

SOUTHWEST FLORIDA'S

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

March 2023

Manatee/Sarasota Edition - Monthly

[www.swfhealthandwellness.com](http://www.swfhealthandwellness.com)

 **FREE**

**AGING  
GRACEFULLY**  
IN EACH DIMENSION  
OF WELLNESS

**STEM CELL  
ORTHOPEDICS**  
HOW TO GET THE  
BEST RESULTS!

**HORMONES  
AND SLEEP**

**HEALTH IS THE  
NEW WEALTH!**  
GET THE MOST OUT OF  
YOUR VITAMINS!

**THE VAMPIRE  
FACIAL**  
AN INNOVATIVE  
ANTI-AGING  
TREATMENT

**COMING  
THIS  
MONTH**  
THE ER AT  
BAYSHORE  
GARDENS!

**MARCH IS  
LYMPHEDEMA  
AWARENESS  
MONTH**





Join others  
who have  
healed  
their **legs.**



Do you suffer from any  
of the following leg  
symptoms?

☐

Varicose Veins

☐

Discoloration

☐

Achy Legs

☐

Spider Veins

☐

Bruising

☐

Fatigue

☐

Swelling

☐

Ulcers

☐

Restless Legs

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



**FLORIDA LAKES**  
VEIN CENTER

Dr. Phillips & Dr. Lackey

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

Call for a **FREE** vein screening. **It's a no veiner!**<sup>SM</sup>

19790 Wellen Park Blvd., Ste 201B,  
Venice, FL 34293

**941-777-7771**

1217 Jacaranda Blvd.  
Venice, FL 34292

**941-257-0765**

9114 Town Center Parkway, Ste 101,  
Lakewood Ranch, FL 34202

**941-866-8989**



# STEM CELL ORTHOPEDICS



Find Relief **WITHOUT SURGERY!**

**TRUST A TOP EXPERT  
WITH YOUR JOINT PAIN!**

**Mark Walter MD, CCFP**

- McGill trained and worked with the top regenerative teachers in the world.
- Pioneered the field for the last 22 years; treated over 10,000 patients
- Considered one of the top specialists in Florida and author of the new book Stem Cell Orthopedics (see page 8 for details)

**We Use Your Own STEM CELLS To Heal  
Arthritis, Injuries & Degeneration of:**

- Knees, Hips and Ankles
- Shoulder / Rotator Cuff
- Low Back & Neck
- Wrists & Hands  
*and many other conditions*



**85% SUCCESS RATE  
AVOID SURGERY  
ALMOST NO DOWNTIME!  
LONG-LASTING RESULTS AND PAIN RELIEF!**

**FREE  
SEMINAR**

**WEDNESDAY,  
March 8th & 22nd @ 4 P.M.**

Limited seating.  
Please call today to book your place.

**THIS IS THE MEDICINE  
OF THE FUTURE!**



**STEM CELL  
ORTHOPEDICS**

**(941) 955-4325**

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

2068 HAWTHORNE ST., SUITE 202,  
SARASOTA FL 34239





# There's never been a better time to quit with Group Quit

Group Quit offers free, expert-led in-person or virtual sessions for all Florida residents regardless of insurance status. Upon class completion, participants are eligible for nicotine replacement therapy such as gum, patches or lozenges.\*

**Pre-registration is recommended.**

**Call Gulfcoast South AHEC Today!**

**866-534-7909**

*if medically appropriate for those 18 years of age or older*

Learn more about all of Tobacco Free Florida's tools and services at [tobaccofreeflorida.com/quityourway](http://tobaccofreeflorida.com/quityourway).



GULF COAST SOUTH  
AREA HEALTH  
EDUCATION CENTER



Florida  
HEALTH

## HEALTH, BEAUTY, AND WELLNESS IN ONE PRACTICE

WE HAVE A WIDE RANGE OF TREATMENT OPTIONS TO HELP YOU LOOK AND FEEL YOUR BEST.

- REGENERATIVE MEDICINE
- AESTHETIC MEDICINE
- HORMONE THERAPY

**B LIVELY**  
MEDICAL CLINIC

DOWNTOWN SARASOTA  
1819 Main Street, Suite 118  
Sarasota, FL 34236



Don't wait to make the shift to a healthier and happier lifestyle.

941-241-5373  
[BLIVELYMEDICAL.COM](http://BLIVELYMEDICAL.COM)

Make an Appointment Online

**Brianna Vance Fago, AGNP-BC**

*Brianna is a board-certified nurse practitioner who specializes in minimally invasive cosmetic procedures, hormone replacement, and weight loss therapy.*

**Nicole Burns, DO**

*Dr. Burns is a dual board-certified physician and has over 10 years of expertise in minimally invasive cosmetic procedures, regenerative medicine, hormone replacement, and weight loss therapy.*

## LOOK & FEEL YOUR BEST

### SERVICES:

- AESTHETICS
- INMODE EMPOWER
- NATURAL BIOLOGICS
- HORMONE OPTIMIZATION
- SEXUAL REJUVENATION
- PEPTIDE THERAPY
- IV THERAPY
- FUNCTIONAL MEDICINE
- MEDICAL MANAGED WEIGHT LOSS

**Aspire for Wellness Together**

4701 Manatee Ave. W  
Bradenton FL 34205

**941-260-7804**

[www.aspire4wt.com](http://www.aspire4wt.com)  
[aspire4wt@gmail.com](mailto:aspire4wt@gmail.com)





## contents. MARCH 2023

- 6** Complications of Vein Disease
- 7** Coming This Month: The ER at Bayshore Gardens!
- 8** Stem Cell Orthopedics: How to Get the Best Results!
- 10** The Vampire Facial: An Innovative Anti-Aging Treatment
- 11** Be a Paramedic in One Year
- 12** Does Your Financial Advisor Have Your Best Interest at Heart?
- 13** Hormones and Sleep
- 14** Aging Gracefully in Each Dimension of Wellness
- 15** What You Need to Know About Going to the ER
- 16** What You Need to Know About E-Cigarettes and Vaping as Smoking Cessation Tools
- 17** How Can Yoga Help Patients with Parkinson's Disease?
- 18** Survive Skin Cancer
- 20** New Modalities for the Treatment of Anxiety/PTSD, Long Haul COVID, and Depression
- 22** Health is the New Wealth! Get the Most Out of Your Vitamins!
- 23** Chronic Headaches and Chronic Migraines Are Often Caused By a Prior Neck Injury
- 24** Finding the Best Orthopedic Specialist for Your Child's Injury is Critical
- 25** Treatment-Resistant Depression
- 26** Diagnostic Imaging Saves Lives
- 27** Acupuncture Treatment for PTSD
- 28** March is Lymphedema Awareness Month
- 29** Help!! I've Fallen and Can't Get Up!
- 30** Heart Disease in Women
- 31** GAINSWave is Making Headlines Due to its Ability to Prevent & Treat ED
- 32** Effective & Proven Chronic Pain Relief with VAX-D®
- 33** Obesity & Medically Assisted Weight Management
- 34** Spiritual Wellness: Maintaining Healthy Friendships

### CONTACT US

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

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



Publishing • Advertising • Web Design • Graphic Design

**Southwest Florida's Health & Wellness Magazine** can be found in over 600 Southwest Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Southwest Florida's Health&Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239.588.1200  
Cristan@gwhizmarketing.com

G WHIZ Marketing, LLC | 1630 Caxambas Court | Marco Island, Florida 34145

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2023. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTHWEST FLORIDA'S Health & Wellness Magazine. SOUTHWEST FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTHWEST FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



## 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



CHRISTOPHER SFORZO, M.D.

CASTLE  
CONNOLLY

TOP DOCTORS<sup>®</sup>  
**ORTHOPAEDIC  
SURGERY**  
2022



CHRISTOPHER DILLINGHAM, M.D.



CHARLES STEWART, M.D.



PHILIP MEINHARDT, M.D.

BOARD-CERTIFIED. FELLOWSHIP-TRAINED. ORTHOPEDIC SURGEONS.



**DILLINGHAM • STEWART**

ORTHOPEDICS + SPORTS MEDICINE

941.378.5100 | SFORZODILLINGHAM.COM

5831 Bee Ridge Road, Suite 300, Sarasota, FL 34233



# Complications of Vein Disease

**M**illions of people have varicose vein problems, yet only one half of 1 percent seek treatment. Vein disease goes undiagnosed and therefore undertreated. Patients tell us that their physicians have reassured them that the leg symptoms they experience are a part of aging and that it is “nothing to worry about.” Ignoring daily leg swelling, pain, cramping, leg heaviness, fatigue, itching, and discoloration can lead to permanent changes. Vein disease is progressive, meaning it will worsen at a rate of 4 percent every year. This article will discuss the other complications that can lead to serious problems including bleeding, swelling, phlebitis, cellulitis, blood clots, and skin ulcers.

## Skin Changes

Chronic venous insufficiency (CVI) can cause skin changes resulting in discoloration of the lower legs, which is known as hyperpigmentation. It appears as a darkening of the skin often with a rusty-orange color. Stasis dermatitis is inflammation of the skin caused by damage to vein close to the skin's surface. This can appear as a red, violet, or brown rash between the ankle and the knee. Stasis dermatitis is a precursor for the development of cellulitis. Cellulitis is an infection of the skin caused by bacteria. Bacteria normally are present on the skin, but when injured, the bacteria can spread and grow beneath the surface which is made much worse by poor blood flow in the legs or feet. Cellulitis is treated with antibiotics.

## Phlebitis

Thrombophlebitis, a blood clot in a superficial vein, is a common complication of varicose veins. This occurs because the dilated vein makes it easier to injure but can often occur without trauma. It presents as a hot, tender, thickened area along the length of the vein. It is very painful and associated with fever and fatigue. If phlebitis extends far enough up the leg it can cause a clot in the deep veins, which is a risk for pulmonary embolism, which can be fatal.

## Stages of Vein Disease



## Bleeding

Bleeding from large varicosities is typically from a bump or scrape to the area. Many elderly people with thin-walled veins are at increased risk and may be completely unaware of a vein rupture until they see blood running down their legs or feel faint from blood loss. Bleeding can be life-threatening if unrecognized. If caught early, it can be controlled with leg elevation and compression. Repeated bleeding can occur in the same area until proper treatment of vein disease is performed.

## Swelling

Vein disease causes swelling in the ankles and lower legs which appears worse after a day of standing. In advanced disease the swelling can be present all the time. Typically, just above the ankle is where the swelling begins. If left untreated, this can worsen to lymphedema which is more difficult to manage and treat.

## Skin Ulcers

One of the most challenging vein complications is a skin ulcer. This is an open sore resulting from trauma to the skin. Trauma and chronic vein disease results in skin breakdown where the area around the open sore becomes red, swollen, tender, and painful. These ulcers typically occur on the inner side of the ankle. Patients are often frustrated by these ulcers as they are frequently sent for lifelong wound care with multiple dressing changes for a wound that never seems to heal. Unless the root cause of the ulcer, vein disease, is treated, the ulcers will recur in under 2 years. Vein treatment involving ablation and sclerotherapy can help these chronic ulcers to heal.

## Blood Clots

A study published by the Journal of American Medical Association suggests that the presence of varicose veins may significantly increase the risk of deep vein thrombosis (DVT), which is better known as blood clots. These can be life-threatening if they travel to the lungs or hearts. Some DVTs may not have any symptoms, but most cause dramatic pain, swelling, and warmth of the leg. Left untreated, people with extensive DVTs are at a higher risk of developing pulmonary embolism where a clot can break away and travel to the lungs where, it can be deadly.

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*.



**FLORIDA LAKES  
VEIN CENTER**

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

**941-777-7771**

19790 Wellen Park Blvd., Ste 201B  
Venice, FL 34293

**941-257-0765**

1217 Jacaranda Blvd.,  
Venice, FL 34292

**941-866-8989**

9114 Town Center Pkwy, Ste 101,  
Lakewood Ranch, FL 34202

**Dr. Phillips & Dr. Lackey**





# Coming This Month: The ER at Bayshore Gardens!

**M**anatee Memorial Hospital hosted a groundbreaking ceremony on June 17, 2022, to celebrate the construction of a new freestanding emergency department – the ER at Bayshore Gardens. The new ER will expand access to emergency care 24-hours a day, seven days a week in Manatee County, and will be located at 5506 14th Street West, Bradenton, Florida, 34207. The new facility is expected to open in Q1 of 2023.

When it opens, the ER at Bayshore Gardens will provide care for all ages and will be open 24 hours a day, seven days a week.

- Always staffed by a physician
- Six (6) exam rooms
- Three (3) rapid medical exam spaces
- 10,884 square feet
- Full-service laboratory, X-ray, CT and ultrasound

Free-standing emergency rooms are popping up here and there around the country. Many people confuse them with urgent care centers, but there is a difference. Let's look at how an urgent care center and an emergency room differ, and which one is right for your situation.

Here are a few differences between Emergency Rooms and Urgent Care clinics as outlined by The Mayo Clinic:<sup>1</sup>

## Severity of health problems

An ER treats life- or limb-threatening health conditions in people of all ages. It is the best option when you require immediate medical attention.

Urgent Care is the middle ground between your primary care provider and the Emergency Room. If you have a minor illness or injury that can't wait until tomorrow, Urgent Care is the way to go. Also, it is a good option if you have illnesses or injuries without other symptoms, or if you do not have other underlying health conditions. For example, an earache can easily be treated in Urgent Care. However, if it is accompanied by a high fever (104 F or higher), or you have a history of cancer or are on immune-suppressing medication, it is important to have it checked out in the ER.



## Hours and staff

Emergency Rooms are staffed 24/7 with physicians, physician assistants, nurse practitioners and nurses trained in delivering emergency care. The team has quick access to expert providers in advanced specialties such as Cardiology, Neurology and Orthopedics. ERs also have the imaging and laboratory resources needed to diagnose and deliver care for severe and life-threatening situations.

Typically, Urgent Care clinics are staffed with physician assistants, nurse practitioners and nurses. Although, some Urgent Care clinics have physicians on staff as well. Urgent Care providers can order basic labs and imaging tests, such as X-rays, to help them provide diagnoses and develop treatment plans. Urgent Care clinics have set hours and an established list of conditions treated. As a result, Urgent Care clinics often are less expensive and have shorter wait times than Emergency Departments.

***Manatee ER at Bayshore Gardens, an Extension of Manatee Memorial Hospital, is a full-service emergency department that provides care to those in need 24 hours a day, 7 days a week.***



An Extension of Manatee Memorial Hospital

[www.manateememorial.com](http://www.manateememorial.com)

5506 14th Street West,  
Bradenton, Florida 34207

***Here are examples of types of conditions treated in Urgent Care clinics and Emergency Rooms:***

## Urgent Care clinic:

- Back or muscle pain
- Bronchitis
- Cuts and minor burns
- Diarrhea
- Earache
- Skin conditions
- Sprains or joint pain
- Upper respiratory infection
- Urinary tract infections
- Vomiting

## Emergency Room:

- Chest pain or pressure
- Compound fracture (bone that protrudes through the skin)
- Head injuries
- Pneumonia
- Seizures
- Severe abdominal pain
- Shortness of breath
- Sudden, severe headache, or paralysis or weakness
- Uncontrolled bleeding

1. Graham King, M.D. (2021) Emergency vs. urgent care: Differences, Mayo Clinic Health System. Mayo Clinic Health System. Available at: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/emergency-vs-urgent-care-whats-the-difference>.





Mark Walter M.D.

## STEM CELL ORTHOPEDICS The Medicine of The Future

RegenOrtho.com

# STEM CELL ORTHOPEDICS: HOW TO GET THE BEST RESULTS!

**M**any of us are excited about stem cell orthopedics and its potential. After all, who wouldn't be interested in a very safe, minimally invasive treatment that uses your own stem cells and growth factors (from your fat and blood) to heal many painful and troublesome orthopedic problems? Yes, this treatment can help many avoid the risks of invasive surgery and in fact, for certain types of problems, may be much more successful. And yes, the benefits can be long-lasting.

Our intention with stem cell orthopedics is to actually heal the root-cause of the pain. Because it's so highly effective and so safe and easy to use, regenerative orthopedics really should become primary care orthopedics. If you have some persistent and serious orthopedic problem, stem cell orthopedics should be the first thing you try, not the last! Can it fix everything? Of course not, but it can fix at least 80% of orthopedic ailments.

The treatment is minimally invasive and super safe. In my own practice, my protocol is done in a single day as an outpatient procedure. You walk in, we take a little blood and about 60-120ccs of fat in a painless harvesting procedure (with only local anesthesia). You take a break and relax while we prepare the stem cells. Then we inject the stem cells and PRP in and around the specific area involved. And you walk out. The whole thing takes 3-4 hours, start to finish. Yes, you'll be a little sore for a day or two but downtime is minimal and you can return to activities of daily living within 24 hours.

What's the downside? The main risk is you may pay your money (because it's so new, stem cells are not yet covered by any insurance!) and it may not work as hoped.

**"If you have some persistent orthopedic problem, stem cell orthopedics should be the first thing you try, not the last."**

**- M. Walter M.D.**

Sound too good to be true? Actually, it's not, but there is a big caveat. Results can be truly amazing, but are only possible if you do the treatment properly. The field of stem cell orthopedics has grown rapidly over the last decade and of course, as with any new field, there is no standardization and much misconception and misinformation. It is also true that many doctors who are attempting to do these treatments do not have the right training or background to do it properly. I call them dabblers! They may mean well but their lack of knowledge, training and experience in regenerative orthopedics can greatly jeopardize the outcome. If someone has had a stem cell procedure and if the outcome of the treatment was poor, the first question is: who did it? And what type of stem cells did they use? Certainly, when it comes to healing, there can be poor biologic outcomes, but far more common is poor diagnostic and injection technique, improper selection or preparation of the stem cells or regenerative solution, and failure to educate the patient properly for follow-up and rehab.

**"Good medicine starts with the right diagnosis!"**

**- M. Walter M.D.**

There are three major determinants of the outcome of any stem cell orthopedic procedure. First and of prime importance, you need to make

the correct diagnosis of the primary pain generators and inject them properly. Good medicine starts with the right diagnosis! For this, you need the right doctor with the right background and skill set. Make no mistake, regenerative orthopedics is a highly specialized field that is a totally different specialty than conventional surgical orthopedics. The outcome, as with any skilled procedure, will totally depend on the training, skill and knowledge of the practitioner. The best regenerative doctors will have had training in a highly effective technique called Prolotherapy. It is a little known fact that the majority of pain actually comes from micro tears in the attachments of ligaments, tendons and joint capsules. These loose attachments and the resultant joint instability, are crucial concepts to understanding the pain picture in a patient. Unfortunately MRI and ultrasound are not sensitive enough to make these distinctions and really the only way to make a precise diagnosis and prioritize the primary pain generators in any given patient, is with a technique called palpation interrogation. If I palpate a specific site on a specific structure and it reproduces the pain, we call this the "jump sign". The bigger the jump sign the more important that specific structure is in the pain picture and the more crucial that we address that exact spot with injections.

Second, you need to use the right kind of stem cells and prepare them properly. For our purposes, autologous tissue (from your own body) is far safer and more effective than any other type of stem cells. In my experience, freshly prepared, DNA-matched stem cells are far more effective than umbilical tissue from a donor. There are two sources of autologous stem cells- fat and bone marrow. I prefer fat since it's easier to get and fat has a higher concentration of mesenchymal stem cells, which are the precursors of ligaments, tendons, cartilage and bone.

Finally you need the right follow-up and rehab program to give the stem cells the best healing environment to work optimally. After the stem cells are placed they live and continue to grow for at least 4-5 months. If, for any reason, a patient is slow to respond and fails to progress after 6-8 weeks, we usually suggest one or two PRP boosters at weeks 6-12 to help reignite the stem cells. The treatment plan for any given patient needs to be individualized depending on the severity and urgency of the problem, number of joints or regions injected, timeline and availability/willingness to come for several visits etc. If the problem is severe, I usually recommend to start with a stem cell/PRP combo to all affected regions, since this



gives us the best chance for a rapid and substantial improvement. After all, I only get one chance to make a first impression. I want to turn every patient into a huge success case— and as quickly as possible!

Proper rehab is also important for optimal healing. The patient needs to use and move the areas involved without over-loading the attachments. If needed, pain-killers such as tylenol and tramadol can be quite helpful to ease pain while the patient heals, but pharmaceutical anti-inflammatories are to be avoided as they interfere with healing. Good nutrition, reducing stress and proper sleep hygiene also help the healing process.

If you optimize all the above factors, your chances of success are 80-85% for a long-lasting, great result. The goal of stem cell orthopedics is to relieve pain and restore functionality. In the end it's all about quality of life. This is the medicine of the future!

**"With the right doctor and the right type of stem cells your chances for long-term success are 80-85%."**

**- M. Walter M.D.**

### About Dr. Walter

Mark Walter MD has pioneered the field of regenerative orthopedics for the last 22 years and is considered one of the top stem cell orthopedic specialists in Florida. Dr. Walter completed his MD degree at McGill University (1980) and went on to do five years of post-doc work in regenerative orthopedics with the world famous Hackett-Hemwall foundation (in association with the University of Wisconsin). He is a master Prolotherapist and a leading proponent of offering patients non-surgical alternatives for serious orthopedic issues. Dr. Walter has just released his new book *Stem Cell Orthopedics-A New Way to Fix Joint, Back and Neck Problems* (available on amazon).

For additional information, to book a phone or in-person consultation or reserve a seat at an upcoming free seminar (March 8th & 22nd @ 4 P.M.) please call Dr. Walter's office in Sarasota at (941) 955-4325, text the Stem Cell Hotline at (941) 376-2100 or visit us at [regenortho.com](http://regenortho.com).

Dr. Walter has recently released his new book, *Stem Cell Orthopedics: A New Way to Fix Joint, Back and Neck Problems*. This easily read, 160-page book is a great introduction to this exciting new field. The book is available on Amazon or at the office.



Please call today for more information or to book a **PERSONAL CONSULTATION** or a **FREE SEMINAR** **WEDNESDAY, March 8th & 22nd @ 4 P.M.**

**STEM CELL**  
**ORTHOPEDICS**

**(941) 955-4325**

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

2068 HAWTHORNE ST., SUITE 202, SARASOTA FL 34239





## Experience. Relief.

**Formerly Gulf Coast Ketamine Center**

Reichbach Center restores hope to people who may have thought that they were out of options.



Contact us at (941) 213-4444, or request an appointment online to schedule your complimentary consultation with our board-certified anesthesiologist, Dr. Steven Reichbach.

**To schedule an appointment, call (941) 213-4444**



**Reichbach Center**  
KETAMINE • MEDICAL CANNABIS • PSYCHOTROPICS

[www.findpainrelief.com](http://www.findpainrelief.com)

## Experience the Gulf Coast's Premier Life Care Community

*Providing a complete array of healthcare services, living accommodations and activities for seniors.*




**Freedom Village of Bradenton**

- ✓ INDEPENDENT LIVING
- ✓ REHABILITATION
- ✓ ASSISTED LIVING
- ✓ SKILLED NURSING
- ✓ MEMORY CARE
- ✓ IN-HOME CARE
- ✓ HOSPICE

**Call 941-798-8122 to schedule a tour today!**  
6406 21st Ave. West, Bradenton, FL 34209  
[www.fvbradenton.com](http://www.fvbradenton.com)



# THE VAMPIRE FACIAL: AN INNOVATIVE ANTI-AGING TREATMENT

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

**A**s we age, our skin naturally loses volume, elasticity, and glow, leading to wrinkles, fine lines, and a dull complexion. While there are many anti-aging treatments available, some people are looking for more natural and non-invasive options. One such treatment is the vampire facial.

## The Ultimate Solution for Acne Scars, Rosacea and Hyperpigmentation

Do you have persistent acne scars, rosacea or hyperpigmentation that you are looking to get rid of? A vampire facial, also known as a Platelet-Rich Plasma (PRP) facial, may be the solution you've been searching for.

### What is a Vampire Facial?

A vampire facial, also known as a PRP (platelet-rich plasma) facial, is a type of anti-aging treatment that uses the patient's own blood to promote healing and rejuvenation in the skin. The treatment involves drawing a small amount of blood from the patient, which is then processed in a centrifuge to separate the plasma from the red and white blood cells. The plasma is then re-injected into the skin, using tiny injections or microneedling.

### How Does a Vampire Facial Work?

Platelets are cells in the blood that play a key role in the healing process. They contain growth factors and cytokines, which stimulate the production of new skin cells, collagen, and elastin. When these growth factors are re-injected into the skin, they stimulate the body's natural healing process, leading to a reduction in wrinkles and fine lines, improved skin texture and tone, and a brighter complexion.

### Who Can Benefit from a Vampire Facial?

A vampire facial can be a good option for people who are looking for a non-invasive anti-aging treatment with minimal downtime. It can be especially beneficial for people who are concerned about the signs of aging, such as wrinkles, fine lines, and a dull complexion. The treatment can be customized to suit the individual needs and goals of each patient, and it can be used on any skin type and color.



While the vampire facial is considered safe and effective, it is important to choose a qualified and experienced practitioner to perform the procedure. They will be able to assess your skin concerns and determine if a vampire facial is right for you.

A vampire facial is a cosmetic treatment that involves taking a small sample of your own blood and processing it to extract the plasma, which is rich in growth factors and healing properties. This plasma is then applied to your face via microneedling, allowing it to penetrate the skin and stimulate cellular growth.

The use of PRP in a vampire facial provides several benefits for those seeking to improve their skin's appearance.

**Acne Scars:** Acne scars can be a persistent reminder of past breakouts and can be difficult to treat. The growth factors in PRP can help to boost collagen production and promote tissue repair, reducing the appearance of acne scars.

**Rosacea:** Rosacea is a common skin condition that causes redness and visible blood vessels on the face. The anti-inflammatory properties of PRP can help to calm the skin and reduce redness, giving you a clearer, more even complexion.

**Hyperpigmentation:** Hyperpigmentation is a common skin concern that results from an excess production of melanin, causing dark spots and uneven skin tone. PRP can help to even out skin tone and improve the overall appearance of hyperpigmentation.

One of the key advantages of a vampire facial is that it uses your own blood, so there is no risk of an allergic reaction or infection. Additionally, because the plasma is derived from your own body, the results are more natural and longer-lasting compared to other treatments.

A vampire facial using PRP for acne scars, rosacea and hyperpigmentation is a safe, effective and natural solution for improving the appearance of your skin. If you are looking to get rid of persistent skin concerns and achieve a clearer, more youthful complexion, a vampire facial may be just what you need. So, schedule a consultation with a qualified practitioner today and take the first step towards achieving your best skin ever.

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.



Brianna Vance Fago  
AGNP-BC



Nicole Burns  
DO

**B LIVELY**  
MEDICAL CLINIC

941-241-5373 | blivelymedical.com

**DOWNTOWN SARASOTA**  
1819 Main Street, Suite 118, Sarasota, FL 34236





# BE A PARAMEDIC IN ONE YEAR

By Dr. Jeff Ziomek, EMS Program Director, Hodges University

**R**ain or shine. First thing in the morning or in the middle of the night. Weekends and holidays. They are there to help us when we're at our worst. When we're sick or injured. They answer the call. From the young to the young at heart, we all know their number: 9-1-1.

They are paramedics.

It all starts with a passion for helping others. For a career as a Florida paramedic, your first step is to become an Emergency Medical Technician (EMT). That's where you'll learn the foundational skills needed. As a matter of fact, you can start with us at Hodges University and graduate from our EMT training course in just seven weeks.

With your EMT skills in hand, you can graduate from our paramedic program in just one year and take the NREMT exam for your license. Our paramedic program is flexible with daytime classes two days a week, plus clinical rotations and field internships. There are also opportunities to receive financial aid. When you graduate, you'll also have 42 college credits. Someday, you may want to return and get those last 18 credits for an associate degree. If you are thinking that moving up the ranks and into administration is something you want to do, a college degree, along with your experience, will help.

Being a paramedic means you have the knowledge and skills to provide advanced life support before your patient reaches the hospital. When it comes to helping others, every second counts.

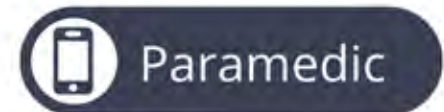


If you're wondering if being a paramedic is for you, there are a few things you can consider. You should be someone that likes to problem-solve. Your patient may not be able to communicate with you, so you'll have to figure out the best way to treat them. You must also have compassion for others and enjoy working in a team environment.

Communicating clearly with your patients, your colleagues, and the patient's family is essential. While you don't need to be the strongest person, you need a certain amount of physical fitness in order to successfully and safely move and transport patients from the scene, into the ambulance, and then from the ambulance into the hospital emergency room.

As a paramedic, the rewards are many. You'll build a special sense of family with your colleagues. The most satisfying aspect is helping people when they need you the most. You could be responding to someone who's having difficulty breathing, a mother in labor, or a car accident. You could work at a scene with other agencies, like the fire department and law enforcement.

What you do makes a difference, and your patients and their families will remember that.



**HODGES**  
UNIVERSITY  
*Stay Near. Go Far.*

239-938-7744 | Hodges.edu





# Does Your Financial Advisor Have Your Best Interest at Heart?

Carol Clark, CFA

**D**o 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.

**Request your free expert  
portfolio review today.**

**ONCENTER**  
FINANCIAL ADVISORS

**941-475-5123**

**oncenterfinancial.com**

871 Venetia Bay Blvd, Suite 200  
Venice, FL 34285





# Hormones and Sleep

By Sandra Mannon, DNP, APRN, FNP-BC

**Y**our hormones are responsible for so many changes that take place within your body – they help you to grow, to reproduce, they regulate your appetite, and they manage your sleep. It's hardly surprising then that different hormones can affect your sleep patterns in different ways. Let's have a look at how they influence your sleep patterns and what you can do when an imbalance strikes!

Hormones are chemical messengers that play a vital role in regulating the body's many processes, systems, and functions. The body needs a range of different hormones to function properly. They're released through the endocrine system, a network of organs and glands located throughout the body. Hormones are responsible for many bodily functions, including:

- Metabolism and appetite
- Growth
- Body temperature
- Sexual function, drive, and reproduction
- Heart rate
- Blood pressure
- Sleep-wake cycles

The production and function of many hormones in the body are influenced by other body functions, like sleep.

## Estrogen and Progesterone's effect on sleep

Hormones affect life, energy and sleep. If you're a woman, estrogen and progesterone are key players.

Sleep disorders are more prevalent in women than in men. Menstrual cycles, pregnancy, and menopause are sex-specific factors that can impair sleep quality. In fact, in a National Sleep Foundation poll, around 60% of American women say they only get a good night's sleep a few nights per week or less and 67% say they frequently experience a sleep problem—particularly perimenopausal women. This gets worse with age, as 30% of postmenopausal women report getting a good night's sleep only a few nights per month.<sup>1</sup>



Although estrogen and progesterone are best known for their roles in women's reproductive health, both men and women produce progesterone and estrogen.

Estrogen, the main female sex hormone controls a woman's menstruation cycle. There are three main types of estrogen: estradiol, estriol, and estrone. These forms of estrogen are produced at different times in a woman's life, such as during childbearing age, pregnancy, and menopause.

Progesterone helps maintain pregnancy, and its levels are at its highest during that time.

Progesterone levels and estrogen levels fluctuate during the various stages of a woman's life, influencing sleep quality along the way. This happens most frequently around the menstrual cycle, pregnancy, and menopause.

Many women report sleeping poorly during these times, especially if they experience side effects like menstrual cramping, body pain during pregnancy, or hot flashes during menopause. Because of these hormonal changes, women are more likely to experience insomnia than men.

## Testosterone's effect on sleep

When it comes to sleep, testosterone is often the forgotten hormone. We know a great deal about the importance of testosterone as the male sex hormone, its role in the body and the effects of testosterone deficits, particularly for men. But there's been relatively little attention paid to the effects of testosterone on sleep, for both men and women.

Testosterone levels fluctuate during the day, and they're at their highest during REM sleep. If you're not getting enough REM sleep, it can affect your body's testosterone levels. Reduced testosterone can sometimes be linked to snoring and insomnia symptoms as well, which can create a vicious cycle of reduced testosterone levels and poor sleep.

## Implications for men

Making the decision to consult a physician is the first important step, one that unfortunately can still be a difficult one for some men. Men who are struggling with issues related to sexual function should have their sleep evaluated by their physician. In some cases, hormone replacement therapy for conditions such as erectile dysfunction may be appropriate, independently or in conjunction with treatment for a sleep disorder.

## Implications for women

Women are particularly vulnerable to sleep problems related to hormone changes and deficiencies, throughout their lives. We talk most frequently about estrogen and progesterone, the primary hormones involved in menstruation. But testosterone should be added to the list of hormonal factors to consider when thinking about hormone-related sleep problems in women.

## How do I fix the problem?

Hormone Optimization is the balance of nature and science providing extraordinary benefits. Optimizing hormones may help relieve age related health issues including decreased bone density, poor heart health, abnormal breast and prostate health, diminished cognition and memory and reduced energy and sex drive.

The BioTe Method of hormone optimization uses bioidentical hormone pellets, which contain estrogen and/or testosterone. Patient specific pellets are placed subcutaneously in the body and release a continuous stream of hormones. These pellets dissolve and are absorbed into the body.

If you're interested in learning more about how Hormone Optimization can help you get a better night's sleep, contact the highly trained team at Aspire for Wellness Together. At Aspire4WT 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.

**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](http://www.aspire4wt.com).**



**941-260-7804 | [www.aspire4wt.com](http://www.aspire4wt.com)**  
4701 Manatee Ave. W, Bradenton FL 34205

1: Claps, M. (2019) Progesterone 101: This one thing can change your sleep. Paleo fix™. Available at: <https://www.paleofix.com/progesterone/>.



# Aging Gracefully in Each Dimension of Wellness

**W**hen most people think about health their thoughts generally focus on physical health, and in recent years, more on mental health.

However, according to many 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 overall health and quality of life. As we age, it's more important than ever to think about each dimension of wellness and consider what areas may need a bit of attention.

For example, a person may be in good physical health, but perhaps they live by themselves and are isolated in their house. The lack of socialization, even just basic conversations, or "routine" interactions with others, is starting to take its toll on their emotional well-being. They risk becoming lonely and depressed.

Or maybe a person used to love going to work each day and enjoyed a highly successful career, but they have retired and are starting to lose their self-worth (occupational wellness). They may want to consider volunteering or becoming part of a club or service organization.

If there are areas in a person's life that are indeed being neglected, perhaps it's time to make some changes and direct more energy into these areas. Often times, making the transition to independent living at a retirement community is the remedy.

**On Tues., March 14, Freedom Village of Bradenton will host a free lunch and seminar** to help seniors explore important dimensions of wellness from 11:30 a.m. to 1:30 p.m. Community Life Services Director Katie Penta, who has worked in senior living for more than seven years and plans hundreds of events and activities for independent living residents each year, will be the featured speaker. Katie will provide an overview of how to age gracefully and tips for individuals to maintain good health in the various dimensions of wellness.

When you ask Katie to talk about the activities and events she manages for residents in independent living at Freedom Village of Bradenton, she quickly and proudly says, "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."



The Activities Dream Team (l-r): Katie Penta, Lee Dilts and Sue Lofthouse

It's really no wonder that Katie models resident activities and programming after what is common on a cruise ship. After all, she spent five years working in the cruise ship industry and specializes in helping seniors stay active, engage with others, and thrive in their golden years.

"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](http://wishofalifetime.org))

Recently, 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/](http://www.fvbradenton/events/).*

## Freedom Village of Bradenton March Events

### A Taste of Independent Living at Freedom Village

Thur., Mar. 2 | 11:30 a.m. to 1:30 p.m.

### Realtors Open House

Thur., Mar. 9 | 11:30 a.m. to 1:30 p.m.

### Aging Gracefully: Dimensions of Wellness

Tue., Mar. 14 | 11:30 a.m. to 1:30 p.m.

### Open House: Unique Points of Difference

Thur., Mar. 23 | 11:30 a.m. to 1:30 p.m.

### Friendship Lunch Table for Widows, Widowers, Singles

Tue., March 28 | 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.



**Freedom Village  
of Bradenton**

[www.fvbradenton.com](http://www.fvbradenton.com)

6406 21st Avenue West, Bradenton, FL 34209



Managed by  
Life Care Services®



# What You Need to Know About Going to the ER

**W**henver an illness or injury occurs, you need to decide how serious it is and how soon to get medical care. You basically have three options. You can call your health care provider and get an appointment, go to an urgent care center, or head to the emergency room.

**The answer boils down to one main question: how quickly do you need care?**

Heading to an urgent care center with some conditions will immediately prompt referral to an emergency. The precious minutes lost during the referral and transfer process, can mean the difference between life and death. There is too much at stake to make such a mistake so you should know when to choose an emergency room over an urgent care center.

Although the two facilities are both intended to be used for emergencies, the levels of care provided are different. The emergency room provides more comprehensive care and addresses serious life-threatening conditions while urgent care centers are meant for non-life-threatening conditions.

## Conditions that indicate a trip to the ER

Emergency rooms do not take appointments and may have extended wait times. You should only go there for severe conditions when waiting would be dangerous. According to WebMD, some such situations might be:

- Vehicular accidents with major injuries
- Unconsciousness
- Chest pain
- Stroke symptoms
- Weakness of an arm or leg or face drooping
- Difficulty breathing
- Deep cuts with bleeding that doesn't stop after 10 minutes
- Seizures
- Poisoning
- Head trauma/concussion
- Allergic reactions and insect bite reactions
- Asthma attack
- Bone fractures
- Vomiting or coughing blood



## Emergency Services at Manatee Memorial Hospital

Manatee Memorial Hospital's Emergency Care Center (ECC) plays an essential role in caring for the urgent health needs of our community, treating more than 80,000 children and adult patients each year. We opened a new Emergency Care Center in 2018 to help accommodate Manatee County's growing population. The center is just under 33,000 square feet, making it the largest and newest Emergency Care Center in the county.

## Heart Attack Care

Manatee Memorial Hospital is proud to be an Accredited Chest Pain Center with PCI and Resuscitation by the American College of Cardiology and to have received the Mission: Lifeline® Gold Receiving Quality Achievement Award from the American Heart Association® for the sixth year in a row.

The faster a heart attack patient receives artery-clearing intervention, the better their chance of survival and recovery. The ECC coordinates with Manatee County EMS to speed assessment and intervention. The ECC staff is alerted by radio and ready to act quickly when the patient arrives.

**Manatee ER at Bayshore Gardens, an Extension of Manatee Memorial Hospital, is a full-service emergency department that provides care to those in need 24 hours a day, 7 days a week.**



Emergency intervention for heart attacks is coordinated with cardiologists, radiologists and cardiothoracic surgeons. Manatee Memorial has been reported to have one of the country's lowest mortality rates for heart attacks, and the providers are known for their success in this area.

Depending on the type and severity of the heart attack, the cardiac team takes patients from the ECC directly to a catheterization lab to administer treatments to clear blocked arteries and restore blood and oxygen flow to damaged heart tissue. A cardiac team and fully equipped cardiac catheterization suite is available 24 hours a day. Patients are rapidly evaluated, and a course of treatment is begun.



**Dr. Teresa Rowe**

*Medical Director for emergency medicine*

Teresa W. Rowe, D.O., has been the medical director for emergency medicine at Manatee Memorial Hospital in Bradenton since 2012.

Dr. Rowe graduated from Manatee High School and received her chemistry degree from the University of South Florida. She received her Doctor of Osteopathy degree from Nova Southeastern University College of Osteopathic Medicine in Miami in 1988 and has worked in Florida hospitals her entire career. She has been a staff emergency physician at Manatee Memorial since 1998.

Born and raised in Bradenton, Dr. Rowe has been an active participant in the community by serving on several local committees and boards. Dr. Rowe is an active member of the American Osteopathic Association, American College of Osteopathic Family Physicians, American Academy of Physician Specialists, Florida Osteopathic Medical Association, and Sigma Sigma Phi.



[www.manateememorial.com](http://www.manateememorial.com)

5506 14th Street West,  
Bradenton, Florida 34207



# WHAT YOU NEED TO KNOW ABOUT E-CIGARETTES AND VAPING AS SMOKING CESSATION TOOLS

**A**re you looking to quit smoking? Have you tried to quit several times with little to no success? Are you frustrated and running out of ideas that could help you kick the habit for good? You are not alone! In fact, 7 out of 10 tobacco users want to quit and may struggle with these same questions. Some tobacco users might be tempted to turn to electronic cigarettes (e-cigarettes, vape pens, and other vaping devices) to ease the transition from traditional cigarettes to not smoking at all.<sup>1</sup> Though this may seem like a novel option for some, the question we must ask is whether using e-cigarettes or vaping is better for you than using tobacco products. According to Michael Blaha, M.D., M.P.H., director of clinical research at the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease, there are several important factors to consider:

## 1. E-cigarette aerosol is NOT harmless “water vapor.”<sup>2</sup>

The aerosol used in e-cigarettes contains chemicals that can be harmful to health, including:

- Nicotine<sup>2</sup>
- Ultrafine particles that can be inhaled deep into the lungs<sup>2</sup>
- Flavorings such as diacetyl, a chemical linked to a serious lung disease<sup>2</sup>
- Volatile organic compounds<sup>2</sup>
- Cancer-causing chemicals<sup>2</sup>
- Heavy metals such as nickel, tin, and lead<sup>2</sup>

## 2. The nicotine in tobacco and vaping products is addictive.

According to Dr. Blaha, nicotine is a toxic substance that raises your blood pressure and spikes adrenaline which increases your heart rate and the likelihood of having a heart attack.<sup>1</sup> Emerging data also suggests links to chronic lung disease and asthma.<sup>1</sup>

## 3. Electronic cigarettes are just as addictive as traditional ones.<sup>1</sup>

Many e-cigarette users get even more nicotine than they would from a combustible tobacco product as



many vaping devices offer extra-strength cartridges, which have a higher concentration of nicotine to get a greater hit of the substance.<sup>1</sup> This can be counterproductive to an individual's goal to quit as higher doses of nicotine result in a stronger nicotine addiction.

## 4. E-cigarettes are not an FDA approved cessation tool.<sup>1</sup>

E-cigarettes have not received Food and Drug Administration (FDA) approval as smoking cessation devices.<sup>1</sup> There are many FDA approved products on the market that are effective for quitting nicotine including the nicotine patches, gum, and lozenges.

If you are a tobacco user looking to quit smoking, help is free! Gulfcoast South Area Health Education Center (GSAHEC), as part of the Tobacco Free Florida AHEC Cessation Program—offers free tobacco cessation sessions that are available to help someone quit all forms of tobacco. These group cessation sessions, held virtually and in-person, provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum, or lozenges (*if medically appropriate and while supplies last*) are provided

with the session. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist. Contact us today at **866-534-7909** or visit [www.tobaccofreeflorida.com/groupquitcalendar](http://www.tobaccofreeflorida.com/groupquitcalendar) to schedule a class or learn more about the program!

### References:

1. Blaha, M. J. (2022, January 20). 5 vaping facts you need to know. Johns Hopkins Medicine. Retrieved August 5, 2022, from <https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-truths-you-need-to-know-about-vaping#:~:text=2%3A%20Research%20suggests%20vaping%20is%20bad%20for%20your%20heart%20and%20lungs.&text=It%20causes%20you%20to%20crave,of%20having%20a%20heart%20attack.>
2. Centers for Disease Control and Prevention. (2022, June 23). Quick facts on the risks of e-cigarettes for kids, teens, and young adults. Centers for Disease Control and Prevention. Retrieved August 5, 2022, from [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html?s\\_cid=OSH\\_emg\\_GL0004&gclid=Cj0KCQjw\\_7KXBhCoARIsAPdPTfhcsgheM1Nt942E9T9NEC5ZacheqTfaRJoU10p52M2wpiyEe8h9pQaAqhPEALw\\_wcB#why-is-nicotine-unsafe](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html?s_cid=OSH_emg_GL0004&gclid=Cj0KCQjw_7KXBhCoARIsAPdPTfhcsgheM1Nt942E9T9NEC5ZacheqTfaRJoU10p52M2wpiyEe8h9pQaAqhPEALw_wcB#why-is-nicotine-unsafe)



GULF COAST SOUTH  
AREA HEALTH  
EDUCATION CENTER



Florida  
HEALTH



# HOW CAN YOGA HELP PATIENTS WITH PARKINSON'S DISEASE?

By Ramon A. Gil, M.D., Medical Director, Parkinson's Disease Treatment Center of SWFL

*Dr. Gil had the opportunity to ask Shebani, Can Yoga Help Patients with Parkinson's Disease?*

**Shebani:** I recently had a wonderful interaction with a chair yoga student who has Parkinson's disease. She excitedly came to me after class to share that she was overjoyed to experience stillness in her hands during our end-of-class meditation. She had been practicing regularly for over a month before she came to this point. Of course, experiences will vary from person to person.

**Yoga can be a beneficial therapy for patients with Parkinson's disease in several ways:**

**1. Improving flexibility and balance:** Parkinson's disease can cause stiffness and rigidity in the muscles, leading to balance issues and increased risk of falls. Yoga can help to improve flexibility, balance, and coordination, reducing the risk of falls and improving overall mobility.

**2. Reducing stress and anxiety:** Yoga can help to reduce stress and anxiety levels, which can be particularly beneficial for patients with Parkinson's disease who may experience anxiety related to their condition. Yoga can also help to promote relaxation and improve overall mental well-being.

**3. Improving posture:** Parkinson's disease can cause postural instability, which can lead to a hunched posture and other issues. Yoga can help to improve posture by strengthening the core muscles and encouraging a more upright posture.

**4. Enhancing overall physical function:** Yoga can help to improve overall physical function by promoting flexibility, strength, and balance. This can help patients with Parkinson's disease to perform activities of daily living more easily and with greater confidence.

**5. Encouraging mindfulness and self-awareness:** Yoga emphasizes mindfulness and self-awareness, which can be beneficial for patients with Parkinson's disease who may struggle with cognitive and emotional symptoms related to their condition. Practicing yoga can help to improve self-awareness and promote a greater sense of well-being.



Overall, yoga can be a beneficial therapy for patients with Parkinson's disease, helping to improve physical function, mental well-being, and overall quality of life. It is important to consult with a healthcare professional before beginning a yoga practice, especially if you have Parkinson's disease or any other health condition.

Parkinson's Disease Treatment Center of SWFL in partnership with Charlotte County Medical Society proudly presents...

## 2023 SWFL Parkinson's Disease Spring Symposium: WELLNESS

Friday, April 21, 2023

9:00 am to 4:00 pm • Kings Gate Golf Club  
24000 Rampart Blvd, Port Charlotte, FL

### Presentations:

#### "Nutrition in Parkinson's Disease"



**Glorivel Koury de Ramos, M.D.**

Medical Director, "RK Healthy Life"  
Atlanta, GA, Diplomate, American Board of Internal Medicine, Diplomate, American Board of Obesity Medicine, Certified by American Board of Lifestyle Medicine

#### "Why Exercise is the Best Medicine for Parkinson's Disease"



**Ramon A. Gil, M.D.**

Diplomate, American Academy of Psychiatry and Neurology Diplomate American Board of Internal Medicine Medical Director, Parkinson's Disease Treatment Center of SWFL

### Breakout Sessions:

#### "Yoga as Part of Your Treatment"

Shebani Abdunour, Yoga Therapist

#### "Dance Therapy for PD" by Sarah Latotskyy, Patricia De L'Ossa, RPT and Sergio Valdivia, RPT

#### "Fitness" by Jay Woods

#### "Rock Steady Boxing and Pedaling for PD"

by Lisa Heid, Christy Barfield, RSB, Tabatha Stepensky, RSB, and Terri Hughes, PFP from the Punta Gorda YMCA

### About

#### Shebani Abdunour

Shebani (shi-ba-nee) is a naturally outgoing and enthusiastic Yoga Instructor who loves improving people's lives. She is an entrepreneur and former yoga studio owner. She has been teaching yoga for over a decade in Florida cities including Miami, Port Charlotte, Punta Gorda, North Port, Boca Grande, Sarasota and Fort Myers. She has worked in numerous other industries and has experience in research, real estate, marketing, customer service, hospitality and sales industries. She has a Bachelor's degree in Biology from Florida International University. She has lived in and traveled to different countries, however she is a Floridian at heart. She lives in Fort Myers with her husband who is an Attorney. She loves teaching yoga, exploring the outdoors with her dog Kali, working out and eating healthy (most of the time). She received her yoga teacher's certification by participating in a four-month residential "yogic studies" course that she took in India at Bihar school of yoga 2007-2008. She completed her Trauma Informed YTT in November of 2022. She has acquired well over 300 hours of Yoga teacher training. she is always looking for more opportunities to share her passion of yoga and well-being.



**Parkinson's Disease Treatment Center**  
OF SOUTHWEST FLORIDA

For more info or to register contact Jennifer at Dr. Gil's Office:  
Phone (941) 743-4987 | Fax (941) 743-4486  
office@parkinsonsfl.com



4235 Kings Hwy Unit 102, Port Charlotte, FL 33980  
415 Commercial Ct., Suite E, Venice, FL 34292  
5272 Summerlin Commons Way, Suite 603, Fort Myers, FL 33907

SPONSORED IN PART BY:





# Survive Skin Cancer

**S**kin 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/>

**941.926.6553 | [luminarydermatology.com](https://www.luminarydermatology.com)**



# New Year. New You!

In 2023,  
Put Your Best  
Face Forward  
With Luminous,  
Healthy Skin!



**CALL 941-926-6553**

### Our Services

|   |  |
|---|--|
| <p><b>Medical &amp; Cosmetic Dermatology</b></p> <ul style="list-style-type: none"> <li> SKIN CANCER SCREENINGS</li> <li> MOHS SURGERY</li> <li> ACNE TREATMENT</li> <li> LASER SKIN TREATMENT</li> <li> MICRONEEDLING</li> <li> BOTOX® COSMETIC</li> <li> DERMAL FILLERS</li> <li> CHEMICAL PEELS</li> </ul> | <p><b>Plastic Surgery &amp; Aesthetics</b></p> <ul style="list-style-type: none"> <li> BREAST AUGMENTATION</li> <li> HAIR RESTORATION</li> <li> MOMMY MAKEOVER</li> <li> TUMMY TUCK</li> </ul> |
|---|--|



SCAN THE QR CODE  
TO SELF-SCHEDULE  
YOUR NEXT  
CONSULTATION

[WWW.LUMINARYDERMATOLOGY.COM](https://www.luminarydermatology.com) | 1250 S. TAMiami TR., SARASOTA, FL | 941-926-6553



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

## *Neurofeedback and TMS After Emotional or Physical Trauma*

**T**here are some things that happen in our lives that we can never forget. These are often traumatic memories that have a powerful impact on our wellbeing. Events such as unhappy marriages, affairs, divorce, physical violence, sexual trauma, stalking, emotional abuse, bullying, relationship break-ups, adverse childhood experiences, COVID-19 illness, military trauma, and many other challenging life events can leave us feeling depressed, anxious, panicky, fearful and/or socially withdrawn.

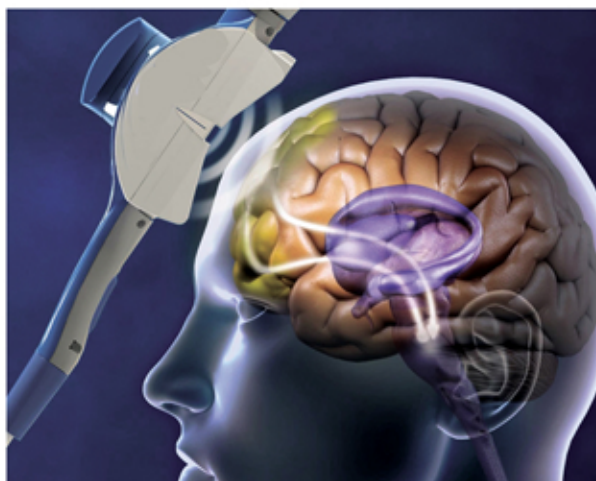
Physical illness can also be both a traumatic and a life changing event. Symptoms such as fatigue, depression, anxiety, sleep disturbances, and brain fog are commonly found in individuals after a severe infection, such as with long haul COVID-19. A recent comprehensive study (published in the British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

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

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

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

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



### **Bring Your Brain Back Into Balance With Neurofeedback or PrTMS**

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

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

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

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

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

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

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

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

### **What is EMDR and How Does it Help Alleviate Symptoms of Trauma?**

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





### Have You Had A Comprehensive Assessment?

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

*Do you or your children have anxiety? Depression? Attention Deficit Disorder (ADD)? Is your child exhibiting the effects of trauma? You can find out with comprehensive testing and assessment!*

### More Than Just A Diagnosis

At the Brain Wave Center, we focus on getting to the root of emotional health problems such as anxiety, depression, ADD/ADHD, defiant behavior, learning difficulties, and symptoms that result from trauma. We can provide you and your child with qEEG brain mapping along with comprehensive psychological assessments that allow us to accurately identify underlying issues and correctly identify appropriate therapies. Then we provide you with a safe and effective plan to address these issues!

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

### Conclusion

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

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

Call us to make an appointment for a free consultation with our Medical Director. Find out why your brain is the way it is and how to return it to healthy functioning. Find out today how neurofeedback, EMDR, and PrTMS can help you or a loved one. **Call 941-552-4500**

**The**   
**BRAIN WAVE CENTER**  
*Innovations in brain health for a better you!*

**941.552.4500**

**BRAINWAVECENTERS.COM**

640 S. Washington Blvd., Sarasota, Florida 34236



## A Better Brain Means a Better You!

**SAFE, EFFECTIVE, AND  
DRUG FREE RELIEF**

**Depression, Anxiety,  
Trauma (PTSD), Focus &  
Attention Issues (ADHD/ADD)**

FREE  
CONSULTATIONS

**50% OFF**  
BRAIN MAPS

### DO YOU KNOW ALL THE WAYS THAT WE CAN HELP?

- **NEUROFEEDBACK TRAINING**
- **TMS/PrTMS**
- **NUTRITION/BODY BRAIN HEALTH**
- **ASSESSMENTS**

**The**   
**BRAIN WAVE  
CENTER**

*Innovations in brain health for a better you!*

**BRAINWAVECENTERS.COM**

**941.552.4500**

**640 S. Washington Blvd. Sarasota, FL 34236**





# Health is the New Wealth!

## (How to get the most out of your vitamins!)

By Katherine Hermes, Owner - SRQ Med Spa

"I drink lots of water."

"I take lots of vitamins."

You are doing the right things – but is all your hard work and your investment really paying off? You may have heard that taking vitamins by mouth simply creates very expensive urine. There is some truth to that saying. Generally, vitamins that are taken orally have a 10 – 20% absorption rate. So, if you think you are taking 10,000 IUs of a vitamin, you may actually only absorb 1,000 – 2,000 IUs of active vitamins.

There are lots of ways to absorb nutrition. Generally, oral administration of vitamins has the lowest active response. Your skin is your largest organ and some vitamins can be successfully absorbed through your skin. You can also absorb vitamins by placing liquid under your tongue. That is called "sublingual" administration. Skin absorption and sublingual absorption can improve your active vitamin administration by 2 – 3x. You may get as much as 40%-60% uptake.

The single best route of administration of vitamins (or any medicine) is via IV. IV administration or intravenous vitamins are virtually 100% absorbed and bio-available – often in a matter of minutes. When considering "bang for the buck", IV and IM (intra muscular administration) is definitely the most efficient way to receive vitamins.

**Health is the New Wealth!** Let's face it – everything you want to do is possible as long as you are healthy and strong enough to do it. If we all learned anything over the past few years it is that getting even a minor flu can instantly put the kabosh on your plans. Like the old saying goes, if you don't have your health then you don't have anything.

Hence the birth of an entirely new industry, the Health IV and IM infusion med spa come about as the result of a lot of people wanting to be as healthy as possible. This industry is very new and to a certain extent it is highly unregulated.

In Florida, the laws require that IV vitamins are given by injection by an RN. Depending on the types of vitamins administered, you may also need



a physician's prescription. This does a lot to maintain a high quality of health care in the burgeoning vitamin business.

And, people are getting great results from IV vitamins! One lady told me she had so much energy after getting her IV vitamins that she pulled out the refrigerator and started cleaning! Another client shared with me that the entire next week at work she felt like a brain fog had been lifted and that she slept better. Still another client shared that during her IV she felt so good that she thought she was really funny! (I thought that was really funny because she was quietly reading a book until her announcement!)

I have never heard anyone give those kinds of accolades after taking vitamins by mouth. I have heard that some people do feel better – and I am excited for anyone who is investing in their health and seeing results.

**So, what kinds of IV vitamins combinations might be best for you?** Well, that very much depends on what your vitamin goals might be. For example, if you are trying to combat the symptoms of PMS (reduce bloating, irritability, abdominal discomfort and lower back pain), then you might consider taking:

- Calcium Chloride – promotes healthy bones and normal functioning of muscles, nerves and cells in the body

- Magnesium Chloride – helps improve immunity, decrease risk of developing migraines, improve relaxation
- Vitamin B Complex (B1, B2, B3, B5, B6) – B-complex vitamins help keep skin and blood cells healthy as well as converting nutrients into energy
- B12 – promotes healthy brain function, blood cells and nerves

Perhaps your goal is to improve overall brain function and to increase memory recall and improve learning. In that case we might offer you B6 (to provide protection against memory loss and dementia), L-Taurine (to protect against environmental toxins and stimulate neuron development) and ALA – Alpha Lipoic Acid – which inspires your body to create more glutathione and thus build a stronger immune system.

There are vitamin combinations that work well for kickstarting your metabolism (B-Complex and Amino Acids), strengthening your immune system (Vitamin C and B-Complex), and for improving your skin and naturally grow collagen (Vitamin C, biotin and B complex). You can also rehydrate your body and reduce hangovers or improve your physical performance with various combinations of IV vitamins. This isn't something you will get from oral vitamins.

**So, if you are ready to invest in your health then SRQ Med Spa is here to support you in your journey.** Our qualified RNs have over 100 years (combined) of experience and I can personally attest to their skill with IVs. There is no cost to come in and have a consultation. You can book online at [www.SRQMedSpa.com](http://www.SRQMedSpa.com) or call 941-779-3004 to reserve some time to talk with our nurses. We look forward to helping you build your health and your wealth!



**SRQ Med Spa**  
Investing in Your Health

**941-779-3004**

[www.SRQMedSpa.com](http://www.SRQMedSpa.com)

1473 Main Street, Sarasota, FL 34236



# Chronic Headaches and Chronic Migraines Are Often Caused By a Prior Neck Injury

By Dr. Drew Hall

**T**he head neck junction is one of the most complex biomechanical regions of the body. We have all heard the phrase "structure dictates function". This phrase intimates that structural abnormalities in the spine can have a negative effect on the normal function of the body, especially in the upper cervical spine. In this article we will talk about the relationship between injuries to the upper cervical spine and how they can lead to not only chronic headaches and migraine but also can be at the root of many different chronic health problems. We will discuss how injury to the neck affects the structure and how it is at the root CAUSE of many who suffer with chronic headaches.

**But first listen to what one of our patients experienced following Blair upper cervical care:**

**Tracy Shaw - Verified Google Review**

I have suffered from migraines since the age of three. I have tried everything from acupuncture, massage therapy, general chiropractic, as well as taking prescription medications from the neurologist. Nothing I have just listed has worked as well as what Dr. Hall has done for me. I have been under his care for about the past 7 years and each time I see him my migraines seem to disappear within hours after his visit or never come at all. I am a true believer in upper cervical care, and I must say that Dr. Hall has given quality back to my life. With the help of Dr. Hall I can once again function in my daily life. I highly recommend anyone who suffers as I must please go see Dr. Hall. It will change your life.

## Upper Cervical Spine Anatomy

The head on average weighs 10-12 pounds and sits on the top vertebra in the neck called the atlas, weighing only two ounces. To make the engineering more precarious, these two structures sit on the end of a "stick", your neck. Life is inherently traumatic. Few of us make it through this life without having a car accident, slip and fall, or sports injury. Blunt trauma can cause one or several joints in the neck to misalign tearing the fibrous ligament surrounding the joint called the joint capsule. Once Injury occurs to the soft tissue a cascade of postural and neurophysiological events follows and can set the stage for headaches and other chronic health problems.

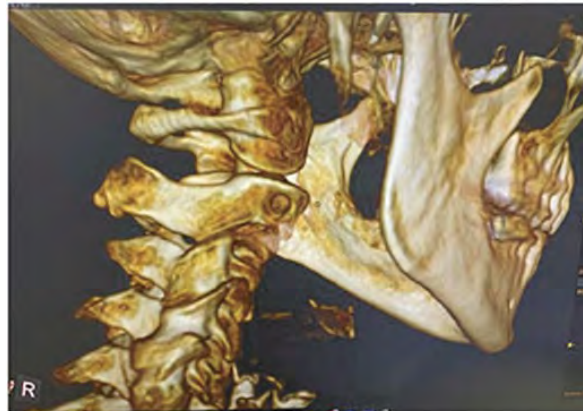


Figure 1

Joint misalignment leads to muscle imbalances throughout the spine. Once a joint is injured it loses its normal range of motion which fires bad information from the joint receptors back into the spinal cord which can lead to dysfunction through many different neurological pathways.

## The Myo-Dural Bridge - an underlying cause of headache and nervous system interference

A rather new anatomical finding in the past ten years explains how headaches can be caused by upper cervical spine joint misalignment. This new anatomical finding was coined "myo-dural bridge". Myo means muscle and dural refers to the thin sheath like covering over the spinal cord. About ten years ago anatomists found a muscle at the base of the skull named the rectus capitus posterior minor (RCPM) muscle that connects or "bridges" to the dura covering the spinal cord. This new finding opened a new bio mechanical mechanism that could explain tension headaches, migraine, and other chronic health issues related to abnormal nervous system function.

As we discussed earlier injury to the neck can cause spinal misalignment at the joint level. This injury causes loss of motion that then causes the muscles of the neck to become unbalanced and chronically tight. When the RCPM muscle becomes tight it "tugs" on dural sheath covering the brainstem (the most vital part of your nervous system located at the base of the skull). The myo-dural bridge has been implicated as the source of a large percentage of patients who suffer with chronic tension headaches and migraine.

If you have chronic headaches and other chronic health problems it is a wise to get to a Blair upper cervical chiropractor who is specially trained to locate, analyze, and correct any upper cervical spine misalignment to ensure the brainstem and central nervous system are working optimally.

## How does a Blair Upper Cervical Chiropractor Locate Upper Neck Misalignments?

When you enter a Blair upper cervical office you will be assessed for upper cervical spine misalignment from a battery of tests that determine if you have a misalignment and what level of the spine. Once the patient shows evidence of structural misalignment, and nervous system interference, a precise 3-d image called cone beam computed tomography (CBCT) is taken. (Fig.1) This imaging allows the doctor to view the spinal joints to determine the direction and magnitude of misalignment. Once determined the patient is corrected with the data gleaned from the imaging. The Blair procedure uses precision and finesse not force to restore normal motion to the misaligned vertebrae. The correction involves no twisting, popping, or pulling and it's end goal is the restore normal function to the central nervous system so the body can return to normal function and health.

**TO SCHEDULE A FREE CONSULTATION, CALL  
941 259-1891!**

**YOU CAN LEARN MORE ABOUT BLAIR UPPER  
CERVICAL CHIROPRACTIC AND DR. HALLS  
OFFICE BY GOING TO:**

- Tik Tok - @drdrewhall
- Instagram drdrewhall
- Facebook - Sarasota Upper Cervical Chiropractic
- YouTube - Sarasota Upper Cervical Chiropractic Inc.



Dr. Drew Hall



**SARASOTA  
UPPER CERVICAL  
CHIROPRACTIC P.C.**

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

**941.259.1891**

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



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

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

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

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

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

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

**Sforzo | Dillingham | Stewart  
Orthopedics + Sports Medicine  
EVERYTHING HEALTHCARE SHOULD BE**

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

### Treating All Generations

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

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

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

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

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

### You Have a Choice

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



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

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

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

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

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

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



941.378.5100

SFORZODILLINGHAM.COM



TOP DOCTORS®  
ORTHOPAEDIC  
SURGERY  
2022



# TREATMENT-RESISTANT DEPRESSION

## *An Alternative Therapy also Helps with Social Anxiety, OCD and Phobias*

In a series of ongoing randomized tests, Ketamine therapy has become more widely accepted for its capacity to revamp the brain's depressive episodes rapidly. Over the past several years, many physicians have studied the effects of Ketamine on depressed patients including those with PTSD and bipolar disorder. A board-certified anesthesiologist, Dr. Steven Reichbach of Gulf Coast Ketamine Center, has extensive experience in managing his patients that benefit from this therapy, and he consistently sees the value of Ketamine IV treatments in his patients that suffer from depression on a daily basis.

In addition to depressive disorders, there has been a lot of new information and studies on the effects of IV Ketamine therapy for treating treatment-resistant depression as well other mental health disorders such as social anxiety, OCD, and phobias. For people suffering from social anxiety, OCD and phobias, its emotional effects can be crippling. Everyday interactions may cause such distress in these people that it interferes with opportunities for employment, positive interactions with friends and family, and for students, not being able to reach their full academic potential in the classroom. These people may exhibit physical manifestations of their anxiety in the form of sweaty palms, high blood pressure and a racing heart. Over an extended period of time, these symptoms not only cause mental anguish but also affect one's overall physical health.

The mainstay of treatments up to now has been antidepressants, anxiolytics, and behavioral therapy. For up to 50% of patients, these are ineffective in treating their social anxiety adequately. Recently, the results of a double-blind, placebo-controlled study with 18 patients diagnosed with Social Anxiety Disorder using IV Ketamine were published in the journal *Neuropharmacology*. What they found was that people responded to Ketamine. They had significantly less anxiety which lasted up to 28 days. Patients who received one IV Ketamine infusion, had less social anxiety, avoidance, and fear when compared to patients who received a placebo. For patients who have not responded to more conventional treatment, IV Ketamine can hold a great deal of promise.



### What is Ketamine?

Back in the 1960's Ketamine was developed to treat wounded U.S. soldiers that were serving in the Vietnam War. In the 1970's, Ketamine was the anesthetic of choice for surgery, and in the 1980's it became a popular street and club drug because of its "out of body" sensation that its users experienced.

### How does Ketamine Work?

Ketamine works by creating new connections in parts of the brain that control mood and emotions. These new neurological connections help the brain to send positive signals to the psyche, along with beneficial physical conditions to the body. The effect is notable within hours, but most patients report the results are instantaneous. These astonishing changes are visible in brain scans and imaging, and the results are long-lasting.

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

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

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

### How is Ketamine Administered?

During the treatment, the initial infusions usually take place over approximately 2 weeks with 6 infusions that are administered every other day.

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

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

One drug with no side effects or long-term adverse reactions is the answer many people are seeking to find. Unlike antidepressants that need to be taken at least once daily, the best part about Ketamine therapy is that after the initial treatment phase, most patients only need the injection once every one to two weeks.

If you or someone you know is experiencing depression, phobias, OCD, or social anxiety, please contact Gulf Coast Ketamine today at 941-213-4444, or visit their website at [findpainrelief.com](http://findpainrelief.com)



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



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

2415 University Parkway, Building #3,  
Suite 215, Sarasota, FL 34243  
941-213-4444 | [www.findpainrelief.com](http://www.findpainrelief.com)





# Diagnostic Imaging Saves Lives

**M**edical imaging technology has revolutionized health care over the past 30 years, allowing doctors to find disease earlier and improve patient outcomes. Whether you are a young child with cancer or a grandmother who just wants to make sure she's in good health, medical imaging helps you detect and diagnose disease at its earliest, most treatable stages and guides physicians and patients in determining the most appropriate and effective care.

Radiology Associates physicians are board certified radiologists with training in all aspects of diagnostic imaging, including CT, Mammography, MRI, Ultrasound, X-ray, and Nuclear Medicine. Additionally, each has advanced subspecialty training in one or more areas of medical imaging or interventional radiology that we believe provides the basis for providing the highest level of patient care.

Our goal is to provide high quality patient care in a comfortable environment, using the latest imaging and interventional technology and working in close collaboration with referring physicians.

Radiology Associates of Venice and Englewood is pleased to offer the following diagnostic imaging services:

## MRI Scan

Magnetic resonance imaging, commonly known as MRI is a medical test that aids physicians in diagnosis and treating medical conditions. This is a noninvasive and typically painless test.

## Breast MRI

Breast MRI uses Magnetic Resonance Imaging (MRI) to look specifically at the breast. It is a non-invasive procedure that doctors can use to determine what the inside of the breast looks like without having to do surgery or flatten the breast (as in a mammogram).

## MRA

Magnetic Resonance Angiography - Magnetic Resonance Angiography (MRA) uses the same MRI scanner to get its images, however it is a special type of MRI scan that looks at blood vessels and blood flow. MRA can help diagnose aneurysms, and also detect narrowing or blockages of blood vessels. If there is decreased or blocked flow leading to the



brain this can be the cause of a stroke. Additionally, it can be an ideal aid to the physician for surgical planning. Some MRA's, as with MRI's, require a contrast medium.

## CT Scan

CT Scan sometimes called CAT scanning is a painless and a non-invasive medical test that helps physicians diagnose and treat medical conditions.

## Ultrasound

A process that uses high-frequency sound waves to produce pictures of the inside of the body. Because ultrasound images are captured in real time, they are able to show blood flowing through the blood vessels, as well as the movement of the body's organs and its structure.

## Nuclear Medicine

Nuclear medicine is a specialized form of radiology. Patients are given a radioactive substance either by mouth or intravenously that collects in specific body organs. Then the gamma camera detects the energy being emitted from that substance and an image can then be captured.

## Digital X-Ray & Fluoroscopy

An X-ray is a painless and quick test for the patient to endure. It involves exposing the part of the body that is being examined to a small dose of ionizing radiation to produce pictures of the inside of the body.

## 3D Mammography

3D mammography is a new technology in the fight against breast cancer that allows doctors to examine your breast tissue one layer at a time. 3D mammography uses high-powered computing to convert digital breast images into a stack of very thin layers or "slices"- building what is essentially a "3-dimensional mammogram".

## Bone Density DEXA

Bone density scanning, also called dual-energy x-ray absorptiometry (DXA) or bone densitometry, is an enhanced form of x-ray technology that is used to measure bone loss.

## PET Scan

Positron emission tomography, also called PET imaging or a PET scan, is a type of nuclear medicine imaging.

For more information about the diagnostic imaging services available at Radiology Associates of Venice, Englewood and Sarasota. Call the Venice office at 941-488-7781 or the Englewood office at 941-475-5471 or the Sarasota office at 941-342-7283.



[www.raverad.com](http://www.raverad.com)

## VENICE

512-516 S. Nokomis Ave  
Venice, FL 34285  
941-488-7781  
Hours: 8:00am-5:00pm

## ENGLEWOOD

900 Pine Street  
Englewood, FL 34223  
941-475-5471  
Hours: 8:00am-5:00pm

## SARASOTA

3501 Cattlemen Road  
Sarasota, FL 34223  
941-342-RAVE (7283)  
Hours: 8:00am-5:00pm





# ACUPUNCTURE TREATMENT FOR PTSD

By Dr. Brandon Fuller

**W**hile commonly connected to those who have served in the military, post-traumatic stress disorder or PTSD, can impact anyone who has suffered from violence or emotional trauma. The National Institute of Mental Health defines PTSD this way, "Post-traumatic stress disorder (PTSD) can develop after exposure to a potentially traumatic event that is beyond a typical stressor." According to the U.S. Department of Veterans Affairs approximately 12 million adults in the U.S. suffer from PTSD during a given year.

Research has shown that acupuncture for PTSD reduces anxiety and stress levels. Acupuncture is also a great treatment option for those suffering from other health issues because of PTSD (i.e., insomnia, digestive issues, headaches, stress and anxiety, etc.).

## How it Works

Typically, acupuncture treatment for PTSD will focus on specific auricular points that focus on different areas of the brain. Some address the emotions, memories, or even amnesia. When the acupuncturist needles that point, the patient can find relief from symptoms.

Perhaps a surprising reason acupuncture for PTSD is so popular is that it allows the person suffering from the trauma to receive help without having to go into detail about the cause of the trauma. While a full medical health history is taken, not having to relive the trauma helps patients to feel safe and perhaps a bit more relaxed.



One of the most complicated components of dealing with the treatment of PTSD is also reigning in the symptoms that result from it including depression, anxiety, sleep disorders, chronic pain, and other mental health concerns, just to name a few. The good news is that acupuncture has a proven track record of success in treating these issues.

Each person with PTSD is different, however, depression and anxiety are often present, and both can manifest in physical and emotional symptoms. This is often an indication of an imbalance of Chi in the body. Chi is defined as the body's energy pathways flowing through channels in the body called meridians. When Chi is balanced and flowing through the meridian network, our bodies operate optimally. When Chi isn't balanced, depression, anxiety, loss of appetite, high blood pressure, and even digestive issues can be present.

Many people who suffer from PTSD also have insomnia or other sleep issues. Acupuncture has also been proven to increase serotonin levels which helps to improve sleep as well as mood. It's an effective drug-free treatment without the side effects often caused by prescription medications. A study from 2015 found "chronic fatigue patients who were given acupuncture as a supplement to conventional treatment showed greater improvement over patients who did not receive acupuncture."

Chronic pain is often another complaint of those with PTSD and it can be debilitating for those suffering from it as it directly impacts their quality of life. People often treat chronic pain with anti-inflammatory medications (both prescription and over the counter), physical therapy, or with ice and heat, but those options don't always provide long lasting relief. According to Harvard Medical School, "acupuncture is an option with a good track record that's worth considering."

Whether you suffer from PTSD or any of the associated symptoms, acupuncture is an excellent prescription drug-free treatment option to help address a variety of health concerns. Even if you are looking to achieve better overall balance in your life, consistent acupuncture treatments just might be the solution you need. Make an appointment with your acupuncturist today. Your practitioner will do a thorough health history in order to get to the bottom of the symptoms. Call today and get your wellness journey back on track!

**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 call today to schedule your appointment today. Call **941-500-2767**!

Visit: [absolute-acupuncture.com](http://absolute-acupuncture.com)

**SRQ Med Spa**  
Investing In Your Health  
**941-779-3004**  
[www.SRQMedSpa.com](http://www.SRQMedSpa.com)  
1473 Main Street, Sarasota, FL 34236

**Sarasota's Premier Med Spa**

Our state of the art facility offers the latest med spa services, with the latest technology and treatments, right in the heart of Sarasota

**Our services include:**

- IV Vitamin Therapy • IM Shots and Shots-to-Go
- Red Light Therapy • Oxygen Therapy
- Salt Cave Therapy • Assisted Stretching
- Massage Therapy • Facials

**Absolute Acupuncture & Stress Relief**  
*Care at its best*

**COME EXPERIENCE NATURAL CARE**

PAIN • ANXIETY • FERTILITY  
MIGRAINES • DIGESTION  
SHINGLES • SPORTS INJURIES

3205 Southgate Circle  
STE #7  
Sarasota, FL 34237  
**941-500-2767**  
[www.absolute-acupuncture.com](http://www.absolute-acupuncture.com)

- Acupuncture
- Acupuncture Point Injection Therapy
- Chinese Herbal Remedies
- Cupping





# March is Lymphedema Awareness Month

By James Ferrara - Occupational Therapist and Certified Lymphedema Therapist

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

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

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

New for 2023, Functional Transformation Clinic has equipped our clinic 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.

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

**New Lymphedema Clinic in  
Sarasota Specializing in Cancer  
Treatment *Now Open!***

**IF YOU ARE IN NEED OF LYMPHATIC THERAPY,  
CONTACT JAMES FERRARA - FUNCTIONAL  
TRANSFORMATION CLINIC TODAY AT  
941-830-3749. TO FIND OUT MORE, PLEASE  
VISIT FTSARASOTACLINIC.COM.**

*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.



2201 Cantu Ct. Suite 109  
Sarasota, FL 34232



# Help!! I've Fallen and Can't Get Up!

By Premier Foot & Ankle Specialists

**F**alls are a significant concern to the elderly and pose a public health burden. Annually, falls affect one-third of people over the age of 65. The average age of Venice, FL is 69 years-old so this is a topic that is important in our area. Approximately, 20 percent of fall result in some type of serious injury including hip fractures and death. Multiple factors contribute to imbalance including obvious age-related sensorimotor decline. Some of the other factors are: cognitive impairment, arthritis, chronic neurological disease (for example, neuropathy, diabetes, post-stroke paresis, Parkinson's disease, multiple sclerosis), lower extremity disabilities, gait disorders and visual impairment. In appropriate footwear also contributes to up to 45% of falls; while among people who suffered a fall-related hip fracture, it was reported 75% were wearing poor footwear at the time of injury. Another study showed that out of 107 people who were admitted to the hospital post fall-related hip fracture, 33% were wearing slippers and 68% were wearing shoes with flexible heel counters at the time of the fracture. Treating these conditions will have a benefit in reducing fall risks but will not totally eliminate falls.

Identifying and treating patients at risk for falls is a multidisciplinary approach. Podiatrists, physical therapists and primary care physicians should all be part of the treatment team that actively connects with their at-risk patients. Asking about



near falls or recent falls is essential since independent seniors may be anxious about divulging their missteps to their medical providers for fear of the repercussions. Podiatric assessment is critical in patients with balance disorders as a study found that 36 percent of seniors in the study had significant foot and leg problems and compromise in balance function. Other studies have linked significant fall risks with foot and ankle problems. These foot and ankle conditions include: peripheral neuropathy, hammertoes, bunions, muscle weakness, tendon contractures, flatfoot and ankle instability. The previous conditions can all be identified and treated by a podiatrist along with identification and education of proper shoe gear.

Treatment programs that educate patients and their family members or caretakers is essential. Eliminating home obstacles and rugs, promoting exercise and strength training, obtaining proper shoe gear and addressing sensorimotor deficits area all crucial. Prescription, casting and fitting of

ankle foot orthoses (AFOs) including a Moore Balance Brace can be done by a podiatrist. AFOs for fall prevention have been well documented in elderly patients post-stroke and those with lower extremity conditions and deficits.

Fall risk patients may self-restrict their activities which can lead to further decompensation and deconditioning. For better long-term outcomes, these patient's need to overcome this loss of confidence. AFOs can help provide a better ambulation and higher quality of life by restoring confidence along with gait speed and functional improvement. Over the counter AFOs are available but there is evidence that shows custom dynamic (allow motion) AFO devices which maximize arch contour and leg surface area can show immediate clinical improvement. Furthermore, over the counter AFOs are typically static (limit motion) and can potentially cause increased limitations and do not perform well functionally.

Dr. Roggow and Dr. Bonjorno are trained to help prevent complications from falls and correct problems before they arise! We are happily taking new patients, of all types, and look forward to meeting you!

**PREMIER FOOT & ANKLE SPECIALISTS**  
(941) 488-0222

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

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

## New Clinic Specializing in Cancer Treatment

Manually Restoring Functional Independence

- Occupational Therapy
- Lymphedema Therapy
- LSVT BIG® for Parkinson's

**Functional Transformation CLINIC**

2201 Cantu Ct, Suite 109  
Sarasota, FL 34232  
[FTSARASOTA.CLINIC.COM](http://FTSARASOTA.CLINIC.COM)

**James Ferrara**  
Occupational Therapist and  
Certified Lymphedema Therapist

**941-830-3749**

## FOOT & ANKLE PAIN STOP HERE!

**Surgical and Conservative Care for...**  
Hammertoes • Heel Pain • Ingrown Toenails  
Bunions • Diabetic Foot Care  
Nail Fungus • Sports Injuries • and More...

Schedule Your Appointment Today!  
[premierfootandanklefl.com](http://premierfootandanklefl.com)

**PREMIER FOOT & ANKLE SPECIALISTS**

**(941) 488-0222**  
4120 Woodmere Park Blvd, Suite 5  
Venice, FL 34293

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



# HEART DISEASE IN WOMEN

## What Every Woman Needs to Know

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

**A**s an invasive cardiologist, I have seen firsthand the devastating impact that heart disease can have on women. Despite the fact that heart disease is the leading cause of death among women in the United States, many women are still unaware of the risks and symptoms associated with this condition. In this article, I will discuss the prevalence of heart disease in women and what steps women can take to protect their heart health.

### Prevalence of Heart Disease in Women

Heart disease affects millions of women in the United States, and the prevalence of the condition is increasing. According to the American Heart Association, approximately 44 million women in the United States have some form of cardiovascular disease. Heart disease is responsible for more deaths among women than all forms of cancer combined, and women are more likely than men to die from a heart attack.

One of the reasons that heart disease is so prevalent among women is that women often experience different symptoms than men. While chest pain is a common symptom of heart disease in men, women may experience a wider range of symptoms, including shortness of breath, nausea, dizziness, and fatigue. These symptoms can be subtle and may be mistaken for other conditions, which can delay diagnosis and treatment.

### Risk Factors for Heart Disease in Women

There are several risk factors that can increase a woman's risk of developing heart disease. Some of the most common risk factors include:

- **Age:** The risk of heart disease increases as women get older, especially after menopause.
- **Family history:** Women with a family history of heart disease are more likely to develop the condition themselves.
- **Smoking:** Smoking is a major risk factor for heart disease in women, as it can damage the blood vessels and increase the risk of atherosclerosis.



- **High blood pressure:** Women with high blood pressure are more likely to develop heart disease, as it can damage the blood vessels and increase the risk of heart attack and stroke.
- **High cholesterol:** Women with high cholesterol levels are more likely to develop atherosclerosis, which can increase the risk of heart attack and stroke.
- **Diabetes:** Women with diabetes are more likely to develop heart disease, as high blood sugar levels can damage the blood vessels and increase the risk of atherosclerosis.

### Steps Women Can Take to Protect Their Heart Health

Fortunately, there are several steps that women can take to protect their heart health and reduce their risk of developing heart disease. Some of the most effective strategies include:

- **Maintaining a healthy diet:** Eating a diet that is rich in vegetables, whole grains, lean proteins, and healthy fats can help to reduce the risk of heart disease.
- **Maintaining appropriate weight.**
- **Exercising regularly:** Regular exercise can help to improve heart health, reduce blood pressure and cholesterol levels, and maintain a healthy weight.
- **Quitting smoking:** Quitting smoking can significantly reduce the risk of heart disease and improve overall health.

- **Managing stress:** High levels of stress can increase the risk of heart disease, so it is important to find ways to manage stress, such as through meditation, yoga, or counseling.
- **Getting regular check-ups:** Women should see their healthcare provider regularly for check-ups and screenings, especially if they have risk factors for heart disease.

Heart disease is a serious condition that affects millions of women in the United States. As an invasive cardiologist, I urge women to take steps to protect their heart health, including maintaining a healthy diet, exercising regularly, quitting smoking, managing stress, and getting regular check-ups. By working together, we can reduce the prevalence of heart disease among women and ensure that women receive the care and support they need to live healthy, fulfilling lives.



**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.

### Board certifications

- Cardiology
- Advanced Heart Failure and Transplant
- Nuclear Cardiology
- Comprehensive Echocardiography
- Internal Medicine



3161 Harbor Blvd, Suite A, Port Charlotte, FL 33952  
**(941) 235-8892**  
[www.portcharlottecadiology.com](http://www.portcharlottecadiology.com)



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

By Dr. David S. Zamikoff

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

## How Can GAINSWave Prevent & Treat ED?

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

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

**GAINSWave**  
THE NEW WAVE IN MALE ENHANCEMENT

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



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

## Younger Men Should Seek Treatment Early

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

## Men are Preventing ED with GAINSWave

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

**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.

To schedule your consultation, please call  
**(941) 761-4994** or visit [myofficeinfo.com](http://myofficeinfo.com).



2215 59th Street West, Bradenton, FL 34209

**941.761.4994**

[www.NaturalHealingArtsMedical.com](http://www.NaturalHealingArtsMedical.com)

**It's your Choice.**  
**3D Mammography**

Radiology Associates of  
Venice, Englewood  
and Sarasota

**RA  
V&E  
IMAGING**

Call to schedule **941-488-7781**

VENICE • ENGLEWOOD • SARASOTA

**Natural**  
Healing Arts Medical Center  
**941.761.4994**  
2215 59th Street West, Bradenton, FL. 34209

**Dr. David S. Zamikoff - Chiropractic Physician**

**One of America's Best Chiropractors**  
Selected as one of America's Best Chiropractors for 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021 & 2022 by the National Consumer Research Board

**Medical Services:** Stem Cell • Trigger Point Therapy • Headaches  
Knee Pain Treatment • Hormone Therapy • PRP Treatment

[www.NaturalHealingArtsMedical.com](http://www.NaturalHealingArtsMedical.com)  
[www.facebook.com/NaturalHealingArts](https://www.facebook.com/NaturalHealingArts)  
[www.instagram.com/realdz](https://www.instagram.com/realdz)  
[www.twitter.com/doczammie](https://www.twitter.com/doczammie)

**abc FOX CBSO NBC CNN**  
**WALL STREET JOURNAL**



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

By Craig S. Aderholdt, BSc, DC

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

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

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

## How does VAX-D work?

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



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

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

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

## Is VAX-D Right for Me?

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

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

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

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

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

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

## BACK PAIN INSTITUTE OF WEST FLORIDA

5221 26th Street West, Bradenton, Florida 34207

**Second Location:** 7345 International Place, Suite 101  
Lakewood Ranch, Sarasota 34240

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



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

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



**Voted #1**  
**Chiropractic Physician**  
Herald-Tribune  
Awards Winner for 2021  
Bradenton Herald  
People's Choice Winner 2022





# OBESITY & MEDICALLY ASSISTED WEIGHT MANAGEMENT

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

## World Health Organization Fast Facts on Obesity

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

## Health effects from obesity

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

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



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

## Combating obesity through medically assisted weight management

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

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

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

The best medically assisted weight loss programs monitor things like:

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

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

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

Introducing Cryoskin Toning, Cryoskin Slimming & Cryoskin Facials at The Back Pain Institute of West Florida now available.

**CRYOSKIN** LESS FAT. MORE YOU.  
Fat Loss & Body Contouring



**Non-invasive fat loss technology to help you shape the body you want.**

**Voted #1**

Chiropractic  
Physician

Herald-Tribune  
Awards Winner  
for 2021

Contact Dr. Aderholdt's office at  
(941) 756-5528 today for a free consultation.

Dr. Craig S. Aderholdt, BSc, DC



**Back Pain Institute of West Florida**

5221 26th Street West, Bradenton, Florida 34207  
7345 International Place, Suite 101 Lakewood Ranch, Sarasota 34240

BACK PAIN INSTITUTE  
OF WEST FLORIDA



**Center for Urogynecology and  
Female Pelvic Health**

**John B Devine, MD**

Urogynecologist & Female Pelvic Medicine and  
Reconstructive Surgeon located in Venice, FL

**941-457-7700**

[www.johndevinemd.com](http://www.johndevinemd.com)

375 Commercial Court, Ste. E  
Venice, FL 34292

The Center for Urogynecology and  
Female Pelvic Health accepts most  
major insurance plans.



## Services:

- Urogynecology
- Gynecology
- Urinary Incontinence
- Menopause
- Pelvic Prolapse
- Complications from mesh
- Fecal Incontinence
- Interstitial Cystitis



# Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do **NEED** friends.

Solomon, the wisest man that ever lived said, *"As iron sharpens iron, so one person sharpens another."* Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, *"A man who has friends must himself be friendly..."* Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

*<sup>3</sup>Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, <sup>4</sup>not looking to your own interests but each of you to the interests of the others.* Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

[www.venturenaples.com](http://www.venturenaples.com)



## Charting Your Course to Financial Success

### You've got important priorities.

Retiring in style. Funding your children's educations. Supporting a charity. Leaving a legacy.

Rely on an expert to chart your course to lasting wealth. Our unique approach draws on advanced training, deep investment expertise and our distinguished record to create a custom portfolio of compelling investment opportunities that uniquely fit your financial goals. Our strategic focus is on minimizing fees and taxes to enrich your returns. Our specialized role as an independent, fee-only wealth manager holds a special position of trust and brings truly unbiased fiduciary guidance.

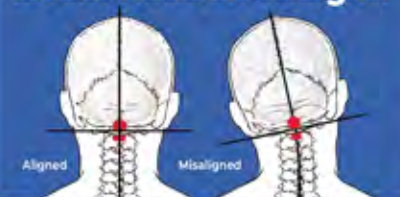
At OnCenter, we invest your hard-earned money the same way we invest our own.

**ONCENTER**  
FINANCIAL ADVISORS

Request Your Free Expert  
Portfolio Review Today  
Call us at (941) 475-5123.

oncenterfinancial.com | (941) 475-5123 | 871 Venetia Bay Blvd, Ste 200, Venice, FL 34285

## Is Your Head on Straight?



## We Put Your Head on Straight!

If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.

If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.

**SARASOTA  
UPPER CERVICAL  
CHIROPRACTIC P.C.**

### Free Consultation for All New Patients.

- Auto Accidents
- Fibromyalgia
- Lower Back Pain
- Meniere's Disease
- Neck Pain
- Sciatica
- Post-Concussion Syndrome
- TMJ
- Trigeminal Neuralgia
- Vertigo
- Whiplash

"I have over 20 years of practice experience and taking care of 10,000 patients from Los Angeles to Sarasota Florida. I recovered from severe chronic health problems 30 years ago after being introduced to Blair upper cervical technique. It's my lasting purpose to help as many people as possible live a life of health and happiness."

- Dr. Drew Hall

### ACCEPTING NEW PATIENTS!

3920 Bee Ridge Rd, Bldg D, Sarasota, FL 34233  
(941) 259-1891 • sarasotauppercervical.com

We're Open and Serving the Sarasota Community



Parkinson's Disease Treatment Center of SWFL in partnership  
with Charlotte County Medical Society proudly presents...

## 2023 SWFL Parkinson's Disease Spring Symposium: WELLNESS

April is Parkinson's  
Disease Awareness Month

Friday, April 21, 2023

9:00 am to 4:00 pm • Kings Gate Golf Club  
24000 Rampart Blvd, Port Charlotte, FL

### Presentations:



**"Nutrition in Parkinson's Disease"**  
Glorivel Koury de Ramos, M.D.  
Medical Director, "RK Healthy Life"  
Atlanta, GA, Diplomate  
American Board of Internal Medicine  
Diplomate, American Board of Obesity Medicine  
Certified by American Board of Lifestyle Medicine



**"Why Exercise is the Best Medicine for Parkinson's Disease"**  
Ramon A. Gil, M.D.  
Diplomate, American Academy of  
Psychiatry and Neurology Diplomate  
American Board of Internal Medicine  
Medical Director, Parkinson's Disease  
Treatment Center of SWFL

### Breakout Sessions:

**"Yoga as Part of Your Treatment"**  
Shebani Abdunour, Yoga Therapist

**"Dance Therapy for PD"** by Sarah Latotskyy,  
Patricia De L'Ossa, RPT and Sergio Valdivia, RPT

**"Fitness"** by Jay Woods

**"Rock Steady Boxing and Pedaling for PD"** by  
Lisa Heid, Christy Barfield, RSB, Tabatha Stepensky, RSB,  
and Terri Hughes, PFP from the Punta Gorda YMCA

### Sponsored in Part by:



## Become a PARAMEDIC in ONE YEAR!



- Learn from Outstanding Faculty with Extensive EMS Experience
- Earn 42 College Credits and Sit for NREMT Exam

- FDOH Approved
- Financial Aid Available
- Limited Enrollment - Apply Today!



**HODGES**  
UNIVERSITY  
Stay Near. Go Far.

Admissions@Hodges.edu | www.hodges.edu  
239-938-7744 | Hablamos Español



Hodges University is an equal access, equal opportunity organization.



## 2023 Parkinson's Disease Spring Symposium



# Opening Soon



**Manatee ER at Bayshore Gardens, an Extension of Manatee Memorial Hospital, is a full-service emergency department that provides care to those in need 24 hours a day, 7 days a week.**

Our new facility is located at 5506 14th Street West, Bradenton, Florida 34207

## **Manatee ER at Bayshore Gardens will feature:**

- Care for all ages
- Access 24/7
- On-site physician 24/7
- Six exam rooms
- Three rapid medical exam spaces
- Full-service laboratory and imaging services (X-ray, CT and ultrasound)

This emergency department is part of Manatee Memorial Hospital. This is not an urgent care center. Its services and care are billed at hospital emergency department rates.

Physicians are on the medical staff of Manatee Memorial Hospital, but, with limited exceptions, are independent practitioners who are not employees or agents of Manatee Memorial Hospital. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website.

221111020-1118807 10/22



[www.manateememorial.com](http://www.manateememorial.com)

