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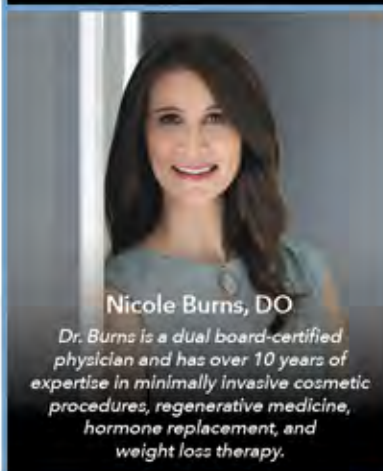
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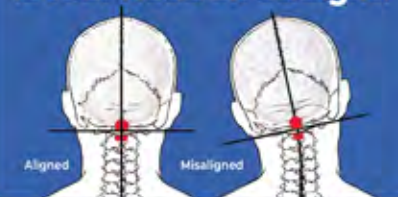
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SKIP & GAIL SACK

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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Varicose Veins vs. Spider Veins

Varicose veins are large, swollen, protruding blood vessels that twist and turn beneath the surface of your skin. Because they're raised and large, they're clearly visible. They will often cause swelling making your legs feel heavy or uncomfortable. They can also lead to more severe health conditions, like blood clots and leg ulcers.

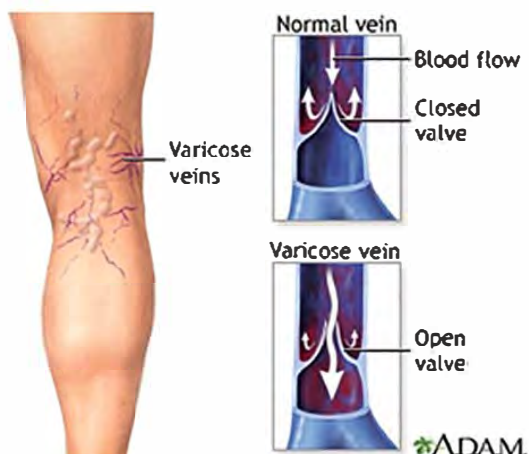
Several patients who suffer from varicose veins often complain of a cramping or aching sensation near the veins. Other typical symptoms include fatigue, itching, throbbing, cramping, burning, and tingling.

Varicose veins, however, shouldn't be confused with spider veins. Spider veins are the much earlier, gentler version of varicose veins. They're best described as tiny, blue, red, or purple vessels near the surface of the skin. Like varicose veins, spider veins also twist and turn, but they don't bulge or swell. Generally, spider veins aren't painful, and they are not associated with blood clots.

While it's possible to have both spider and varicose veins, it's not necessarily true that spider veins will indefinitely lead to varicose veins. However, having varicose veins and spider veins indicates the presence of underlying vein disease, also known as chronic venous insufficiency.

How Varicose and Spider Veins Develop
Varicose and spider veins develop naturally when blood flow issues are present. A healthy vein will carry blood to the heart through valves that allow blood to flow in only one direction keeping the blood moving through the right pathways and preventing backflow. These healthy veins do their job by effectively delivering blood from superficial veins to deeper ones that eventually lead to the heart.

However, when veins don't function properly, it can cause blood to collect inside your veins. When this happens, the blood pushes



up against the walls within your vein, creating pressure weakening the vessel wall. Ultimately, this pressure is what causes veins to twist and bulge.

Depending on how large the vein is and how swollen it gets, it will result in spider veins or varicose veins.

Treatment Options for Vein Disease

If you're eager to rid your legs of varicose and spider veins and regain your quality of life, there are several proven medical treatments for you to consider.

Polidocanol Injectable Foam (Varithena®) is a minimally invasive, nonsurgical treatment doesn't require incisions. The injection site is usually numbed, but no additional anesthesia is required. A catheter is inserted into the malfunctioning vein or sometimes a direct injection is used. The foam fills up the targeted part of the vein, and the diseased vein collapses. (For smaller branches with vein reflux, foam is injected directly into the vein to eliminate it.) Blood flow shifts to healthier veins nearby.

The VenaSeal™ Closure System uses an advanced medical adhesive to close and seal varicose veins. VenaSeal™ treatment minimizes patient discomfort and reduces recovery time, making it a good choice for many people. It's the only procedure approved for use in the United States that

doesn't use heat, tumescent local anesthesia, or a sclerosant. Instead, VenaSeal™ uses a medical grade "glue" to shut down diseased veins.

Thermal Ablation, with this procedure, a small catheter is placed into the problematic vein, usually longer and larger veins. This catheter delivers radiofrequency into the vein wall, causing it to grow hot, collapse and close. It is an outpatient procedure that requires the administration of local anesthesia.

Ultimately, remember that vein disease is progressive and will get worse without treatment, so when you see signs of it, seek treatment.

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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SHOW YOUR HEART SOME LOVE THIS VALENTINE'S DAY BY QUITTING SMOKING!

We only have one heart, so we need to treat it with all the love, care, and attention we can. Quitting smoking will improve the health of your heart for many years to come.

Tobacco use is the leading cause of preventable death and disease in the U.S. and can harm every organ and cell in the body. With over 7,000 toxic chemicals per cigarette, cigarette smoke damages one of the most vital parts of the body: the heart.¹

When you breathe air in, the lungs take the oxygen and deliver it to the heart, which then pumps the oxygen-rich blood to the rest of the body. When you breathe in cigarette smoke, the blood that is delivered to the rest of the body is heavily concentrated with carbon monoxide. Carbon monoxide decreases the blood's ability to carry oxygen which requires the heart to work much harder to pump oxygen through the body. The extra stress on the heart can cause damage to the heart and blood vessels and can lead to cardiovascular disease (CVD). CVD is responsible for 800,000 deaths annually and, consequently, is the leading cause of all deaths in the United States.¹

In addition to causing damage to the heart and blood vessels directly, cigarette smoke can also cause CVD by changing the blood's chemistry, which results in thickened blood and plaque build-up in the walls of arteries. When this happens, it becomes difficult for blood to flow through the arteries and for blood vessels to get to the vital organs, such as your heart or brain, which can result in blood clots and ultimately lead to a heart attack or stroke.¹

The best way to protect your heart from smoking-related disease and death is to never start using cigarettes, but if you are a smoker, the earlier you quit, the better. Quitting smoking benefits your heart and your cardiovascular system now and in the future:

- Twenty minutes after you quit smoking, your heart rate drops.
- Just 12 hours after quitting smoking, the carbon monoxide level in the blood drops to normal, allowing more oxygen to vital organs like your heart.
- Within four years of quitting, your risk of stroke drops to that of lifetime nonsmokers.¹



If you are a smoker and you are concerned about your heart health, contact GSAHEC today! Gulfcoast South Area Health Education Center (GSAHEC), as part of the Group Quit option of Tobacco Free Florida's Quit Your Way program—offers free group quit sessions to help someone quit all forms of tobacco. These group sessions held virtually and in-person, provide information about the benefits of quitting, managing stress and triggers, and will assist you with developing your own customized quit plan. **Free** nicotine replacement therapy in the form of patches, gum, or lozenges (*if medically appropriate and while supplies last*) is provided with the session. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist.

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

Reference:

1 <https://www.fda.gov/tobacco-products/health-information/how-smoking-affects-heart-health>



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Survive Skin Cancer

Skin cancer, which is the most common form of cancer in the United States, is the result of the abnormal growth of skin cells. Cancer can affect skin anywhere on the body but most frequently appears on skin that is exposed to the sun. There are more than a million new cases of skin cancer in the United States each year.

We specialize in diagnosing and treating skin cancer in North Port, Bradenton, Sarasota, Venice, and other locations serving South Florida.

Causes of Skin Cancer

Every day, skin cells die and new cells form to replace them in a process controlled by DNA. Skin cancer can form when this process does not work properly because of damage to DNA. New cells may form when they are not needed, or older cells may not die, both of which can cause a growth of tissue known as a tumor. DNA damage is often a result of ultraviolet radiation from sunlight or tanning lamps. In some cases, skin cancer affects areas of the skin that have not been exposed to the sun. Certain factors, such as fair skin, moles, a weakened immune system, heredity and age, also increase the risk of skin cancer.

Types of Skin Cancer

There are three major types of skin cancer, and they affect different layers of the skin. They are named for the different types of skin cells that become cancerous.

Basal Cell Carcinoma

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

Squamous Cell Carcinoma

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

Melanoma

Melanoma is the most aggressive type of cancer and the most likely to spread to other parts of the

body. Melanoma occurs in the melanocyte (pigment) cells of the skin, and can form on any part of the body, regardless of past sun exposure.

Symptoms of Skin Cancer

Skin cancer is often identified as a new or changed growth on the skin of the scalp, face, lips, ears, neck, chest, arms, hands or legs. Although these are common areas for skin-cancer growths to form, they can occur anywhere and manifest themselves as the following:

- Pearly or waxy bump
- Flesh-colored or brown scar-like lesion
- Firm, red nodule
- Crusted, flat lesion
- Large brown spot with darker speckles
- Shiny, firm bumps

A mole that changes shape or color can also indicate skin cancer.

Diagnosis of Skin Cancer

To diagnose skin cancer, a doctor reviews all symptoms and checks the skin for any unusual growths or abnormal patches of skin. If skin cancer is suspected, a biopsy is performed on the growth or area of skin in question. Once the results of the biopsy are reviewed, the type of cancer can be determined, and a treatment plan created. Those who experience any skin changes, or have changes to existing moles or birthmarks, should see a doctor as soon as possible; early detection is key in successfully treating skin cancer.

Treatment for Skin Cancer

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

- Freezing
- Excision
- Laser therapy
- Mohs surgery

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

Recovery After Skin Cancer Extraction

Our dermatologists will explain what to expect during your recovery based on the type of removal performed. However, the information below outlines typical recovery timelines for a few common treatment options.

Freezing

After cryotherapy, the treatment area will become red and swollen, then blister and scab over. Scabs usually form 2 to 3 days after treatment and heal within 1 to 3 weeks. Most people experience mild pain, itchiness, or irritation in the treatment area after cryotherapy, but those sensations should resolve within a few days. It's important not to scratch or pick at the blister or scab to avoid causing infection and additional scarring.

Excision

Some discomfort is common for the first few days after surgical removal and may be managed with over-the-counter pain relievers or prescribed pain medication. Depending on the size and location of the excision, the dermatologist may close the surgical wound with sutures that are removed 1 to 2 weeks later. Healing takes 1 to 3 weeks.

Mohs Surgery

You may expect swelling, bruising, and mild to moderate pain the first day or two after Mohs surgery. Your Mohs surgeon may close the surgical wound with sutures that either dissolve on their own or are removed 7 to 10 days post-procedure. In other cases, the surgeon will repair the wound with a skin flap from the surrounding skin or a skin graft from another area of the body. The donor area for the skin flap or graft heals in 1 to 2 weeks, but it may take 4 to 6 weeks for the treatment area to heal. In some cases, the surgical wound is extensive, and a plastic surgeon will reconstruct the treatment area.

Laser Therapy

Most people experience swelling and redness for the first few days after laser therapy. Swelling may take longer to resolve when the laser is combined with a photosensitizing agent for photodynamic therapy. Depending on the laser therapy used, the treatment area may heal within 7 to 14 days.

Prevention of Skin Cancer

Although not every case of skin cancer can be prevented, the best way to avoid it is to protect skin from the sun. Recommendations for preventing skin cancer include the following:

- Limit exposure to the skin, especially between 10 a.m. and 4 p.m.
- Always wear sunscreen with an SPF of at least 15
- Wear a hat in the sun
- Wear long sleeves and long pants
- Avoid tanning beds and salons

Performing routine self-exams to spot skin changes and seeing a dermatologist for a full-body screening on a regular basis are also recommended.

SKIN CANCER TREATMENT FAQ

What's the best treatment for skin cancer?

Often, the best treatment is surgical removal, including Mohs surgery or excision. However, your skin cancer's type, location, and extent will determine your treatment type.

How fast does skin cancer spread?

Generally, basal cell carcinoma spreads slowly and doesn't usually metastasize to other parts of the body. Squamous cell carcinoma may also be slow to spread; however, some forms of this type of skin cancer can grow rapidly. Melanoma is usually the fastest-growing type of skin cancer.

Does insurance cover skin cancer removal?

In most cases, insurance plans cover skin cancer removal as a medically necessary procedure. The degree of coverage may vary, though, so check with our front desk specialists or billing representatives for more specific information.

Do all skin cancer types need to be removed?

It is usually best to remove any type of skin cancer, even basal cell carcinoma. Removal protects your skin and your health.

What happens if I don't seek help for skin cancer?

The risks of not treating skin cancer depend on your skin cancer type. In general, though, you jeopardize your health by allowing skin cancer to go untreated. Untreated melanoma and Merkel cell carcinoma can become life-threatening very quickly, and while other skin cancers may be less aggressive, they also present a risk to your health.

How deep is the cut for basal cell carcinoma?

Your doctor will excise the skin cancer as deeply as necessary to remove it completely. Basal cell carcinomas generally range from .33 mm to 1.98 mm deep. Your doctor will also clear a margin around your skin cancer to ensure only healthy skin remains. With non-Mohs surgery, this margin usually ranges from 2 mm to 6 mm, depending on the cancer's type, location, and risk.

Will I have a visible scar from skin cancer extraction?

Most skin cancer removal methods will leave a visible scar. Cryotherapy, laser ablation, and Mohs surgery tend to result in less scarring than other options, but they may still leave marks on the skin.



Cary L. Dunn,
M.D.



Janet Delaney,
ARNP-BC



Cynthia Spencer,
APRN-BC



Michael Van Vliet,
M.D., FACS

Are you interested in learning more about skin cancer screenings at our Florida locations, call 941-926-6553, or self-schedule at <https://www.luminarymedicalgroup.com/patient-resources/patient-self-scheduling/>

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PICKLEBALL: FIVE STRETCHES TO PREVENT INJURY

By Regenxx at New Regeneration Orthopedics

Have you heard of Pickleball? If you have, you know it's a sport rapidly-rising in popularity and making major waves in the recreational sport and the professional sports scenes. This sport also was recently boosted in the media when seven-time SuperBowl Champion Tom Brady invested in a professional Pickleball team in Major League Pickleball (MLP).



How did Pickleball Start?

Although today we see professional tournaments and star-studded endorsements of the sport, Pickleball had humble beginnings. The game of Pickleball was invented in 1965 by three dads, trying to come up with a way to entertain their kids who were "bored" while on summer break. They had access to a Badminton court, ping-pong paddles and a perforated plastic ball. They created a game with simple rules and evolved the court over the weekend to have a lowered net and a harder surface. Just two years later, one of the original dads built an official Pickleball court and popularity organically grew until it was played in all 50 states by 1990. With continuing growth and development, the new USA Pickleball Association (USAPA) was established in 2003 and has grown to reach the 50,000 milestone and ended 2021 with just over 53,000 members.

The Basics of what you need to know about the game of Pickleball is succinctly described by the USA Pickleball organization:

- 1 A fun sport that combines many elements of tennis, badminton and ping-pong.
- 2 Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net.
- 3 Played with a paddle and a plastic ball with holes.
- 4 Played as doubles or singles.
- 5 Can be enjoyed by all ages and skill levels

Injuries Related to Pickleball

Locally, we can attest to the rising popularity of the sport, as the Tampa Bay, St. Petersburg, and Sarasota areas have appreciated Pickleball courts as additions to parks and clubs. With this growing popularity, that means we tend to see a growing number of injuries related to Pickleball in our Regenxx at New Regeneration Orthopedics offices. The Pickleball injuries we have seen, for the most part, are due to overuse.

The overuse injuries we have seen from our Pickleball athletes have included:

- Lateral Epicondylitis (Tennis Elbow)
- Medial Epicondylitis (Golfer's Elbow)
- Rotator Cuff Tendonitis
- Wrist Sprain
- Knee Pain
- Low Back Pain

These common overuse injuries help us to identify the wrist, elbows, shoulder, low back, and knees as the most common areas susceptible to aches and pains with increased Pickleball play. So, if you got a new Pickleball kit, here are five stretches to do before and after you hit the court, to prevent you from slowing down your game.

**Note: These stretches are example recommendations, and you should always consult your physician before beginning any new fitness regimen.*

EXERCISES TO PREVENT INJURY

1 Wrist Flexor Stretch

- With your elbow straight and your palm facing up (forearm in a supinated position), extend the wrist and grab the fingers with your free hand.
- Gently pull your fingers and wrist in extension toward the floor.
- Hold the stretch for the recommended time.



2 Pec Stretch

- Stand up next to a wall corner or in a doorway.
- Place your forearm along the wall, with your upper arm raised 90° from your body.
- Lean your body forward until you feel a stretch across your chest.
- Hold for 30-90 seconds, rest and repeat three times.



3 Child's Pose With Rotation

- Start on all fours and push your hips back so your buttocks rest on your heels. You may want to have your knees apart to be more comfortable.
- Reach forward with your hands and hold the stretch for 30-90 seconds.
- Next, reach to one side with both hands and hold the stretch for 30-90 seconds.
- Then, reach to the other side and hold the stretch for 30-90 seconds.



4 Hip Flexor Stretch

- Position yourself in a half-kneeling stance with the leg to stretch placed behind.
- Lean forward at the hip while twisting your trunk toward the front leg hold for 60 seconds.
- Repeat on the other side.



5 Quad Stretch

- Stand in front of a chair or a stable object and hold on to it with one hand.
- Grab the top of one ankle with one hand and pull your foot towards your buttock until you feel a gentle stretch in front of the thigh.
- Hold the stretch for 60-90 seconds, keeping your lower back neutral (not arching) and return to the initial position. The goal is to be able to gently, over time, be able to touch your knee to your buttock without strain.
- Repeat on the other side.



WE'RE HERE TO HELP

If wrist, elbow, shoulder, back or knee pain are interfering with your Pickleball game, our physicians at Regenxx at New Regeneration Orthopedics are a great starting point to get a comprehensive evaluation, and an honest recommendation of what the best course of action for you would be. Our goal is to keep you out on the Pickleball court, pain free!

References: 1 Physiotec.ca



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

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Does Your Financial Advisor Have Your Best Interest at Heart?

Carol Clark, CFA

Do you take care of yourself? Your mind, your body, your spirit? Self-care might include eating well, exercising, getting enough sleep, or trying to do something you enjoy each day. But what about your money?

Financial health is just as critical as your overall physical health. You might be interested in diversifying your portfolio, retirement planning, setting aside a college fund, or estate planning. One of the most important decisions you make is choosing a financial advisor. Working with a fiduciary financial advisor can be the key to making your financial dreams become a reality.

When choosing a financial advisor, there are certain things to know. First, do they adhere to fiduciary standards, which require them to act in your best interest? Next, you should understand how the advisor is compensated. You want to find an advisor who is obligated to avoid commissions, high investment fees, and hidden costs. You should also understand their credentials, experience, and portfolio strategies. Finally, ask for references and call them.

Fiduciary advisors are legally and morally obligated to put your needs above their own. They must offer objective recommendations that aren't tied to their own compensation. They are paid directly by clients and not through sales commissions. This eliminates costly conflicts of interest.

When Carol Clark, CFA, founded OnCenter Financial Advisors, her goal was to deliver independent, ethical guidance as a fiduciary advisor to provide clients with the returns they deserve.

There are many investment choices out there. Some have low fees; some have high fees. Many people think paying an extra 1% or 2% per year isn't very consequential. However, even 1% per year significantly erodes your investment performance.

If you start with a \$100,000 account earning 8% per year for 24 years and pay 1% more in fees, you will forego \$126,882 of gain.



At the end of 24 years, you will have forfeited more money than you started with. This profound erosion of your returns increases dramatically as the amount of excess fees increase. Often people are not aware of how much they pay in fees. Annuities, as one example, can have fees above 5% per year.

Jack Bogle, the founder of Vanguard, understood the punishing impact of high fees. "The magic of compounded returns is overwhelmed by the tyranny of compounding costs," he said. He's right.

Whereas some investment professionals give conflicted advice that favors investments with high commissions, OnCenter designs fully customized financial plans that suit each client's specific short-term and long-term goals under an independent fiduciary advisory model. OnCenter never receives commissions or hidden fees on any products they select for their clients.

OnCenter puts its clients at the center of all its decision-making, leading with uncompromising

ethics to produce optimal financial gains consistent with each client's risk tolerance and areas of personal interest.

As a fiduciary advisor with a Cornell MBA and 28 years of experience, Carol Clark, CFA is solely focused on driving financial excellence in client portfolios to enrich each client's financial future. Throughout her career, she has concentrated on identifying investment opportunities that optimize returns and minimize fees and taxes to power financial success and lasting wealth.

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CHECKING YOUR SEXUAL HEALTH IN TIME FOR VALENTINE'S DAY

By Brianna Vance Fago, AGNP-BC and Nicole Burns, DO

Sexual dysfunction can take many forms — it's not limited to erectile dysfunction or lack of interest in sex, often referred to as a low libido. It can involve pain during intercourse, an inability to maintain an erection, or difficulty experiencing an orgasm.

Though there are many causes of diminished libido and sexual dysfunction in men and women, there are also many ways to increase libido and rekindle the joy of sex once you identify the problem. Read on for more information!

SEXUAL DYSFUNCTION IN WOMEN

Sexual dysfunction in women is grouped into different disorders: sexual pain, problems with desire, arousal problems, and orgasm difficulty. Changes in hormone levels, medical conditions, and other factors can contribute to low libido and other forms of sexual dysfunction in women.

Specifically, sexual dysfunction in women may be due to:

- **Vaginal dryness.** This can lead to low libido and problems with arousal and desire, as sex can be painful when the vagina isn't properly lubricated. Vaginal dryness can result from hormonal changes that occur during and after menopause or while breastfeeding, for example. Psychological issues, like anxiety about sex, can also cause vaginal dryness. Additionally, anticipation of painful intercourse due to vaginal dryness may, in turn, decrease a woman's desire for sex.
- **Low libido.** Lack of sexual desire can also be caused by lower levels of the hormone estrogen. Fatigue, depression, and anxiety can also lead to low libido, as can certain medications, including some antidepressants.
- **Difficulty achieving orgasm.** Orgasm disorders, such as delayed orgasms or inability to have one at all, can affect both men and women. Again, some antidepressant medications can also cause these problems.
- **Pain during sex.** Pain is sometimes from a known cause, such as vaginal dryness or endometriosis. But sometimes the cause of painful sex is elusive. Known as vulvodynia or vulvar vestibulitis, experts don't know what's behind this mysterious type of chronic, painful intercourse.

SEXUAL DYSFUNCTION IN MEN

The types of sexual dysfunction men may experience include:

- **Erectile dysfunction (ED).** ED can be caused by medical conditions, such as diabetes or high blood pressure, or by anxiety about having sex. Depression, fatigue, and stress can also contribute to erectile dysfunction.
- **Ejaculation problems.** These include premature ejaculation (ejaculation that occurs too early during intercourse) and the inability to ejaculate at all. Causes include medications, like some antidepressants, anxiety about sex, a history of sexual trauma (such as a partner being unfaithful). Wearing tight underwear or exposure to heat for long periods of time (truck drivers and athletes, among others, are prone to this) can also cause problems.
- **Low libido.** Psychological issues like stress and depression, as well as anxiety about having sex also can lead to a decreased or no sexual desire. Decreased hormone levels (particularly if testosterone is low), physical illnesses, and medication side effects may also diminish libido in men.

IMPROVING SEXUAL HEALTH

All couples should be able to enjoy a healthy sex life — an important part of a relationship. If you are experiencing sexual dysfunction, bring up your concerns to your provider. You can often correct your problem easily.

HORMONE IMBALANCE TESTING AND HRT

Your hormones play an integral role in your overall health. As a result, there's a broad range of signs and symptoms that could signal a hormonal imbalance. Your signs or symptoms will depend on which hormones or glands are not working properly. Several of those symptoms affect your sexual health. Hormone imbalance can cause an overall decrease in sex drive and a plethora of other symptoms that affect your libido, like weight gain and fatigue.

Keep in mind also that hormone imbalances don't only happen to women. Hormone changes are a natural part of aging. Although the more dramatic reproductive hormone plunge occurs in women during menopause, sex hormone changes in men

occur also, except they occur more gradually. In men, production of testosterone and other hormones declines over a period of many years and the consequences aren't necessarily clear. This gradual decline of testosterone levels is called late-onset hypogonadism or age-related low testosterone.

Having your hormone levels tested and talking to your doctor about your options, including the benefits and risks of hormone replacement therapy (HRT) is essential.

P-SHOT AND O-SHOT

Many who suffer from decreased sexual pleasure notice significant sexual enhancement from the P-Shot and O-Shot. The P-Shot for men and the O-shot for women are two types of platelet-rich plasma treatments that optimize sexual health and enjoyment. Platelet-rich plasma (PRP) is known for its rejuvenation effects; the treatment uses your own blood to release growth factors that help stimulate stem cells, collagen production, and ultimately tissue repair.

If you are experiencing sexual dysfunction, talk to a trained professional. At B Lively, our goal is to help our patients feel refreshed, look their best, and be confident that they can live their life to the fullest. Nicole Burns, DO and Brianna Vance Fago, AGNP-BC co-founded B Lively with the sole purpose of bringing their top-of-the-line treatments to the Sarasota and Lakewood Ranch areas of Florida. They have combined 15 years of medical practice experience in the fields of regenerative medicine, aesthetic medicine, hormone replacement therapy, and weight-loss.



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32 REASONS A DENTAL HYGIENIST HELPS YOUR SMILE

By Dr. Susan Anderson, Program Director, Dental Hygiene Program at Hodges University

As an adult, we have 32 teeth that together make up our smiles, and help us enjoy life. February is Dental Hygiene Month, and your dental hygienist is a key in helping you keep your smile through your life.

The American Dental Association recommends getting your teeth cleaned regularly, and the frequency can be determined when you visit the dentist's office. Generally speaking, most people should have their teeth cleaned every six months. Most health insurance plans cover that, and it's a benefit you should use. Getting your teeth cleaned helps prevent problems like tooth decay, cavities, gum tissue erosion, and gum disease, for starters. These problems can lead to early tooth loss.

Of course, regularly brushing and flossing your teeth goes a long way in maintaining a healthy mouth, but even that isn't enough to prevent problems. A dental hygienist is professionally educated and trained to look for any problems.

Having your teeth professionally cleaned offers many benefits, including:

- The prevention gum disease
- The prevention of tooth decay
- The removal of tooth stains like coffee
- The removal of plaque, which contributes to bad breath
- The early detection of oral health issues, like oral cancer

The need for consistent dental care is a challenge. For example in Lee County alone:

- 54.4% of residents believe there is moderate to major problem with oral health
- 24.1% of children have not been to a dentist/ received dental care in a year
- 38.5% of adults have not been to a dentist/ received dental care in a year
- Major reasons: access, cost and education about oral health

**2020 Community Health Needs Assessment Report, Lee County*



To help make dental care more accessible and affordable, the Hodges University Dental Hygiene Clinic opened January 30. Patients will receive oral health screenings, preventative dental cleanings and, if needed, digital x-rays. Dental cleaning prices start at \$30 for children up to age 16, and \$40 for adults. X-Rays range from \$15 to \$40. Future services will include periodontal scaling/root planning, fluoride treatments, and tooth sealants.



Starting in February, the Hodges University Dental Hygiene Clinic will be open on Mondays from 1:30-5:30 p.m.; and Wednesdays and Thursdays from 8:30 a.m. to 12:30 p.m. Appointments can be made by calling (239) 938-7787. For questions or more information, you can email the clinic: hudental@hodges.edu

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Ménière's Disease

Tinnitus, Vertigo, Brain Fog, Eustachian Tube Dysfunction and Your Neck!

By Dr. Drew Hall

The upper cervical spine is the most complex structural and functional area of the body. The brainstem located inside of the top two bones of the neck controls most functions in the body that we do not consciously control: balance, digestion, muscle tone regulation, blood pressure, heart function, and lung function just to name a few. If you are suffering from Meniere's disease, or any other chronic condition continues reading to discover how this chronic health issue and others can be caused by an upper cervical spine misalignment due to prior trauma.

Several researchers have shown that when the neck misaligns it interferes with the vestibular center in the brainstem that controls balance. In 2016 a study published in JVSr showed a 90 percent improvement in 300 Meniere's disease cases that were monitored over a 6-year period. In the following article, we will explain how the upper cervical spine relates to the most common symptoms associated with Meniere's disease and offer a solution that can help!

Common symptoms associated with Meniere's Disease:

1. Vertigo attacks (often drop attacks)
2. Hearing deficits
3. Brain fog
4. Tinnitus (ringing in the ear)
5. Clogged ear (Eustachian tube dysfunction)
6. Tmd (jaw popping, grinding, or pain)
7. Ear pain

How does a structural misalignment in the neck relate to the symptoms of Meniere's disease?

VERTIGO

Structural misalignment irritates the brainstem and vestibular nucleus causing the balance centers of the body to malfunction.

Injury to the alignment of the neck joints causes bad. Information relating to the balance centers. Therefore, many who suffer from vertigo find certain head movements trigger their vertigo. This results from bad information inputted into the cord from a joint in the neck that is not moving properly.

CLOGGED EAR (EUSTACHIAN TUBE DYSFUNCTION)

Eustachian tube dysfunction (clogged ear) - muscles lining the Eustachian tube lose their normal tone due to nervous system and brainstem irritation causing the Eustachian tube to close and feel full.

RINGING IN THE EAR (TINNITUS)

Tinnitus - two pub med studies(1) indicate that some tinnitus is the result of a small muscle in the inner ear called the stapedius muscle being in spasm. When this muscle is tight it can cause the dreaded ring we call tinnitus. The stapedius muscle tone is regulated by the brainstem and can be affected by upper neck misalignment.

BRAIN FOG

Brain fog- is highly correlated to a lack of brain blood flow. Upper neck misalignments cause a part of the central nervous system called the sympathetic nervous system to become hyperactive. Increased sympathetic activity decreases brain blood flow reducing cognitive function. We find a high correlation between cognitive function decline and upper cervical spine misalignment.

TMD (temporomandibular joint dysfunction)

The muscles that perform chewing are called the muscles of mastication. Commonly, neck misalignment causes imbalances of mastication muscle tone leading to the TMJ not functioning properly. The muscles of mastication are controlled by the 5th cranial nerve whose nucleus sits inside the brainstem at the atlas-axis level. This imbalance can lead to clicking, popping, and pain in and around the TM joint.

Meniere's Disease and the Neck – What is the Connection?

We have discussed all of the effects now let's talk about solutions. Blair upper cervical chiropractors are specially trained to determine if you have an upper cervical spine misalignment that is decreasing the ability of your nervous system to monitor and control normal functions in the body.

Injuries such as car accidents, slip and falls, sports injuries and other blunt-type trauma can cause the upper neck vertebrae to misalign off the joints on the floor of the skull. This structural misalignment can lead to a cascade of effects in the body due to the brainstem and central nervous system being compromised.

When a patient enters a Blair upper cervical doctor's office a detailed explanation is given to convey the goals of the care (Correct the spinal misalignment and monitor over time), a history is taken, and a battery of tests are run to determine if and where a spinal misalignment is present.

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If the patient tests positive for upper cervical spine misalignment a precision cone beam computed tomography (CBCT) scan is taken to determine the exact direction of spinal misalignment that then allows the doctor to know how to deliver a precise force to realign the misaligned segment. Because each patient has unique anatomy and direction of misalignment, it is essential to know the exact direction of misalignment and the angle at which the patient's joint is formed. Once this information is gleaned a precise correction is made to restore normal motion which allows the central nervous system to function better. The correction involves no twisting, popping, or pulling and is made in a neutral side-lying position.

What does the research say about Meniere's disease and upper cervical spine research?

A researcher out of Grand Rapids Michigan, Dr. Michael Burcon has shown that the upper cervical spine is the epicenter of Meniere's disease onset. Dr. Burcon published the results of 300 Meniere's disease cases taken care of in his office in 2016 which showed astounding results.

"Interestingly, all 300 consecutive patients under the researcher's care were medically diagnosed with Meniere's Disease (MD) and had also suffered whiplash. This led researcher Dr. Michael Burcon, a leading voice on the topic of chiropractic and MD [3], to comment that the connection was unlikely to be coincidental [2].

"Furthermore," he remarked, "ninety percent having a listing of posterior and inferior towards the opposite side of the affected ear is significant, as is ninety-seven percent getting their vertigo under control within six weeks [2]."

At the beginning of the process, participants in the study rated their vertigo intensity on a scale of 1 – 10, with 10 being the worst vertigo imaginable. Prior to treatment, the mean score was 8.5. Following the treatment, the averages were as follows:

- After six weeks, 3.0
- After one year, 2.0
- After two years, 1.4
- After three years, 0.9
- At four, five, and six years post-treatment, 0.8

This amounted to an improvement of more than 90%. Of the participants in the study, 97% reported a dramatic improvement in vertigo. Just 3% reported a side effect of a headache. "The take-home message for anyone suffering from Meniere's disease is that they should be evaluated for upper cervical spine misalignment with a chiropractor who practices an upper cervical chiropractic technique. Our office right here in Sarasota is one of those offices. Over the years we have seen in excess of 300 Meniere's disease cases and have seen many lives changed for the better!

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Weight Loss Medications That Can Improve Heart Health

By Sandra Mannon, DNP, APRN, FNP-BC

It's a well-known fact that obesity affects heart health. There are decades worth of research to prove it. Individuals who are overweight (BMI between 25 and 29.9) and who are obese (BMI above 30) have a much greater risk of developing cardiovascular disease at a younger age. Additionally, research shows that individuals who are obese have a shorter lifespan.¹

So, what is a person to do when the New Year's resolutions and fad diets have failed? Is there hope for healthy weight loss or do we just accept fate?

Thankfully, there are advances in medicine every day and over the last several years, there are two medications that have shown themselves effective in aiding in weight loss. Their generic names are semaglutide and tirzepatide. Let's take a look at how they work.

Semaglutide

On June 4, 2021 the FDA approved Novo Nordisk's Wegovy (generic name: semaglutide), a once-weekly injection for chronic weight management. Semaglutide, a GLP-1 receptor agonist drug, is also approved in the US to treat type 2 diabetes as a once-weekly injection (Ozempic) and as a tablet taken orally (Rybelsus). In addition to improving diabetes management, Ozempic and Rybelsus support heart health. Ozempic is specifically approved to reduce the risk of serious heart problems, including heart attacks, strokes, and heart-related deaths in adults with type 2 diabetes and heart disease. A clinical trial is currently investigating whether Ozempic can slow the progression of chronic kidney disease in people with type 2 diabetes, as well.²

In fact, according to Dr. Kathleen Dungan, an endocrinologist in the Division of Endocrinology, Diabetes & Metabolism at The Ohio State University Wexner Medical Center went as far as to say that semaglutide is "one of the most effective treatments available for [obesity], outside of bariatric surgery".



Tirzepatide (Mounjaro)

A brand-new medication known as Tirzepatide was just approved by the Food and Drug Agency of the United States (Mounjaro is the brand name). When treating adults with type 2 diabetes, this medication is the first and only dual carbohydrate incretin polypeptide (GIP) receptor plus glucagon-like peptide-1 receptor activator (GLP-1 receptor agonist). It has been demonstrated that GIP can reduce the amount of food consumed and increase the energy expended, which helps with weight loss. Being a GIP & GLP-1 nicotinic receptor both has their benefits. When used together, GIP & GLP-1 receptor agonists can potentially significantly affect metabolic dysregulation.³

Clinical research on the Mounjaro weight reduction program reveals that individuals lost between 5% and 22.5% of their body weight during the study. Considering that persons who take several of the existing drugs for obesity that the FDA approves typically lose between 5 and 10% of their total weight, those are some amazing statistics.

Other medications available include:

- Phentermine-used for short term use for weight loss, decreases appetite and stimulates metabolism.
- Phentermine-toprimate extended release is an option for males and post-menopausal females with obesity who cannot tolerate GLP-1 receptor agonist therapy.
- Bupropion-naltrexone-sustained release can be a option for individuals that also desire smoking cessation and has obesity.
- AOD 9604-a peptide that regulates fat metabolism without the adverse effects on blood sugar. Stimulates lipogenesis which reduces body fat, regulates fat metabolism and stimulates lipolysis.

- Mols-C is a peptide that improves glucose utilization and insulin sensitivity resulting in reducing fat accumulation and increases metabolism.

If you struggle with being overweight or with obesity, these are some of the medications approved by the FDA for treatment. The decision to initiate drug therapy in people considered overweight is made after the consideration of risks and benefits. The goal of any treatment (including drug therapy) for people considered overweight is long term reduction and improvement of overall health.

For more information about these and other options for weight loss, contact the highly trained professionals at Aspire for Wellness Together. We are proud to offer the highest standard of care to our patients to help them look and feel their best. We believe that each patient is unique, so your individualized treatment plan will cater to what works best for you.

ABOUT DR. SANDRA MANNON

Dr. Sandra believes that knowledge is power which is why she wants to educate her patients on how to live a healthy lifestyle. "As a nurse practitioner my focus is to educate and then empower individuals on how they can live their best life. Together we aspire for wellness by developing a plan that will define the best you at the various stages of your life."

She performs in functional medicine which is finding the root of the problem not just treating the disease with medicine. She believes in helping people feel good about themselves at every age. Bio-identical hormones, aesthetics, and sexual rejuvenation all allow individuals to each with grace. She incorporates her knowledge as a Certified Yoga Instructor and Certified Personal Trainer to help her patients achieve the best of themselves. In 2022 She was nominated 1 of the top 100 Nurse Practitioners in the Country.

Sandy is married to her husband, Scott and together they have 4 boys, Nathan, Alex, Josh, and Ryon. She lives in Bradenton, FL. She enjoys Yoga, biking, kayaking and anything in the warm Florida sunshine.

For more information about our services or to schedule a consultation, contact us today at (941) 260-7804. You can also check our website at www.aspire4wt.com.

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HEALTHY BRAIN = HEALTHY RELATIONSHIPS

February brings us Valentine's Day and billions of dollars in sales of flowers, chocolate, and sexy lingerie. This is the month we give our sweetie a bouquet of roses and celebrate our romantic relationships. While everything is love, kisses, and roses for a while, eventually, the sweetness fades, and we return to our usual relationship struggles. How do these loving moments quickly turn into arguments, resentment, frustration, and power struggles that end up disrupting our beautiful and sincere intentions for our partner on Valentine's Day?

Are you having ongoing relationship issues with your partner or lover? Do you wonder why you act in ways that perpetuate tension and conflict? The challenges we experience in our current relationships often stem from traumas in previous relationships or bonding issues in childhood. Are there past relationship traumas that still affect how you perceive men or women and influence how you interact with them? Have you experienced the trauma of abandonment, betrayal, affairs, lies, or non-consensual sexual interactions, or have you been accused of such? The trauma from these experiences can stealthily live on in our brain and nervous system and be the trigger that quickly turns loving relationships into ones of conflict and struggle.

Relational trauma can start early, even prenatally, as the developing fetus can sense conflict between their parents. Infants who don't form healthy bonds with their caregivers can grow into adults who find it difficult to form healthy & secure bonds with others. Avoidant and insecure bonding patterns often result. Childhood traumas can carry over into dating, marriage, friendships, and work relationships and may continue for many generations if not resolved. Relational trauma from emotional/physical abuse, neglect, narcissism, abandonment, addiction, and non-consensual sexual interactions can lead to ongoing mental health difficulties, such as anxiety, depression, and addiction, that are quickly passed on to our children and their progeny through generational trauma.

Do You Suffer Anxiety or Depression From Relationship Trauma?

Are you enmeshed in anxiety-producing and dysfunctional relationship patterns that repeat themselves? Relationship trauma can be both the cause



of relationship disharmony and the result of relational conflict. Anxiety, depression, addiction, avoidance of social situations, dissociation, poor self-image, and the inability to set boundaries or respect boundaries are all potential symptoms of underlying relational trauma.

When we look back over our childhood and young adulthood, we all have memories we would rather forget: the death of a trusted adult such as a grandparent, a teenage heartbreak, a parent's divorce, or an awkward and non-consensual sexual interaction. However, those memories become complex trauma when intrusive thoughts and traumatic memories from our past carry over into our present thoughts and "live with us", in an emotionally charged manner, in our daily lives.

With complex trauma, our brains and bodies are stuck in a trauma loop that prevents us from returning to a relaxed state of mind. We may become overwhelmed with anxiety and flashbacks when we think about certain people & situations or when we encounter triggering events that remind us of the traumatizing situation. Traumatized people can flip into complex trauma instantly, going from being loving to being unhinged in the blink of an eye.

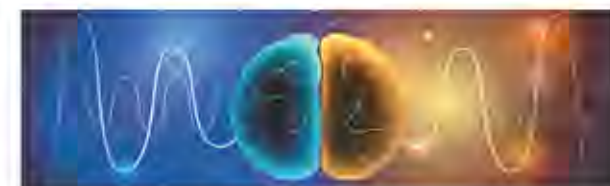
For many of us, the relationship traumas that we've previously experienced may seem to be a thing of the past. We want to think that we've moved on. However, unless fully resolved, traumas often remain available for being triggered. The dynamics

that emerge from our most intimate and bonded relationships are often the very things that trigger these traumatic memories and rewire our personalities from being loving into being dysregulated with fear, anxiety, and distress!

When we experience a traumatic event or are reliving the memory of one, the brain's limbic system takes over, and we can lose the ability to communicate civilly or see things accurately. Our brainwaves shift into the high beta range, and we enter a state of "fight, flight, fawn, or freeze." Some of us never return to healthy self-regulation. Many others eventually reregulate themselves, but only until the next trauma trigger occurs. Over time, these high-alert states can become the new norm as our brain and body remain anxious, hypervigilant, and unable to relax or return to a state of balance fully.

The dysregulated brainwave patterns caused by relational trauma can make us fearful, argumentative, anxious, distrustful, depressed, avoidant, obsessive, insecure, controlling, addictive, and susceptible to complex trauma symptoms. They also frequently cause sleep disturbances. People often turn to and get caught up in drugs, food, sex, pornography, romantic fantasies, and other addictions to relieve the dysregulation caused by traumatic memories within their nervous systems.

The adverse consequences of relationship trauma can inhibit our ability to form positive and secure relationships. If you'd like to be able to sustain productive and healthy relationships with others, it's essential that your brain be in a state of healthy regulation and that past relationship traumas are resolved. This frees up your nervous system to be less reactive and supports you in being a loving and compassionate partner and friend.



You Can Begin The Healing Process

Healthy brainwaves are associated with a natural state of feeling happy and balanced, which leads to the likelihood of greater harmony in our relationships. Relationship traumas can disrupt these healthy brainwaves and produce characteristic dysregulated brainwave patterns that can be identified through a Brain Map. This is a simple, safe, and non-invasive way to assess for brainwave imbalances.

Once brainwaves are assessed, neurofeedback treatments can help retrain and balance the brain and make it less likely to be reactive to memories of past trauma. Neurofeedback therapy is a safe, non-invasive, drug-free form of bio-feedback that addresses brain dysregulation and helps the brain learn how to function more optimally by re-regulating and normalizing brainwave activity.

Neurofeedback is both enjoyable and powerful. Your brain wave patterns are monitored to determine optimal function, and healthy brain waves are effortlessly rewarded while watching a video or movie. Over time, the neurofeedback system retrains your brainwaves into more healthy regulation. Your brain responds to this treatment by creating new, healthier neural connections and trimming the old trauma-based pathways. Neurofeedback can help your brain stay in these balanced states, allowing you to think clearer, feel more positive, regulate your emotions, better deal with stress, alleviate depression and anxiety symptoms, and sustain positive, healthy relationship dynamics. Over multiple sessions, resiliency is often restored.

Eye Movement Desensitization and Reprocessing (EMDR) is a unique psychotherapy treatment that elegantly complements neurofeedback. It facilitates the processing of traumatic memories and helps resolve them. Distress is relieved, negative beliefs are reformulated, and physiological arousal is eliminated or significantly reduced.

At The Brain Wave Center, we take a comprehensive approach to brain health. We begin with a Brain Map to assess your brainwave patterns. We look for dysregulation and observe how your brain wave imbalances relate to your symptoms of relationship trauma. We also examine how your physical health and diet impact your emotional health and how lingering past traumas keep your brain ruminating with unhealthy thought patterns. Where other therapies have failed, brain mapping, EMDR, and neurofeedback have boosted resilience and successfully repaired the mental health consequences of relationship traumas.

Make Every Day Valentine's Day!

Imagine how much more enjoyable your life and relationships would be without past traumas influencing your ability to form and sustain loving connections with others!

Find out today how neurofeedback, EMDR, and brain mapping can help you or a loved one work through and resolve their relationship trauma. Call 941-552-4500. We offer brief, no-charge initial consultations with our Medical Director.

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

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

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

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

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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.

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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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Freedom Village: A Cruise Ship That Never Leaves Port

When you ask Katie Penta to talk about the activities and events she manages for residents in independent living at Freedom Village of Bradenton, she quickly and proudly says that “Freedom Village is like a cruise ship that never leaves port!”

“Just like a cruise ship, we have multiple activities for our residents to enjoy every day,” said Katie. “We like to offer a mix of social activities, educational seminars, and fitness and exercise programs so that we have something for everyone. We also have many clubs that are run by the residents themselves that are quite popular.”

It’s really no wonder that Katie models the resident activities and programming at Freedom Village after what is common on a cruise ship. After all, she spent five years working in the cruise ship industry, organizing daily activities and onshore excursions to keep passengers entertained while on vacation.

In her role as the Community Life Services Director for Independent Living, Katie recognizes that the people who participate in activities and events her office develops are not on vacation. Rather, the Freedom Village community is their home, and they have chosen to live here and seek out different ways to stay active, engage with others, and thrive in their golden years.

According to many health experts, wellness is comprised of six to eight mutually co-dependent dimensions: physical, emotional, social, spiritual, intellectual, environmental, occupational, and financial. If any one of these dimensions is neglected over time, it will adversely affect one’s health and quality of life.

February is National Senior Independence Month, making this the perfect time for seniors to reflect on how they are doing in these distinct areas. If there are areas that are indeed being neglected, perhaps being part of a retirement community is the remedy.

“Many seniors struggle with loneliness and are not active at all, and this can impact a person’s physical, emotional and social well-being,” said Katie. “We have a lot of residents who moved here because they want to have an active social life, they want to have friends to eat meals with, go to the theatre with, someone to go with them on adventures. So we take a holistic approach in developing programming for residents that helps them stay active.”



Freedom Village offers a robust fitness and exercise program to keep residents moving that includes a morning walking group, a circuit training class on fitness equipment, chair yoga and chair Pilates, dancing classes, a balance class, aqua arthritis classes, water aerobics, and pool volleyball.

Other popular on-campus activities include movies on the big screen in the auditorium, Happy Hours, musical performances every Friday night, weekly Shabbat, Bible studies, and pop-up themed food events such as Italian night and casino night.

“We love to partner with our dining services team to put on special themed events,” Katie said. “In addition to all we do on campus, our residents also love the local excursions to restaurants, theaters and museums, as well as shopping trips and breakfast at Holmes Beach.

The crown jewels of Katie’s efforts to promote an active lifestyle are the 20-plus “Wish of a Lifetime” experiences that she has helped Freedom Village complete.

As AARP’s charitable affiliate, Wish of a Lifetime grants life-changing wishes to older adults and inspires people to redefine aging in America. (Any adult over the age of 65 can submit a wish request at wishofalifetime.org)



For example, a 98-year-old Freedom Village resident took her first flying lesson, while another man in his ‘80s went hang gliding. A 93-year-old woman received her first tattoo, while another resident took a ride on the Tampa Bay Lightning’s Zamboni ice-cleaning vehicle. Katie even parachuted with a resident just last month!

To learn more about Freedom Village and the active lifestyle residents in independent living enjoy, call 941-798-8122. To learn more about upcoming educational events, please visit www.fvbradenton/events/.

FEBRUARY EVENTS

MOVING AND RIGHT SIZING MADE EASY

TUESDAY, FEBRUARY 7TH
11:30 am - 1:30 pm

ROUNDTABLE Q&A WITH FREEDOM VILLAGE LEADERSHIP TEAM

THURSDAY, FEBRUARY 9TH
11:30 a.m. to 1:30 p.m.

VALENTINE’S DAY LUNCHEON

TUESDAY, FEBRUARY 14TH
11:30 a.m. to 1:30 p.m.

ESTATE PLANNING: HOW TO PREPARE FOR THE UNKNOWN AND PROTECT YOUR ASSETS

THURSDAY, FEBRUARY 16TH
11:30 a.m. to 1:30 p.m.

FRIENDSHIP LUNCH TABLE FOR WIDOWS, WIDOWERS, SINGLES

TUESDAY, FEBRUARY 28TH
11:30 a.m. to 1:30 p.m.

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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How a Calcium Score Test Can Offer Significant Hope for Your Cardiovascular Health

Individuals with cardiovascular and peripheral vascular disease have blood flow disruptions that can occur in the feet and legs, brain, arms, and heart. When the blood vessels are narrowed or damaged, the blood flow becomes obstructed, and other complications can coincide. Individuals with arterial and venous disease are very often related to atherosclerosis (plaque buildup in the arteries and veins). Atherosclerosis can lead to stroke, heart attacks, and other blood vessel conditions like DVT's (Deep Vein Thrombosis), venous insufficiency, and pulmonary embolisms.

Atherosclerosis issues affect 3 million Americans each year. Plaque is made up of fats, cholesterol, and other substances in and on your artery walls. If the plaque breaks off, it can cause a blood clot. If it narrows and blocks blood flow, you can go into cardiac arrest or other conditions.

If you are someone that struggles with high cholesterol, diabetes, pre-diabetes, venous insufficiency, varicose veins, PAD, or PVD, you might be interested in a non-invasive procedure that can measure the amount of plaque in your arteries. It's called a calcium score.

To precisely measure and detect plaque, a computerized tomography (CT) calcium score scan is an innovative technology that offers detailed results and is a precise way to detect atherosclerosis. Knowing the level of plaque a patient has provides their physician with significant information regarding the patient's risk factors for blockages, episodes of stroke or cardiovascular disease, and other associated conditions. It also is a great tool to help get patients motivated about their health, their diet, taking medications, and making lifestyle changes.

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As mentioned, it's imperative not to put off any screenings, such as breast mammography, lung CI's, Brain imaging, or any other services or surgical procedures that are crucial to monitor and maintain your health at the highest level. Some cancers and conditions can rapidly proliferate or wreak havoc on your health if they are not examined and evaluated in a timely manner.

You can Trust that RAVE Imaging is here for you through these uncertain times, and their top priority is your health and safety.

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IV VS. AT HOME KETAMINE

I am often asked by patients and physicians inquiring about Ketamine therapy, which route of administration is most effective and safe. There are three routes of administration being used to administer Ketamine for patients in search of treatment for major depression, PTSD and an assortment of other mental health conditions. To date, the studies which have been done on Ketamine and its efficacy in treating depression and PTSD have, been done using intravenous Ketamine. In my opinion, there are significant advantages to IV Ketamine when compared to the other routes of administration.

First, the intravenous routes provide for 100% bioavailability. What this means is that 100% of the dose is going to end up where it needs to work (the brain). This makes it easy to titrate to effect. If a patient doesn't respond to Ketamine 50 mg then the dose may be increased knowing that the dose at which a patient does respond, is precisely that dose. As with most medications, the lowest effective dose is what we are looking for in order to minimize adverse responses and complications. Ketamine lozenges and nasal sprays do not provide 100 % bioavailability. At a given dose, 3 different patients will absorb a 50 mg dose to varying degrees. This makes it very difficult to determine the actual amount of Ketamine a patient is responding to.

Further, many of the patients we see at our Center have experienced significant trauma at points in their lives. These patients are wary of having a significant dissociative experience which may bring them back to terrifying times in their lives. It is easier to control the dissociative experience with intravenous Ketamine than with the other routes of administration. What we have seen and what the science has shown to date, is that one doesn't have to have significant dissociation to reap the benefits of Ketamine therapy. It is the actual physical changes that Ketamine ignites through a cascade of biochemical pathways which is thought to be responsible for these positive responses. Using IV ketamine, in a monitored setting with a physician present, it is relatively easy to control the rate of Ketamine administered making sure that a patient tolerates the treatment throughout. This is done by adjusting the rate, administering medications to help patients tolerate the infusion if necessary and, in some cases, stopping the infusion for a short time to let the medication wear off until a patient is feeling more comfortable.



There are numerous studies going on presently using substances such as psilocybin, MDMA, DMT etc. to determine potential benefits in helping patients diagnosed with MDD, anxiety disorders, PTSD, and substance abuse disorders. These studies are incorporating concurrent therapy while the patient undergoes the experience. To date, use of these substances potentially may be of great value down the road. While it may ultimately be proven that these substances work similarly to Ketamine with respect to the physical changes in the brain known to occur with Ketamine, this is not yet proven. Also, There are no studies to date showing efficacy of concurrent psychotherapy during IV Ketamine infusion. In fact, most of our patients prefer to listen to music or "zone out" in their thoughts during the course of an infusion, preferring not to talk. By the same token, I feel strongly that patients continue or begin talk therapy during and after the course of treatment with Ketamine to maximize the improvements and sustain the response following treatment.

For these reasons, I believe that patients struggling with difficult to treat mood disorders who decide to try Ketamine should strongly consider the "gold standard" of treatment which are Ketamine infusions. This will allow for determining whether a patient will respond in the most precise, effective and safe manner.

Gulf Coast Ketamine Center

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

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

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

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

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



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



Lolita Borges, RN
Clinical Director, Gulf Coast
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LIP FILLER

By Jennifer Fernandez, APRN

Lip fillers are one of the most popular types of dermal filler. They increase the volume of your lips, giving fullness to thin lips and erasing the lines around the mouth that make us look older. They can be used to smooth out "smoker's lines" or pursed lines produced by age and/or smoking and straw use.

Lip filler injection is a minimally invasive cosmetic procedure that is performed at a doctor's office with minimal downtime. They are injectable treatments that can add volume and definition to the lips, improve lip symmetry and treat vertical lip lines.

Fillers are generally made from natural or biocompatible compounds such as hyaluronic acid (HA), which is a natural substance in the body. Due to their ease of administration and instant results, lip fillers have boomed in popularity over the past few decades. There are many different brands of lip fillers, including Juvederm®, Restylane® and Perlane®.

Who gets lip fillers and why?

Getting lip fillers is a personal decision. Pursuing your wants and desires for your body can be empowering.

To be considered for lip fillers, you should:

- Be in good physical health.
- Have realistic expectations.
- Not have an active oral infection, including canker or cold sores.

Many people who get lip fillers want to increase the size of their lips. You might want to enlarge the size of your lips for many reasons, including:

- Restoring a previous lip size. As you age, your lips may get smaller or thinner, your philtrum (the groove between your upper lip and septum) may get longer and flatter and the distance between the corners of your mouth (intercommissural distance) may increase.
- Correcting the shape of your lips. It's common for your lips to be different sizes or shapes (asymmetrical).



- Smoothing wrinkles. When you smile or laugh, wrinkles sometimes develop on the sides of your mouth.
- Boosting confidence. Lip fillers can help improve your self-esteem and body image.

Lip fillers restore or add volume to your lips. Over time, you may lose volume in your lips, which may be a result of genetics, smoking, or sun damage. And although they don't stop the aging process, they might help delay the need for a more invasive surgical lip augmentation, like lip implants or a lip lift.

What happens during my lip filler procedure?

Lip filler injection is a simple procedure performed at a doctor's office with almost no downtime.

Preparation involves marking the treatment area and applying a topical numbing agent such as lidocaine. Some fillers contain lidocaine premixed in the vial.

Using a very fine needle or cannula, your provider will inject the filler under your skin. You may need multiple injections during the same session to achieve the desired results. The procedure, including preparation time, should take 15 to 30 minutes.

Aftercare

Following the procedure, you may experience some swelling and bruising for up to two weeks. You should follow some simple instructions and precautions to speed up recovery and avoid any complications:

- Apply an ice pack to the lips to reduce swelling.

- Avoid vigorous exercise and direct sun exposure for 48 hours.
- Avoid massaging or unnecessarily touching of the injection site.
- Avoid aspirin or nonsteroidal anti-inflammatory drugs (NSAIDs) such as Ibuprofen, as they may cause bleeding.

Lip filler injections can help you add volume, plumpness and symmetry to your lips. Most modern lip fillers are temporary and last months and will need to be repeated to maintain the results. More permanent options do exist but they come with additional downsides that make them a less attractive option.

For more information on this and other aesthetic treatments, contact the office of John Devine 941-457-7700 to set up a free consultation with Certified Injector **Jennifer Fernandez, APRN**.



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ACUPUNCTURE FOR HEART HEALTH? SAY WHAT?

By Dr. Brandon Fuller

If we weren't suffering from Covid before, we sure are now. As if the virus itself didn't wreak enough havoc on society, the stress and anxiety that it produced has stuck with us long after the masks have come off. In fact, studies show that following the pandemic, anxiety disorders have become the number one cause of mental illness in America, affecting more than 40 million adults in the US every year.

The Effect of Anxiety on the Heart

When someone is anxious or stressed, their body reacts in ways that can put an extra strain on their heart. The physical symptoms of anxiety can be especially damaging among individuals with existing cardiac disease.

Anxiety may have an association with the following heart disorders and cardiac risk factors:

- Rapid heart rate (tachycardia) – In serious cases, can interfere with normal heart function and increase the risk of sudden cardiac arrest.
- Increased blood pressure – If chronic, can lead to coronary disease, weakening of the heart muscle, and heart failure.
- Decreased heart rate variability – May result in higher incidence of death after an acute heart attack.

What can acupuncture do to relieve stress and anxiety, therefore improving my heart health?

Acupuncture is an ancient form of Chinese medicine that has been practiced for centuries. It is based on the belief that there are energy pathways throughout the body that become blocked when someone is ill. By placing needles at specific points along these meridians, acupuncture practitioners believe they can unblock the flow of energy and restore balance to the body.

Acupuncture for stress and anxiety is a safe, effective treatment that can help you manage your symptoms. The treatment stimulates the release of endorphins, which are hormones that help to reduce stress and promote feelings of well-being.

Acupuncture acts like physical therapy for the nervous system. The tiny needles retrain the nervous system and the brain, balancing cortisol levels and retraining the nervous system to only release cortisol in true "flight or fight" scenarios rather than maintaining chronic high levels of cortisol that are seen in patients with anxiety and stress.

Acupuncture is also an excellent way to prevent stress and anxiety from occurring in the first place because it:

- Helps to regulate the nervous system.
- Releases endorphins, which have a calming effect on the body.
- Has been shown to reduce cortisol levels, which are often elevated in people who are stressed or anxious.
- Brings improvement in the digestive system
- Can help to improve sleep quality, which is often impaired in people who are dealing with stress or anxiety.
- Promotes a sense of well-being and relaxation.

Therefore, a course of acupuncture treatments can help to reduce stress and anxiety levels and improve overall well-being, as well as reducing the effects of stress on your heart. If you're looking for a safe and effective way to treat stress and anxiety, acupuncture may be right for you. This form of treatment can provide significant relief from symptoms and help patients manage their condition better.

Absolute Acupuncture & Stress Relief is located in Sarasota, FL. We are licensed acupuncturists with experience treating the root cause(s) of your stress. Go online or all today to schedule your appointment today. Call **941-500-2767**!



Dr. Brandon Fuller has a passion for helping others in need. He believes the best care for his patients is an integrative medical approach in which the implementation of patient-centered care is essential. Healing is accomplished while incorporating the best of modern and holistic medicines help to mend

almost any problem. Using a personalized approach to healthcare by combining therapies as needed will assist with disease prevention and elimination of stress and pain, which is where he excels. By understanding an individual's specific needs for achieving mental and physical balance, a real recovery may occur.

A Florida licensed and board-certified acupuncture physician, he holds a Clinical Doctorate in pain management and the associated psychological issues with pain from AOMA college of integrated medicine. Having over 16 years of experience in clinical settings, he often shares his expertise with patients and practitioners throughout the United States and Canada.

He is now working on his certificate in FACS (Facial Action Coding System). He plans to continue his knowledge in the medical aspects of psychology and pain management. Dr. Fuller enjoys helping those in the community, educating on a healthier lifestyle, and how it can be achieved at an affordable price.

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What is Peripheral Arterial Disease?

By Premier Foot & Ankle Specialists

Peripheral arterial disease, commonly referred to as “PAD,” is a vascular condition caused by a buildup of plaque in the arteries (blood vessels that carry oxygen-rich blood from the heart to tissues and organs in the body) that leads to narrowing or blockages of the arteries, which results in restricted blood flow to the legs and feet. The plaque that builds up in the arteries is an accumulation of fats, cholesterol, and other fibrous substances in the body. This restriction of flow prevents oxygen-rich blood from reaching the feet and legs, thus impairing circulation to the lower extremity.

Peripheral arterial disease occurs most commonly in arteries of the legs and feet, but it may be an indication of more widespread arterial disease in the body, which affects other arteries that carry blood to the heart, aorta, kidneys, brain and the arms. This widespread arterial disease can lead to coronary artery disease and cause heart attacks or strokes.

Peripheral arterial disease affects 8 to 12 million Americans, which amounts to one in every five people over the age of 70 having the disease. It is estimated that individuals with peripheral arterial disease have a two-to-six times greater chance of dying from a heart attack or stroke. PAD and diabetes are also the leading cause of foot and leg amputations in the United States.

There are multiple risk factors for peripheral arterial disease, which include:

1. Smoking
2. High blood pressure
3. High cholesterol
4. Diabetes
5. Physical inactivity with sedentary lifestyle
6. Obesity
7. Personal or family history of PAD, heart disease, heart attack, or stroke

Peripheral arterial disease can manifest with multiple symptoms, some of which include:

1. Pain or cramping in the legs with walking, climbing stairs, or physical exertion, which is known as “intermittent claudication”
2. Fatigue, heaviness, aching or numbness in the legs or feet

3. Pain in the feet and legs at night that can disturb your sleep, which is known as “rest pain”
4. Weak or absent pulses in the feet
5. Wounds on the legs, feet, or ankles that are slow to heal (or do not heal within 2 to 3 months)
6. Cold, pale, thinned or blue skin on the legs and feet
7. A decreased skin temperature compared to the opposite leg
8. Reduced or absent hair growth on the legs and feet
9. Decreased growth of toenails

Peripheral arterial disease can be diagnosed by your podiatrist through obtaining a comprehensive medical history of the patient. A thorough physical examination can also be performed to evaluate pulses, condition of skin, presence of wounds or other foot deformities to determine risks of PAD. Other non-invasive vascular tests, such as an ankle-brachial index (ABI) may be performed to further assess the degree of arterial disease a patient has. An ABI measures the difference in blood pressure between the arm and ankle, and can be a reliable indicator of peripheral arterial disease. Depending upon the degree of arterial disease, a podiatrist may refer a patient to a vascular specialist for additional testing and treatment if indicated.

Peripheral arterial disease is treated through lifestyle changes, medications, and sometimes surgery. Treatment options for PAD may include the following:

1. Increasing physical activity with exercise programs
2. Smoking cessation
3. Reducing blood pressure
4. Lowering cholesterol
5. Strict control of blood sugar with diabetes
6. Healthy diet
7. Medications for improving blood flow, preventing blood clots, controlling blood pressure, cholesterol and blood glucose levels
8. In some cases, vascular procedures can be performed to improve blood flow to the legs and feet

For patients with peripheral arterial disease, having foot deformities such as bunions, hammertoes, bony prominences, or other dermatological conditions such as thickened fungal nails, ingrowing nails or calluses can place patients at greater risk of developing wounds and infections. What may seem like a minor problem such as a cut, scrape, ingrown nail or small abrasion can result in a more serious complication if one's blood flow is too impaired for normal healing. To avoid such complications with peripheral arterial disease, it is important to take precautionary measures such as checking feet daily for any sores, cuts, bruises, rashes, calluses, skin and nail infections or pain. Maintaining well-hydrated skin by applying a thin film of lotion to the top and bottom of both feet daily, but avoiding in between the toes. Getting properly measured and fitted while buying new shoes to avoid any pressure sores or blister formations, checking one's feet a few hours after wearing a new pair of shoes for any areas or irritation. Avoidance of walking barefoot to avoid pressure wounds and injuries is also essential, even while walking indoors. Regular foot exams by your podiatrist, which may include at-risk foot care and debridement of thickened toenails and calluses is also crucial in maintaining overall foot health. If you or a loved one are experiencing symptoms that are similar to those above, contact your local podiatrist for evaluation. Dr. Roggow and Dr. Bonjorno are happily taking new patients and look forward to meeting you!



Dr. Brielle Roggow



Dr. Jeremy Bonjorno



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FEBRUARY IS AMERICAN HEART MONTH

HEART FAILURE

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

Heat failure is a condition where the heart doesn't meet the body demand in pumping adequate blood. This leads to several symptoms and signs as well as various laboratory abnormalities.

The most common presentation is from fluid build up in the body leading to; shortness of breath, leg swelling, weight gain, inability to lay flat (orthopnea).

Because fluid build up is so common often it can also be referred as 'congestive heart failure' or CHF. However some patients may present without "congestion".

The underlying reason for heart failure can be; coronary artery disease, valvular heart disease, genetic predisposition, arrhythmia.

But in a fairly significant number of patients we don't know why.

Broadly we classify Heart Failure in two types:

- Heart failure with reduced ejection fraction (HFrEF)
- Heart failure with preserved ejection fraction (HFpEF)



Ejection Fraction is a common parameter in cardiology. It is a calculated number that reflects the squeezing function of the heart. Anything > 50% is normal and < 50% is low or abnormal.



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Historically heart failure used to be a lethal disease with mortality in par compared to cancer. But we have made significant improvements in the last two decades. We have as many as 18 molecular pathways (and drugs) to treat heart failure. We also have several procedures, some of them are state of the art. Mortality and morbidity has significantly improved.

If you have symptoms of heart failure and need to get evaluated or if you have a diagnosis of heart failure and need to be treated, Port Charlotte Cardiology is the right place.



Dr. Aneley Yegezu Hundae, M.D., FACC
INVASIVE CARDIOLOGY AND ADVANCED HEART FAILURE MANAGEMENT

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

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

By James Ferrara - Occupational Therapist and Certified Lymphedema Therapist

Lymphedema 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
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**941-830-3749. TO FIND OUT MORE, PLEASE
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Coming from Moffitt is:



Beth Daniels, OTR, CLT-LANA, ALM

Occupational Therapist for 30 years, Lymphedema therapist for 22 years, Pelvic Floor therapist for 2 years. Specializing in cancer treatment related lymphedema, upper extremity deficits, and pelvic floor complications and diagnoses.
Bachelors degree from Texas Women's University in Occupational Therapy - May 1992
Certification in Lymphedema - Judith 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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How Does Companion Care Work?

By Afton Patterson

Companion care is a type of in-home care that provides socialization, emotional support, and assistance with daily activities for individuals who may be living alone or have limited mobility. This type of care is designed to help seniors, people with disabilities, and those recovering from an illness or injury to maintain their independence and quality of life.

One of the main benefits of companion care is that it allows individuals to remain in the comfort of their own home, rather than having to move to a nursing home or assisted living facility. This can be especially important for seniors, who may have lived in their home for many years and have deep emotional connections to it.

Companion care can also provide a sense of security for individuals and their families, knowing that someone is regularly checking in on them and providing assistance when needed. Caregivers can assist with tasks such as meal preparation, light housekeeping, medication reminders, and transportation to appointments. They can also provide companionship by engaging in activities such as reading, playing games, or going for walks.

Another important aspect of companion care is providing emotional support. Many seniors and individuals with disabilities may feel lonely or isolated, and having a companion to talk to and spend time with can improve their overall well-being. Caregivers



can also be trained to spot signs of depression or other mental health issues and can provide support and resources.

In addition to providing assistance with daily tasks and emotional support, companion care can also help with safety and fall prevention. Caregivers can help individuals with mobility issues navigate their home and make sure that it is safe and free from hazards. They can also assist with exercises to improve strength and balance, which can help prevent falls.

When choosing a companion care provider, it is important to find one that is reputable and has a good track record. You should also consider the

individual needs of the person receiving care and select a provider that can meet those needs. It is also important to have an open and honest conversation with the provider about the care and services that will be provided, and to have clear communication and expectations.

Companion care can be a valuable resource for individuals who want to remain in the comfort of their own home while receiving assistance with daily tasks and emotional support. It can provide a sense of security and improve overall well-being. It is important to find a reputable provider and have open communication to ensure that the individual's needs are met.

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 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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NO DRUGS - NO PRESCRIPTIONS - NO SURGERY JUST RELIEF

By Physicians Rehabilitation

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

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

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

Medial Branch Block for the Facet Joints

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

Facet Joints

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



Sacroiliac Joint dysfunction

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



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Epidural steroid injection

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

Radiofrequency Ablation (RFA)

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

Physicians Rehabilitation

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

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

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

By Dr. David S. Zamikoff

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

How Can GAINSWave Prevent & Treat ED?

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

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

GAINSWave
THE NEW WAVE IN MALE ENHANCEMENT

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



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

Younger Men Should Seek Treatment Early

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

Men are Preventing ED with GAINSWave

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

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

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

Natural Healing Arts Medical Center

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

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Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

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

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

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

How does VAX-D work?

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



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

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

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

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

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

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

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

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

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

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Dr. Craig S. Aderholdt, BSc, DC



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

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

Dr. Aderholdt also holds certification in chiropractic adjunctive physiotherapy from New York Chiropractic College and completed extensive postgraduate training in therapeutic modalities at National-Lincoln School. He is a member of the Florida Chiropractic Association and American Chiropractic Association and is a certified VAX-D consultant. He was also voted a Bradenton Herald People's Choice Awards Winner for 2008, 2022 and is the Manatee Herald-Tribune Awards winner for 2015, 2016, 2017, 2020 and 2021 and Sarasota Herald-Tribune finalist for 2016, 2017, 2018, 2020, 2021 and winner in 2019.



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WHOLEHEARTED

By Jodi Thomas

I love Valentine's Day. Not just the flowers and the chocolate and all that good stuff, but I have always loved the idea of celebrating *love*... and on a trivial note, seeing all the pink and red hearts just makes me happy for some reason.

Lately I've been thinking a lot about my own heart. When reflecting on 2023 and what I hope for this year, I really desire to live *wholeheartedly*. And the first step in doing this is learning to pay attention to my **heart**. I'm reading a great book right now called *Soulful Simplicity* by Courtney Carver. I highly recommend it. In the book, she discusses living wholeheartedly and that we have to learn to *listen* to our hearts. She has an exercise where in a quiet moment, you place both hands on your heart, one hand on top of the other, and just sit in the quiet for a moment or two, and ask yourself, "What is my heart saying? What is my heart feeling?"

Yet, most of us are terrified to do this. Why? Because, without a doubt, most of us are never taught to listen to our hearts. We are taught to "suck it up," to keep pushing forward, to fulfill our myriad responsibilities, regardless what our hearts might be saying, or trying to say. And there are many times where we have to do just that—it's part of being an adult. But there's an equal, if not more, need for us to listen to those precious hearts of ours, that have often long been covered up by obligation, fear of what other people think, busy-ness, and self-medication with our vices of choice.

The primary reason we need to learn to listen to our hearts are that our hearts are **very important to God**. Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." Think about what that says and the implication of it. Both good and bad flow from our heart, based upon the state of our heart. Ignore your heart for too long, and this is disastrous for living the kind of life that you once imagined for yourself.

In fact, our hearts are so valuable to God that they are the very place that Christ has decided to take up residence. Ephesians 3:17 says, "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ *may dwell in your hearts through faith*." Additionally, Romans 5:5 says that God pours out His love into our hearts. Now, I spend a lot of time nurturing my relationship with God. But to be completely honestly, many times I don't feel God's presence or love. These are things that I have to take *by faith*. But even this comes from the heart, for Romans 10:10 says "For it is *with your heart that you believe* and are justified, and it is with your mouth that you profess your faith and are saved."

When I truly believe these truths, which comes from my very heart, that Christ actually lives in my heart and God's love is poured into my heart, I am empowered to live in God's love and to express that love to others in my day to day life. And folks, there is just nothing in life more important than that.

Not only does God reside in our heart, he desires to protect it. Philippians 4:7 says "And the peace of God, which transcends all understanding, *will guard your hearts* and your minds in Christ Jesus." How does the peace of God guard our heart? It guards it against worry, against anxiety, against unforgiveness. . . all of the things that wreck havoc on our hearts and create stress in our lives.

Our hearts are so valuable to God, that He desires *all* of our hearts. In Luke 10:27, Jesus said the greatest commandment was to "*Love the Lord your God with all your heart* and with all your soul and with all your strength and with all your mind."

When you see those pretty pink and red hearts this Valentines Day, I hope you are reminded that your heart is a unique treasure to God. There is no other heart like yours. It is so valuable to Him that Jesus died on the cross so that He could live there and God's love be poured out into your heart. Because your heart is of the utmost value to God, you need to value it, too. Learn to listen to it. Learn to respect it. Don't ignore it. I hope you will join me in the quest of living *wholeheartedly* in 2023.



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