as the GI tract and liver (causing ascites).

## Congestive Heart Failure

Congestive heart failure (CHF) is a type of heart failure which requires seeking timely medical attention, although sometimes the two terms are used interchangeably.

As blood flow out of the heart slows, blood returning to the heart through the veins backs up, causing congestion in the body's tissues. Often swelling (edema) results. Most often there's swelling in the legs and ankles, but it can happen in other parts of the body, too.

Sometimes fluid collects in the lungs and interferes with breathing, causing shortness of breath, especially when a person is lying down. This is called

pulmonary edema and if left untreated can cause respiratory distress.

Heart failure also affects the kidneys' ability to dispose of sodium and water. This retained water also increases swelling in the body's tissues (edema).<sup>1</sup>

## Treatment

Heart failure is a life-long chronic condition; however, multiple treatment modalities are available depending on the stage of the disease. Typically, cardiologists will use several combined medications like beta blockers, diuretics, and ACE inhibitors to name a few. There are also surgical procedures like heart valve replacements, implantable defibrillators, and coronary bypass surgery. In end-stage cases, inotropic medications can be given to keep a patient's heart pumping adequately and to maintain an even blood pressure.

## References:

1. The American Heart Association, "Types of Heart Failure," AHA.org, Dallas, TX, May 2017



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# ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

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

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

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

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

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

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

### Knee Replacement Surgery is Permanent

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

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

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

### Viscosupplementation

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

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

### PRP (Platelet-Rich Plasma)

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

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

### Physicians Rehabilitation

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



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# 3D MAMMOGRAPHY

**A**s technology advances, understanding medical exams and procedures becomes more complex. The quality of services provided is an important consideration.

The American Cancer Society endorses mammography, along with yearly physical examinations and monthly self-examinations, as the most effective means of detecting breast cancer at its earliest and most treatable stage. Generally, mammography can reveal benign and cancerous growths before you or your physician can feel them. If detected at the earliest stage, breast cancer has a five-year survival rate of over 95 percent, as small breast cancers are more treatable and can be removed before they spread to other parts of the body.

Breast cancer is the most common form of cancer in American women. Unfortunately, 70% of women have no identifying risk factors. The American Cancer Society recommends mammography as a life saving tool for screening women without symptoms for breast cancer. And 3D Mammography specifically is becoming the preferred choice for physicians in Southwest Florida. With over 30 years of experience and 10 Board Certified Radiologists, Radiology Associates of Venice & Englewood (RAVE) is proud to offer 3D Mammography to our patients.

## What is 3D Mammography?

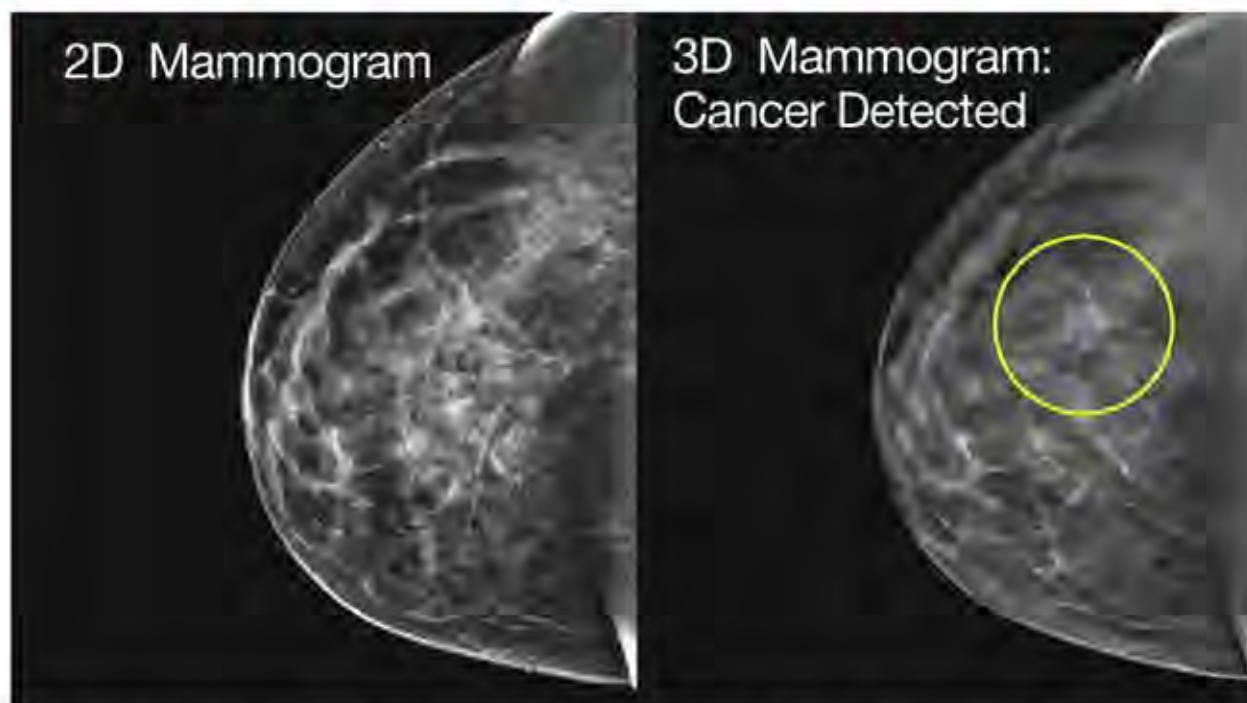
3D mammography is a revolutionary state of the art technology approved by the FDA in February 2011, which gives radiologists the ability to view inside the breast layer by layer, helping to see the fine details more clearly by minimizing overlapping tissue. During a 3D mammogram, multiple low-dose images known as "slices" of the breast are acquired at different angles. With 3D technology, the radiologist can view a mammogram in a way never before possible.

## Is 3D a separate exam or part of my usual mammogram?

The 3D exam is a separate procedure that is performed at the same time as your regular mammogram.

## What is the cost and will my insurance cover the 3D exam?

Medicare does cover 3D mammography. Even though 3D mammography is FDA approved and covered by Medicare, most private insurance companies are not yet reimbursing for this exam. However, RAVE has never charged the patient the additional 3D portion of the exam if their insurance doesn't cover it.



"The Radiologists of RAVE include the additional 3D imaging regardless of payment because it's in the best interest of patient care, so there is never an additional charge." (Philip Mihm, M.D. RAVE Radiologist)

## What are the benefits?

**FEWER MAMMOGRAM CALLBACKS** for additional mammography – 3D mammography helps distinguish harmless abnormalities from real cancers, leading to fewer callbacks for additional mammography and less anxiety for women. With 3D mammography, RAVE radiologists have reduced patient callback rates by 20-30 percent.

Doctors and scientists agree that early detection is the best defense against breast cancer. 3D mammography has been shown in clinical studies to be more accurate than conventional mammography alone by detecting cancers earlier. This new technology increases breast cancer detection by 38%. It's truly an important component in the screening process.

After 3D Mammography, if continued tests and imaging are needed, RAVE uses state-of-the-art technology, including MRI guided breast biopsies and the Philips 3T wide bore MRI that allows our radiologists to view the breasts in a higher resolution, enabling us to have even more clarity within the breasts. RAVE has been performing MRI breast

imaging for over 15 years and with Wide Bore technology, it allows us to accommodate most any sized patient comfortably. With the Philips 3T wide bore MRI, we are able to cut down on the amount of time it takes for the patient to be scanned. Most Breast MRI's take 30 minutes or less, allowing the patient to go on with their day with little disruption.

## How long will it take?

The exam will take about 4 seconds longer per view while in compression than the 2D mammography.

## How much radiation will I be exposed to?

It varies from person to person and is roughly equivalent to film/screen mammography. The amount of radiation is below government safety standards.

## What if my doctor did not mention 3D Mammography to me?

3D is an optional service at this time and elected by the patient. Many physicians know about our new 3D technology and the feedback we have received has been very positive. If you need additional information to help you make this decision, please visit [www.RaveRad.com](http://www.RaveRad.com).

## Why is RAVE Radiology offering 3D Mammography?

RAVE prides itself on offering the highest quality care for our patients. Our radiologists believe strongly that 3D mammography will benefit our patients.

We are approaching our 3rd Breast Cancer Awareness month since the COVID pandemic began. Breast Imaging, usually fairly insulated from worldly events, has shared in the challenges over the past few years. Initially concerns regarding post vaccination lymphadenopathy made its way to the nightly news. Confusion set in about whether and when to get a mammogram following vaccination. Luckily this was never a diagnostic dilemma for us at RAVE and we were able to encourage most women to stick to their annual screening schedule. Unfortunately, and for understandable reasons, several women have not come in for mammographic screening since the pandemic began. Because breast cancer detection and management are a primary mission at RAVE, we have risen to the challenge of ensuring safe access to breast cancer screening exams and any additional/follow-up care needed. Please be reassured that we are providing our standard high level of imaging care while maintaining/exceeding current CDC guidelines to ensure patient safety.

Furthermore, it's worth noting that RAVE offers the cutting edge in imaging technology unsurpassed in our region. We utilize the newest mammographic machines, each equipped with 3D Intelligent HD Clarity from Hologic. Tradename aside, the image quality is unparalleled, akin to the highest end Ultra HD television. This is important not only because it allows us to diagnose smaller cancers but also facilitate accurate characterization of benign findings other radiology groups mistake for malignancy.

Our ultrasound equipment is also the highest quality available in the industry which has implications for our breast cancer mission as well as our other imaging services. Finally, our 3 Tesla MRI also

generates extremely high-quality breast images which facilitate screening in our high-risk patients and important staging information in our women diagnosed with breast cancer. Equipped with these tools we recently identified a 3mm cancer via mammography! I would argue this tiny cancer is the earliest and smallest lesion a screening examination could hope to accurately identify.

We do not stop at the detection of breast cancer! Currently we are providing ultrasound breast biopsies at our Venice and Sarasota offices. At RAVE we know biopsy procedures are a scary process. We work hard to inform our patients beforehand regarding what to expect during the procedure. Professional, personalized, warm, and caring treatment is provided during the procedure. Lastly, follow up afterwards ensures nothing falls through the cracks. Most women leave our biopsy suite much more informed and prepared regarding their individual case and the forthcoming steps. For our referring physicians we provide critical radiology pathology concordance following all biopsies to help manage pathological results they may not be familiar with. This ensures suspicious lesions are pursued even if pathology results are not as expected and offers reassurance when benign results match less suspicious findings. In the not-too-distant future we will be offering the newest biopsy method which allows sampling of "3D" or tomosynthetic findings. This system is the final piece in the definitive management of the lesions we can detect and complements our current ability to perform MRI guided breast biopsies. I am very proud to be a part of the comprehensive breast program we offer at RAVE and am very grateful for the opportunity to serve our area's patients and referring physicians.



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

# Plantar Fasciitis

By Premier Foot & Ankle Specialists

**P**lantar fasciitis is the most common cause of heel pain. It is caused by inflammation of the three thick bands of connective tissue that span the bottom surface of the foot. The plantar fascia bands are fibrous tissue that originate from the heel, spanning the arch and insert onto the ball of the foot. It supports the normal architecture and function of the foot. Plantar fasciitis, which is inflammation of these bands of tissue, is generally caused by abnormal biomechanics, or support, that create an excessive amount of stress on the heel. This stress force may also be the result of an injury or repetitive trauma incurred while walking, running, jumping, or standing on hard surfaces for prolonged periods of time. Poorly constructed footwear that is very flexible without sufficient arch support is also a common culprit, along with being overweight. Individuals with excessively flat feet or high arches are also prone to developing plantar fasciitis. People with underlying medical issues such as diabetes mellitus and autoimmune disorders such as rheumatoid and psoriatic arthritis are also at higher risk of developing plantar fasciitis.

Our foot is meant to function in a "neutral position" and when it is in that "neutral position" there is less stress, strain and inflammation on the muscles, tendons, joints and ligaments of the foot. When the arch is supported and the heel is in a closed backed shoe, this "neutral position" can be obtained and sustained with weightbearing and activities. Our natural body weight wants to flatten out the arch when we stand causing a "un-neutral position" which causes unnecessary stress, strain and inflammation of the muscles, tendons, joints and ligaments of the foot causing muscles and tendon imbalances and progressive deformities and inflammatory conditions, like plantar fasciitis.

When the plantar fascia is subjected to prolonged periods of strain over time, it results in the tissue fibers of the fascia stretching or tearing, which leads to pain, inflammation, and potential bone spur formation where the fascia attaches to the heel bone. The most common symptoms that one may experience are stabbing pains in the heel, which usually occurs during the first steps in the morning or getting up after being seated for some time. This is due to the plantar fascial band shortening and contracting with long periods of inactivity. The pain that occurs after long periods of rest is a phenomenon known as "post-static dyskinesia." Resuming activity and walking may temporarily lessen the heel pain as the band elongates and stretches out once again. However, symptoms will typically recur after prolonged rest or extensive activity.

Plantar fasciitis can be diagnosed by your podiatrist through obtaining a medical history and physical examination. X-rays may also be obtained, to rule out underlying pathology of the bone, such as fractures or cysts. Initial treatment options for plantar fasciitis can include, simple rest from excessive and repetitive impacts on the heel, such as running, jumping, and standing for prolonged periods of time. However, complete inactivity is not recommended either, as it can lead to stiffening of the plantar fascia and recurrence of pain. Stretching exercises to improve flexibility of the plantar fascia and calf muscles are also an essential key in alleviating symptoms of plantar fasciitis. Icing and massaging the plantar fascia can also help reduce pain and inflammation. Anti-inflammatory medications or injectable steroids may also be utilized to decrease inflammation. Your podiatrist may deem you to be candidate for physical therapy, which can utilize in depth stretching and strengthening exercises, gait assessment and gait training, splinting and taping, along with non-invasive treatments such as ultrasound iontophoresis and lasers in some cases.

A functional orthotic can also be made for correcting biomechanical abnormalities, preventing excessive pronation, and providing maximal support to the soft tissue structures that comprise the plantar fascia. Orthotics effectively treat the majority of heel and arch pain without the need of more invasive interventions, like surgery. Your podiatrist can design a custom orthotic that is unique to your foot anatomy and activity needs.

In rare cases of chronic plantar fasciitis that is not responsive to conservative methods, surgery may be indicated, which may entail a release of the plantar fascia utilizing a number of methods.

A variety of preventative methods can be taken to avoid plantar fasciitis and its associated symptoms. Wearing shoes that are properly fitted with supportive rigid soles that are shock-absorbent, with strong heel counters are particularly effective. Pairing these shoes with a high quality, medical-grade, orthotic will also provide significant benefit. Replace shoes when appropriate given your individual activity level and never wear shoes with excessive wear on the heels or soles. Warm-up exercises and stretches are essential before engaging in exercise and giving your body the proper rest afterwards. Maintaining a healthy body weight through good nutrition and physical activity is also essential.



All of the methods mentioned above will help prevent the occurrence of plantar fasciitis and maintain overall good foot health. However, if painful symptoms persist along with other signs of inflammation such as redness, swelling, and warmth, please contact your local podiatrist today to be evaluated and treated.



## Dr. Brielle Roggow

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

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



## Dr. Jeremy Bonjorno

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

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



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

By Dr. David S. Zamikoff

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

## How Can GAINSWave Prevent & Treat ED?

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

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

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

## Younger Men Should Seek Treatment Early

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

## Men are Preventing ED with GAINSWave

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

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

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

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## PREVENTING DIABETES

### HANSON CLINICAL RESEARCH CENTER

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

**A**ccording to the Center for Disease Control (CDC), 1 in 3 American adults (96 million) have prediabetes. Even more shocking is the fact that 8 in 10 don't even know they have it. Many, if not most, will develop type 2 diabetes within the next 5 years if no action is taken to prevent it.

#### What is prediabetes?

Having prediabetes means that your blood sugar level is higher than what is considered normal. It isn't quite high enough to be considered diabetes, but it is dangerously close and without intervention, will likely develop into type 2 diabetes. This is true for both adults and children and should be closely monitored since the long-term damage from diabetes may have already started. This damage includes damage to the heart, blood vessels, and the kidneys.

As mentioned above, as many as 8 in 10 people do not realize they have prediabetes. How can that be? Well, it is because prediabetes doesn't usually have any sign or symptoms. Sometimes certain areas of the body (neck, underarms, groin) will develop a darker shade, but by the time other symptoms begin to show up, type 2 diabetes has already developed.

#### Type 2 Diabetes

Type 2 diabetes can develop at any age. It means that your body cannot properly use insulin. Insulin is a hormone that helps glucose get into the cells of the body. It is produced by the body and in healthy individuals, the body knows how to use it and life is good. However, when the body loses this ability, diabetes is the culprit.

#### Signs and symptoms of type 2 diabetes:

- Feeling unusually thirsty and/or hungry
- Fatigue
- Blurred vision
- Frequent infections
- Frequent urination
- Numbness in the feet or hands
- Slowly healing sores
- Unexplained weight loss

#### Preventing prediabetes from becoming type 2 diabetes

If you or a loved one has been diagnosed with prediabetes, it is time to make a plan to reverse this diagnosis and prevent it from developing into type 2 diabetes. Usually, it is a question of lifestyle. Changes to your diet and activity level can go a long way to combat the onset of diabetes.



Here is a helpful list of ways that you can improve your chances of escaping a type 2 diabetes diagnosis:

#### 1. Lose excess weight

The American Diabetes Association recommends that people with prediabetes lose 7-10% of their body weight. This can reduce the risk of developing diabetes by more than half. The greater the weight loss, the higher the benefits.

#### 2. Get moving

Exercise can help you lose the weight mentioned above, lower your blood sugar, and improve your body's use of insulin. A good goal is to engage in 30 minutes of aerobic activity each day. This can be in the form of running, walking, swimming, Zumba, or any activity that gets your heart rate up for a least 30 minutes. Resistance exercise (i.e., yoga or weight lifting) is also beneficial in that it increases your strength, balance, and ability to maintain an active life.

#### 3. Eat healthy

There is a new diet in the news every week, it seems. While any or all of them may help you lose weight, we know little about the long-term effects these diets have on a person or their benefit in preventing diabetes. The goal should be to lose weight and then to maintain that healthier weight going forward.

Eating healthy should be a lifelong habit. Training your brain and body to choose healthy foods and control portions is a lifestyle, not a fad diet. One strategy that many dietitians recommend is to divide our plate in the following manner:

- Half the plate should be fruits and vegetables.
- One fourth of the plate should be whole grains.
- One fourth should be proteins such as fish or lean meat.



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Making a few changes in your lifestyle now may help you avoid the serious health complications of diabetes in the future, such as nerve, kidney and heart damage. It's never too late to start. If you or someone you love has been told that you have prediabetes or you are showing symptoms of type 2 diabetes, contact your health care professional now.

The **Hanson Diabetes Center** is your local source for Diabetes Management and Education in Charlotte, Sarasota and DeSoto counties. They are committed to providing you with the most current information and treatments for managing your diabetes. Their "Living Smart Diabetes Self-Management Program" is recognized by the American Diabetes Association.

Classes are offered monthly in their state-of-the-art conference room, located next door to the Diabetes Center, located in Port Charlotte, Florida. Patients come from all over Southwest Florida.

Their experienced team of health professionals includes an endocrinologist, nurse practitioner, registered dietitian, certified diabetes educators and a dedicated office staff.



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# Cancer.

By Paula Swift, CHTP

**J**ust one word evokes a diverse response. Whether you've experienced it yourself, or walked alongside others through their crisis, fear, anger and sadness tend to dominate. So, it might sound strange when some will remark this time in their life to be the best event that ever happened to them. I am one of them.

When I reflect on my own experience with breast cancer, I find that there is one common ground with others who also claim that cancer was one of the best thing that happened in their life. And it all comes down to faith. With varying beliefs and religious practices, there is always a foundation of faith in a higher, greater power, with the majority having a very personalized relationship with God. There is incredible beauty found in each individual as their faith grows, and their spirit and life begin to flourish with profound discoveries and meaning, regardless of what their body might be doing.

Upon receiving that phone call from my doctor to confirm my cancer diagnosis, I wasn't quite sure how to feel. My immediate prayer was that God would bring to me the right people who would support me in the way that He wanted for me. He answered that prayer immediately that very night with a dear friend. I knew in my heart that I wanted to take a different direction than the standard medical protocol, and she was my first cheerleader, offering the beginning of what would be a long road of research and education that continues even today. I set my heart and eyes on my ultimate Healer, my Creator, my Heavenly Father, for this direction. And the intimacy with Him grew exponentially as He offered comfort and guidance.

Sunday morning following the diagnosis, I was on my way to church at a very early hour. During the quiet, 20 minute drive during sunrise, I was asking Him how will I know which protocol He wanted me to do. His voice was so clear that it was nearly audible with my human ears, "I've got this, Paula. I've got you". Okay, okay, I get it, Lord. One step at a time it will be. From then on,

those words were repeated countless times throughout my healing and the more I allowed the time and space to listen, the more I heard His voice and the more I recognized when His Spirit was moving me. It became very clear that the path He was leading me on was for the sole purpose of serving Him and serving others.

Reflecting on my healing experience and life since, the joy and peace that have filled my soul exceeds all I've ever known prior. The intimacy with my Heavenly Father continues to grow closer in ways that my heart had yearned for throughout my lifetime as a believer. When focus continues to be with Him, fear does not prevail and pain has purpose. It is because of all He continues to teach me, and His overflowing unconditional love, that I am able to live my life serving others seeking whole healing of their body and spirit. Healing comes in many ways and sometimes it is not on this side of heaven. But healing the spirit is eternal, and we recognize that our days in this body are temporary, it sets our sights to what is forever. And that is where the adventure really begins!

LIVING  
FROM CANCER

Paula Swift, CHTP

LivingFromCancer.com  
Paula@LivingFromCancer.com



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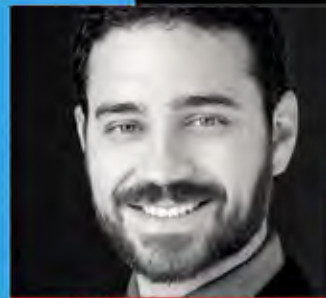
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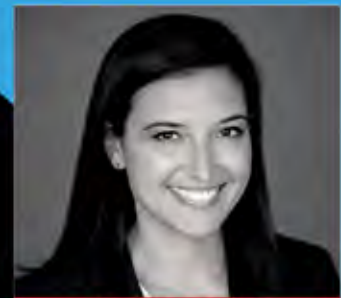
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