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Health & Wellness MAGAZINE

December 2022

Manatee/Sarasota Edition - Monthly

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FOR SEVERE DEPRESSION,
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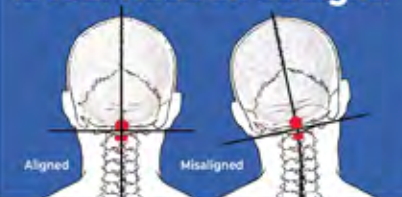
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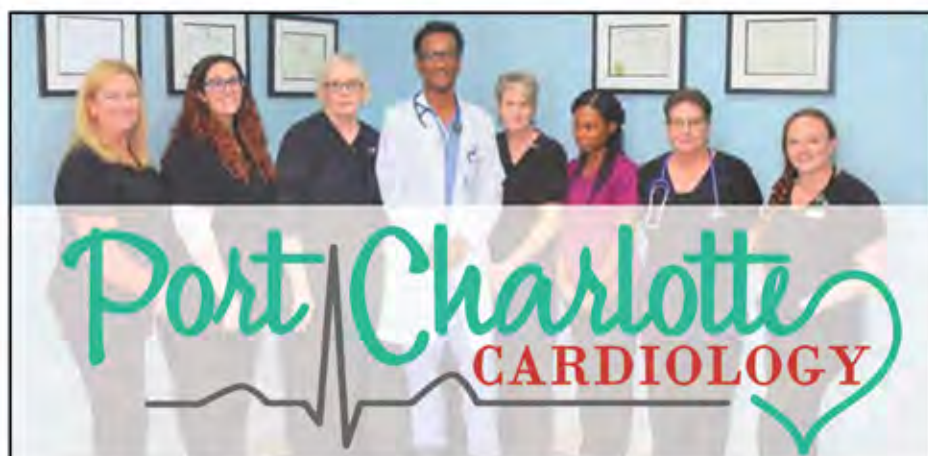
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SKIP & GAIL SACK

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- Skip & Gail Sack

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THE HOLIDAY BLUES

For Severe Depression, Ketamine IV Therapy Has Helped Numerous Patients

One of the most common ailments that doctors treat annually is depression, and this time of year, triggers like stress, missing loved ones or being overwhelmed can intensify depressive episodes. Nearly 15 million people in the United States are affected by depression. Persistent Depressive Disorder or PDD is a chronic type of depression that usually last for more than a year and can be difficult to treat successfully.

Symptoms of depression vary, but these are a few common causes for concern:¹

- Feeling nervous, irritable, or on edge
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation), sweating, and/or trembling
- Feeling weak or tired
- Difficulty concentrating
- Trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Feelings of Despondency
- Suicidal Tendencies

The typical treatment options for MDD (major depressive disorder) are antidepressant medications and counseling therapy. According to the National Institute of Mental health, Depression (major depressive disorder or clinical depression) is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. To be diagnosed with depression, the symptoms must be present for at least two weeks.

While the treatment options mentioned above are helpful for some people, the problem lies in two distinct categories. Firstly, depression is a 'label' that is placed over a very complicated, in-depth, disease with countless causes. And secondly, a vast majority of patients do not respond well to the medications prescribed. This is called treatment-resistant depression.

There is a way of treating depression that is helping numerous patients, and it's noninvasive and controlled by an expert physician.



Ketamine IV Infusion Therapy

Over the past ten years, Ketamine has been studied in patients with severe depression and PTSD. A rapid instantaneous effect takes place immediately upon the drug being dispensed intravenously. When a well-trained clinician administers ketamine, it can help with symptoms like moodiness, decreased concentration, low self-esteem, impaired sleep, decreased sexual desire, diminished appetite and can even alleviate suicidal thoughts.

During the treatment, the initial infusions usually take place over approximately two weeks with six infusions that are administered every other day. In parts of the brain that control mood and emotions, ketamine infusion creates new connections in the brain. These new neurological connections help the brain to send positive signals and improve mood, along with multiple beneficial physical conditions to the body. The effect is notable within hours, but most patients report the results are instantaneous. These astonishing changes can be seen on brain scans and imaging, and the results can be long-lasting.

Reference:

1. ADAA. Anxiety Symptoms. <https://adaa.org/understanding-anxiety/generalized-anxiety-disorder-gad/symptoms>

Ketamine impacts mood, anxiety and alleviates pain, which can result in positive treatment outcomes for the following disorders:

- Severe or Chronic Depression (such as GAD and MDD)
- Post-Traumatic Stress Disorder (PTSD)
- Chronic Inflammation and Pain
- Bipolar Disorder
- Obsessive Compulsive Disorder (OCD)
- Post-Partum Depression (PPD)
- Produces Rapid Onset of Neural Connections

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. 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."



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CATARACTS: YOUR TREATMENT OPTIONS

By Duane Wiggins, M.D.

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

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

What are the symptoms?

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

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

How did I get Cataracts?

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

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

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

How do I treat my Cataracts?

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

About Quigley Eye Specialists

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



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

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

What is an IOL?

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

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

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

Which IOL is Best for Me?

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

Cataracts with Astigmatism

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

Laser Cataract Surgery

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

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

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

References:

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



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

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

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

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

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

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

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

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

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

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

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

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

You Have a Choice

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



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

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

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

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

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

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



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NEW MODALITIES FOR THE TREATMENT OF ANXIETY/PTSD, LONG HAUL COVID, AND DEPRESSION

Neurofeedback and TMS After Emotional or Physical Trauma

Trauma has a powerful impact on our well-being. Events such as unhappy marriages, affairs, divorce, physical violence, sexual trauma, stalking, emotional abuse, bullying, relationship break-ups, adverse childhood experiences, COVID-19 illness, military trauma, and many other challenging life events can leave us feeling depressed, anxious, panicky, fearful and/or socially withdrawn.

Physical illness can also be both a traumatic and a life changing event. Symptoms such as fatigue, depression, anxiety, sleep disturbances, and brain fog are commonly found in individuals with long haul COVID-19. A recent comprehensive study (published in the British Medical Journal in February 2022) showed that people who have recovered from COVID-19 — even mild cases — are at a significantly increased risk of developing anxiety, depression, substance abuse and cognitive impairment.

The study looked at millions of health records over the course of a year. It found an increased risk of 35% for anxiety disorders, 39% for depressive disorders, 38% for stress-related conditions and 41% for sleep problems. The risk for opioid use increased by 76%, and the risk for cognitive decline increased by 80%.

Trauma, whether it be from physical, emotional, or infectious (SARS-CoV-2) causes, leaves an imprint in the brain that can frequently be seen as brainwave imbalances. Although there are specific brainwave patterns that are associated with depression, ADHD, anxiety, insomnia, and trauma, most physicians or therapists never consider performing a brain map or qEEG to look for the effects of trauma on the brain.

If You Don't Look, You Won't Find It

Getting checked for brainwave imbalances is the first step on the road to recovery. The negative effects of trauma can be seen throughout different regions of the brain by looking at the shape and frequency of the brainwaves in those regions. Once the trauma pattern is identified, an effective treatment program can be offered.



Bring Your Brain Back Into Balance With Neurofeedback or PrTMS

Transcranial Magnetic Stimulation (TMS) is a drug-free, painless, non-invasive treatment therapy that uses magnetic pulses to stimulate activity in the brain. There are several TMS medical devices cleared by the FDA for use in treating major depressive disorder, obsessive-compulsive disorder, and migraine headaches.

An updated version of TMS, Personalized repetitive Transcranial Magnetic Stimulation (PrTMS), is now available at the Brain Wave Center in Sarasota, Florida. PrTMS uses very mild magnetic pulses to regulate out-of-sync brain activity in specific brain areas. The personalization of PrTMS, as compared with TMS, allows for a gentle approach for the healing of depression, brain fog, insomnia, head trauma, PTSD, etc. Unlike traditional TMS where all clients receive the same treatment therapy, PrTMS incorporates diagnostic assessments and a brain function analysis for a more individualized treatment plan designed to provide optimal results.

Research suggests that PrTMS may be helpful for those individuals suffering from a variety of mental health conditions, and for healthy individuals, such as athletes, who are interested in high-level human performance. It has shown some significant success in the treatment of depression, anxiety, PTSD, insomnia, long haul COVID brain fog, traumatic brain injury, and autism spectrum disorders.

How does neurofeedback specifically help in the treatment of depression and other mental health conditions?

Depression and other common mental health conditions such as anxiety, PTSD, and attention deficit hyperactivity disorder (ADHD) are accompanied by abnormal brain electrical activity. Just as the electrical activity of the heart can be determined by an EKG, brain electrical activity can be observed by qEEG brain mapping and used by neurofeedback equipment to train the brain back to more harmonious and healthy brain activity. As brain activity becomes more regulated and healthier, the symptoms of out of sync brain electrical activity — depression, anxiety, PTSD, ADHD, etc. become reduced or eliminated.

Neurofeedback retrains your brainwaves back to a state of healthy regulation. Several research studies have suggested that neurofeedback can be helpful for trauma survivors (e.g., van der Kolk et al., 2016; Brown, Clark, & Pooley, 2019).

A recent study, performed in association with The Brainwave Center, measured the impact of neurofeedback on survivors of trauma. After completing 20 sessions of neurofeedback, the following positive results were observed:

- Increase in overall health
- Decrease in depression
- Increase in sleep quality
- Decrease in PTSD
- Increase in happiness
- Increase in feeling like you matter
- Increase in emotional regulation (emotional awareness, emotional clarity, goal directed behavior, and acceptance of emotional responses)

Have You Had A Comprehensive Assessment?

At The Brain Wave Center, we support adults, teens, and children in having a happy and healthy brain. To free yourself of your emotional struggles and embark on a path toward optimal emotional health and wellness, it's extremely important that a comprehensive assessment takes place to determine the underlying issues and to establish a correct diagnosis.



Parents and teachers can often tell that there is something different about their child's behavior. Does your child have anxiety? Depression? Attention Deficit Disorder (ADD)? Is your child exhibiting the effects of trauma? You can find out with comprehensive testing and assessment!

The diagnostic part of The Brain Wave Center evolved from requests from our partners, such as Easterseals and The Florida Center for Early Childhood, regarding the backlog they have for children requiring neuro-psychological assessments.

More Than Just A Diagnosis

Our team incorporates proven testing and neuro-psychological assessment methods backed up by qEEG Brain Map analysis to accurately identify underlying issues and correctly identify appropriate therapies. Then we provide you with a plan to address these issues!

Our goal is to achieve breakthrough results through innovative individualized treatment solutions.

Conclusion

The lasting effects of trauma can contribute to a wide range of emotional and physical health challenges. Unless assessed and effectively treated, these conditions can persist for decades or even a lifetime.

Isn't it time that you found a way to free yourself from your emotional health challenges? There are effective therapies that can address the traumas that have held you back from your fullest potential! More & more people are becoming aware that it's possible to live a happier and more healthy life. At the Brain Wave Center, we are focused on assisting everyone in improving their emotional health and overcoming brain fog, anxiety, depression, PTSD, attention deficit disorder, and other common mood disorders.

Find out today how neurofeedback and PrTMS can help you or a loved one.
Call 941-552-4500

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There's No Greater Gift Than Peace of Mind



Freedom Village of Bradenton

As we begin the Holiday Season, many emotions and realities of life may surface that we have put on the back burner for quite some time.

One of those realities is recognizing that living arrangements and health care needs for our parents or loved ones have changed, and now is the time to take action.

Perhaps dad fell off a ladder trying to prepare for the last hurricane, and this was the affirmation that the family needed to be convinced that he is no longer able to safely maintain the house the way he used to.

Perhaps mom passed away and dad, who used to love socializing with his many friends and was always active in the community, is now lonely, lethargic, and struggling to cook for himself.

Maybe you've noticed that mom is having more and more trouble remembering things, and when she got lost driving home from the grocery store recently, your concern turned into fear.

There are countless scenarios like these and many more that families face every day. At Freedom Village of Bradenton our mission is to help families solve these types of challenges by providing quality, comfortable and secure living accommodations, and excellent health care services for seniors.

A PREMIER LIFE CARE COMMUNITY

Now may be the time to seriously consider a change of lifestyle for your family, and that usually means allowing others to lend a helping hand. This is not a sign of weakness. In fact, having the courage to seek support and change a person's living environment is a sign of strength. In most cases, this change is exactly what is needed to help an elderly person thrive in their later years.

Freedom Village of Bradenton is a premier Continuing Care Retirement Community (CCRC) that features spacious living accommodations and a full range of health care services for seniors at our scenic 34-acre campus.

Located in West Bradenton just minutes from Anna Maria Island, Freedom Village has served the community since its founding in 1987 and has been recognized by U.S. News & World Report as one of the top independent living communities in the country.



More than 500 individuals and couples live in spacious apartments and villas in independent living, where we offer a variety of top-notch amenities and services throughout campus, including several dining options in three on-campus restaurants, as well as a full schedule of social, educational, and wellness activities.

In addition to independent living, the Freedom Village team of professionals in assisted living, memory care, skilled nursing, and rehabilitation services provide more advanced levels of care to over 200 people, tailoring treatment and accommodations to meet the needs of each individual as their health care needs change.

A RESIDENT'S PERSPECTIVE

Resident Gary Schweinsaupt understands the many benefits of living in a Life Care community, and may have summed up independent living at Freedom Village best in a review he posted these comments online:

"Moving to our senior independent living community isn't just about preparing for adverse health situations as we age, it's about living a carefree, maintenance-free lifestyle for the rest of your life."



Don't wait until you fear health consequences, come here now, while you're fully able to enjoy the great lifestyle of Freedom Village – Bradenton.

When you add up the total cost of living where you are now or living in our carefree village, you may be surprised. Your children and you will feel good and have peace of mind about this decision."

Freedom Village residents and their families truly enjoy peace of mind and a worry-free lifestyle. There is no greater gift.

EXPERIENCE FREEDOM VILLAGE

We host several educational events each month and would love to have you join us on our beautiful campus for a seminar or complimentary lunch where you can meet some of our residents.

The best way to learn more about Freedom Village is to experience what our residents enjoy every day. Call 941-798-8122 to schedule a visit with one of our residency counselors.

www.fvbradenton.com

6406 21st Avenue West, Bradenton, FL 34209



Managed by
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December Events at Freedom Village

Holiday Cooking Demo & Tips to Relieve Stress – Dec. 15 * 11:30 a.m. to 1:30 p.m.

Holiday gatherings can be stressful enough, why strain yourself with meal planning? Join us for a LIVE cooking demonstration and allow us to feed your mind and stomach while relieving some of the pressure. Our chefs will show you how to create a seasonal inspired meal, provide nutritional tips to boost healthier eating habits, and give you alternative menu ideas that will make hosting your next event a breeze.

Skin Cancer Treatment

With more than a million new cases each year in the United States, skin cancer is the most common form of cancer in America. It can affect the skin on any part of the body, but it most frequently occurs in areas where the skin has the greatest exposure to the sun. Once you have been diagnosed with skin cancer, you and your doctor will want to make the best decision about which is the best course of action. In this article we will look at some of the many options available to treat skin cancer.

Types of skin cancer

First, it is important to know which type of skin cancer a patient has. The major types of skin cancer are:

Basal Cell Carcinoma

Basal cell skin cancer occurs in the basal cell layer of the skin and is the most common type of skin cancer in people with fair skin. It commonly occurs on areas of the skin that have been exposed to the sun, such as the face. It rarely spreads to other parts of the body.

Squamous Cell Carcinoma

Squamous cell carcinoma occurs in the squamous cells. It is the most common type of skin cancer in people with dark skin, who typically get it in places, such as the legs or feet, that have not been exposed to the sun. In people with fair skin, it usually occurs in sun-exposed areas such as on the face, head, ears and neck. Squamous cell skin cancer can spread to other parts of the body.

Melanoma

Melanoma is the most aggressive type of cancer and the most likely to spread to other parts of the body. Melanoma occurs in the melanocyte (pigment) cells of the skin, and can form on any part of the body, regardless of past sun exposure.

Skin Cancer treatments and recovery times

Treatment for skin cancer depends on the type, size, and location of the tumor. Most options include the removal of the entire growth and are effective forms of treatment. Removal procedures are usually simple, requiring only a local anesthetic in an outpatient setting. Some of the treatment options for skin cancer include the following:

- Freezing
- Excision
- Laser therapy
- Mohs surgery



Depending on the stage and severity of the skin cancer, in addition to removal of the growth, chemotherapy and radiation may be recommended.

Freezing

Your doctor may destroy actinic keratoses and some small, early skin cancers by freezing them with liquid nitrogen (cryosurgery). The dead tissue sloughs off when it thaws.

Excisional Surgery

This type of treatment may be appropriate for any type of skin cancer. Your doctor cuts out (excises) the cancerous tissue and a surrounding margin of healthy skin. A wide excision — removing extra normal skin around the tumor — may be recommended in some cases.

Laser Therapy

Lasers can be used to remove a cancerous or pre-cancerous lesion. They do this by vaporizing the top layers of skin. Lasers have several advantages over conventional surgery. Laser surgery is faster. It can be used to treat multiple lesions or lesions that are on delicate areas. It takes less time to heal from laser surgery and the risk of infection is lower.

Mohs Surgery

This procedure is for larger, recurring or difficult-to-treat skin cancers, which may include both basal and squamous cell carcinomas. It's often used in areas where it's necessary to conserve as much skin as possible, such as on the nose.

During Mohs surgery, your doctor removes the skin growth layer by layer, examining each layer under the microscope, until no abnormal cells remain. This procedure allows cancerous cells to be removed without taking an excessive amount of surrounding healthy skin.¹

Reference:

1. Skin cancer (2020) Mayo Clinic. Mayo Foundation for Medical Education and Research. Available at: <https://www.mayoclinic.org/diseases-conditions/skin-cancer/diagnosis-treatment/drc-20377608>

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, Homestead and Kendall areas of Miami, FL, 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.



Janet Delaney, ARNP-BC



Cynthia Spencer, APRN-BC



Michael Van Vliet, M.D., FACS



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Upper Cervical Care Beneficial for Children

By Dr. Drew Hall

Some adults may wonder why more and more children are starting to see Upper Cervical Chiropractors. That's a good question and the answer is simple: whether we have a large spine or a small spine, if that spine is creating nerve distress then our bodies will not be able to operate properly.

The Nervous System is the Master Control of the Body

The nervous system is the master control system of our body and the messages exchanged between the brain and body (through billions of nerves) guide the transformation of a newborn child into an adult. Each message provides instructions to the child's growing body to provide for growth and repair of tissues, coordination of muscle activity, immune function, respiration and digestion among others.

As with adults, an upper cervical (neck) misalignment can have significant effects upon the nervous system's ability to transmit information to and from a child's body. If communication channels become fuzzy, distorted or damaged then we experience all sorts of communication errors. For babies and children, this ineffective communication may play out as colic or irritability, an inability to suckle and breastfeed, poor sleep and immunity, frequent ear infections, developmental delays, digestion issues, asthma, behavioral problems, low energy, inability to concentrate, headaches, etc – the list is endless. In fact, regardless of what the end result or symptom may be, all roads lead back to the body's ability to self-regulate and function at a peak level.

While upper cervical care may be able to help with a number of health issues, our focus is not treating conditions; rather, our focus is on ensuring the nervous system has every opportunity to work efficiently and effectively.

How Do Children get Nerve Irritation?

Nerve irritations (or vertebral subluxations) occur as a part of normal daily life. They result from physical, chemical and emotional stressors or 'insults' to our health, such as knocks and falls, bad posture, prolonged postures, stomach sleeping, poor food choices, dehydration, exposure to chemicals and toxins, and stress and anxiety.



Even before these lifestyle stressors have an impact, nerve irritation can occur in the uterus from awkward positioning, restriction of movement, and exposure to toxins, and from birth complications such as long labors, very fast labors, forceps or caesarean delivery. Even during the gentlest of births, presentation of the baby's head through the birth canal requires physical pressure exerted by the mother. This can force the baby's neck to twist or bend causing misalignment of the upper cervical vertebrae.

A study published in the *Journal of Manual Medicine* revealed that nearly 80% of all children are born with blocked or reduced nerve impulses due to a misalignment of the top bone in the spine called the Atlas. Dr. Gutmann, the medical doctor who performed the research, concluded that the blocked nerve impulses can cause motor and developmental impairments, as well as lowered resistance to infections, especially ear, nose and throat infections.

If the newborn makes it through the birthing process unaffected, the inevitable tumbles and falls of childhood increase the risk of injury to the upper cervical spine potentially compromising brain-body communication.

When we appreciate how important the nervous system is and how easily it can be hindered and impaired it makes sense that more parents are having their child's spine and nervous system assessed.

10 Reasons Parents Take Their Children to See Upper Cervical Doctors

1. To maximize the child's brain and nerve development (neural plasticity).
2. To enhance their child's overall health and wellbeing.
3. To strengthen immunity and reduce the incidence of colds, ear infections and general illness.
4. To help with colic and irritability.
5. To help with asthma, breathing difficulties and allergies.
6. To improve spinal posture.
7. To improve their child's ability to concentrate.
8. To assist with behavioral disorders and enhance emotional wellbeing.
9. To help alleviate digestive problems.
10. To assist with bed-wetting and sleep issues.

Because the upper cervical spine is the most mobile area of the entire spine, it is particularly vulnerable to injury, making it the most common location for spinal problems to occur. Get your children checked for a misalignment today!

If you are interested in learning more about how upper cervical care can benefit the smaller and younger members of your family, call Sarasota Upper Cervical Chiropractic and schedule a consultation with Dr. Drew Hall. Call 941-259-1891 today!



Dr. Drew Hall



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STAYING SMOKEFREE DURING THE HOLIDAYS

While the holidays are an exciting time of the year, they can also be a stressful time of the year. With get-togethers to attend, food items to bake, gifts to shop for, and parties to host, the holidays can be quite overwhelming, especially for someone who has recently quit or is working to quit smoking.

If you have committed to smokefree living, managing that extra holiday stress can be a challenge; however, these helpful tips will help you manage the stress and remain smoke-free:

1. Get enough sleep. When we are tired or run-down, cravings feel stronger while we feel less able to manage them. Be sure to get plenty of sleep at night or, if possible, carve out some time during the day for power nap.¹

2. Replace caffeine with more water. Many times, when we are feeling tired, we run to another cup of coffee for a quick energy boost. While this may help you to stay awake, too much caffeine can make you feel jittery and more stressed. Instead of reaching for another cup of coffee, grab a glass of water! Drinking water is great for lessening cravings and staying well-hydrated will make you feel better in general which will, in turn, help you manage the holiday stress more easily.¹

3. Go for a walk. Walking not only reduces stress, but it also improves circulation and releases endorphins, the “feel good” hormones. Take a quick walk whenever you feel stressed; instead of caving in to the urge to smoke, you’ll come back feeling energized, refreshed, and relaxed.¹

4. Breathe deeply. Deep breathing is a quick way to reduce stress and release tension in your body.¹ Take a few moments to slowly inhale through your nose, then exhale through your mouth. You will start to feel the stress melt away after repeating this process just a few times.

If you or someone you know needs extra support to quit smoking for good, help is free! Gulfcoast South Area Health Education Center (GSAHEC), as part of the Group Quit option of Tobacco Free Florida’s Quit Your Way program—offers free group quit sessions to help someone quit all forms of tobacco. These group sessions, held virtually and in-person, provide information about the benefits of quitting, managing stress and triggers, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum or lozenges (*if medically appropriate and while supplies last*) are provided with the session. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist. Contact us today at **866-534-7909** or visit www.tobaccofreeflorida.com/groupquitcalendar to schedule a class or learn more about the program!



References:

1 <https://www.verywellmind.com/smoke-free-holiday-tips-2824909>

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IT'S NOT HIP BURSITIS: 3 REASONS WHY YOUR HIP HURTS

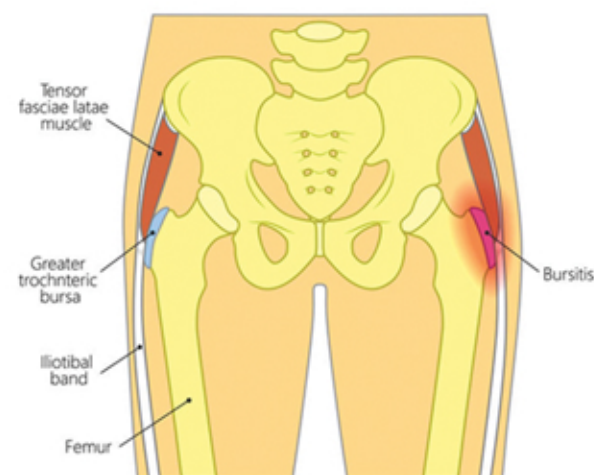
By Regenxx at New Regeneration Orthopedics



Photo Courtesy of Canva

Think that Hip Pain is Bursitis? Think Again.

Hip bursitis, which is also referred to as trochanteric bursitis, is a condition presenting as pain on the side of the hip. The pain is usually a painful, deep ache that worsens when lying on the side, sitting, or crossing the legs. The bursa are on the side of the hip, where muscles, tendons, and ligaments also attach. The bursae are soft, jelly-like sacs that lay among the structures of the hip. Trochanteric bursitis is when those sacs get inflamed on the hip, from repeated compression. The figure below¹ illustrates a healthy bursa on the left-side of the picture, and an inflamed bursa on the right side of the picture.



Picture depicting bursitis of the hip

Although hip bursitis is a real diagnosis and a possible cause of hip pain, it is actually over-diagnosed and not always the cause of hip pain. In fact, a Harvard Health article states:

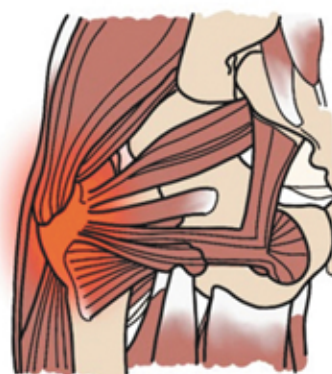
...several other conditions can cause similar pain, and require different treatments. "Doctors often assume that pain on the outer side of the hip is due to bursitis. But 90% of the time, it's not bursitis," says Dr. Lauren Elson, a physiatrist with Harvard-affiliated Massachusetts General Hospital.²

Hip bursitis can be over-diagnosed and over-treated. Standard treatment for hip bursitis are cortisone injections, which can create temporary relief, but does not fix the underlying cause.

Our physicians at Regenxx at New Regeneration Orthopedics of Florida perform detailed examinations to identify the root cause of a problem, so the area of issue can be fixed. From our physician's experience, they have seen that patients who come in the office with a previous diagnosis of hip bursitis still have the same pain, even after a cortisone injection, and are even worse off than before the cortisone. Cortisone can weaken the surrounding hip tissues, so can actually lead to worse issues down the road. Read on to learn other non-bursitis reasons your hip could be hurting.

3 Other Reasons Why Your Hip Could Be Hurting Hip Tendonitis

Tendonitis is the inflammation of the tendons of the hip abductor and rotator muscles. These inflamed tendons also can develop calcific changes over time. The calcific changes in chronically inflamed hip tendons cause decreased elasticity in the tendons and can cause a deep ache over the hip. A non-operative regenerative solution for this hip pain at New Regeneration Orthopedics is commonly Platelet Rich Plasma (PRP) that is injected into the inflamed tendon.



Picture depicting tendonitis

Hip Muscle Tear

Small tears in the tendons of the hip muscles can cause pain in the outside of the hip. When the tendon has small tears, the muscles firing capacity weakens, but the repeated load of the muscle contracting on a weakened and damaged tendon leads to a deep pain and ache on the outside of the hip. We successfully treat these types of injuries with PRP or Bone Marrow Concentrate (BMAC).



Picture depicting gluteus medius tear

Tight Muscles

Muscles in the hip and hamstrings can lead to imbalances that cause pain on the outer hip. This case of hip pain can be identified in a physical examination performed by your physician. If they identify your hip muscles are too stiff or tight, but they do not identify any tissue inflammation or damage, they may refer you to perform some simple hip stretches, or visit your physical therapist. However, this type of muscle imbalance, if left unaddressed, can develop into hip tendonitis or glute tears that would require more therapeutic interventions like PRP or BMAC.



Picture depicting muscles in the hip and hamstrings

Strategies for Beating Hip Pain

The following exercises³ address the tight muscles of the hip. This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified health provider with any questions you may have regarding a medical condition.

References:

- 1 <https://www.drandedwutton.com/blog/hip-bone-pain/>
- 2 <https://www.health.harvard.edu/pain/think-that-hip-pain-is-bursitis-think-again>
- 3 Physioteq.ca



Glute Rolling

- Place your foam roller on the floor and sit on it having one foot over the opposite knee in a figure 4 position.
- Roll along your buttock in a front to back motion from your lower back to the bottom of the buttock.
- Maintain your abs tight and proper lower back posture during the exercise.
- Roll for 2-3 minutes. If you feel numbness or tingling at any time, cease the exercise.



Hamstring Rolling

- Sit on a hard surface and put a lacrosse or tennis ball underneath your hamstring.
- Put some weight over the area and roll your body over the ball.
- If you find a tender spot, keep the ball in position then extend and flex your knee.
- Perform for 1 minute on each leg.



Seated Figure 4

- Sit on a chair having one foot over the opposite knee in a figure 4 position.
- Push on your knee to open the leg and straighten your back while you move your upper body forward until you feel a comfortable stretch in your buttock.
- Hold the stretch for one minute.



Hamstring Stretching

- Lie on the floor in a doorway or close to a corner of a wall.
- Place one leg up against the wall, the other is straight on the floor and your buttock is as close as possible to the door frame or wall.

Regenexx®

At New Regeneration Orthopedics



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

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



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



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



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

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

Regenexx at New Regeneration Orthopedics: 941-254-2757

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

- Extend the elevated leg and pull your toe down as much as possible until you feel a stretch behind your thigh.
- Hold the stretch for 2 minutes on each leg.

If you have a hip bursitis diagnosis and would like to get more answers about the root cause of your hip pain, our physicians at Regenexx at New Regeneration Orthopedics would love to perform a detailed evaluation to help identify the cause of your pain.

HEALTHY EATING REDUCES VASCULAR DISEASE

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

Complications

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

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

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

Too Much Sugar

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

Too Much Salt

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



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

Improve Your Diet

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

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

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

Sarasota Vascular Specialists

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

- Varicose veins, spider veins, deep venous thrombosis
- Carotid artery surgery and carotid stenting
- Medical management, angioplasty, bypass
- Thoracic and abdominal aortic aneurysms

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

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FAST TRACK YOUR CAREER WITH THE WHEEL

By Dr. Melissa Houston

The year 2023 will be here in just a few weeks. How do you plan to start your New Year? It's a great time to finish things that you've started. Do you have college credits but for one reason or another, you didn't earn a college degree? Does the idea of spending years to graduate make you think that diploma and the career doors it could open for you, is just a dream?

More than 750 graduates of The Wheel know firsthand how it helped them advance in their career. One of the most flexible degrees you can earn is in management. Just about every organization, regardless of its size, needs managers. At Hodges University, we've taken it a step further with a bachelor's degree in organizational management. With your previously earned credits, you could graduate in as little as one year. We call this the Hodges University Wheel.

By bringing your credits from other institutions, and yes, the military, you can be well on your way to that bachelor's degree. We take this degree a step further to include classes in leadership. This degree will provide you with the knowledge you need to be an impactful and effective manager-leader.

In addition to graduating quickly, you come to class only one night a week or on Saturday morning, at the location that is most convenient for you in Fort Myers, Naples, or Port Charlotte.

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

The Wheel is designed with you in mind. You're already balancing the demands of a full-time job and family, so classes are held in the evenings and on Saturday. Plus, you'll be taking your classes with the same fellow students, so you also have the opportunity to build that sense of camaraderie, and connections that can be useful in your career.

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

Dr. Melissa Houston is the lead faculty for The Wheel bachelor's in organizational management degree at Hodges University.



What Wheel Grads Say

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INTERMITTENT FASTING:

A Tool That Has Been Successful in Treating Long-Covid

Intermittent Fasting means eating during a specific period and fasting (not eating) for the other period in a given day. The theory behind intermittent fasting is that humans did not evolve to live in environments where they had access to food 24 hours a day. Our ancestors lived in a time when food was scarce. They had to function at their best, physically and mentally, often while fasting.

In modern times, this translates to not eating for some time in 24 hours. During intermittent fasting, food is eaten every day, however during a shorter part of the day. The 16:8 intermittent fasting diet is a common scenario. The 16:8 intermittent fasting diet limits eating to 8 hours a day and requires fasting, while drinking water, for the remaining 16 hours of the day. Although 16 hours seems like a long time, this includes time spent sleeping. The fasting period must include the nighttime sleep because this is when the brain is at rest and benefits most from the fasting.

Past studies have shown that intermittent fasting provides a host of benefits, including lowering the risk of diabetes and heart disease. Insulin resistance is reduced, blood pressure and cholesterol are lowered, and improved success with weight loss efforts are noted. In addition, people who fast regularly, are less likely to experience severe complications from COVID-19, according to a new Intermountain Healthcare study published this week in BMJ Nutrition, Prevention & Health.

The study found that people who practice regular water-only intermittent fasting had a lower risk of hospitalization or death due to the virus as compared to patients who did not fast. Benjamin Horne, director of cardiovascular and genetic epidemiology at Intermountain Healthcare, said in a news release, "Intermittent fasting has already been shown to lower inflammation and improve cardiovascular health. In this study, we're finding additional benefits when it comes to battling an infection of COVID-19 in patients who have been fasting for decades."

In the study, researchers identified patients enrolled in a voluntary health registry at Intermountain Healthcare who also tested positive for SARS-CoV-2 between March 2020 and February 2021 — before



vaccines were widely available. Of the 205 who tested positive, 73 who said they fasted regularly once a month had a lower rate of hospitalization and death due to coronavirus. Participants who said they fasted regularly did so for an average of more than 40 years. "Intermittent fasting was not associated with whether or not someone tested positive for COVID-19, but it was associated with lower severity once patients had tested positive for it," Horne said.

How Intermittent Fasting Affects Long Covid Symptoms:

- **Decrease of Inflammatory Processes:** COVID-19 provokes acute and then chronic inflammatory processes in several tissues and organs like the lung, brain and nervous system, gut, and heart. This leads to dysfunctions that the anti-inflammatory effects of fasting can directly improve.
- **Cell and Vital Organ Rejuvenation:** a COVID-19 infection as well as PSCS (Post-SARS-CoV-2 Syndrome) commonly known as Long Covid, can cause long-lasting damage to certain organs, particularly the lungs, brain, and heart. Recent publications show that fasting activates autophagy and apoptosis, two self-cleaning mechanisms that allow the body to get rid of old, damaged, or infected cells. After food re-introduction, stem

cells boost the re-expansion of the organs, causing them to be "rejuvenated". This ability of fasting to regenerate to some extent, the body's damaged organs and structures can be greatly beneficial in treating Long Covid.

Doctors on the front lines, including Dr. Mobeen Syed, are beginning to hypothesize that people suffering from Long Covid still have spike proteins infecting some cells. These infected cells send out distress signals which our bodies recognize as inflammation. The cells infected with the spike protein can only be removed through the process of autophagy.

Fasting for 16 hours in 24 hours triggers our bodies to start autophagy.

We do not need to fast every single day to reap the benefits of Intermittent Fasting and Autophagy. Intermittent Fasting 5 days a week is a common pattern that many people can easily integrate into their lives.

Research Cited: Horne BD, May HT, Muhlestein JB, et al

Association of periodic fasting with lower severity of COVID-19 outcomes in the SARS-CoV-2 prevaccine era: an observational cohort from the INSPIRE registry

BMJ Nutrition, Prevention & Health 2022;e000462. doi: 10.1136/bmjnph-2022-000462

Dr. Mobeen Syed, Radical Health Benefits of Autophagy, 2022, <https://youtu.be/oatXZIKjG7c>

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Breast Cancer & Lymphatic Draining

By James Ferrara - Occupational Therapist and Certified Lymphedema Therapist

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

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

WHAT IS LYMPHEDEMA?

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

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

Lymphedema disposes the affected area to an ongoing inflammatory process that, if untreated, can progress to skin fibrosis, adipose tissue accumulation, and further accumulation of fluid, causing disfiguring swelling, disability, and infections such as cellulitis.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
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Source:
Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5665410/>

Coming from Moffitt is:



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



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



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BOOST YOUR IMMUNE SYSTEM FOR HOLIDAY TRAVEL WITH IV VITAMINS

By Katherine Hermes

If you are thinking of traveling this year but you are worried about possibly catching an uninvited bug along the way, getting an IV Vitamin drip is a great way to “rev up” your immune system. Your white blood cells are your internal army and 1st line of defense against infection. Instead of rolling the dice and hoping that you don’t get sick, IV vitamins are a tool that you can use to strengthen your body in advance of a trip.

First, a quick primer on white blood cells. White blood cells are a key player helping your immune system combat infections. The average healthy human body contains 4500-11000 white blood cells in the bloodstream. When your body is challenged by an infection (bacteria, virus or fungus) your white blood cell jumps up. Your body builds the army it needs to fight off the invasion.

- If the white blood cell concentration is higher than average, it is referred to as leukocytosis. Based on the nature of the infection, it takes the body up to 5 to 25 days for the white blood cell count to return to normal.
- If the “fight” between the infection and white blood cells is a tough one, you can have cells die off (killed in battle). Once the white blood cell count drops, it remains low for **7–10 days**. The lowest level that blood cell counts reach is called the nadir. During nadir, the body’s resistance to infection is weakest. Neutropenia and leukopenia are terms used to refer to lowered numbers of white blood cells in the blood. When WBC counts are low, there is a higher risk of infection.

In either case, a growing army or an army that has suffered losses, you can see that you need to give your body support to either feed a large army or build back a diminished army.

What kinds of IV Vitamins should you get before planning travel and when should you get them? I recommend to my clients to come in the day before you travel. That means that when you first get on the plane, train or in your auto, your body has a nice fresh



dose of vitamins. As for the combination of IV vitamins, I suggest zinc, vitamin C, glutathione and of course additional hydration. No one keeps up their “8 glasses of water a day” routine when they are traveling.

The right combination of IV vitamins can support your immune function without the side effects and potentially gut injuring consequences of antibiotics. Zinc, vitamin C and glutathione are great vitamins to achieve healthy and balanced white blood cells.

Zinc is essential for immune function. However, the body does not organically create zinc at all. Zinc comes from your diet. Zinc is used in your body for wound healing, immune function, DNA synthesis, and other cellular functions. Zinc improves your sense of smell, and the absence of zinc can cause things to not taste or smell at all. People who are vegan, have chronic kidney disease, Crohn’s disease and other GI issues tend to lack zinc. The best source of zinc is in oysters – which of course most of us do not eat on a daily basis. So, a zinc is added to a lot of foods. Most of us, however, are very low on zinc.

IV vitamin C may help to fight the virus that causes illness. Vitamin C is easily sourced in lots of foods including broccoli, citrus fruits, strawberries and Brussel sprouts. Vitamin C deficiency can result in swollen or bleeding gums, fatigue, joint pain, colored spots on the skin and even loose teeth.

However, it is also use to treat cancer (at high levels), improve your general health, and improve your immune system. It is one vitamin that you can almost never get too much of.

Glutathione is a tool to improve how well the foods you are giving your white blood cells are absorbed. It also reduces “oxidative stress”, which is that whole free radicals story. Glutathione can help remove psoriasis, repaid damaged cells and fatty liver disease due to alcoholism and even helps diabetics.

There is a BONUS benefit of getting additional fluids: preventing and reversing dehydration. Saline solution can also include amino acids to provide protein nourishment in the face of decreased food intake and increased metabolic demand. (Dehydration can amplify the negative symptoms of any acute illness, put a strain on the kidneys, and make it difficult for the body to flush out toxins.) So, if you are not keeping up with your water intake, that saline will go a long way to help your body prevent and fight off infection.

When you are traveling, not only will all these great vitamins help your body stave off infection, but they will also keep your nutrition level nice and strong at a time when you may not be eating as responsibly as you usually do.

So, before you travel this holiday season, please call **941-867-9406** to make an appointment at The Drip Bar, 1473 Main St. in Sarasota. You can also check us out online at www.TheDripBar.com.

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ADVANCED URINARY INCONTINENCE PROCEDURES

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

There are several types of urinary incontinence:

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

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

Sacral Neuromodulation

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

Bulkamid—Urethral Bulking

Bulkamid is a soft, smooth hydrogel that consists of 97.5% water and 2.5% polyacrylamide. Once injected, Bulkamid provides additional volume to the urethra and acts as a scaffold for cells to grow through helping to provide long lasting relief of stress urinary incontinence symptoms. Bulkamid is noninvasive and requires no surgery. It is injected directly into the closing mechanism of the urethra. More than 70,000 patients have been treated with Bulkamid.

What is urethral bulking?

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

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

Short procedure

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

No Incisions

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

Quick recovery

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

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

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.



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3D MAMMOGRAPHY

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

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

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

What is 3D Mammography?

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

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

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

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

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



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

What are the benefits?

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

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

After 3D Mammography, if continued tests and imaging are needed, RAVE uses state-of-the-art technology, including MRI guided breast biopsies and the Philips 3T wide bore MRI that allows our radiologists to view the breasts in a higher resolution, enabling us to have even more clarity within the breasts. RAVE has been performing MRI breast imaging for over 15 years and with Wide Bore technology, it allows us to accommodate most any sized patient comfortably. With the Philips 3T wide bore MRI, we are able to cut down on the amount of time it takes for the patient to be scanned. Most Breast MRI's take 30 minutes or less, allowing the patient to go on with their day with little disruption.

How long will it take?

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

How much radiation will I be exposed to?

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

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

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

Why is RAVE Radiology offering 3D Mammography?

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

How can I schedule an appointment for 3D Mammography?

Schedule your appointment by calling (941) 488-7781 (Venice Office). Coming to Sarasota in 2019. We will have 3D Mammography and Xray.



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NO DRUGS - NO PRESCRIPTIONS - NO SURGERY JUST RELIEF

By Physicians Rehabilitation

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



Facet Joints

The facet joints are small joints in the back of the spine that form connections between each vertebra. If these joints are blocked or numbed, they will not be able to transfer the painful sensation to the brain. Therefore, this procedure is completed to see if your back pain is caused by the facet joints.

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.

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.

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.



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Complex Regional Pain Syndrome (CRPS)

By Premier Foot & Ankle Specialists

What is complex regional pain syndrome? Complex regional pain syndrome (CRPS) is a form of chronic pain that usually affects the arms, hands, legs, and feet. CRPS is uncommon, and its cause is not completely understood. CRPS is characterized by "pain out of proportion" to the severity of the initial injury. It is thought that CRPS typically develops after a traumatic event, such as a physical injury, surgery, stroke, or heart attack. It is believed to be caused by damage to the nervous system. Another theory is that CRPS is caused by a triggering of the immune system, which can cause inflammatory symptoms of redness, warmth, and swelling of the affected extremity. Complex regional pain syndrome occurs in two types, with both having similar symptoms, but different causes. **Type 1**, which is also known as reflex sympathetic dystrophy (RSD), occurs with tissue injury that does not involve direct trauma to the nerves in the affected limb. About 90% of people with CRPS have type 1. **Type 2**, once known as "causalgia," occurs after direct trauma to the underlying nerves of the affected extremity. However, the clinical signs and symptoms of both types of CRPS are the same.

Signs and symptoms of CRPS include:

1. Constant burning or throbbing pain of the affected extremity
2. Hypersensitivity to cold or touch
3. Chronic swelling of the affected area
4. Skin temperature changes that alternate between cold and sweaty
5. Skin color changes, that can range from pale white, to red or blue
6. Decreased mobility of the affected body part
7. Joint stiffness and inflammation
8. Changes in the texture and growth of nails and hair

The symptoms of CRPS can range from mild to severe, and can last for months to years. Symptoms can change over time and vary from person to person. The first changes to occur are usually pain, swelling, redness, along with temperature changes and hypersensitivity to cold and touch. Many clinicians categorize CRPS in stages, although there are no specific cutoffs between symptoms and signs between each



category. **Stage 1** is characterized by changes in skin temperature, that switches between warm and cold, faster growth of hair and nails, joint pain and muscle spasms, severe burning, aching pain that worsens with touch, and skin that becomes blotchy, purple, pale, red, thin or shiny. **Stage 1** can last between one to three months. **Stage 2**, which lasts from three to six months, is characterized by continued changes in the skin, brittle nails that crack more easily, worsening of pain, slower hair growth, and joint stiffness with muscle weakness. **Stage 3** continues beyond six months and features irreversible skin and bone atrophy, muscle wasting, tightening of muscles and tendons, along with progression of pain to the entire limb. The changes seen in **Stage 3** are often irreversible.

Diagnosing CRPS can be difficult due to the complexity of the symptoms and similarities between other conditions. There is not a single test for diagnosing CRPS, but is important to rule out other conditions so that the diagnosis can be made by exclusion. Several diagnostic tests may include: thermography that shows temperature changes and lack of blood supply in affected limb, bone scans, nerve conduction studies, x-rays, and testing of autonomic nerves (that control sweating and blood pressure).

There is no cure for CRPS, but the progression of the disease can be slowed down. There are a number of treatments focus on reducing symptoms and restoring movement and function of the affected limb, which include:

1. Physical therapy can be started early on to help reduce pain and swelling, increase range-of-motion, and improve muscle strength of the affected limb.
2. Medications can be prescribed such as pain medication, steroids, blood pressure medicines, bone loss medications, and anti-depressants.
3. Hot and cold therapy
4. The use of a TENS (transcutaneous electrical nerve stimulator) unit
5. Nerve blocks (injecting medicine to numb the affected nerves that are causing pain)
6. Surgically implanted pain pumps or spinal cord stimulators, along with surgical nerve ablation

Complex regional pain syndrome can be difficult to diagnose and treat, but the outlook is much better with early diagnosis. In some people, the symptoms can resolve on their own, but other cases can become chronic and potentially irreversible. If you or a loved one are experiencing symptoms similar to those above, contact your local podiatrist for evaluation. Dr. Roggow and Dr. Bonjorno are happily taking new patients and look forward to meeting you!



Dr. Brielle Roggow



Dr. Jeremy Bonjorno

The caring supportive staff at Premier Foot & Ankle Specialists are available to answer your questions and make your appointment. Please visit their website at www.premierfootandanklefl.com, or call them direct at (941) 488-0222.



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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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By Afton Patterson

Companion Care for Your Loved Ones is Especially Important During the Holidays

It's not unusual for seniors to struggle with their mental health during the holidays. There is so much pressure during the holiday season to create a picture-perfect holiday and to spend it with family. But for seniors, the holidays can be very lonely. Seniors who have lost their spouse or can't be with their children because they live too far away often find the holidays difficult instead of merry.

Companion care in the home can help. When your senior loved one has companion care at home, they won't have to get through the holidays alone. They may even enjoy their holiday. Companion care at home can help seniors avoid being lonely year-round, but it's increasingly important during the holidays. If a spouse was lost during the holiday season, studies show that grief intensifies for every holiday thereafter.

Queen Elizabeth II once said, "Grief is the price we pay for love." When someone we love transitions, the pain of the loss is difficult. However, it is compounded during the holidays, because that is the time we celebrate with our families and our friends. We practice traditions and family rituals, which remind us of how we love one another. When this dynamic is altered because of death, it can be devastating to the family. It is especially challenging when we see others enjoying time with loved ones. The realization of our loss is even greater during this time.

The usual feelings of togetherness can intensify grief because the loss of a loved one becomes even more pronounced if they aren't present at the usual celebrations. The holidays are family-centric and if this is the first holiday season after the death of a loved one, it can be extremely hard. Many families have traditions and rituals that are centered around the holidays and to continue them without that person can be stressful and emotional. An in-home caregiver can help ease this grief.

Grief can be triggered for different people in different ways, some of which can be very specific. A smell, a favorite dish, or a once-enjoyed holiday activity can overwhelm us with emotion and bring the pain of a lost loved one back to the present. Giving yourself time to process those feelings as they happen is important.

There is no shame in asking for help or seeking help for your loved ones. Lean on your support system and find a balance. If you are the caregiver, the holidays may be just as hard on you as the ones you are caring for. Set boundaries for yourself and don't feel like you must accept every single social invitation. If Holiday parties and events are triggers for you or the one you care for, you don't have to isolate yourselves, but you could try new activities. Leaving a social situation is also perfectly acceptable if the grief becomes too much to bear. And you do not have to explain yourself or feel guilt over leaving.

Know what works for you. For some, it can be immensely helpful to honor old traditions and memories at this time of year. It can be comforting to think of the past and happy memories when dealing with grief. For others, this can be a trigger. Setting new traditions or avoiding old ones (such as shopping at certain stores or seeing the local Christmas lights) can be healing with grief. Letting go of old traditions can provide a new opportunity to clarify your values and needs this time of year. It's okay to fall into either category, be sure to do what's best for you.

What should a loved one say to a grieving family during the holidays? Sometimes the greatest comfort you can give to someone who is grieving is the gift of silence or the gift of presence. It may be difficult for a person during grief to speak articulately about their emotions. They may not be able to say, "My heart is breaking because I miss my loved one." In those moments, a hug, holding their hand, or sitting in silence with them can mean more than searching for words of comfort. The gift of presence offers the bereaved person a safe place to grieve outwardly.

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Hypertension Causes, Symptoms, and Treatment

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

Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body. Your blood pressure normally rises and falls throughout the day. When it is high, it is called hypertension. Hypertension is dangerous because it can damage your heart and cause health problems if it stays high for long periods of time.

High blood pressure can lead to serious complications and increase the risk of heart disease or stroke, as well as other cardiovascular diseases. Almost half of adults in America have hypertension, many without even knowing it. Managing blood pressure should be a primary concern for preserving one's health and reducing the risk of serious heart-related complications.

In 2017, the American College of Cardiology and the American Heart Association published new guidelines for hypertension management and defined hypertension as a blood pressure at or above 130/80 mmHg. Stage 2 hypertension is defined as a blood pressure at or above 140/90 mmHg.

According to the Centers for Disease Control and Prevention, nearly half of all adults in the United States have hypertension. Only about 1 in 4 of them have their condition under control. What's worse, more than 670,000 deaths in the US listed hypertension as a primary cause of death or a contributing cause. (1)

Symptoms of hypertension

Looking at the above statistics can make you wonder why so many people are unaware of their condition and why those who know don't bother to get it under control. The main reason is likely the fact that hypertension often has no symptoms. It is possible to have high blood pressure for years without even having the slightest notion. Some people may experience headaches, shortness of breath, or nosebleeds, but most people show no signs at all. It is VITAL to check your blood pressure regularly.

Causes of hypertension

It is often unclear what the cause of hypertension is as it is usually a result of an underlying condition. When it is not caused by another condition, hypertension is known as primary or essential hypertension. If an underlying condition is the cause of high blood pressure, it is called secondary hypertension.



Primary or essential hypertension can result from multiple factors, such as:

- Obesity
- Insulin resistance
- High salt intake
- Excessive alcohol intake
- Sedentary lifestyle
- Smoking

Health problems that can cause secondary hypertension include:

- Chronic kidney disease (CKD) and renal artery stenosis
- Pregnancy (not a health problem, but a cause of hypertension)
- Sleep apnea
- Pheochromocytoma (a type of cancer)
- Hyperaldosteronism

Treatment of hypertension

Lifestyle modifications are the first suggestions that doctors will make when hypertension is detected. Some of those may include:

1. Physical activity is important for everyone, but especially for those trying to lower their blood pressure. It is recommended that adults get 150 minutes of aerobic during the week. This can be in the form of a brisk walk, jogging, swimming, or an aerobics class at your local gym.
2. Reducing your stress level is important.
3. Stop smoking.
4. Reduce your alcohol intake.
5. Reduce salt intake.
6. Eat more fruits and vegetables and less fat.
7. Lose weight if you are overweight.

When to see a doctor

At each doctor visit, have your blood pressure checked. That is usually standard practice, but if it is not taken, ask that it be done. If you happen to be healthy and don't visit the doctor often, be sure to monitor it on your own. There are machines in most pharmacies or you can buy a small machine and check it yourself at home. It is important to get an accurate reading so talk to your health care provider about the proper use of machines.

If you see that your blood pressure is high, make an appointment sooner rather than later. Talk to your doctor about what steps you should take in order to lower it. Though lifestyle modifications are usually effective, some people will need to take medications. Your doctor will work with you to get it under control.



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It's A Wonderful Life

By Pastor Timothy Neptune

Every year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?" Mine is Frank Capra's *It's A Wonderful Life*.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even be difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine what you are going to love. To have a wonderful life, you start by having an

attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... how am I going to live? To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.

The third issue to settle is...who are you going to help? If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.

When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.



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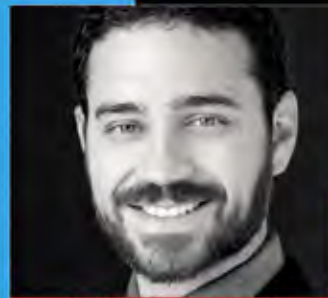
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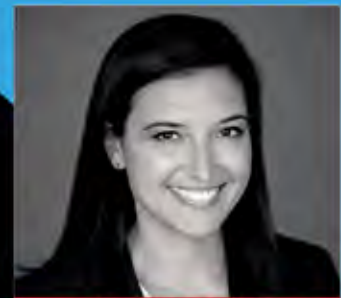
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