

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

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

January 2023

Manatee/Sarasota Edition - Monthly

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**FOR 2023,  
I RESOLVE TO...**

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OR MENIERE'S  
DISEASE?  
AREN'T THEY  
THE SAME?**

**OBESITY &  
MEDICALLY  
ASSISTED  
WEIGHT  
MANAGEMENT**

**6 REASONS  
WHY YOUR  
SHOULDER  
IS CLICKING**

**VEIN DISEASE:  
UNDERDIAGNOSED  
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**HOW TO MAKE  
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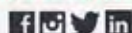
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☐

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Bruising

☐

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☐

Fatigue

☐

Restless Legs

If you said **“YES”** to any of the above, you may have vein disease.



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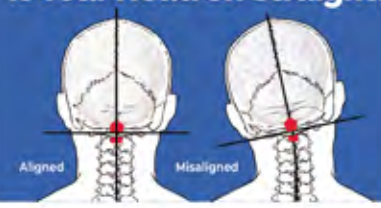


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- Dr. Drew Hall

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## SKIP & GAIL SACK

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

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



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# Vein Disease: Underdiagnosed & Undertreated

Our circulatory system keeps our body and its tissues healthy, but when that system goes awry, we develop a series of diseases, including vein disease and all its symptoms. Based on the latest scientific data, vein disease in the U.S. is underdiagnosed and undertreated, and it affects more than 40 million Americans. Unfortunately, less than one-half of one percent of Americans seek treatment and fewer than half a million ever receive treatment for vein disease.

Venous circulation in legs is a very important part of our overall daily health and can become a problem when vein reflux affects circulation. Vein reflux is a medical condition where leg veins are unable to properly transport blood back up to the heart. Medically, this is known as chronic venous insufficiency (CVI). Typically, CVI is associated with the development of spider veins or varicose veins in the legs. When CVI is not treated properly, it will lead to more serious consequences, such as ulcers, spontaneous bleeding, and life-threatening deep vein thrombosis (DVT). Here's some perspective, chronic venous insufficiency is twice as prevalent as coronary heart disease (America's #1 killer), and five times more common than peripheral artery disease.

## What Causes Chronic Venous Insufficiency?

The short answer is malfunctioning valves inside the veins. When blood circulates inside the body, the heart pumps blood down the leg. To get the blood back up to the heart, however, the body relies on a combination of valves and muscle contractions to push blood upward. Healthy valves within the veins act as backflow prevention device in the legs to keep the blood from flowing backward and pooling in the legs. Faulty veins don't close completely, resulting in varicose veins, swelling, heaviness, itching, and a whole host of other life-changing symptoms.



## Are You at Risk for Vein Disease?

Most likely, if you have any of these high-risk factors - a family history, obesity, prolonged sitting or standing, multiple pregnancies, you're older than 40 and/or you smoke or once did. Women are affected with vein disease more than men; however, men don't escape this dangerous disease.

## What are the Signs & Symptoms of Vein Disease?

More common symptoms that develop over time include pain, heaviness, fatigue, aching, itching, restless legs, burning, and cramping. Physical findings are large areas of spider veins, varicose veins, leg swelling, discoloration, skin thickening, and ulcers.

## What is the Treatment?

Luckily, treatment is in your favor. FDA-approved, minimally invasive treatments have a 99% success rate with far less risk and fewer side effects when compared to the now-antiquated vein stripping techniques of the past. At Florida Lakes Vein Center, all treatments are performed in the office. There is no downtime, and normal activities can be resumed as soon as you leave our office.

Florida Lakes Vein Center offers convenient appointments in our Lakewood Ranch office Tuesday - Thursday 8a.m. - 5p.m. and Friday 8a.m. - 3p.m. Call **941.866.8989** to schedule your *free vein screening*.



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# FOR 2023, I RESOLVE TO ...

By Dr. Mary Nuosce, LMHC, NCC, Core Faculty, Clinical Mental Health Counseling Program at Hodges University

**A**s we close in the last weeks and days of 2022, many people start thinking about New Year's resolutions with either hope, determination, or dread. Of course there's the typical "I'm going to lose weight, drink less, get more sleep," but the beauty of welcoming a new year is the perfect time to take a new approach to your resolutions.

Some of the aforementioned resolutions are based on negative statements. How about resolutions that focus on a positive frame of mind?

## Here are some examples of resolutions that can help you maintain a positive mindset.

- Physical activity is good, but make the focus on how much better you feel rather than allowing the scale to decide. Bring that good feeling home by getting rid of clutter. Having clutter around your home actually adds to your stress.
- In the realm of technology, go an entire day without checking your email. If someone really needs to reach you, they will call. As a matter of fact, go a whole day without checking your social media. If you're working to get eight hours of sleep, then one-third of an entire day without email or social media is done while you're sleeping.
- One way I've found to raise spirits is as simple as giving one, sincere compliment to someone every day. The smile you bring to another person's face is rewarding. That can also lead to doing one random act of kindness a day. It doesn't have to be a production; just a simple act that spreads joy to others, and back to you. Pay it forward.
- For those of you who like to travel, take a trip on small budget. Not all trips have to be about fancy hotels. Plus, you just might have your eyes opened to new experiences.
- Try a new restaurant. Our world is filled with so many wonderful flavors, and you could discover a new, favorite type of food or dish.



- Start your day by making your bed. Your day is already off to a successful start just by doing this simple thing.
- Do something that is scary to you. Let me quickly clarify it doesn't mean something wild and death-defying. It could be giving a speech, riding a rollercoaster, or really cutting your hair – not just a trim.
- Avoid people who complain all the time. As a matter of fact, avoid people that are toxic to you. Negativity spreads, impacting you mentally, spiritually, and yes, even physically. Protect your well-being and health.

With these positive resolutions, take a minute to write them down. Statistically speaking, your chance of success increases by 42%.

*Happy New Year!*

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# 6 REASONS WHY YOUR SHOULDER IS CLICKING

By Regenxx at New Regeneration Orthopedics

## SHOULD YOU BE CONCERNED ABOUT SHOULDER CLICKING?

Many patients who come into our practice for shoulder pain or issues report having clicking symptoms in the shoulder. This is also followed with the question of, "is it ok if my shoulder makes this crunching sound?"

The short answer is: **No.**

Any crunching or clicking sounds in your shoulder can indicate problems in your mechanics or within the structures of your shoulder. Times people typically feel crunching, clicking, popping and grinding in their shoulder are in ranges of motion overhead or in a big arm circle to name a few. Some people also report them during functional activities like reaching behind them in the car. Other people report the popping and clicking happening in a sport-specific movement, like a bench press, for example.

### Popping and Clicking is Relatively Popular

When your shoulder makes a popping sound, with or without pain, it may be time to contact your physician. There are a variety of reasons your shoulder may be popping, many of them benign. However, it's worth your time and good health to check it out.

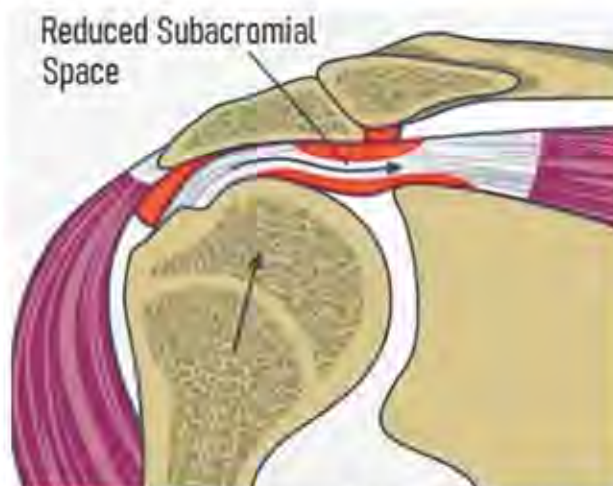
The physicians at Regenxx at New Regeneration Orthopedics work extensively with orthopedic and sports injuries. They routinely treat a range of shoulder problems, from rotator cuff impingement to labral tears.

From our experience with orthopedic injuries, we have seen the whole range of shoulder pathologies, and associated clicking sounds are very common in our assessments of shoulder issues. Below are six of the most common reasons we see "noisy" shoulders that click or pop in our offices.

## REASONS WHY YOUR SHOULDER IS CLICKING

### 1. Shoulder Impingement

Shoulder impingement is when the structures that pass throughout the shoulder's ball-in-socket and shoulder blade areas get compressed. The structures that can get compressed are the rotator cuff muscles and/or the nerves that power these muscles. Shoulder impingement causes pain and inflammation in the muscle that is compressed,



Example of Shoulder Impingement

and over time, the mechanics of the shoulder and the shoulder blade are altered to where bones that shouldn't be touching, start to get closer together and rub. The pop or click or grind could be originating from the long-term change in mechanics leading to and/or causing impingement. Shoulder impingement is often helped tremendously with conservative care like physical therapy, but we also have prolotherapy, platelet rich plasma (PRP) or bone marrow concentrate (BMAC) that can make an impact, depending on what the physician recommends for your unique condition.

### 2. Rotator Cuff Issues



Example of a Rotator Cuff Tear

The rotator cuff is a set of four muscles that are responsible for moving the arm bone on the shoulder blade in different directions. These muscles are pretty small, but also get overused and beat up

over time from sports, poor mechanics, sleep positions, or chronic poor posture/ergonomics. Either traumatic injury or repetitive stress on the rotator cuff can change the quality of the tendon to the affected muscle. Sometimes the muscle's tendon can get calcific changes, making it less elastic, and quite literally "crunchy." This change in the quality of the tendon also weakens it and can lead to partial (or worse) rotator cuff tears. Either the calcific changes of the tendon, or a tendon that has a partial or complete tendon tear is then unable to control the arm's motion on the shoulder blade and can cause the popping, clicking, grinding sounds. We routinely and successfully address rotator cuff issues in our patients with shoulder pain by using platelet rich plasma (PRP) or bone marrow concentrate (BMAC).

### 3. Labral Tears

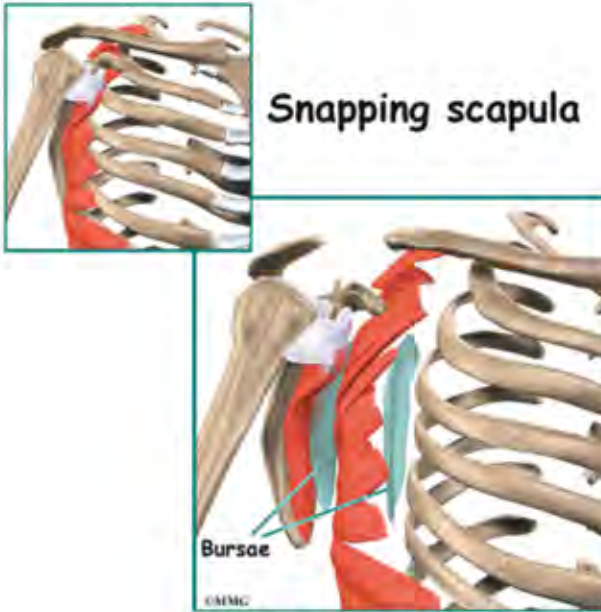


Example of Labral Tears

One of the most common clinical findings in orthopedic testing for labral tears is, specifically, clicking and popping. Several orthopedic tests we use in our office assess for clicking. When the shoulder is stressed in different angles and positions, if there is a sound elicited in the movement, it can suggest a labral tear. Also, if pain and weakness is found in other orthopedic tests in combination with this "noise," we can add labral tear to the short list of what could be the issue in the shoulder. Orthopedic testing in the office is a great tool to make educated guesses about what the shoulder pathology might be; however, this can only be confirmed by diagnostic imaging. A Regenxx physician would perform orthopedic tests on your shoulder, paired with a diagnostic ultrasound to assess the possibility of a labral tear, and then if suspected, we also order an MRI to evaluate the integrity of the labrum. Our physicians can treat confirmed shoulder labral tears with PRP or BMAC.



#### 4. Scapulothoracic Bursitis



Example of Snapping Scapula

The other terms for this condition is called Snapping Scapula Syndrome because when the shoulder blades moves around the rib cage, it makes a snapping sound. This snapping comes from a the bursa underneath the shoulder blade. The bursa is a fluid-filled sac, and they happen in various areas of the body where their function is to create a cushion and/or decrease friction. However, sometimes these sacs will get irritated and become inflamed, leading to pain and weakness and a *snapping* sensation. At Regenexx, we can treat the inflamed bursa itself, and also address the root cause of what is overloading the bursa, leading to inflammation.

#### 5. Osteoarthritis



Healthy Shoulder vs Shoulder with Osteoarthritis

Arthritis is an insidious process of degeneration when bones begin to rub on each other. When this happens is not only weakens and destroys the protective cartilage coating, but it causes inflammation.



This inflammation, especially when chronic, can lead to changes to the bone itself. So, when the bone changes from smooth to rough, it can result in crepitus, or popping and grinding sounds. This type of condition is chronic and typically quite painful, but can be successfully managed with PRP or BMAC.

#### 6. Muscle Imbalances



It's not uncommon for a patient to come into our offices with a complaint of popping, clicking or grinding, and none of the above pathologies are present. In these cases, the malpositions of the shoulder blade, upper arm bone, and collar bone can lead to increased contact between bones when they should not have any contact with each other.

The reason these malpositions happen is commonly from muscle imbalances. A common pattern for muscle imbalance includes tight chest muscles, tight neck and trap muscles, but wear shoulder blade and neck stabilizing muscles. If our Regenexx physicians evaluate your clicking shoulder condition and find the cause to be biomechanical or muscle imbalances, they may refer you to physical therapy to work on correcting the imbalances to eliminate the stress on the joints within the shoulder girdle.

**The Takeaway?** There are several reasons why your shoulder may be clicking, but an experienced clinician would be able to perform testing to identify the route cause and suggest the best course of treatment fo your injury.

If any of these conditions sound like something that you are dealing with and you're concerned about popping sounds, lingering shoulder pain, or other injury, we would love the opportunity to evaluate your shoulder and make a recommendation on what the best course of treatment could be.

#### References:

1. <https://www.orangeorthonj.com/blog/why-you-shouldnt-ignore-that-popping-sound-in-your-shoulder>
2. <https://www.stevannolanmd.com/blog/why-you-should-never-ignore-that-popping-sound-in-your-shoulder>



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# Is Independent Living Right For Me?

## A Quick Guide to Choosing the Best Community for Your Retirement

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

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

### DESIGN YOUR RETIREMENT WITH MODERN SENIOR LIVING

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

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

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

### IT'S ALL GOOD IN THE NEIGHBORHOOD

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

In fact, many independent living communities host special events and offer unique ways to gather your friends and neighbors for unforgettable fun.

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



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

Of course, there are rules and restrictions regarding pet ownership in a retirement community. The only way to know for sure if a community will accept your pet is by scheduling a visit and asking questions. You'll be surprised to find out how easy it is to transition into independent living with your pet.

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

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

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

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

To learn more about the cost of independent living, make plans to attend our free Lifecare educational seminar and luncheon at Freedom Village on January 26 from 11:30 a.m. to 1:30 p.m. We will provide you with a Financial Guide to Life Plan Communities and explain the different contract options we have that will provide financial security for you and your family.



### THE ROAD TO INDEPENDENT LIVING STARTS AT FREEDOM VILLAGE OF BRADENTON

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

#### Now's the Time: Housing Market Uncertainty Makes This the Perfect Time to Move to Independent Living

Thursday, January 12th  
11:30 a.m. to 1:30 p.m.

#### Resident Panel: Understanding the Benefits and Differences of Independent and Assisted Living

Thursday, January 19th  
11:30 a.m. to 1:30 p.m.

#### Vision, Balance and Fall Prevention

Tuesday, January 24th  
11:30 a.m. to 1:30 p.m.

#### Lifecare: A Financially Secure Future

Thursday, January 26th  
11:30 a.m. to 1:30 p.m.

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

If you prefer not to wait for one of our events, please call our community today and we'll be happy to have you visit our campus to learn more about designing your ideal retirement at Freedom Village of Bradenton.



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# LOW DOSE IV KETAMINE FOR OCD

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

**O**- Obsession  
**C**-Compulsions  
**D**-Distress

## Types of OCD

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

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

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

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

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

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



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

## Ketamine IV Therapy

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

## Gulf Coast Ketamine Center

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

## Sources:

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

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

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

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

**Steven Reichbach, MD**, Board-Certified Anesthesiologist, specializes in pain management. For more information, please contact their office today at 941-213-4444, or visit their website at [findpainrelief.com](http://findpainrelief.com).



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



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

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# HEAD INJURIES FROM SCHOOL SPORTS: SURPRISING LIFETIME IMPACT ON MENTAL HEALTH

**D**o you remember that time you hit your head when you were playing high school or college sports? Or the whiplash car accident from 10 years ago? Or when you slipped and fell and hit your head? If you think that these injuries are a thing of the past, you might want to reconsider. The latest scientific research is showing that these injuries may have long-term and lasting effects on mood, memory and even your earning potential!

The Centers for Disease Control estimates that up to 3.8 million sport-related mild traumatic brain injuries (mTBI) are reported annually in the United States. Most of these injuries are never treated sufficiently or recognized as a potential cause of long-term mental health problems. You don't need to lose consciousness to sustain a concussion and there can be long-lasting consequences even if there are no immediate symptoms.

Sports concussions can cause persistent symptoms, known as post-concussion syndrome (PCS), such as anxiety, irritability, mood swings, depression, a short temper, difficulty focusing, poor sports performance, memory issues, etc. These symptoms may show up immediately after the head trauma, several months later, or they may emerge many years after the injury.

Having an initial concussion sets things up for making future bumps to the head, even minor ones, more impactful and more likely to cause long-term consequences. Do you remember that bump to your noggin when unloading the kayak or when you hit your head on the cupboard door? Repeated injuries, on top of an initial concussion, can reinjure the brain and increase the likelihood of mood swings, irritability, memory issues, and a wide range of adverse emotional and mental health concerns. Additionally, studies show that concussions may lead to an increased risk for neurodegenerative diseases such as chronic traumatic encephalopathy (CTE), and Alzheimer's disease (AD) later in life.

Concussions cause physical and chemical changes in the brain that affect how it functions. Post Concussion Syndrome physical symptoms can include one or more of the following: headache, dizziness,



insomnia, exercise intolerance, fatigue, noise, and light sensitivity. Psychological symptoms, including depression, irritability, and/or anxiety, are common. Cognitive problems such as memory loss, poor concentration, and reduced problem-solving skills frequently occur and can persist over time. These long-lasting physical, psychological, and mental symptoms can significantly affect the quality of your life, career, and your relationships.

A 2009 study published in *Brain*, the Journal of Neurology, concluded that even 30 years after a head injury, sports concussions could have detrimental effects on cognitive and motor function. Former athletes with a history of concussion had poorer performance on neuropsychological tests of memory, hearing, executive functioning skills (attention, reasoning, judgment, problem solving, creativity, emotional regulation, impulse control, etc.) and they also moved more slowly.

## Neurofeedback for Post-Concussive Syndrome

The trauma to the brain from concussions results in abnormal brain electrical activity, which may be detected in a Brain Map (qEEG). These traumatic brain waves are often associated with depression,

anxiety, difficulty focusing, memory issues, irritability, etc. Once they are identified, they can be reduced or eliminated through targeted Neurofeedback training. Neurofeedback is a non-invasive process of retraining your brain's electrical activity back to a state of healthy regulation.

During a neurofeedback session, sensors painlessly monitor brainwaves. While the client watches a video, the computer will look for the brainwaves associated with head trauma, anxiety, depression, overwhelm, etc. When the computer detects irregular brainwaves, it will fade the video and sound. This will cause the client to refocus their attention on the video until the brainwaves return to normal. This can happen hundreds of times during a single session. Eventually, after multiple sessions, the brain learns to maintain brainwaves in a healthy range. As that happens, the client will typically see a reduction in their Post-Concussion Syndrome symptoms. The best part, results are often permanent.

## Personalized repetitive Transcranial Magnetic Stimulation (PrTMS) for Post-Concussive Syndrome

Transcranial Magnetic Stimulation (TMS) is an FDA-approved drug-free, painless, non-invasive therapy that uses magnetic pulses to stimulate activity in the brain. Unlike conventional TMS, where all clients receive the same treatment, PrTMS incorporates diagnostic assessments and a brain function analysis to deliver an individualized TMS treatment.

PrTMS is a simple, safe, and effective way to address post-concussion symptoms. An electroencephalogram (EEG) will be performed to assess brain wave activity using a cap that communicate to a sophisticated computer. The recording takes less than 5 minutes to complete. The data collected is analyzed for abnormal brainwave activity caused by past head trauma. From the EEG data, a custom treatment protocol is generated that is tailored specifically to your brain and symptoms.

During a PrTMS treatment session, clients relax in a comfortable chair for approximately 20 minutes. A small electromagnet is placed above the scalp. The electromagnet delivers a painless magnetic pulse that re-regulates the nerve cells in the region of the brain affected by the concussion.





### Nutrition for Post-Concussive Syndrome.

Research points to the importance of nutritional supplements and wise food choices following a concussion. It's essential to focus on anti-inflammatory foods and protective nutrients to balance the brain's inflammatory response. Sugar, red meat, gluten, and many processed and refined foods, as well as caffeine and alcohol, are highly inflammatory and lack the nutrients the brain needs for repair and recovery. Foods with browned proteins, chips, crackers, or coffee should be avoided. These foods contain advanced glycosylated end products, which may harm the body and brain.

Nutrients, such as those found in green tea, turmeric, fish oils, berries, eggplant, black rice, and broccoli, along with additional magnesium, zinc, selenium, ascorbate, and glutathione precursors, may be helpful as a part of a comprehensive brain recovery protocol. Foods high in anthocyanins can benefit the brain and slow neurodegeneration. Lion's Mane mushroom has neuroprotective effects and reduces the reactive oxygen species in the brain. It also increases the levels of a brain-derived neurotrophic factor (BDNF), which encourages the growth of new brain cells, especially the myelin sheath, which is often damaged from head trauma.

### The Brain Wave Center

Isn't it time that you found a way to free yourself of depression, overwhelm, anxiety, and the other symptoms of post-concussion syndrome? Our Center has a dedicated team of professionals offering innovations in brain health.

*Find out how nutritional therapies, neurofeedback, and PrTMS can help you or a loved one. Call 941-552-4500. We offer brief no-charge initial consultations with our medical director.*

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# Vertigo or Meniere's Disease? Aren't they the same?

By Dr. Drew Hall

If you've ever felt off-balance, dizzy, or like the room is spinning around you even though you're sitting down, you've probably experienced vertigo or Meniere's disease. The two are commonly confused since they both affect balance and/or hearing. But what's the difference? Aren't they the same thing?

## What is vertigo?

Vertigo is a sensation of feeling off balance. If you have dizzy spells, you might feel like you are spinning or that the world around you is spinning. Dizziness is an altered sense of balance that can make you feel unsteady or lightheaded. In contrast, vertigo is a false sense of motion that you may experience while sitting, standing or even lying still.

## Causes of Vertigo

*Vertigo is often caused by an inner ear problem. Some of the most common causes include:*

**BPPV (benign paroxysmal positional vertigo)** BPPV occurs when tiny calcium particles are dislodged from their normal location and collect in the inner ear. The inner ear sends signals to the brain about head and body movements relative to gravity. It helps you keep your balance. BPPV can occur for no known reason and may be associated with age. Meniere's disease. This is an inner ear disorder thought to be caused by a buildup of fluid and changing pressure in the ear. It can cause episodes of vertigo along with ringing in the ears (tinnitus) and hearing loss.

**Vestibular neuritis or labyrinthitis.** This is an inner ear problem usually related to infection (usually viral). The infection causes inflammation in the inner ear around nerves that are important for helping the body sense balance.

*Vertigo may also be associated with:*

- Head or neck injury
- Brain problems such as stroke or tumor
- Certain medications that cause ear damage
- Migraine headaches



## Symptoms of vertigo

*People with vertigo typically describe it as feeling like they are:*

- Spinning
- Tilting
- Swaying
- Unbalanced
- Pulled to one direction

*Other symptoms that may accompany vertigo include:*

- Feeling nauseated
- Vomiting
- Abnormal or jerking eye movements (nystagmus)
- Headache

## What is Meniere's Disease?

Meniere's disease is a disorder of the inner ear that can lead to dizzy spells (vertigo) and hearing loss. In most cases, Meniere's disease affects only one ear. It can occur at any age, but it usually starts between early to middle adulthood. It's considered a chronic condition, but various treatments can help relieve symptoms and minimize the long-term impact on your life.

## Causes of Meniere's disease

The cause of Meniere's disease is unknown. Symptoms of Meniere's disease appear to be the result of an abnormal amount of fluid (endolymph) in the inner ear, but it isn't clear what causes that to happen.

*Factors that affect the fluid, which might contribute to Meniere's disease, include:*

- Improper fluid drainage, perhaps because of a blockage or anatomic abnormality
- Abnormal immune response
- Viral infection
- Genetic predisposition

Because no single cause has been identified, it's likely that Meniere's disease results from a combination of factors.

## Symptoms of Meniere's disease

*Signs and symptoms of Meniere's disease include:*

- **Recurring episodes of vertigo.** You have a spinning sensation that starts and stops spontaneously. Episodes of vertigo occur without warning and usually last 20 minutes to several hours, but not more than 24 hours. Severe vertigo can cause nausea.
- **Hearing loss.** Hearing loss in Meniere's disease may come and go, particularly early on. Eventually, most people have some permanent hearing loss.
- **Ringing in the ear (tinnitus).** Tinnitus is the perception of a ringing, buzzing, roaring, whistling or hissing sound in your ear.
- **Feeling of fullness in the ear.** People with Meniere's disease often feel pressure in an affected ear (aural fullness).<sup>1</sup>

1. Meniere's disease (2020) Mayo Clinic. Mayo Foundation for Medical Education and Research. Available at: <https://www.mayoclinic.org/diseases-conditions/menieres-disease/symptoms-causes/syc-20374910>.

After an episode, signs and symptoms improve and might disappear entirely for a while. Over time, the frequency of episodes may lessen.

If you're looking for reliable vertigo treatment or relief from Meniere's disease symptoms, visit Dr. Drew Hall at Sarasota Upper Cervical Chiropractic. Visit Dr. Hall to get to the root cause of your vertigo. In their office they take 3D cone beam computed tomography (CBCT) that allows the doctor to view the neck and joints that may be misaligned causing your vertigo. Don't guess at the cause of your problems.

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



Dr. Drew Hall



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# HOW TO MAKE–AND KEEP–A NEW YEAR'S RESOLUTION TO QUIT TOBACCO.

It is no secret that most New Year's resolutions tend to fail before they even have a chance to "get off the ground". However, something about the "clean slate" that a new year brings inspires every one of us to try anyway. We think about all the positive changes we want to make in our lives, to get off to a great start, but get sidetracked by the busy-ness and pressures of life and lose focus. Despite our failures, we vow to ourselves that we will "do better next year". The failure that many of us experience is often the result of failing to make a sustainable plan. Benjamin Franklin said it best when he said: "If you fail to plan, you are planning to fail!"

If you're planning to start off this new year tobacco-free, set yourself up for success by creating a plan, learning what it takes to quit and knowing what to expect from the process.<sup>3</sup>

When it comes to quitting and staying quit, you must have a plan.<sup>1</sup> Having a personalized plan will not only keep you on track, but it will also help get you through the challenging moments that will inevitably come your way. Here are six simple steps to create your quit plan that will set you up for success:<sup>4</sup>

## STEP ONE: Mark your calendar.

With New Year's coming up, now is a perfect time to quit tobacco for good. Start 2023 off on the right foot by cutting out the #1 preventable cause of death and disease in the United States: tobacco use.<sup>1</sup> Set your quit date, but also tell your friends and family your plans to quit and explain how they can help you. Quitting tobacco is easier when people in your life support you.<sup>4</sup>

## STEP TWO: Calculate your savings.

Did you know a pack-a-day smoker can save over \$2,200 a year from quitting?<sup>4</sup> Cutting out tobacco use is an excellent way to build your savings back up now that the holidays are behind you. To see how much you can save, visit [TobaccoFreeFlorida.com](http://TobaccoFreeFlorida.com)/cost to view a smoking cost calculator.



## STEP THREE: Think about your reasons for quitting.

Whether your main reason for quitting is related to health, money, family, job, or social stigma, you are making the right decision for your health and the health of those around you by quitting tobacco use. Knowing your reasons for why you want to quit can keep you motivated and on track, especially in the difficult moments.<sup>4</sup>

## STEP FOUR: Know your triggers.

Think about what things make you more likely to use tobacco, then develop strategies to keep you in control of those triggers.

## STEP FIVE: Fight your cravings.

When you get an urge to use tobacco, changing what you are doing or your physical location can make it easier to get your mind off of tobacco until the craving passes.

## STEP SIX: Set yourself up for success.

Choose strategies and tools to help you quit. Gulfcoast South Area Health Education Center (GSAHEC), as part of the Tobacco Free Florida AHEC Cessation Program — offers Group Quit, free tobacco cessation classes that are available to help someone quit all forms of tobacco. These group cessation classes, now held virtually, provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum or lozenges (*if medically appropriate and while supplies last*) are provided with the class. 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](http://www.tobaccofreeflorida.com/groupquitcalendar) to schedule a class or learn more about the program!



GULF COAST SOUTH  
AREA HEALTH  
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HEALTH

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- 4 <https://smokefree.gov/build-your-quit-plan>





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**D**evised and crafted in Italy – now available in the U.S. Endospheres reduces the appearance of cellulite by targeting the root cause, improving lymphatic drainage and circulation, breaking down fibrous septae, relieving pain and inflammation, and toning the muscles. It is FDA registered and is the only device in the world that uses an innovative **COMPRESSIVE MICROVIBRATION** technology to feel the body and produce a customized treatment to tone, tighten and smooth out imperfections.

Endospheres uses Compressive Microvibration technology to contour the body, enhance lymphatic drainage, and improve your body from the inside out to produce fantastic results.

Endospheres has 5 actions:

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3. Improve blood flow
4. Decrease aches and pains
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Before



After



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

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

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

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# Psoriasis: Do You Have Dry Patches of Irritated Skin?

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

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

## Psoriasis Symptoms:

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

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

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

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



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

## Luminary Dermatology Trust an Experienced Provider Team

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

## Look and Feel Your Very Best

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

- Medical Dermatology
- Medical Spa Treatments
- Cosmetic Dermatology
- Plastic Surgery

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

Luminary Dermatology 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](http://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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## FINDING THE BEST ORTHOPEDIC SPECIALIST FOR YOUR CHILD'S INJURY IS CRITICAL

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

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

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

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

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

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

### Treating All Generations

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

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

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

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

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

### You Have a Choice

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



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

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

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

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

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

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



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# How to Know When it is Time to Seek In-Home Help for a Loved One

By Afton Patterson

**H**elping a loved one age in place may mean stopping by a parent's home to check in every few days or it may mean someone needs to be there daily. When your loved one needs assistance with tasks such as bathing and meal prep, medication management, or driving to appointments, or if you are overwhelmed as the only caregiver, there is no shame in asking for help. When providing care is more than one person can manage on their own, it may be time to seek In-Home help. Whatever level of care you provide, these tips can help you help your loved one remain at home for as long, and as comfortably, as possible.

## Issues With Driving

It is challenging to criticize someone's driving because it is touchy. However, letting someone who cannot drive by themselves get behind the wheel is reckless. That person will be a risk to themselves and others if they go on busy roads. If someone in your family keeps getting traffic tickets or dents on their car, you should consider hiring home health care for their safety. The next time your loved one goes for a drive; monitor their behavior and alertness on the road. This will help you determine if they need senior care support.

## Questionable Hygiene

Did an elderly family member surprise you with a unique new smell when you celebrated the holidays together? If you notice that someone's appearance looks off or they smell due to poor hygiene, this is a sign that they need home care support. Keep a lookout for wearing soiled clothes, wearing the same outfit over and over, or if they have a foul body odor.

## Weight Changes

A family member who has suddenly lost a lot of weight since the last time you saw them may not be eating enough. They may have lost the ability to cook and the desire to go grocery shopping for themselves. This is one of the most serious home health care signs because it can mean that your loved one struggles with depression. Observe their eating and cooking habits. Check if they have supplies at home or spoiled food in the fridge.



## Memory Problems

This is one of the most surefire home health signs to know when someone is in trouble. Did someone forget to turn off the stove after cooking? Are they taking their medications on schedule? Confusion and memory problems can mean that the person is dealing with dementia. This is dangerous because it can also lead them to forget to take their medications and mismanage finances.

## Social Isolation

Many older adults suffer from loneliness because their family members and friends become too busy to visit. Social isolation has a profound impact on someone's physical and mental well-being. This can also lead to depression if your loved one does not get the support they need. With the best home health care service, you can always have peace of mind that someone keeps your family member company to ensure they have someone to talk to.

## Physical Problems

If someone is losing mobility and cannot dress, bathe, eat, walk, sit, or stand by themselves, they will benefit significantly from home health care. Otherwise, they may not be able to get out of bed in the mornings without anyone's help and may be embarrassed to tell anyone.

## Too Much Clutter

One of the most obvious signs that a loved one is in trouble is when they have a cluttered and messy home. Unless someone has always been untidy, a neglectful home can surprise their families and friends, especially if they were a neat and clean person before. Do they have piles of dirty clothes, stacks of dirty dishes, overgrown grass, or bags of garbage lying around? This is an obvious sign that the person needs the best home health care service because they are too overwhelmed to keep up with day-to-day chores.

*Highest Honor Home Care, LLC* is privately owned and operated. Our mission is to assist every client with improving their quality of life, encouraging independence, and allowing them to be comfortable with excellent care in their homes by providing first-class, professional care with respect, dignity, and compassion with the highest ethical standards and honor.

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



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

By Craig S. Aderholdt, BSc, DC

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

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

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

## How does VAX-D work?

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



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

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

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

## Is VAX-D Right for Me?

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

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

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

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

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

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

## BACK PAIN INSTITUTE OF WEST FLORIDA

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Lakewood Ranch, Sarasota 34240

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



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

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

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

**RAVE (Radiology Associates of Venice, Englewood and Sarasota) were the first to offer the SmartCurve breast stabilization system**, which is clinically proven to deliver a more comfortable mammogram without compromising image quality, workflow or dose, and the new Clarity HD high-resolution 3D™ imaging technology, which provides radiologists with the highest resolution 3D™ images to help identify cancers early. These innovations come as part of RAVE's ongoing commitment to superior breast cancer detection and providing an improved mammogram experience for our patients.

The technology increases diagnostic confidence with its exceptional images and has the potential to increase screening volume and compliance for the countless women who have reported avoiding regular mammograms due in large part to the fear of discomfort associated with breast compression.

The SmartCurve system and Clarity HD high-resolution 3D™ imaging technology are available exclusively with Hologic's Genius 3D Mammography exam, which is currently in use by RAVE and detects more invasive cancers, reduces false positives, and is FDA approved as superior, compared to conventional 2D mammography for all women, including those with dense breasts.

These new technologies not only enable us to improve the experience for our patients by providing them with a more comfortable mammogram they've been waiting for, but more importantly allow us to do so while maintaining clinical accuracy by providing our physicians with the industry's fastest, highest

resolution 3D™ images to accelerate screening and analysis said A.J. Vulcan, Director of Marketing and Physicians Liaison.

"Being able to arm doctors with the advanced ability to identify subtle lesions and fine calcifications and help pinpoint cancers in early stages, while also keeping patients more comfortable than ever before, is priceless," A.J. Vulcan, Director of Marketing and Physician Liaison added.



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SmartCurve  
Curved for Improved Comfort

The SmartCurve system features a proprietary curved surface that mirrors the shape of a woman's breast to reduce pinching and allow better distribution of force over the entire breast. In a recent clinical study comparing the SmartCurve breast stabilization system to traditional flat paddle compression, the SmartCurve system improved comfort in 93 percent of women who reported moderate to severe discomfort with standard compression. In addition, 95 percent of those surveyed would recommend facilities that use the system.

"We're excited to provide these breakthrough technologies for all of our patients and remain committed to offering the women of our community the most advanced breast care possible alongside an improved mammogram experience."

We will be adding 3D Mammography with the SmartCurve system to our Sarasota location in early 2019 to accommodate our current and future patients.



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# SOZO Device for Lymphedema Prevention and Screening - New Technology for 2023

By James Ferrara - Occupational Therapist and Certified Lymphedema Therapist

**L**ymphedema appears as swelling in the arms or legs and is caused by a blockage in your lymphatic system. The lymphatic system is part of your immune and circulatory systems, and lymphedema usually pops up after damage to this system or if your lymph nodes have been removed. This condition is commonly seen in post-cancer treatment patients. In addition to the swelling, lymphedema can present as pain and discomfort in swollen areas. The most common treatments for lymphedema condition include exercise, wrapping, massage, and compression.

Every day in the US, over 4 million breast cancer survivors struggle with lymphedema. Up to 50% of patients will develop it. 58% of cancer patients diagnosed with breast cancer, melanoma, or pelvic area cancers are at risk for developing limb lymphedema. Early detection of lymphedema is vital.

Using a LymphaTech device, we can detect early signs of lymphedema from breast cancer. It allows us to intervene early and possibly prevent chronic lymphedema which can cause a reduction in quality of life and higher healthcare costs. In 60 seconds, we will know, with reliable accuracy, even small changes in circumference and volume. We track changes over time and percent differences in tissue size are calculated at each visit, which allows you to know your progression instantly.

New for 2023, Functional Transformation Clinic has equipped our mobile units with the Soza Medical Device. Lymphedema affects up to 10 million Americans – more than muscular dystrophy, MS, ALS, Parkinson's, and AIDS combined. Early detection of lymphedema using SOZO® with L-Dex®, combined with at-home compression treatment, reduces lymphedema progression by 95%. This device allows us to treat and prevent lymphedema. In the past, the onset of lymphedema was too difficult to detect using standard measurement techniques. Now, SOZO® with L-Dex® technology aids in detecting lymphedema at the subclinical level, or Stage 0, before visible swelling and the condition is irreversible.

An effective lymphedema prevention program, which includes timely education to the patient, effective use of technology for early surveillance, and early detection and intervention protocol has

been proven to deliver the best clinical outcomes. But while a prevention model of care has been well established in leading cancer care guidelines, the concept of lymphedema prevention is relatively unfamiliar to patients. SOZO L-Dex® measures and assesses fluid buildup in an at-risk limb compared to a healthy limb to help detect early signs of lymphedema. It uses noninvasive bioimpedance spectroscopy (BIS), which can detect fluid changes as small as 2.4 tablespoons (36ml) and takes less than 30 seconds to complete. An ounce of prevention is worth a pound of cure.

Functional Transformation Clinic has all the benefits of a traditional outpatient therapy clinic, but without the hassle of travel on your part. Our experienced and caring team comes to you!

Finding a form of transportation to travel to your therapy can be difficult, especially if you already have limited mobility. Unnecessary exposure to the outside world means less risk of infections, which is great if you are still healing from a major surgery. The convenience Functional Transformation Clinic provides you makes it much easier to stick to a routine and improve your mobility faster.

Functional Transformation Clinic offers flexibility. We deliver personalized care and customizable home health routines. We will never over-schedule our patients. You can enjoy one-on-one time with our licensed therapists in the comfort and safety of your own home.

At Functional Transformation Clinic, Occupational Therapist and Certified Lymphedema Therapists James Ferrara and Kanna Shepherd bring experience and a passion for healing to your door.

**New Lymphedema Clinic in  
Sarasota Specializing in Cancer  
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**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 CasleySmith 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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# OBESITY & MEDICALLY ASSISTED WEIGHT MANAGEMENT

**O**besity affects millions of Americans. Over the last couple of decades, it has spread from the adult population to adolescents and children. Although it is often attributed to poor eating habits and a lack of exercise, the truth is really a bit more complicated than that. The process by which the body converts food into energy can be influenced by chemicals in the environment, over which we have little control, and by genetics, over which we have zero control. It is a complex combination of genetic susceptibility, biological pathways related to metabolism and body weight regulation, and environmental factors.<sup>1</sup>

## World Health Organization Fast Facts on Obesity

- Worldwide obesity has nearly tripled since 1975.
- In 2016, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 650 million were obese.
- 39% of adults aged 18 years and over were overweight in 2016, and 13% were obese.
- Most of the world's population live in countries where overweight and obesity kills more people than underweight.
- 39 million children under the age of 5 were overweight or obese in 2020.
- Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016.
- Obesity is preventable.<sup>2</sup>

## Health effects from obesity

People affected by obesity have a higher chance of developing serious health problems, including:

- Asthma
- Type 2 diabetes
- High blood pressure
- Cardiovascular disease
- Stroke
- 13 types of cancer



Together, these are among the leading causes of preventable or premature death.

## Combating obesity through medically assisted weight management

As many patients struggle (and often fail) to lose weight on their own, many physicians have developed a helpful solution to offer obese patients: medically assisted weight-loss programs. These programs are designed to help patients overcome their weight-loss challenges in a safe, healthy way that includes a customized diet plan, exercise routine, prescribed medication(s) and medical supervision to help promote healthy weight loss based on their individual needs.

Medically supervised weight-loss programs provide patients with the resources needed to lose weight and maintain it, as well as sustain a healthier lifestyle. Many patients who have taken advantage of these programs have experienced an improved quality of life and are now at a much lower risk for obesity-related illnesses — many of which can be life-threatening.

## What Does a Medically Assisted Weight-Loss Program Monitor?

The best medically assisted weight loss programs monitor things like:

- Caloric intake
- Water intake
- Exercise routine
- Blood pressure
- Sugar levels
- Heart rate
- Reactions to medication
- Psychological state of mind
- Emotional state of mind

In Southwest Florida there are obviously many options for weight loss programs. Finding a doctor who genuinely cares for his patients is important. Dr. John Devine, MD, at Center for Urogynecology and Female Pelvic Health in Venice is currently accepting new patients looking to manage their weight in a safe and effective way. Patients visit Dr. Devine's office for an initial consultation to discuss their current weight, their goal weight, current eating habits, exercise, diet and what they have tried in the past in terms of weight management. In this consultation, a diet and exercise plan is discussed. After this initial meeting, the patient is then sent for a blood work panel to assure they are healthy and able to take the medications that Dr. Devine will prescribe to aid in weight loss. The medication is a compound created in a specialty pharmacy that is tailored to meet each individual patient's needs. After beginning the medications, the patient will return after a month to see if any adjustments are necessary and discuss progress. At this time, another blood panel is done to assure that everything is going well. After this, the patient will only need to come back every 3 months for checkups.

**If you'd like more information, please visit  
Dr. Devine's website at:  
[www.johndevinemd.com/contactus](http://www.johndevinemd.com/contactus)**

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- Fecal Incontinence
- Interstitial Cystitis



# Have You Heard of the “New Bunion Procedure” Called Lapiplasty?

## Is it really as great as the advertisements say? Let's discuss it!

By Premier Foot & Ankle Specialists

A bunion, otherwise known medically as hallux abductovalgus, is an angular deformity of the great toe and the long bone behind it (the first metatarsal) creating a prominence at the great toe joint. Studies show that approximately one-third of the adult population suffers from this often painful condition. A common misconception is that a bunion is a simple overgrowth of bone that can “just be shaved off”. The root cause of a bunion is a muscle and tendon imbalance. Our foot is meant to function in a “neutral position” and when it is in that “neutral position” there is less stress, strain and inflammation on the muscles, tendons, joints and ligaments of the foot. When the arch is supported and the heel is in a closed backed shoe, this “neutral position” can be obtained and sustained with weightbearing and activities. Our natural body weight wants to flatten out the arch when we stand causing a “un-neutral position” which causes unnecessary stress, strain and inflammation of the muscles, tendons, joints and ligaments of the foot causing muscles and tendon imbalances and progressive deformities like bunions. It should be noted that bunion deformities can be hereditary and in those cases typically occur in the earlier years of life. One more important point is that arthritis in the great toe joint complicates a bunion and changes the treatment plan; this can only be identified and diagnosed on x-ray by your podiatrist.

Not every patient with bunions needs surgery. Depending on your anatomy or the severity of deformity, activity level, age and health, nonsurgical treatments may be enough to manage mild to moderate pain. Again, your podiatrist can help aid you in these treatments and decisions.

The traditional correction of a bunion, otherwise known as a bunionectomy, have been preformed using what is called an osteotomy. An osteotomy is a cut in the bone where the top half is shifted over to reduce the deformity. This cut in the bone is then fixated in place with screw(s) or staple(s).



The object of this procedure is to reduce the deformity in 2-dimensional planes. The typical non-weightbearing period with this procedure is anywhere from 4-8 weeks. Also, recurrence rates are very high and range from approximately 20-80%. The biggest problem with a traditional osteotomy is that it is creating a new deformity to fix an already existing deformity (the bunion).

Lapiplasty is a procedure that corrects the bunion farther back in the foot at an unstable joint using advanced instrumentation and corrects the deformity in all 3-dimensions. This restores the metatarsal to the proper alignment and reduces the bunion deformity while naturally removing the bump and straightening the toe. The unstable joint is then fused with small plates and screws which permanently secures the correction. Although recurrence can occur, the Lapiplasty procedure dramatically reduces the risk of bunion recurrence. Since Lapiplasty is fairly new, there are not a lot of long-term data studies but the data that is available shows that almost 100% of patients that had Lapiplasty maintained correction after one year. The procedures technology and advanced fixation also allows most patients to weightbear, protected in a boot, within days of the surgery, much less than the average six weeks after a traditional osteotomy bunionectomy.



Dr. Brielle Roggow



Dr. Jeremy Bonjorno

Dr. Roggow and Dr. Bonjorno are trained and certified with Lapiplasty. Please make an appointment with our office to have your feet evaluated and see if this procedure is appropriate for you or if there are other measures we can use to help you feel better and get back on your feet.



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

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



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

By Dr. David S. Zamikoff

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

## How Can GAINSWave Prevent & Treat ED?

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

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

**GAINSWave**  
THE NEW WAVE IN MALE ENHANCEMENT

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



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

## Younger Men Should Seek Treatment Early

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

## Men are Preventing ED with GAINSWave

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

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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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# NO DRUGS - NO PRESCRIPTIONS - NO SURGERY JUST RELIEF

By Physicians Rehabilitation

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

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

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

## Medial Branch Block for the Facet Joints

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

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## Sacroiliac Joint dysfunction

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



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## Epidural steroid injection

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

## Radiofrequency Ablation (RFA)

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

## Physicians Rehabilitation

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

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



# Slowing the Pace of Your Life

By Pastor Timothy Neptune

**R**emember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

***2In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.***  
Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. ***"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. "I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. "I can do everything through him who gives me strength.***

Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: ***"But godliness with contentment is great gain. "For we brought nothing into the world, and we can take nothing out of it.*** 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things.

Contentment means this: I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.

Jesus said it like this, ***"Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."*** Luke 12:15

If you find yourself making statements like this:

- **My life is a rat race.**
- **I don't know how I'm going to get it all done.**
- **I am just so exhausted.**
- **I don't know how much more of this I can take.**
- **I just want to escape.**

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.

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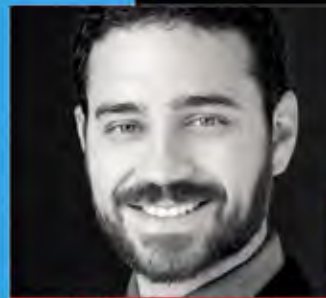
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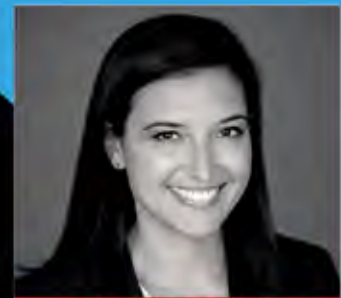
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