

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

Health & Wellness[®] MAGAZINE

November 2022

Manatee/Sarasota Edition - Monthly

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**HOLIDAY
TIPS FOR
VASCULAR
HEALTH**

**3 WAYS TO
MAKE SURE
YOU STAY
PAIN-FREE
FOR YOUR
5K RACE**

**THANKS TO IAN,
RECOVERY TAKES
ON ADDED MEANING**

**DIABETES:
ATTAINABLE AND
SUSTAINABLE
BLOOD SUGAR
CONTROL!**

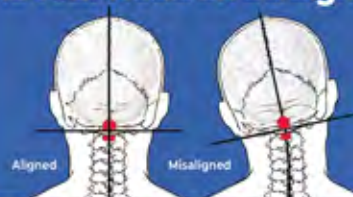
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SKIP & GAIL SACK

As a result of treatment - feeling great and enjoying life!

My wife and I consider ourselves very fortunate to have been treated by Sforzo | Dillingham | Stewart Orthopedics. Dr. Sforzo's assessment of my broken wrist and Gail's broken finger and rotator cuff damage was spot on. We both are physically as good as we were before our injuries. They are not only excellent and caring doctors, they actually see patients within minutes of the appointment time. Additionally, the staff is not only pleasant, they are cheerful and made us feel like we were among friends.
- Skip & Gail Sack



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3 WAYS TO MAKE SURE YOU STAY PAIN-FREE FOR YOUR 5K RACE

By Regenxx at New Regeneration Orthopedics

Let's Get Started!

Our Regenxx at New Regeneration Orthopedics team is getting excited to take on the St. Pete Run Fest November 11-13, 2022. Not only are we your title sponsor for the Half-Marathon, but we have our team members looking forward to running the half marathon, the 5k or the 10k that weekend. A lot of us have been following the *Couch to 5k* plan we outlined several weeks ago. Now that we are a few weeks out from race day, it is a perfect time to revisit some of the strategies we had shared in last year's post: *St. Pete Run Fest Debrief: Common Running Injuries*. This article outlined the most common injuries we had seen in runners after the 2021 races.

In the spirit of prevention, we wanted to revisit the **three best ways to make sure you have a happy, healthy, fun, and pain-free race** this November!

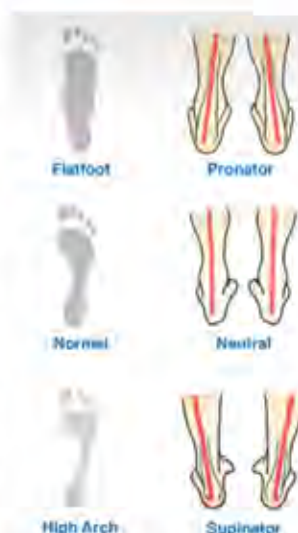
The three best ways to prevent injury in a race are:

- 1 Proper Running Mechanics
- 2 Proper Footwear
- 3 Ramp-Up and Running Volume

Let's dive into each of these reasons to help indentifying which might resonate with your situation if currently nursing a running injury, or looking to have a successful race day. After all, Ben Franklin says it best "an ounce of prevention is worth a pound of cure."

Proper Running Mechanics

The common reason for injury, improper running mechanics, is one of the most prominent causes of pain and injury when running because of the sheer repetition of the sport. If your gait has a hitch in it, that can lead to specific injuries. In the office, it is very important for a skilled clinician to look at a runner's walking and running gait to assist in finding the root cause of the issue. Sometimes you



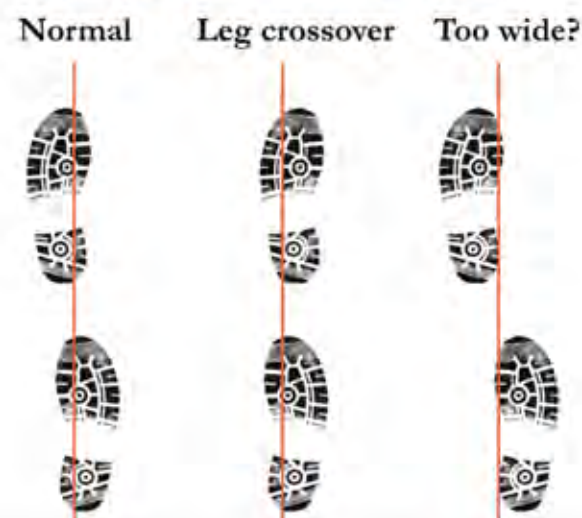
see a runner and you can tell their gait looks "painful", laborious or wild, or simply "not right", but here are actually some more subtle aberrations to a runner's gait that can cause some of the worst injuries we see. What happens in a foot strike determines what happens in every joint north of the foot. Your foot strike affects the big toe, ankle, shin, calf, knee, and so on. If you have flat feet or high arches that could affect how your foot strikes.

Where your foot lands on the ground relative to your body matters. Some runners over stride, or heel strike.



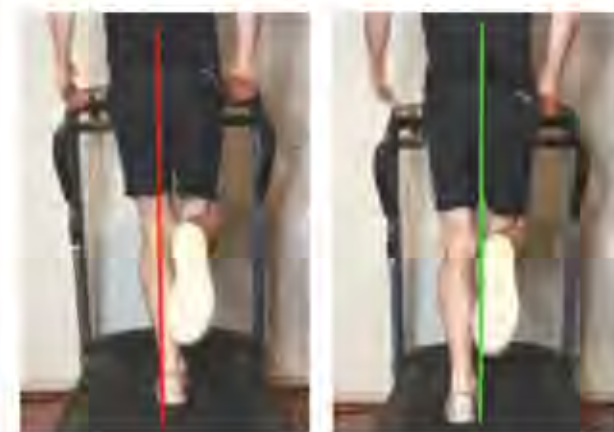
Some runners have a cross-over gait, meaning that their legs come closer to midline with each step rather than staying stacked under their hips.

What Leg Crossover Looks Like



All of these gait variations can cause overload in certain tissues or joints leading to injury, and can specifically help guide to the root cause of your pain. A skilled clinician can help you know which one of these might be you, so you can work to correct the problem.

If you have had any pain in your foot, ankle, knee, or hip when training for a race, you could reach out to a Regenxx to schedule a visit to assess these areas, or visit one of our local therapy partners like Back 2 Normal or Love Health to have your gait assessed, to check for muscle imbalances, and to gain self-care strategies to stay healthy and pain-free.



Proper Footwear

Footwear is an important part of having a healthy running experience that isn't riddled with starting and stopping your training due to injury. However, people always ask, "What's the best running shoe?" There isn't just one straight answer to this question that applies to everyone. The best reply is, "The best shoe for you is the last known shoe you've had no injuries in." In fact, there are shoes that are en vogue that might not be the best shoe for you.

Now, there are some shoes that we genuinely dislike. Some shoe designs go against what we know about mechanics and can contribute to injuries. For example, the new carbon-fiber plate technology in the forefoot of shoes are not a favorite of mine because it makes a shoe rigid where we need flexibility, mechanically speaking. Unless you are a world-class runner with no confirmed gait aberrations, this shoe is not the best for training or racing and staying pain-free.

Another thought about running shoe trends is the focus on "zero drop." Unfortunately, the emphasis on using a "zero drop" shoe is too prominent when most people need to work up to being able to wear this type of shoe. A zero drop shoe, or when a shoe with an elevation change from toe to heel equals 0mm, requires a great amount of ankle flexibility and foot strength to manage. It takes time, stretching, and strengthening to be able to run miles in this type of shoe.

We frequently get asked a lot of questions around insoles for shoes. The main question is, "Do you think I need insoles?" The answer usually is, "it depends." In general, we are minimalists when it comes to the level of insole intervention and love an insole like Superfeet. They have a fantastic online quiz that helps match you to the perfect type of insole for the type of support you might need.

If this conversation around footwear piques your interest or raises questions on if you're in the right shoe, it's a great option to go to a running specialty store like Fleet Feet, Fit To Run or St. Pete Running Company. These footwear professionals are a great help in getting you fit for a shoe and/or insole that would prevent injuries based on your foot's structure and your gait pattern.

Appropriate Ramp-Up and Running Volume

This leads us to our third injury-prevention strategy: appropriate ramp-up to a large running volume. It is very important that you gradually increase mileage as you shoot for a race goal. There is a reason most race training plans span 12+ weeks – because it takes that amount of time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest or Cross-train	10 x 2 min walk / 1 min run	Rest or Cross-train	10 x 2 min walk / 1 min run	Rest or Cross-train	Rest or Cross-train	12 Minute Long Run
2	Rest or Cross-train	15 x 1 min walk / 1 min run	Rest or Cross-train	15 x 1 min walk / 1 min run	Rest or Cross-train	Rest or Cross-train	18 Minute Long Run
3	Rest or Cross-train	15 x 30 secs walk / 90 secs run	Rest or Cross-train	15 x 30 secs walk / 90 secs run	Rest or Cross-train	Rest or Cross-train	26 Minute Long Run
4	Rest or Cross-train	10 x 1 min walk / 2 min run	Rest or Cross-train	10 x 1 min walk / 2 min run	Rest or Cross-train	Rest	Run 5K!

to safely build a running base. Generally, training plans increase the mileage by about 10% each week, and provide a "peak" in training that is a few miles more than the goal race. An example of a peak in training is running 7 or 8 miles as a long run two weeks before a 10k, or 6.2 mile, race.

Sometimes people sign up for races and time gets away from them and they aren't able to follow a training program and they run, say a maximum of 3 miles for a 6 mile race. This person is more prone to get injured because their body hasn't seen that volume before. It is important to get miles under your feet to prepare for your target race. There is simply just no way around it!

If you haven't been following a plan to prepare you for the St. Pete Run Fest, you have a few weeks to get some miles under your feet! See below for a four-week 5k prep plan to tackle from now until the St. Pete Run Fest weekend on November 11-13, 2022.

So, if you missed the memo on the details for mechanics, footwear, or racing ramp-up and you're down with a sore foot, shin, or knee, Regenexx at New Regeneration Orthopedics can help get you back out there running. See you out there!

If you have any questions or concerns with a chronic pain, do not hesitate to contact us. Our experts will be happy to help you get back to doing what you love!

Images:

- 1 <http://www.teamchiroames.com/blog/the-ideal-running-gait-focus-on-foot-strike>
- 2 <https://www.runandbecome.com/running-product-advice/know-foot-strike>
- 3 <https://runnersconnect.net/diagnose-running-knee-injuries/>
- 4 <https://runsmarter.online/running-technique-step-width/>
- 5 <https://marathonhandbook.com/couch-to-5k-training-plan/>



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

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

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

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

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

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

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

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

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



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Diabetic Retinopathy: You May Not Know You Have It

By Duane Wiggins, M.D.

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

All of us should be getting our regular eye examinations to make sure our eyes are healthy, but the importance of people with diabetes getting their recommended exams is critical. In both type 1 and type 2 diabetics, the high blood sugar is highly involved in damaging the delicate blood vessels in the retina. This damage is called diabetic retinopathy. In diabetic retinopathy, serious complications can cause significant vision loss if left untreated. Sudden vision loss from these complications, such as, a vitreous hemorrhage, or tractional retinal detachment is extremely threatening issues that can cause blindness.

According to the American Academy of Ophthalmology:

Diabetic Retinopathy

You can have diabetic retinopathy and not know it. This is because it often has no symptoms in its early stages. As diabetic retinopathy gets worse, you will notice symptoms such as:¹

- Seeing an increasing number of floaters
- Blurry vision
- Vision that changes sometimes from blurry to clear
- Seeing blank or dark areas in your field of vision
- Having poor night vision
- Noticing colors appear faded or washed out
- Losing vision

Diabetic retinopathy symptoms usually affect both eyes

Treatment Options:

Medical control

Controlling your blood sugar and blood pressure can stop vision loss. Carefully follow the diet your nutritionist has recommended. Take the medicine



your diabetes doctor prescribed for you. Sometimes, good sugar control can even bring some of your vision back. Controlling your blood pressure keeps your eye's blood vessels healthy.¹

Medicine

One type of medication is called anti-VEGF medication. These include Avastin, Eylea, and Lucentis. Anti-VEGF medication helps to reduce swelling of the macula, slowing vision loss and perhaps improving vision. This drug is given by injections (shots) in the eye. Steroid medicine is another option to reduce macular swelling. This is also given as injections in the eye. Your doctor will recommend how many medication injections you will need over time.¹

Laser surgery

Laser surgery might be used to help seal off leaking blood vessels. This can reduce swelling of the retina. Laser surgery can also help shrink blood vessels and prevent them from growing again. Sometimes more than one treatment is needed.¹

4 Ways to Prevent Vision Loss from Diabetic Retinopathy

1. If you have diabetes, talk with your primary care doctor about controlling your blood sugar. High blood sugar damages retinal blood vessels.
2. Do you have high blood pressure or kidney problems? Ask your doctor about ways to manage and treat these problems.
3. See your ophthalmologist regularly for dilated eye exams. Diabetic retinopathy may be found before you even notice any vision problems.
4. If you notice vision changes in one or both eyes, call your ophthalmologist right away.

Get treatment for diabetic retinopathy as soon as possible. This is the best way to prevent vision loss.

Source:

1. N Gregori, M.D., *Diabetic Retinopathy: Causes, Symptoms, Treatment*, September 14, 2021, <https://www.aaa.org/eye-health/diseases/what-is-diabetic-retinopathy>



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About Quigley Eye Specialists

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

Psoriasis: Do You Have Dry Patches of Irritated Skin?

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

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

Psoriasis Symptoms:

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

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

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

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



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

Luminary Dermatology Trust an Experienced Provider Team

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

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

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- MEDICAL SPA TREATMENTS
- SKIN CANCER SCREENINGS
- ACNE TREATMENTS
- RASHES AND SKIN DISORDERS
- SKIN CANCER TREATMENT
- MOHS SURGERY
- BOTOX® COSMETIC
- DERMAL FILLERS

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

Luminary Dermatology 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.



Cary L. Dunn, M.D.



Shauntell Solomon, D.O.



Cynthia Spencer, D.O.



Michael Van Vliet, M.D.



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luminarydermatology.com

HOLIDAY TIPS FOR VASCULAR HEALTH

By Jeffrey Edwards, MD, RPVI

The holiday season is a time to enjoy the company of family and friends, celebrate the triumphs of a passing year, and to reflect on fond memories. While it is a season filled with delicious food and festive events, the holidays can also present many challenges for those with vascular disease. Here are several tips which can ensure that you have a healthy holiday season and avoid unexpected visits with your vascular healthcare professional.

- **Remember to take your medication.** If you are traveling to visit family or loved ones, remember to pack all of your medications and stick to your schedule. If you normally take medication during mealtime, it is important to keep them with you so that you don't miss a dose. Ask your doctor if there are any foods to avoid which may impact your body's response to your medication.

- **Avoid stress.** Stress can have many impacts on both your mind and your body. Studies have shown that chronically elevated levels of stress can increase your risk for developing cardiac and vascular disease. Remember to make time for yourself, and if you find yourself feeling overwhelmed with the holiday festivities, try a healthy remedy such as exercise or meditation. Avoid unhealthy responses to stress such as drinking alcohol or smoking.

- **Make time for exercise, but don't over-exert yourself.** Walking is good for you, especially if you have peripheral artery disease. Studies have shown that participants in a structured exercise program can increase their walking distance by three to four times. If you are visiting family or friends, ask them about local parks or exercise facilities that may be available during your visit. Make plans to catch up with friends over a long walk. When you visit the market for those last-minute holiday ingredients, skip the front parking space.

- **Prevent injury!** The holiday season often means visits with children and grandchildren. While this is a wonderful time to bond with family, it can present several challenges to those with poor circulation or diabetes. Protect your feet and wear comfortable, well-padded shoes. Chronic wounds may form from only minor injuries and can increase the risk for limb loss. If you have concerns about wounds that are slow to heal, contact your vascular doctor as there are several treatment options available.



- **Maintain a healthy diet.** It's ok to enjoy holiday treats in small portions, but balance is the key to healthy eating. If your favorite family recipes call for fried foods, try a grilled or baked option instead. Similarly, if your recipes call for butter, try plant-based oils as an alternative. Avoid heavily salted or processed foods, as this can lead to fluid retention, leg swelling, and possibly heart failure. Finally, when at parties and family events, fill your plate first with healthy options such as fruits and vegetables. Limit yourself to small portions of fatty foods and sweets.

- **Don't over indulge.** Holiday parties offer plenty of alcohol, but please enjoy responsibly. Studies have shown that hospital admissions for stroke and heart conditions increase during the holiday season. Furthermore, over-indulgence may contribute to dehydration, missed medication doses, and injuries. This can lead to devastating consequences for patients with chronic cardiovascular conditions.

- **Set a goal for the new year!** Take the opportunity to identify a goal for yourself. Whether it is to lose weight, quit smoking, or exercise more – each can have a profound impact on your physical and mental well-being to ensure that you enjoy many holidays to come. Talk to your vascular healthcare professional about available resources that can help you achieve your goal. Many employers and insurance providers offer incentives to quit smoking. Your local hospital, community center, or fitness facility likely offers a variety of exercise classes which can be a great opportunity to meet others with similar goals.

- **Travel smart.** If you have venous disease such as deep vein thrombosis or varicose veins, ask your vascular doctor what you can do to reduce your risk of travel-related thrombosis. If you take a blood thinner, it is important not to miss a dose, particularly on travel days. In addition, you may benefit from using compression therapy while traveling to reduce your risk of forming blood clots.

Regardless of your holiday plans, remember to enjoy yourself, and keep these tips in mind to avoid an unexpected doctor's visit.

Sarasota Vascular Specialists is the largest medical practice in the Tri-county area dedicated solely to the treatment of patients with disorders of the veins and arteries. Our board-certified vascular surgeons are uniquely trained and experienced to offer all forms of diagnosis and therapy.

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3. Improve blood flow
4. Decrease aches and pains
5. Increase muscle tone

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The Endospheres experience has proven to be highly effective at balancing, restoring, and reshaping your body to its naturally desired state. Robust clinical data accompany this bespoke treatment with 656 patients, proving a 97.8% satisfaction rating combined with a 39% reduction in cellulite.

By intelligently combining both Microvibration and Microcompression technology, Endospheres triggers the break down of fibrous septae and accelerates lymphatic drainage. The handpiece uses 55 rotating spheres, which produce a pulsed rhythmic action on the tissues which contours problem areas such as the legs, arms, and stomach.

For Health and Wellness Readers we are offering \$100 off a session!

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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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Ketamine for Pain Management

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

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

Pain medications have adverse side effects and also, in many cases, show signs of cognitive decline in long-term use. The other issue with standard pain medication is that they, more often than not, become ineffective and are unable to mask the pain signals. This is called treatment resistance.

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

ONE OF THE MOST PROMISING ALTERNATIVE METHODS IS KETAMINE IV THERAPY

How does ketamine work?

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

A recent study conducted at Thomas Jefferson University Hospital involved 61 patients with intractable migraines. Of the 61 patients in the study, 75% showed a decrease in the intensity of their headaches after receiving low dose IV ketamine infusions over five days.



On a scale of zero to 10 (10 being the highest), the self-reported pain score from patients was an average 7.5 before the initiation of the study and 3.4 at the conclusion of the IV ketamine infusions.

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

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

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

How is ketamine administered?

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

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

- Severe or chronic depression
- Chronic pain
- Bipolar disorder
- Obsessive compulsive disorder OCD
- Post-traumatic stress disorder PTSD
- Produces rapid onset of neural connections

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

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. 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 a viable option for those that suffer from addictions as well.

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

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



Steven Reichbach, MD
Board-Certified Anesthesiologist
President and Founder



Lolita Borges, RN
Clinical Director

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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/



**Freedom Village
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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*

November Events at Freedom Village

Gift of Life Care Lunch – Nov. 8
11:30 a.m. to 1:30 p.m.

Join us to learn about all the gifts Life Care delivers — starting with predictability and peace of mind for your entire family. It's a perfect time to meet our team, ask questions, and experience how we deliver:

- Lifetime security • Future peace of mind
- Tax benefits • Carefree lifestyle

Veterans Luncheon – Nov. 10
11:30 a.m. to 1:30 p.m.

If you are a veteran and considering a move to a Life Care community, this is a great opportunity to enjoy lunch with other veterans who live at Freedom Village. You'll learn about the 80-plus veterans who call Freedom Village home and the special programs we have for those who served.

Friendsgiving – Nov. 15
11:30 a.m. to 1:30 p.m.

Do you have a friend that lives at Freedom Village? Now is a great time to reconnect with them for lunch as we begin the Holiday season by celebrating our friendships. Call your friends today and make plans to do lunch together on us!

Singles Support Group – Nov. 17
11:30 a.m. to 1:30 p.m.

Freedom Village provides a place for single seniors to enjoy life together and you are invited to a special luncheon to meet others and learn more about us! You may have lost your spouse, or simply live alone and would enjoy camaraderie and social activities.

Signature Club Happy Hour – Nov. 23
3 to 5 p.m.

Members of the Freedom Village Signature Club are invited to join in the fun of decorating Christmas trees throughout our campus the day before Thanksgiving. The Signature Club is a waitlist program that gives members access to the activities and amenities at Freedom Village before moving in permanently. Holiday Cocktails will be served to liven up the occasion!

**RSVPs are required for all events by calling
941-798-8122.**

THE GREAT AMERICAN SMOKEOUT®

On November 17th of this year Gulfcoast South Area Health Education Center (GSAHEC) will celebrate the *Great American Smokeout®* (GASO), a national holiday hosted by the American Cancer Society that provides an opportunity for people who smoke to commit to healthy, smoke-free lives: not just for a day, but year-round. The Great American Smokeout® also provides an opportunity for individuals, community groups, businesses, healthcare providers, and others to encourage people to plan to quit on the GASO date or initiate a smoking cessation plan on the day of the event. **This event not only challenges people to stop smoking, but it also educates people about the many free tools they can use to help them quit and stay quit.**¹

Despite what some may say, it is never too late to quit smoking! In fact, you can experience several benefits of quitting smoking within hours of quitting and can enjoy the benefits of being tobacco-free for years to come. As soon as a person quits, his or her body begins to heal:²

- **2 weeks to 3 months after quitting:** risk of heart attack begins to drop, and lung function begins to improve.
- **1 to 9 months after quitting:** coughing and shortness of breath decrease.
- **1 year after quitting:** heart attack risk drops sharply.
- **2 to 5 years after quitting:** stroke risk is reduced to that of a non-smoker's.
- **5 years after quitting:** risk of cancer of the mouth, throat, esophagus, and bladder is cut in half.
- **10 years after quitting:** risk of dying from lung cancer is about half of a smoker's, and risk of cancer of the kidney and pancreas decreases.
- **15 years after quitting:** risk of coronary heart disease is back to that of a non-smoker's.

If you or a loved one are looking to quit smoking (or all forms of tobacco), or if you want to promote the Great American Smokeout® to your business, community groups, or patients, **there are many free resources available to help someone quit!** GSAHEC offers free virtual and in-person group quit sessions—sponsored by the Florida Department of Health's Tobacco Free Florida program—that are available to help someone quit all forms of tobacco. These group quit sessions 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 session attendance. Attendees will also receive a participant workbook, quit kit items, and follow up support from a trained tobacco treatment specialist.

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



References:

- 1 <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/history-of-the-great-american-smokeout.html>
- 2 <https://tobaccofreeflorida.com/cost-of-smoking/tobacco-effects-quitting-benefits/>

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NOVEMBER IS NATIONAL ADOPTION MONTH

This article is dedicated to those individuals who had early childhood separation trauma, which occurs when a child is removed from his/her birth mother or when the birth mother is emotionally unavailable or physically separated from the child for an extended period.

Young children and babies in utero are attuned to the unique characteristics of their mother, such as the sound of their mother's heartbeat and voice. This attunement provides the initial foundation for secure bonding between mother and child. When there is a significant disruption in this bonding, such as when a young child or newborn is separated from their mother, or the mother is absent, secure attachment can become interrupted or fractured.

The discrepancies between the birth mother's sensory cues (from prenatal and early childhood) with those of their new caretaker, can create a stress reaction (fear and overwhelm) for the child and result in developmental trauma. When this trauma happens soon after birth, an adoptee's personality can become defined by their trauma symptoms.

A break in attachment may also take place when the mother is emotionally unavailable, due to parental conflict, addiction, a loss of another child, or when the mother becomes depressed or unable to remain in attuned bonding with her child.

Common sentiments expressed by those with developmental trauma are that they feel like something is missing, they have a hole inside of them, or their connections feel fragile and insecure.

What is Adoption/Relinquishment Trauma?

Relinquishment trauma (aka adoptive separation trauma) is one type of separation trauma that influences the way an adoptee perceives and interacts with the world. When this trauma occurs, especially early in life, it can change brain function and likely contributes to the stress related neuroinflammation that has been noted in depression, anxiety, and other mood disorders. Individuals who have experienced developmental trauma from relinquishment may interact with their world from a heightened state of awareness that is often expressed as anxiety, insomnia, irritability, fear & guarding, depression, and hypervigilance.

Developmental Trauma Disorder Symptoms

- Emotional dysregulation – Children are easily upset and reactive. They stay fearful, angry, sad, or withdrawn due to difficulty recovering from emotionally provoking situations.



- Problems with sleeping, eating, elimination, overactivity to sound and touch
- Impulsivity or extreme risk-taking
- Problems with goal-directed behaviors
- Low self-worth, feeling defective, helplessness
- Attention deficit – an inability to focus (ADD or ADHD)
- Reactivity with physical or verbal aggression
- Poor capacity for self-protection, drawn towards relationships with individuals who repeat the pattern of abandonment or poor attachment
- Difficulty in school, few peer relationships, and turbulent family relationships
- Difficult transitions and separation anxiety.

What Are Some of the Common Adverse Consequences of Adoption & Foster Care?

The newborn's separation trauma experience is multiplied when there are numerous caregivers and placements before the child joins their adoptive family. This increases the likelihood that an adoptee will develop anxiety, depression, attachment issues, PTSD, or a developmental trauma disorder. Even if the adoptive parents are loving individuals who retrieve the newborn from the hospital, there may be much work required to address the effects of a toxic pregnancy and adoption/relinquishment trauma.

Maternal Stress May Lead to Neurodevelopmental Disorders in the Child.

Toxic pregnancy experiences are encoded in the implicit memory of the fetus. Many mothers have conflicted pregnancies filled with anxiety, shame, depression, partner conflict, and emotional turmoil from the anticipated relinquishment of their child. This early traumatic imprinting can set the stage for the adoptee to epigenetically inherit a predisposition for depression, anxiety, emotional instability, and PTSD. A growing body of evidence suggests that maternal stress creates an inflammatory response during pregnancy that is associated with an increased risk of fetal brain injury and neurodevelopmental disorders in the offspring.

Implicit Memory Stores Adoption Trauma

Traumatic memories are often implicit, or unconsciously remembered, because trauma floods our brain with the stress hormones that shut down the part of our brain that encodes memories and makes them explicitly remembered.

Our implicit memories can be like invisible forces in our lives, impacting us in powerful ways. When implicit traumatic memories are triggered, a traumatized brain often responds with fight, flight, freeze, or fawning (people-pleasing). Common scenarios of adopted persons reacting to their implicit trauma triggers include anger outbursts and defiance, provoking an argument with a loved one, running away as a teenager, or emotionally freezing when boundaries are crossed. If these behaviors are happening with your foster or adoptive child, or if they are experiencing developmental delays, anxiety, depression, or ADD/ADHD, evaluating your child's brainwaves may provide crucial insights and actionable results that can positively influence your child's behaviors and help to address the developmental trauma that has taken place.

EMDR and Neurofeedback Are Effective Trauma-Resolving Therapies

Many individuals with a history of developmental trauma find evidenced-based trauma resolving therapies more helpful than medications or traditional talk therapy. These include eye movement desensitization and reprocessing therapy (EMDR), hypnotherapy, brain spotting, and neurofeedback. Medication and talk therapy are often not enough to reduce neuroinflammation and rewire a traumatized brain.

How a Brain Map Can Provide Essential Information

Developmental trauma changes brain function and results in abnormal brain electrical activity, which can be detected through Brain Mapping (qEEG). These abnormal brainwaves are associated with depression, anxiety, impulsivity, transition difficulties, anger issues, developmental delays, learning/speech difficulties, etc. and may be present for months to years (sometimes decades) after the developmental trauma occurs.

Developmental trauma may also cause an individual to become emotionally stuck in the traumatic experience or at the age that the trauma happens because the trauma interferes with the brain's developmental trajectory. Hence, adoptees are often described as "emotionally immature for their age." MRIs of children's brains who have experienced trauma look different than their non-traumatized peers. Without

Source: Relinquishment Trauma: The Forgotten Trauma - Marie Dolfi.com <https://mariedolfi.com/adoption-resource/relinquishment-trauma-the-forgotten-trauma>

resolution of childhood developmental trauma, adoptees are likely to have an increased risk for PTSD as teens and adults. A safe and non-invasive way to rebalance these traumatic brainwaves is through neurofeedback, which retrains the brain's electrical activity back to a state of healthy regulation.

Neurofeedback Addresses The Underlying Cause of Ongoing Low Self-Worth, Depression and Anxiety From Adoption Trauma

Neurofeedback is an all-natural, pain-free way to address developmental trauma that has virtually no side effects and produces long-term positive results. Neurofeedback has successfully addressed emotional & mental health conditions resulting from adoption trauma when other therapies have failed. qEEG brain mapping provides the data needed to create a customized neurofeedback program that corrects brainwave imbalances resulting from developmental trauma and separation issues.

During a neurofeedback session, sensors monitor brainwaves. While the client watches a video, the computer will look for the brainwaves associated with developmental trauma, anxiety, depression, anger, impulsivity, overwhelm, etc. When the computer detects these irregular brainwaves, it will adjust the video and sound in a way that causes the client to refocus their attention in a manner that produces more harmonious brainwave patterns. This can happen hundreds of times during a single session. After multiple sessions, the brain learns to maintain harmonious brainwaves on its own. As that happens, the client will see a reduction in their symptoms. The best part, results are often permanent.

Resilient Retreat, in Sarasota, Florida, studied individuals that had undergone emotional trauma. After only 20 neurofeedback sessions, there was a 52.79% decrease in depression and a 38.39% decrease in PTSD. There were also remarkable improvements in feelings of self-worth and importance, emotional awareness and clarity, and an increased sense that participants mattered to others. A separate study revealed that after 30 neurofeedback sessions, 57% of people with severe anxiety, and 45% of people with severe depression showed normal brain activity.

The Role That Nutrition & Supplements May Play in Addressing Trauma

Nutrition plays a key role in brain development and mental health. Traumatic events, and the resulting mood disorders, are associated with elevated inflammation in the brain and throughout the body. When your body is experiencing stress and trauma, or is living in the aftereffects of trauma, it needs increased amounts of several nutrients to combat this inflammation. These nutrient requirements are higher than what is typically provided through diet alone.

Omega-3 fatty acids are involved in a wide range of brain functions that are related to the formation of new brain cells (neurogenesis), neurotransmission, and neuroinflammation. Deficiencies of omega-3 fatty acids are associated with an increased risk of developing various psychiatric disorders, including depression, bipolar disorder, schizophrenia, ADD/ADHD, and autism.

Vitamin B-12 and other B vitamins play a role in regulating mood. Low levels of vitamin B-6 and folate may be linked to depression. Curcumin (turmeric), carotenoids, and EGCG appear to inhibit neuroinflammation and can be of value in reducing the resulting cognitive deficits and memory dysfunction.

How The Brain Wave Center Puts it All Together

At the Brainwave Center, we are focused on assisting everyone in recovering from developmental trauma. We have a dedicated team of professionals offering innovations in brain health through neurofeedback, transcranial magnetic stimulation, nutritional support, and trauma resolving therapies such as EMDR and Brainspotting.

Find out today how we can help you or a loved one with adoption and separation traumas. Call 941-552-4500. We offer brief, no-charge, initial consultations with our medical director.



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

By Dr. Drew Hall

Neck 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



THANKS TO IAN, RECOVERY TAKES ON ADDED MEANING

By Dr. Thomas Hofmann

It's unlikely that many will ever forget September 28, 2022 – the day Hurricane Ian made landfall in Southwest Florida, bringing historic destruction and damage. Such a natural disaster can bring forth mental and physical health problems. Many faced physical injury or death, plus the damage and/or loss of their homes and possessions. The images we've seen and stories we've heard so far are heartbreaking.

The damage created by the storm extends beyond the event itself.

First, the thoughts and memories of Ian remain on people's minds. Over time, these thoughts will lessen. These thoughts can cause stress reactions, like jumpiness, fear and anxiety. Second, physical symptoms like trouble sleeping, severe headaches, stomach upset, and the worsening of ongoing medical problems can happen. And third, you can experience emotional symptoms, which can range from feeling shocked, numb, angry or detached to being unable to feel joy or love.

The aftermath of a disaster can trigger conditions that include longer term stress reactions from the memory of the event, depression, guilt, anger, suicidal thoughts, or substance abuse.

Other factors include the level of exposure to the disaster. Did you ride out the storm in your home where there was severe, or even life-threatening damage? If you were in a safer place, either because you evacuated the area or were in a shelter, the constant news and images can also cause distress.

Recovering from natural disaster is an ongoing process. This is when you turn to your family and friends when you're ready to talk about your thoughts and feelings. They are your support system. Sometimes, however, you may need treatment that includes a counselor or doctor as you would for any other condition. As you know, neglecting a problem doesn't resolve it. Fortunately, it has become much more accepted to take advantage of the expertise and help a counselor or therapist can provide. How you recover depends on many factors mentioned here.



Such an experience can also shed light on thoughts you have been contemplating before the disaster struck. You may gain added appreciation for relationships and goals. Maybe you've been thinking about making life changes, and this event could very well inspire you to take the steps needed to do just that. Many like you have already used events like these as the catalyst for positive change.

The bottom line is with time, a support system and/or professional help, you can overcome the trauma you experienced and move forward with your life.

Dr. Thomas Hofmann is the Program Director for the Clinical Mental Health Counseling program for Hodges University. He is a Licensed Social Worker and Marriage and Family Therapist in Florida. He is a Board Certified Telemental Health Provider, a Certified Employee Assistance Professional, a Certified Hypnotherapist of the National Guild of Hypnotists, and a Fellow of the American Association of Marriage and Family Therapists. He advocates for approaches that combine holistic, strength based methods in combination with the traditional medical model approaches prevalent in modern practices today.



239-938-7744 | Hodges.edu



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.¹

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/PMC565410/>

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.



2201 Cantu Ct. Suite 109
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IF YOU ARE IN NEED OF LYMPHATIC THERAPY,
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A PAINFUL BLADDER CONDITION

What You Need to Know About Interstitial Cystitis

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

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

The following is information provided by the Urology Foundation:

Causes of Interstitial Cystitis

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

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

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

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



These phases of treatment include:

Lifestyle Changes

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

Medications

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

Neuromodulation, Ulcer Cauterization, and Injections

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

Cyclosporine

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

Surgery

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

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

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

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

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

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

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

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

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

Center for Urogynecology and
Female Pelvic Health
John B Devine, MD
941.457.7700
www.johndevinemd.com

DIABETES: ATTAINABLE AND SUSTAINABLE BLOOD SUGAR CONTROL!

Managing diabetes is hard! You are constantly reminded to reduce your sugar intake, monitor your carbs, and prioritize complex carbohydrates over sugary, processed foods. The instructions and guidelines are never ending!

You can also experiment with a low glycemic diet, which involves using the glycemic index to create a meal plan using foods that take longer to break down into sugar. The glycemic index measures how quickly your blood sugar rises after eating a specific food. Foods are ranked from 0 to 100 based on how they affect your blood sugar. Foods that are low in fiber are digested quickly and spike blood sugar levels, they have the highest glycemic index. In contrast, foods that take a while to digest with high fiber, slowly release sugar into your bloodstream and have a lower glycemic index. A low glycemic index is less than 55, and a high glycemic is 70 or higher.

Tracking your carbs and sugars is another essential way to stay on top of your blood sugar levels. If scribbling grams-per-meal on a napkin throughout the day isn't your thing, check out helpful nutrition-tracking apps like *MyFitnessPal*, *Fooducate* or *MySugr*, which keep everything organized and can even help you plan your meals.

Overwhelmed yet? Changing your diet and lifestyle all sound great in theory, but let's be honest. Change is HARD!!! We all start with great intentions and a fresh resolve after a lecture at the doctor's office. Unfortunately, after a few days or weeks of avoiding ALL the bad foods, the willpower tends to weaken and gradually the chocolate chip cookies ease back into our routines.

Identifying small sustainable changes that can be maintained are far more valuable than dramatic changes. If you love nothing more than chocolate, you can say "I'll never eat another Oreo again!" but most likely that won't be sustainable. Instead, buy a high-quality dark chocolate. When that craving for chocolate hits, have a small piece of the **darkest** chocolate you can enjoy, you may need to start at 40% but with time, you can gradually increase to 70%. Melt it slightly in the microwave and mix with some unsweetened peanut butter or coconut for a real treat! This more realistic goal will satisfy your chocolate cravings with much less spike to your sugar than what you used to eat!



Saying "I'm going to cut out all carbs from my diet!" is a great goal. However, is that realistic in today's go-go-go world? Instead, consider taking one piece of bread off the sandwich, this cuts the carbs for that sandwich in half! This probably feels a lot more do-able than never being able to eat a sandwich again!

Small bits of exercise matter. Try parking farther away, avoid the closest parking spot, those extra steps, several times a day, add up! Take the stairs instead of the elevator. You can make it around the block once today. Maybe twice tomorrow. Buy that Fitbit and increase your step goals, just slightly, every week. With time, you will start to see and feel the changes in your body.

Remember the complicated glycemic index foods? Here's a simple trick for lowering the glycemic index of any food: Mix a tsp of plain Metamucil into 8 ounces of water and drink it immediately prior to eating, this increases the fiber and reduces the speed at which the sugars from any food enters your blood!

Make the lifestyle changes that are the easiest first. Once those changes become habit then pick the next easiest habit to tackle. First, give up the habits you will miss the least. Those successes will

give you confidence to tackle the tougher habits later. Change your milk chocolate to a quality dark chocolate. Look at the carbs and sugars in your drinks of choice and find a similar but better choice to switch to. Once those changes become a habit, then make one more change toward better health next week or next month. Focus on real whole foods and avoid heavily processed foods. Shop on the outside isles of the grocery store. Read the ingredients, if you don't know how to pronounce the ingredient, then you should not be eating it.

Avoid artificial sweeteners. Fewer chemicals are always the better option when it comes to what we are putting into our bodies! While "Low fat" or "Diet" marketing sounds appealing, it actually means the product has artificial fats, flavorings and sweeteners that worse for you than the original product. Studies have shown the artificial sweeteners are appetite stimulators and contribute to weight gain!

Always remember, every day is a new day and a new chance to make a better choice. Don't beat yourself up over the Oreos of yesterday. Try again each morning to be awesome today!

Could have done better? Forgive yourself, take an extra lap around the block, and make a small sustainable adjustment tomorrow!

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, understanding and respecting your concerns and goals.



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CAN IV VITAMINS HELP YOU LOOK YOUNGER AND HAVE HEALTHY SKIN?

By Katherine Hermes

We have found a variety of vitamins, antioxidants that have positive effects on skin. These nutrients help to slow down damage caused by free radicals which can harm healthy skin cells.

Our skin is the largest organ in our bodies. It is primarily made up of collagen and elastin. IV vitamin therapy can provide instant hydration for our skin. This results in a decrease of inflammation and less redness. Additionally, when using an IV to promote healthy skin we usually infuse antioxidants.

You hear a lot about “anti-oxidants”, but what are they? Imagine you’re at a campfire and someone throws a rock into the open flame. A lot of little red sparks might jump into the air. Those little red sparks can be thought of as inflammation or “free radicals”. As you can imagine, if the little sparks land on your skin they can burn you – that is what causes the redness in your skin. When we add “anti-oxidants” we are essentially adding little “fire blockers” to absorb and collect the “free radicals”. So, when that rock is thrown into the fire, the anti-oxidants prevent the free radical sparks from getting out and burning you, irritating you and causing redness and dryness.

The most popular IV ingredients used for skin benefits are Vitamin C, Glutathione, and B Vitamins. Each one of these vitamins works in a different way and together they have an amazing effect on your skin.

• **Vitamin C** is an antioxidant which helps block the damaging effects of free radicals which have long been associated with the aging process. Vitamin C is also necessary for collagen formation and tissue repair. This means Vitamin C helps your skin look plump and full.

• **Glutathione** is considered to be one of the most important antioxidants in the human body. A powerful antioxidant, it detoxifies your skin by eliminating by neutralizing free radicals. Along with redness and dryness, free radicals can also cause cellular damage. Glutathione also has dermatological properties. Glutathione deficiency is associated with aging.

• **Vitamin B-Complex** is actually several B vitamins all working together. A complex of thiamine (B1), riboflavin (B2), niacinamide (B3), and panthenol (B5). B Vitamins can help the body produce healthy new skin cells. In addition, vitamin B-5 may help with acne and skin aging.

• **You hear a lot about B12.** This vitamin is an essential water-soluble vitamin required for cell reproduction, B12 has many health and wellness applications and it can aid in making your skin and hair brighter. Vitamin B12 helps to regulate the production of pigment in the skin, helping to prevent dark spots and pigmentation.

• **Cobalamin** is part of the B12 family. It’s role is to assist the body with the metabolism of proteins. In turn, the protein promotes the growth of healthy skin cells and helps to repair damaged skin.

At The Drip Bar, we offer a drip called “The Firm”. This drip combination increases the collagen production from vitamin c, biotin which supports the skin, hair and nails, and Glutathione – the mother of anti-oxidants – with substantial research on improvements to skin.

So why take your vitamins from and IV rather than topically or by mouth? IV infusions bypass your digestive system, delivering a cocktail of vitamins and minerals straight into the bloodstream, compared to oral supplements of which only around 20% is thought to be absorbed.

What should you expect after an IV drip to improve your skin? For one thing, you may have more energy resulting from an antioxidant drip. You should also look more refreshed when you look in the mirror. The bags under my eyes should disappear and any usual blotchy redness can fade. You probably won’t look as tired and that benefit will continue to improve over time, which is called a “glutathione glow”. You should see visible results the same day.

Anti-oxidants also act as a defense against pollution and chemicals. Of course, you can’t give up on drinking water. That will help flush any complexion-dulling waste from your system. And, glutathione is essential for helping build your white blood cells – your bodies natural defense army against infection... But that is a story for another day.

The Drip Bar, 1473 Main St., Sarasota is opening in November 2022. With lots of great new skin and other IV options, you will enjoy stopping by, even if it is only to say hello. Call **941-867-9406** to make an appointment or to learn more, go to **www.thedripbar.com**.

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Early Detection of Prostate Cancer Saves Lives

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

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

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

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

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

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

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

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



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

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

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

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

What is a 3T MRI?

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

Benefits of 3T MRI

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

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



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Coping with COPD While Managing Your Daily Tasks

By Afton Patterson

Do you suffer from frequent shortness of breath? Do simple things like climbing stairs or grocery shopping leave you wheezing and coughing? If so, you may be one of millions of Americans who suffer from chronic obstructive pulmonary disease (COPD). According to the CDC, 16 million Americans have been diagnosed with COPD, but there are millions more out there who have not been diagnosed and are not being treated.

While the main cause of COPD is smoking tobacco, you can still suffer from it even if you are not a smoker. Exposure to cigarette smoke (second hand smoke) or pollution in the air in your home or place of work can increase your risk as well. Additionally, those with a family history or those who suffer from respiratory infections, such as pneumonia, are also at a higher risk.

Symptoms of COPD

According to the Mayo Clinic, COPD is a chronic inflammatory lung disease that obstructs the airflow from the lungs. Symptoms include difficulty breathing, as well as coughing and wheezing from excessive mucus production. Its severity varies from person to person as does its treatment.

How is COPD treated?

First and foremost, you must stop smoking and avoid being exposed to other air pollutants. Eliminating the sources of irritation is of utmost importance.

Your doctor may also suggest other treatments including:

Pulmonary rehabilitation: A program specifically designed for each patient that teaches them to manage their COPD symptoms and thereby improve their quality of life is important. These plans are likely to include learning how to breathe properly and what types of exercise might be beneficial to the patient.

Medication: Managing the symptoms, such as wheezing and coughing, can usually be improved by taking proper medications.

Prevention of lung infections: Since flu and pneumonia cause such serious problems for those who suffer from COPD, getting vaccines is important. If these lung infections are present, antibiotics can be used to treat them in many cases.

Supplemental oxygen: In severe cases, a portable oxygen tank may be needed in order to maintain optimal blood oxygen levels.

Proper nutrition: It should not come as a surprise that healthy eating affects every aspect of our life. The right mix of nutrients in your diet can also help you to breathe more easily.

Exercise: Like eating properly, getting the right type and amount of exercise is important in managing your symptoms and maintaining your overall health.

Getting Support

Living with COPD can be challenging. Doing simple tasks can become difficult. Going shopping, running the vacuum, getting the mail or even getting up to answer the phone can be exhausting and take much longer than they normally would. Part of managing your COPD is knowing when and where to get help. Highest Honor Home Care's mission is to assist every client with improving their quality of life, encouraging independence and allowing them to be comfortable with excellent care in their homes by providing first-class, professional care with respect, dignity and compassion with the highest ethical standards and honor.

They offer homemaking services that include:

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- Answering the phone and door
- Preparing meals
- Taking out the trash
- Writing letters and reading mail
- Dusting the furniture
- Medication reminders

If you or a loved one is in need the home care services mentioned here, contact Highest Honor Home Care by sending an email to info@highesthonorhomecare.com or by calling 941.204.8636. They offer service to Charlotte, DeSoto, and Sarasota counties. Their team of highly qualified professionals would be glad to talk to you and give you more information about how home care could work for you.

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Diabetes and Your Feet

By Premier Foot & Ankle Specialists

Diabetes is when the body does not make or properly use insulin and, therefore, it impairs the body's ability to convert sugars into energy. Type 1 Diabetes is when the body does not make insulin and Type 2 Diabetes is when the body does not properly use insulin. Over time, hyperglycemia (elevated blood sugar) can cause serious damage to the body's systems and organs including the lower legs and feet. Diabetes, according to the CDC, affects almost 38 million people in the United States and almost 1 in 5 people do not know they have diabetes. According to the American Diabetes Association (ADA), 96 million people are at risk of developing diabetes and are termed "pre-diabetic". The ADA also states that diabetes is the seventh leading cause of death in the United States.

Diabetes, especially if poorly controlled, can cause nerve damage and poor blood flow, specifically talking about the lower extremities. Some warning signs involving the feet and ankles are: burning/ tingling/ numbness, pain, swelling, open sores or blisters, calluses or dry cracking skin or fungal toenails. In other parts of the body diabetes can affect and cause serious damage to: eyes, heart, kidney, ears, nerves, and blood vessels.

Because diabetes can affect so many parts of the body, it is essential to have a team of doctors in different specialties. Seeing a podiatrist is an important part of the treatment if you are diabetic. More than 100,000 lower limbs are amputated each year due to diabetic complications. After having an amputation, the chance of having another amputation within three to five years is as high as 50 percent. Seeing a podiatric specialist can reduce the risk of lower limb amputations of up to 85 percent and decrease the risk of hospitalizations by 24 percent. One of the major preventative factors of amputation is early recognition and regular at risk foot screening performed by a podiatrist, who is a foot and ankle expert.

If you are diabetic, a podiatrist can address small issues before they become a big problem. Some of the things a podiatrist can do for a diabetic, specifically, are:



1. Conduct a visual and physical inspection of your lower legs and feet to check for abnormalities or injuries.
2. Screen for peripheral arterial disease (decrease in blood flow in lower extremity arteries).
3. Screen for venous stasis disease (poor return of blood flow in the veins which can cause lower leg swelling).
4. Screen for neuropathy (abnormal sensations due to changes in blood sugar due to diabetes).
5. Screen for potential skin cancers or disorders.
6. Treat all types of open wounds from the knee down with advanced wound care techniques to expedite wound healing.
7. Remove or debride: calluses, corns or fungal and ingrowing toenails.
8. Recommend and prescribe, and often times dispense, specific types of shoe gear and or medical grade or custom orthotics.
9. Surgically correct foot deformities.

Some foot health tips to follow if you are diabetic are:

1. Check your feet daily. Look for thick calluses, open wounds, bruises or cuts, or discoloration in skin or toenails.
2. Always wear supportive shoes with socks. Going without socks can put you at risk for blisters or sores.
3. Never go barefoot. Without protective and supportive shoes there is an increased risk of wounds and infection.
4. Exercise. Walking and other cardiovascular exercise helps improve circulation and control weight.
5. Never cut calluses or thick fungal toenails by yourself. Over the counter products can cause more damage than good when it comes to diabetics and their feet.
6. See a podiatrist, at minimum one time a year, if you are diabetic. Remember, prevention is the best medicine.

Dr. Roggow and Dr. Bonjorno are trained to help prevent complications in diabetics and correct problems when they arise! Diabetic prevention, lower extremity wound care and surgery are some of their specialties. We are happily taking new patients, of all types, and look forward to meeting you!



Dr. Brielle Roggow



Dr. Jeremy Bonjorno



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

By Dr. David S. Zamikoff

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

How Can GAINSWave Prevent & Treat ED?

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

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

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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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Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

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

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

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

How does VAX-D work?

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



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

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

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

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

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

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

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

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

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

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Dr. Craig S. Aderholdt, BSc, DC



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

Dr. Aderholdt also holds certification in chiropractic adjunctive physiotherapy from New York Chiropractic College and completed extensive postgraduate training in therapeutic modalities at National-Lincoln School. He is a member of the Florida Chiropractic Association and American Chiropractic Association and is a certified VAX-D consultant. He was also voted a Bradenton Herald People's Choice Awards Winner for 2008, 2022 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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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.



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Have you seen doctor after doctor for your pain with little to no relief? Do they spend three minutes listening to your symptoms and then write you an RX for daily pain meds and only move on to the next patient? Then you look at that script and wonder, what are the side effects? Is this addictive? Is this even safe?

For the past 10 years at Physicians Rehabilitation, we have made it our mission to get people out of pain and back into an active lifestyle. Our goal is for you to be pain-free without any surgery or prescription medications. We do this by finding the root cause of your pain. Physician's Rehabilitation focuses on reducing inflammation with injections, regenerating worn tissues with regenerative medicine, and training with physical therapists on proper form and function. These three key components all increase activity levels and decrease pain levels.

New offerings in the specialty of "Interventional Pain Management" combine injections to remove pain with therapy to increase motion and movement without drugs or prescriptions. Physician's Rehabilitation offers procedures for pain management in our office. Some of our most successful treatments are discussed below.

Medial Branch Block for the Facet Joints

Medial branch nerves are very small nerve branches that carry pain messages from facet joints to the brain where they are experienced. The facet joints are small joints in the back of the spine that form connections between each vertebra. If these nerves are blocked or numbed, they will not be able to transfer the painful sensation from the joints to the brain. Therefore, this procedure is completed to see if your back pain is caused by the facet joints. The effect will last several hours or more. This is strictly a diagnostic block to test if the facet joints are the source of some of your pain.

Facet Joints

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Sacroiliac Joint dysfunction

Sacroiliac joint dysfunction is an injury or inflammation of the sacroiliac (SI) joint which causes pain in the lower back region. The SI joint is formed by the connection of the sacrum with the ilium. This injection is used to both diagnose and treat your low back pain caused by inflammation of the joint. The effect might last a few hours to a few weeks or much longer. Pain relief in the first couple of hours after the injection is the most important as this tells us our diagnosis of SI joint-mediated pain is correct. If the symptoms do return, we will discuss other options available for extended pain relief.



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Epidural steroid injection

An epidural injection is an injection of steroids into the epidural space. The epidural space is located in the spine between the vertebrae and the dural sac, which surrounds the spinal cord. Theoretically, the steroid reduces the inflammation of the nerve roots as they exit the spine, which can help alleviate pain in the neck, back, and/or limbs.

Radiofrequency Ablation (RFA)

Radiofrequency Ablation is an injection that uses a specialized machine that generates a radiofrequency current. The current is then passed through a special needle placed next to the nerve (medial branch) which carries pain from the facet joints to the spinal cord. The current generates heat or other physical forces which interrupt the transmission of pain. Radiofrequency ablation is performed after the patient has benefitted from diagnostic medial branch nerve blocks. The effect will hopefully last for an extended period (one year on average). You will likely experience some increase in your neck or back pain over the next several days and then your pain should improve.

Physicians Rehabilitation

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

Our goal is to identify the source of your pain, promote healing and eliminate your pain. We begin by giving you a thorough examination and quickly address outward symptoms of pain, such as inflammation while gathering your medical history and evaluating your symptoms to get to the root of your pain and dysfunction. Our therapists have found that these advanced technologies, along with a specialized physical therapy program specific to the individual condition, make for extremely successful pain relief treatments. If you or a loved one is suffering from pain, please call our office at (855) 276-5989, or visit us online at www.PhysiciansRehabilitation.com for more information.

What's Your Diet?

By Pastor Roger P. Felipe

Weight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living

longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.



McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.

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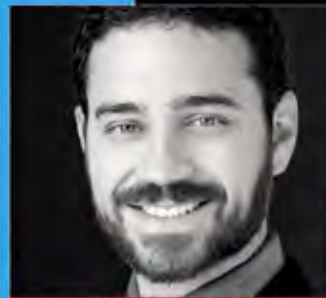
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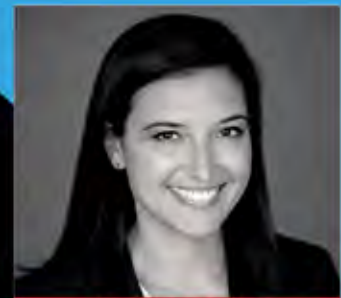
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