

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

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

April 2023

Manatee/Sarasota Edition - Monthly

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 **FREE**

**HOW WE  
CAN USE  
STEM CELLS  
TO CURE  
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**2023 SWFL  
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**Is Not Your  
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Restless Legs

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



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# Varicose Veins vs. Spider Veins

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

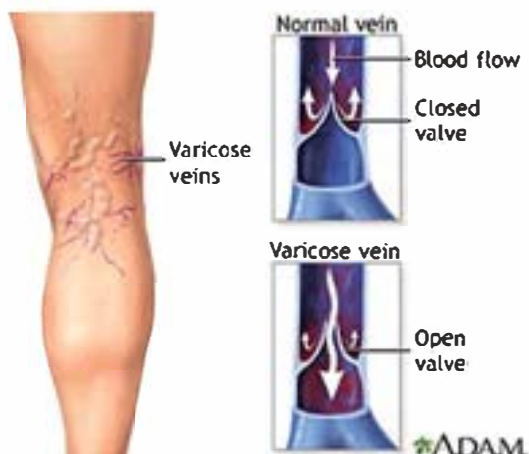
Several patients who suffer from varicose veins often complain of a cramping or aching sensation near the veins. Other typical symptoms include fatigue, itching, throbbing, cramping, burning, and tingling.

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

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

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

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



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

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

## Treatment Options for Vein Disease

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

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

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

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

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

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

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



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# Don't be an April Fool When It Comes to Your Heart!

**A**ccording to the Centers for Disease Control and Prevention (CDC) website, heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States.

- One person dies every 34 seconds in the United States from cardiovascular disease.
- About 697,000 people in the United States died from heart disease in 2020—that's 1 in every 5 deaths.
- Heart disease cost the United States about \$229 billion (about \$700 per person in the US) each year from 2017 to 2018. This includes the cost of health care services, medicines, and lost productivity due to death.

In regard to heart attacks,

- In the United States, someone has a heart attack every 40 seconds.
- Every year, about 805,000 people in the United States have a heart attack. Of these, 605,000 are the first heart attack.
- 200,000 happen to people who have already had a heart attack.
- About 1 in 5 heart attacks are silent—the damage is done, but the person is not aware of it.<sup>1</sup>

## What is a heart attack?

A heart attack most commonly results from fatty buildups (atherosclerosis) in the arteries that carry blood to the heart muscle. Plaque buildup narrows the inside of the arteries, making it harder for blood to flow.

If plaque in a coronary artery ruptures, a blood clot can form and further block the blood flow. When it completely stops blood flow to part of the heart muscle, a heart attack occurs. Then the section of the heart muscle supplied by that artery begins to die. Damage increases the longer an artery stays blocked. In some cases, it may even die. Once muscle dies, the result is permanent heart damage. The amount of damage to the heart muscle depends on the size of the area supplied by the blocked artery and the time between the injury and treatment. The blocked artery should be opened as soon as possible to reduce heart damage.



## Warning signs of a heart attack

Atherosclerosis develops over time. It often has no symptoms until there is enough damage to lessen the blood flow to the heart muscle. You should know the warning signs of a heart attack so you can get help right away, either for yourself or someone close to you.

Some heart attacks are sudden and intense, but most start slowly with mild pain or discomfort. Some of the signs of a possible heart attack include:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes or goes away and comes back.
- Pain or discomfort in one of both arms, your back, neck, jaw, or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs, such as cold sweat, nausea or lightheadedness.

## After a heart attack

Depending on the extent of your heart attack and the treatment you receive, you may only be in the hospital a few days. When you return home, your heart muscle will continue to heal, but your recovery is just beginning.

Follow your healthcare provider's recommendations about your weight, diet, physical activity, medicine and other lifestyle changes. This will give you a better chance of improving your health and avoiding future attacks.

## References:

1. Heart disease facts (2022) Centers for Disease Control and Prevention. Centers for Disease Control and Prevention. Available at: <https://www.cdc.gov/heartdisease/facts.htm>
2. <https://www.manateememorial.com/services/emergency-services>

If you are eligible, your healthcare provider will recommend a cardiac rehabilitation program in your area. Cardiac rehab is a medically supervised program designed to improve your cardiovascular health. It has three equally important parts:

- Exercise counselling and training
- Education for heart-healthy living
- Counseling to reduce stress

## 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. The hospital has also been awarded the Mission: Lifeline STEMI Receiving Center Gold Quality Achievement Award from the American Heart Association for the seventh year in a row.

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

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.<sup>2</sup>

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.



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

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Mark Walter M.D.

## STEM CELL ORTHOPEDICS

### How We Can Use Stem Cells to Cure Back Pain

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**"Stem cell injections represent the most powerful non-surgical tool we have to heal back pain."**

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

According to a 2016 review in the Journal of Pain Management 75% of back surgery fails to relieve the pain. This scenario is all too common and it's called failed back surgery syndrome. If you or someone close to you has serious back pain, please take note.

**"To a man with a hammer, everything looks like a nail!"**

**- Mark Twain**

Why on earth are the results so poor? The reason is simple. Orthopedic surgeons often miss the real diagnosis and the true root-cause of the pain. This is a huge problem. Good medicine starts with the right diagnosis. God knows that we as doctors can't fix everything, but if you have the right diagnosis, your chances of success are of course, much better.

The problem starts with an over-reliance on MRI's. MRI is a wonderful and useful tool, however the results can be misleading. The problem is that at least 40 or 50% of the general public have abnormal discs on MRI, and many of them have no backpain at all. Just because you have a disc abnormality detected on MRI does not mean this is the real root-cause of the pain.

So, what might be the real cause of the pain? As a regenerative orthopedic specialist for the last 22 years I have seen and treated thousands of patients with serious back pain. In my experience, by far the most common cause of low back pain is micro-tears in the attachments of the large ligaments and tendons of the low back and pelvis. These attachments are highly innervated and can become huge pain generators. Unfortunately, MRI's, ultrasound and X-ray all miss these abnormalities, and hence, the true diagnosis may be missed.



So, if all these standard imaging tests miss the diagnosis, what testing do we need to make the correct diagnosis? Since the micro-tears are too small to be seen on MRI or ultrasound, the only reliable way to pick them up is with a specialized physical exam technique called palpation interrogation. With this tried and true technique I carefully palpate all the major structures in the low back and pelvis. If I find the "jump sign" and reproduce a patient's pain, I have actually demonstrated the pain generators and diagnosed the true root-cause of the pain with a high degree of certainty.

Once we have made this diagnosis, how do we fix it? In essence we are treating chronic strains and sprains in the low back and pelvis. These *connective tissue* problems may sound minor, but believe me, they can cause huge pain and can easily mimic true sciatica and cause debilitating back pain.

Once we have diagnosed the precise regions where the microtears are located, the best and fastest way to heal them is by precisely injecting stem cells from a patient's own fat, mixed with growth factors from a patient's own blood (PRP). By using DNA-matched, fresh stem cells with the PRP growth factors, you optimize the regenerative healing power.

The whole procedure is minimally invasive and extremely safe. It takes about 3-4 hours and is done in the office setting. Patient comes in, we take about 60-100 ccs of abdominal fat with a gentle liposculpting technique with just local numbing. Then we take some blood like a routine blood draw. After this, the patient rests for 60-90 minutes while we prepare the stem cell/PRP combo. Then we inject the stem cells precisely where they are needed. Best of all there is minimal downtime and patients can return to activities of daily living within 24 hours.

The success rate of this procedure is of course totally dependent on the skills and experience of the doctor to correctly diagnose and inject the precise cause of the problem with properly prepared stem cells and PRP. When it comes to healing, there can be no guarantees. All you can do, is use the best techniques possible and give patients the greatest chance of success. If I examine a patient and confirm they are a candidate for this protocol, my own success rate is 80-85%. Once we have successfully healed the root cause of a patient's pain, the results are long-lasting and may easily last 5 or 10 years or more. If, God forbid the pain recurs several years or more down the road, we can always repeat the stem cell procedure.

What's the downside? Since the procedure is so safe and uses the patient's own tissues, the main risk is you may pay your money and not get the results you hope for. Unfortunately, the costs of stem cell procedures are not yet covered by Medicare or any other insurance company. The average cost of a stem cell procedure is \$7,000-\$10,000, depending on how many areas are involved. Although, these costs are substantial, for many the returns in terms of quality of life, are totally worth it!



After the procedure I like to follow patients carefully and make sure they rehab correctly. Usually, patients will show improvement in the first few weeks (sometimes much faster!). The stem cells remain alive and active for at least 4 to 5 months so if for some reason the results are sluggish, I may recommend a PRP booster about week 6-10 to reignite the stem cells and improve results.

In short, the stem cell/ PRP combo is an elegant and powerful non-surgical approach to heal back pain (and many other conditions as knee or hip arthritis, rotator cuff etc.) Due to the minimal risk and downtime, I believe that this approach may eventually become the treatment of choice for many orthopedic problems. As you understand (and experience!) the power and application of regenerative orthopedics, you may agree that this approach really should be primary care orthopedics. This truly is the medicine of the future!

### About Dr. Walter

Mark Walter MD, CM, CCFP 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 is author of Stem Cell Orthopedics (now avail on amazon) and is a leading expert in myofascial pain generators and ligament and tendon regeneration. He received his M.D. degree from McGill (1980) and went on to do five years of post-doc fellowship work in Regenerative Orthopedics with the world-renowned Hackett-Hemwall foundation, in association with the University of Wisconsin. During that period Dr. Walter was mentored by and worked with some of the top regenerative orthopedic teachers in the world.

For additional information, to book a phone or in-person consultation or reserve a seat at an upcoming free seminar (April 12th and 26th @ 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**  
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**H**ealth conditions may get worse when you forget to fill and take your medicine as ordered. Sometimes, it can even lead to more health problems, and nobody wants that! We understand that having multiple health problems such as diabetes, high blood pressure, and high cholesterol is more difficult to manage.

We encourage you to take your medications as directed by your doctor. If the directions are not clear to you, please contact your primary care physician or your local pharmacist, who is most familiar with the medications you are taking.

## Here are some additional ways that can help you take your medicine as prescribed.

- Use a pill organizer that separates your medications out by day.
- Use the mail-order pharmacy at no additional cost. This service will send your medications to you as prescribed by your doctor.
- Fill 90- or 100-day supplies of your medications so that you don't run out of your medications as quickly.
- Complete your yearly Medication Therapy Management review with one of the Health Plan's clinical pharmacists. This will help you to stay informed about your medications and what they are being used for.
- Have your retail pharmacy synchronize (schedule) your medications to be picked up on the same day each month.



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# Treating Skin Cancer on the Face Requires Aggressive Removal, along with a Delicate, Aesthetic Eye

**S**kin cancer is a growing concern. Every hour a person dies of melanoma, and this year alone, over 76,000 new cases of melanoma will be diagnosed. On average skin cancer screenings take about 10 minutes, which could potentially save your life.

Skin cancers often occur on the face, around the eyes, ears, lips and on the nose. When dealing with removing cancerous tissue on the face, patients will require Mohs surgery. While removing the margins of the cancer fully is critical, making the incisions and closures as aesthetically pleasing is also a primary goal.

Mohs micrographic surgery is a safe and effective treatment for skin cancer. During Mohs surgery, cancerous tissue is removed in small sections. While the patient waits, a pathologist examines each tissue specimen for malignant cells. If malignant cells are found, more tissue is removed until the cancer is eradicated. This comprehensive microscopic examination helps to target only cancerous tissue, significantly reducing damage to healthy surrounding tissue. Developed by Frederic E. Mohs, M.D., in the 1930s, Mohs surgery excises not only the visible tumor, but any “roots” extending beneath the surface of the skin. Five-year cure rates of up to 99 percent for first-time cancers and 95 percent for recurring cancers have been documented.

Mohs surgery is primarily used to treat basal and squamous cell carcinomas, the two most common types of skin cancer, although it can be used for melanoma and other types of cancer. Mohs surgery is often recommended for recurring cancers, as well as those in difficult-to-treat areas, such as the nose, eyelids, lips, hairline, hands, feet and genitals, in which preserving as much tissue as possible is extremely important.

## The Mohs Surgery Procedure

Mohs surgery is performed as an outpatient procedure in a physician’s office. It may be performed by a team of highly trained specialists, each member of which specializes in a different part of the surgery, or by one experienced surgeon capable of performing the entire procedure. During Mohs surgery, the treatment area is numbed with a local anesthetic.



Small layers of skin are removed, and each layer is examined microscopically to see if it contains malignant cells. Excision continues until the cancer is completely removed. Most Mohs procedures can be performed in three or fewer stages and take approximately 4 hours.

At Luminary Dermatology, we have three fellowship trained Mohs surgeons, Dr. Cary Dunn, Dr. Shauntell Solomon, and Dr. Harib Ezaldein, and have recently added a highly respected board-certified plastic surgeon, Dr. Michael Van Vliet, who is doing Mohs closures to close the loop on the full spectrum of services for our patients. Patients no longer need to be referred out to a plastic surgeon for closure of their excisions.

## Recovery from Mohs Surgery

After Mohs surgery, patients experience mild discomfort, bleeding, bruising, and swelling. Pain medication is prescribed if needed, although most patients require only over-the-counter medication.

Mohs surgery leaves scars, although they are often smaller than those from other excision procedures. Reconstructive procedures, including skin flaps and skin grafts, can reduce the prominence of, or even eliminate, scars; they can be performed at the same time as the Mohs surgery or at a later date. If possible, surgical techniques, including placing stitches in the skin’s natural creases or out-of-sight areas, are used to make scarring less visible.

## Luminary Medical Group

Luminary Medical Group began as Luminary Dermatology in Sarasota, FL, where the sun is hot, beaches are bustling, and someone always forgets to wear their sunscreen. The multi-specialty group was founded by board-certified dermatologist and fellowship-trained Mohs micrographic surgeon Dr. Cary L. Dunn. We now provide patient-centered medical care to Sarasota, Bradenton, Venice, and many other Southwest Florida communities as well as Edmond, Oklahoma.

Our mission is to provide compassionate care to the people of our community and beyond, with excellence in service, quality, and accessibility.

To schedule your appointment please call 941-926-6553 or visit [luminarydermatology.com](http://luminarydermatology.com).



Cary L. Dunn, M.D.



Janet Delaney, ARNP-BC



Cynthia Spencer, APRN-BC



Michael Van Vliet, M.D., FACS



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Carol Clark, CFA

# PROTECT YOUR FINANCIAL HEALTH FROM THE IMPACT OF INFLATION

**N**umerous studies have shown that strong financial health has a direct impact on our wellbeing. Having security and peace of mind about our financial situation plays a vital role in our overall physical health and happiness. The markets are changing. Over the past 10 years, the annual inflation rate in the US has averaged 1.88%. In 2022, however, we saw inflation spike to 9%. Inflation can have a significant impact on the value of your investment portfolio. When the general price level of goods and services rises, the purchasing power of your money decreases, and you will end up with less real wealth.

Low levels of inflation are healthy for the economy and financial markets. History has shown that a modest level of inflation leads to positive economic growth and rising profits, both of which have a favorable impact on markets. But too much inflation has a negative impact on consumers which in turn depresses the economy. This is why the Federal Reserve took aggressive steps to curb inflation last year with a series of large, rapid rate increases. But with unemployment at historic lows, inflation has proven to be quite sticky.

Many believe it will be difficult for the country to ever return to the low, stable inflation we grew accustomed to over the past three decades. If elevated levels of inflation persist, the need to have an inflation-protected portfolio is imperative. Savvy investors will want to take steps now to insulate their portfolio from the corrosive impact inflation will have on future purchasing power. People often underestimate the punishing effects of inflation. Even if inflation is only 2% per year, \$100,000 today would be worth only \$67,000 in 20 years.

**Market conditions are truly changing.** Bond yields have increased dramatically. With the return on Treasury bonds at a 15 year high, we have one of the hottest bond markets in memory. You can now buy short-term Treasury bonds, which are considered a risk-free asset, yielding more than 5%. These bonds are an attractive addition to a balanced portfolio. Focusing on high-quality, short-term bonds, preferably individual bonds, will offer the most defensive protection especially if a recession is on the horizon. But 5% bond returns



alone will not be enough to keep you ahead of the silent, ravaging effects of inflation. If your portfolio is too conservative, you simply cannot keep pace which is why having the right strategic complement of inflation-resistant investments is so important. As Warren Buffett, Chairman & CEO of Berkshire Hathaway, likes to point out, bond returns alone will not do the trick. To maintain financial wellbeing and achieve financial success, you will need an appropriate level of equity exposure to avoid falling behind. Your aim is to generate investment returns that exceed the rate of inflation so that you not only keep pace but can realize improvements in lifestyle.

This goal underscores the importance of building a resilient portfolio: one which includes assets that appreciate in value during inflationary times. It must have the right mix of stocks and bonds as well as the correct emphasis on inflation-resistant sectors such as consumer staples and healthcare. Dividend paying stocks also bring attractive protection to a portfolio. Dividends provide a steady stream of income and, unlike the interest on a bond, generally increase over time providing an important added inflation hedge. Stocks of large, high quality, profitable companies that have pricing power are another good choice. These companies can increase the prices of their goods and services in response to inflation, which can help protect their profitability and stock value. One advisable tactic is to look for companies that have a strong competitive position in their industry, a loyal customer base, and a strong brand.

**In summary, inflation can be a significant threat to your investment portfolio, but there are protective steps that can be taken.** Investing in assets that perform well in inflationary times can help safeguard your wealth and protect your purchasing power over time.

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# Sexual Health

## Regaining Your Sexual Function and Overall Satisfaction

By Sandra Mannon, DNP, APRN, FNP-BC

**S**exual health is an important aspect of a person's overall wellbeing, and it can be affected by various factors such as age, hormonal changes, medical conditions, and lifestyle choices. While sexual health concerns may be difficult to discuss, it is important to address them with healthcare professionals to identify the underlying cause and explore appropriate treatment options. In recent years, technological advancements have made significant strides in improving sexual health, including InMode Empower Forma V for vaginal rejuvenation, V Tone for bladder incontinence, and PRP injections like the O-Shot and P-Shot, along with hormone therapy.

Vaginal rejuvenation is a non-invasive procedure that can help improve sexual function, vaginal tightness, and overall sexual satisfaction. InMode Empower Forma V is a radiofrequency device that emits controlled heat, which stimulates collagen production and tightens the vaginal walls. This treatment can help address concerns such as vaginal dryness, itching, painful intercourse, and stress urinary incontinence. The treatment takes approximately 30 minutes, and patients can expect to see results after a few sessions. There is minimal discomfort, and patients can resume their daily activities immediately.

V Tone is another innovative technology that can help improve bladder control and pelvic floor muscle strength. This device uses electrical stimulation to contract and strengthen the pelvic muscles, improving bladder control and reducing incontinence. The device is non-invasive, and patients can expect to see results within a few weeks of treatment. Women who have given birth or are experiencing menopause often experience weakened pelvic floor muscles, which can lead to bladder incontinence. V Tone is an effective treatment option for these women and can improve their overall quality of life.

In addition to these treatments, PRP injections such as the O-Shot and P-Shot can help improve sexual function and satisfaction. These injections use the patient's own blood, which is spun in a centrifuge to isolate the plasma containing growth



factors. These growth factors are then injected into the targeted areas, such as the vagina or penis, to improve blood flow, sensitivity, and overall sexual function. The O-Shot is a PRP injection that is administered by a medical doctor into the vaginal area to improve lubrication, sensitivity, and orgasmic function. The P-Shot is a similar injection that is injected into the penis to improve erectile function, sensation, and overall sexual performance.

Hormonal changes can significantly impact sexual health. As women age, their estrogen levels decrease, leading to vaginal dryness, pain during intercourse, and decreased libido. Hormone therapy is an effective treatment option for these women, as it replaces the hormones that the body is no longer producing. Hormone therapy can be administered through various forms, including oral medications, patches, gels, and vaginal creams. Working with a healthcare professional to determine the appropriate treatment plan can help women regain sexual function and satisfaction.

However, it is important to note that these treatments may not be suitable for everyone. Women who are pregnant or have an active infection should avoid these treatments. It is also essential to work with a healthcare provider to determine if

these treatments are right for each individual. They can help identify underlying conditions that may be contributing to sexual health concerns and explore the most appropriate treatment options.

Male hormone therapy involves the use of testosterone to replace or supplement the body's natural levels of this hormone. This therapy can help improve sexual health by increasing sex drive, improving erectile function, and enhancing overall sexual performance. However, like any medical treatment, it also has potential risks and side effects, such as acne, hair loss, and prostate problems. Therefore, it is important for individuals considering testosterone therapy to discuss the potential benefits and risks with their healthcare provider.

Lifestyle choices also play a significant role in sexual health. Regular exercise, a healthy diet, and stress management can all contribute to overall wellbeing and sexual health. Practicing relaxation techniques such as meditation, deep breathing, and yoga can help reduce stress levels and improve overall sexual satisfaction. Additionally, maintaining a healthy weight can improve overall sexual function, as obesity has been linked to sexual dysfunction.

Sexual health is an important aspect of overall well-being and quality of life. Advanced technologies like InMode Empower Forma V and V Tone, hormone therapy, and PRP injections like the O-Shot and P-Shot can all help improve sexual health. However, it is important to work with a healthcare provider to determine the best course of treatment for each individual. Additionally, lifestyle changes such as regular exercise, a healthy diet, stress management, and good sleep habits can also contribute to overall sexual health. By taking care of the body as a whole, individuals can optimize their sexual health and enjoy a fulfilling and satisfying sex life.

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).



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# A Lifetime of Blood Thinners is Not Your Only Option to Prevent Stroke

**T**he WATCHMAN FLX™ Left Atrial Appendage Closure (LAAC) Implant provides an alternative for patients with atrial fibrillation who take warfarin on a long-term basis to help prevent blood clots and possible stroke. The implant acts as a safety net by closing off the left atrial appendage (LAA) and catching harmful blood clots before they enter the bloodstream.

The LAAC device is inserted through a catheter in the femoral vein in the groin and guided into the patient's heart, which can filter potential blood clots and prevent possible stroke. The LAAC device can be used to treat arrhythmia and atrial fibrillation.

After FDA approval in 2015, Dr. Daniel Friedman and his partners were the first in the area to offer the Watchman Device to patients. Since then, the Bradenton Cardiology Center has implanted more than 1200 Watchman Devices and is the largest Watchman facility in not only Florida, but nationwide. Dr. Friedman himself performs the procedure on average 130 times per year.

## Arrhythmia

Also called an irregular heartbeat, arrhythmia is a problem with the rate or rhythm of the heart. It could be beating too quickly, too slowly, or with an irregular pattern. Atrial fibrillation is the most common form of arrhythmia and causes an irregular and fast heartbeat.

People with arrhythmia may experience many symptoms including dizziness, chest pain, shortness of breath, and sweating. Arrhythmias are diagnosed using a range of tests, including Holter and event monitors, electrocardiograms, stress testing, and electrophysiology studies.

## Atrial Fibrillation

To understand atrial fibrillation, you must understand the heart's normal rhythm. The heart pumps blood to the rest of the body. During each heartbeat, the two upper chambers of the heart (atria) contract, followed by the two lower chambers (ventricles). These actions, when timed perfectly, allow for an efficient pump. The heart's electrical system directs the timing of the heart's contractions.



The electrical impulse begins in the sinoatrial (SA node) in the right atrium. Typically, the SA node adjusts the rate of impulses depending on the person's activity. For example, the SA node increases the rate of impulses during exercise and decreases the rate of impulses during sleep.

When the SA node fires an impulse, electrical activity spreads through the right and left atria, causing them to contract and force blood into the ventricles. The rate of impulses in the atria can range from 300 to 600 beats per minute.

The impulse travels to the atrioventricular (AV) node in the septum (near the middle of the heart). The AV node is the only electrical bridge that allows the impulses to travel from the atria to the ventricles. The impulse travels through the walls of the ventricles, causing them to contract. They squeeze and pump blood out of the heart. The right ventricle pumps blood to the lungs, and the left ventricle pumps blood to the body.

When the SA node directs the heart's electrical activity, the rhythm is called "normal sinus rhythm." The normal heart beats in this type of regular rhythm, about 60 to 100 times per minute at rest. Instead of the impulse traveling in an orderly fashion through the heart, many impulses begin at the same time and spread through the atria, competing for a chance to travel through the AV node. The AV node limits the number of impulses that travel to the ventricles, but many impulses get through in a fast and disorganized manner. The ventricles contract irregularly, leading to a rapid and irregular heartbeat.

Some people live for years with atrial fibrillation without problems. However, atrial fibrillation can lead to future problems.

Atrial fibrillation is associated with an increased risk of stroke, heart failure and even death.

- Because the atria are beating rapidly and irregularly, blood does not flow through them as quickly. This makes the blood more likely to clot. If a clot is pumped out of the heart, it can travel to the brain, resulting in a stroke. People with atrial fibrillation are five to seven times more likely to have a stroke than the general population. Clots can also travel to other body parts (kidneys, heart, intestines), and cause other damage.

- Atrial fibrillation can decrease the heart's pumping ability. The irregularity can make the heart work less efficiently. In addition, atrial fibrillation that occurs over a long period of time can significantly weaken the heart and lead to heart failure.

**Daniel E Friedman, MD, FACC, FHRS**



Dr. Friedman, a fellowship-trained ablation specialist, completed his internal medicine fellowship at the Mayo Clinic and his cardiovascular disease fellowship at Tulane University. He also completed an electro-

physiology fellowship at St. Louis University, specializing in all aspects of implantable cardiac rhythm devices and advanced ablation techniques for atrial fibrillation and ventricular tachycardia. After his training, Dr. Friedman served as an assistant professor of medicine at St. Louis University. He is board-certified in cardiovascular diseases, nuclear cardiology, and electrophysiology.

To schedule an appointment with Dr. Friedman or his associates at one of the three Bradenton Cardiology Centers, call central intake at 941-748-2277.

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# HORMONE OPTIMIZATION

## *The Good and The Bad*

**H**ormone optimization is a topic that has gained a lot of attention in recent years, particularly among individuals who are interested in achieving an increase in their quality of life, energy, overall health and well-being. Hormones are chemical messengers in the body that regulate most bodily functions, including growth and development, metabolism, reproduction and many more. As we age, our hormone levels naturally decline, this leads to a variety of health issues. There is a debate about whether hormone optimization is good for you. This is particularly true when it comes to the use of synthetic versus bio-identical hormones.

Synthetic hormones are created in a laboratory by altering a natural hormone or deriving it from a non-human source. These are not identical to the hormones produced by the human body. They are commonly used in hormone replacement therapy (HRT) to treat symptoms of menopause or andropause. Synthetic hormones are the most studied and have the side effects (heart disease, strokes, and certain cancers) that were discovered in the Womens Health Initiative.

Bio-identical hormones, on the other hand, are derived from natural sources, such as soy or yam plants, and are **chemically identical** to the hormones produced by the human body. This is what we use when we talk about **bio-identical hormone replacement therapy (BHRT)**, which is a natural approach to hormone optimization.

There is a great deal of misinformation and confusion surrounding hormone optimization, particularly when it comes to the use of synthetic versus bio-identical hormones. Basically synthetic hormones created by the Pharmaceutical companies have alterations to the natural (Bio-Identical) hormones. These can cause the side effects that have given hormones an undeserved bad name.

On the other hand, bio-identical hormones are a safer and more natural alternative to synthetic hormones. These are the same your body has been making and using since you were born. Bio-identical hormones are derived from natural sources and are chemically identical to the hormones produced by the human body, your body knows what to do with them.



Another common misconception is that hormone optimization is only necessary for women going through menopause. While it is true that women experience a significant decline in hormone levels during menopause or after total hysterectomy, men also experience a slow decline in testosterone levels as they age, a condition known as andropause. This can lead to a variety of symptoms, including decreased energy and libido, loss of muscle mass, increased body fat, fatigue, and demineralization of bones (Osteoporosis).

Hormone optimization is beneficial for both men and women, regardless of age, provided that it is done under the guidance of a medically trained hormone healthcare professional and tailored to the individual's specific needs.

In conclusion, hormone optimization is beneficial for individuals looking to improve their overall health and well-being. Bio-identical hormone optimization is the only rational evidence based therapy that gives the most benefit with the lowest risk. It is important to work with a qualified (Hormone Trained) healthcare professional who can help guide you through the process and monitor your hormone levels and symptoms.

Misinformation and confusion surrounding hormone optimization can be addressed by educating individuals about the pros and cons of different hormone therapies, as well as the importance of individualized treatment plans. With the right guidance and support, hormone optimization is a safe and effective way to improve your health and quality of life.

The Miley Clinic is known for its successful approach to healing from within. We curated a unique approach to diagnosing and treating symptoms. Call us today to learn more about our bio-identical hormone replacement therapy, nutrition and life style services in Sarasota, FL.



### STEPHEN MILEY, MD

Dr. Miley is a native Floridian. He received his BS in Chemistry with Honors from The University of Florida, and his Doctorate of Medicine from The University of South Florida.

He has practiced as a Board-Certified Emergency Physician for the past 42 years. He has served as the Director of the Emergency Department for several large hospitals.

Dr. Miley now sees a changing trend in medicine. Our traditional "sick care model" has many wonderful treatments if you are ill. However, the new health care model uses the best science of traditional evidence based medicine, in combination with functional medicine, to solve diseases at the root cause, rather than just treating symptoms with another prescription.

The Miley Clinic was formed to merge these two disciplines; giving people education and therapies to lose weight, regain their youthful vitalities, get off chronic medications, and live their best lives.



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# Mental Health Awareness from a Psychiatry Standpoint

By Steven Stein, MD - Board-certified Psychiatrist

**M**ental health awareness is a critical topic from a psychiatry standpoint. Psychiatry is a medical specialty that is focused on the diagnosis, treatment, and prevention of mental disorders. Mental health issues are highly prevalent in our society, affecting millions of individuals worldwide. In fact, the World Health Organization (WHO) estimates that one in four people globally will be affected by mental or neurological disorders at some point in their lives. The need for greater awareness of mental health issues has never been more crucial.

The first step towards mental health awareness is understanding what mental health is. Mental health refers to a state of well-being in which an individual realizes their potential, can cope with the normal stresses of life, can work productively, and can contribute to their community. Mental health disorders, on the other hand, are conditions that affect an individual's thinking, behavior, and mood. These disorders can affect persons of any age, race, religion or income and have a significant impact on a person's life and their ability to function.

There are several common mental health disorders that psychiatrists encounter in their clinical practice. Some of the most prevalent disorders include anxiety disorders, mood disorders such as depression and bipolar disorder, personality disorders, and psychotic disorders such as schizophrenia. While each disorder has its unique symptoms, all mental health disorders can lead to significant distress and functional impairment in individuals. They are also treatable.

One of the most significant challenges in addressing mental health disorders is the stigma surrounding these conditions. Stigma is a negative attitude or belief that is often directed towards individuals with mental health disorders. Stigma can be a significant barrier to seeking treatment, as individuals may feel ashamed or embarrassed about their condition. Psychiatrists, psychologists, therapists, primary care providers and many other crucial members of the mental health community play a role in challenging these stigmas and educating the public about mental health disorders.

Another critical aspect of mental health awareness is understanding the risk factors that contribute to the development of mental health disorders. These factors can include genetic, environmental, and social factors. Some individuals may be more predisposed to mental health disorders due to their genetic makeup, while others may be at a higher risk due to environmental factors such as trauma, stress, or substance abuse. Psychiatrists work to identify and address these risk factors to prevent the development of mental health disorders.

Prevention is another crucial aspect of mental health awareness. While mental health disorders can be challenging to treat, early intervention can significantly improve outcomes for individuals. This can include promotion of mental wellness, which involves maintaining a healthy lifestyle, building resilience, and practicing self-care. Psychiatrists work to identify early signs of mental health disorders and provide appropriate interventions to prevent the development of more severe conditions.

Psychiatrists are trained to provide evidence-based treatments for mental health disorders, and treatment plans can vary by person and by diagnosis. Receiving an accurate diagnosis is an important first step. Treatments may include medication, psychotherapy, or a combination of both. Medications can help to alleviate symptoms of mental health disorders, while psychotherapy can help individuals to develop coping skills and strategies to manage their symptoms. In severe cases, hospitalization may be necessary to provide intensive treatment.

Finally, it is essential to understand the role of advocacy in mental health awareness. Advocacy involves raising awareness of mental health issues and advocating for policies and programs that support individuals with mental health disorders such as NAMI (National Alliance on Mental Illness), addiction recovery services, mobile response teams, behavioral health centers and more. Psychiatrists can play a critical role in advocating for policies that promote access to mental health care, increase funding for research into mental health disorders, and reduce the stigma associated with these conditions.

Mental health disorders are highly prevalent in our society and they can have a significant impact on individuals' lives. Behavioral health providers and their team members play a crucial role in promoting mental health awareness by challenging stigmas, identifying risk factors, preventing the development of mental health disorders, providing evidence-based treatments, and advocating for policies that support individuals with mental health disorders. Stable mental health is a fundamental cornerstone of achieving overall optimal health, vitality, satisfaction, success and purpose.



**Steven Stein, MD**  
**Board-certified Psychiatrist**

Dr. Stein is a board-certified general psychiatrist who works with adolescents, adults and geriatric patients. He specializes in the evaluation and treatment of psychiatric conditions including depressive and mood disorders, anxiety and panic disorders, ADHD, OCD, PTSD, personality disorders, and bipolar and schizophrenia spectrum illnesses. He can provide psychopharmacological interventions, implement supportive and motivational psychotherapies, and provide comprehensive care with a patient-centered approach that is tailored to each patient's biological dispositions, as well as their psychological factors and social stressors.

He is originally from the Tampa Bay, FL area where he completed his undergraduate and master's degrees at the University of South Florida. He attended medical school at Ross University School of Medicine and completed his psychiatric residency training at Tulane University School of Medicine.

He is based in Sarasota, FL and sees local patients in person or virtually. He also accepts patients virtually throughout the state of Florida. Outside of Tidewater, he continues to treat patients in the hospital setting. Dr. Stein believes that stable mental health is a fundamental cornerstone of achieving overall optimal health, vitality, satisfaction, success and purpose.



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## 5 CRITICAL INTERVENTIONS FOR COGNITIVE IMPAIRMENT

It's no secret that we rely on our brains to help us navigate our world. This complex organ enables us to make reasonable decisions, focus and concentrate in our jobs, listen, and communicate with others, or even remember where we placed the house keys. It's easy to take all this for granted when the brain operates as it should, but what if these cognitive functions are impaired? What if anxiety, depression, and/or cognitive decline appear in our lives? What risks should we be aware of—and what can we do about it?

### #1 Understanding the root causes of cognitive impairment is essential.

Research indicates that cognitive decline is not a single condition, but a response to numerous catalysts such as trauma, inflammation, suboptimal nutrients levels, toxic exposure, hormone imbalances, sleep disturbances or similar issues. In many cases, research shows that emotional trauma or abuse can be significant factors leading to cognitive impairment, anxiety, and depression.

Prescription drugs (such as antidepressants, sleep aids, muscle relaxants, antihistamines, nonsteroidal anti-inflammatory painkillers, or blood pressure medications) may also contribute to cognitive decline. Sleep apnea can also lead to depression, fatigue, and cognitive impairment by depriving the brain of oxygen. Thyroid hormone imbalances are one of the most common hormone issues associated with depression and cognitive decline. Living or working in an environment with water damage and mold contamination can negatively impact cognitive function as well.

Undetected low-grade urinary tract infections can exacerbate cognitive decline in the elderly, and the residual symptoms of COVID-19 have been shown to impair cognitive abilities for weeks—or even months/years—after being infected.

### #2 Head injuries from years ago (such as a concussion from a car accident or playing contact sports in high school) can affect cognitive function in later years.

There does appear to be an association between concussive episodes from sports injuries or motor vehicle accidents and the possibility of neurodegenerative illness, memory problems or other forms of cognitive impairment later in life.

### #3 Cognitive testing is available to assess a person's cognitive ability and overall brain health.

Cognitive assessments fall into two main categories. The first is a Psychometric Test which, in most cases, is administered by a psychologist that measure skills, abilities, traits or mental state. The second type of assessment is called Brain Imaging.

Some imaging techniques are used to visualize brain structures (CT, MRI) while others evaluate brain function (fMRI, SPECT, PET). The brain wave imaging technologies used at the Brain Wave Center measure and map the brain's electrical activity (EEG, Brain Mapping and QEEG) to determine whether the brain operates in a state of healthy regulation, or whether it exhibits dysfunctional brain wave activity. The Brain Wave Center also uses sophisticated EEG brain assessments that look at the electrical activity of the brain in similar ways that cardiologists evaluate the heart's electrical activity.

### #4 The Brain Wave Center offers innovative protocols and treatment options for depression, anxiety, cognitive decline, traumatic brain injuries, memory loss and similar issues.

At the Brain Wave Center, our primary focus is with the brain's electrical activity because we want to both test and optimize the brain's performance. Our imaging technology (QEEG Brain Mapping and EEGs) are used in conjunction with our neuropsychological assessments to evaluate a person's current functional capacity.

The results are then used to create an action plan to assist our clients in their recovery from cognitive impairments or emotional dysregulations that results in depression, anxiety, or post-traumatic stress disorder, to name a few.

When we combine psychological support services with direct brain training or magnetic stimulation (neurofeedback or TMS), we can enhance the results and assist our clients more effectively. These treatments help restore brain electrical activity

back into a state of healthy regulation without the use of medications. This results in a brain that functions better and emotions that are more balanced and healthy.

### #5 Assessments are the first step. Safe and effective treatment options are available to help transform your brain health and restore happiness.

If you notice changes in your mood or memory, please do not delay an assessment. The earlier we can evaluate and intervene, the more likely we are to see positive changes in your brain health. If there is a history of extremely stressful events such as divorce, death of a family member, head trauma or motor vehicle accidents in your life, the effect of these events could manifest years or decades later as short-term anxiety, memory loss, confusion, depression, or other related cognitive impairments.

Your nutritional status can also have a critical role in the onset or advancement of cognitive decline by promoting neuroinflammation and neurodegeneration. At the Brain Wave Center, we'll evaluate your nutrient intake to help you identify the foods and supplements that most nourish your brain. We'll also help you avoid the neuroinflammatory foods that are associated with greater risk of depression and cognitive decline. Our sophisticated assessments can pinpoint the brain waves associated with poor sleep and guide our treatments to help restore your sleep with less disruptions.

It's crucial to remain both physically and mentally active for as long as possible to preserve brain health, so challenge yourself to mind-body exercises on a regular basis. And of course, maintain positive social connections and learn how to manage your stress—we know that chronic stress is a major cause of cognitive decline in all age brackets.

**Get Your Brain Assessed Today!**  
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# WHY SENIORS ARE CHOOSING LIFE PLAN COMMUNITIES OVER AGING IN PLACE

**W**here do you see yourself in retirement? Will you be busy at home or branching out as part of a larger community? How will you spend your free time? If you're considering the options of aging in place at home or moving to a Life Plan Community – also known as a continuing care retirement community (CCRC) – it pays to look closely at the costs and benefits of each option. Keep in mind that perspectives may evolve and priorities may shift as you make plans for your future.

## THE REALITIES OF AGING IN PLACE

The idea of aging in place in your home may sound appealing, but modifying your home with age-friendly features and/or potentially hiring in-home care can be expensive, labor-intensive, and stressful. Most private homes have to be modified to accommodate the needs of seniors, such as wider hallways, wheelchair-accessible bathrooms, and entryway ramps. People often assume the option of staying in their home will be less costly than moving to a Life Plan Community. However, you may be surprised to see how the costs add up in the long run.

Instead of living with the burden of home maintenance and the uncertainty of how to handle future health care needs, you can live in luxury and comfort when you choose a Life Plan Community. Plus, you'll enjoy the peace of mind that comes with having a solid plan for the future.

## WHAT IS A LIFE PLAN COMMUNITY?

A Life Plan Community, also called a continuing care retirement community (CCRC), provides an exceptional value for older adults who want financial protection from the rising costs of senior care and guaranteed care for life. The entrance fee, which is paid upfront to secure your place in the community, ensures you'll have priority access to health care services offered by the community, such as assisted living, memory care and skilled nursing care ... and that you can receive these services at prices well below market rates. If you're on the fence about moving to a Life Plan Community, here are some compelling reasons to choose a community like Freedom Village of Bradenton for your next home:

## MAINTENANCE-FREE LIVING

Owning and maintaining a home is a lot of work, and there may come a time in life when you'd rather be relaxing or spending time with loved ones instead of doing chores around the house. When you move to a Life Plan Community, you can let the professionals take care of lawn mowing, housekeeping, meal preparation, home repairs and more. You'll have more time to enjoy



what you've earned, and more freedom to travel without worrying about who will take care of your home while you're away.

## FINANCIAL SECURITY

Choosing a Life Plan Community with a Life Care contract can save you money by protecting you from the rising costs of senior care. Life Care gives you guaranteed access to higher levels of care at predictable monthly rates with little to no increase above the cost you pay for independent living.

## RESORT-LIKE LIFESTYLE

With distinctive homes and floor plans to fit every lifestyle, you can customize your senior living residence to match your preferences. Plus, you'll enjoy a host of amenities and services that make each day fun and fulfilling. You can choose to be as active as you'd like, with an array of wellness activities, educational lectures, social events and more. Experience the benefits of a Gulf Coast retirement lifestyle at Freedom Village of Bradenton.

## SOCIAL ENGAGEMENT

Maintaining social connections as you age is one of the best ways to protect your health and well-being. It's easy to expand your social circle when you choose to be part of a community filled with friendly and like-minded peers. Seniors who age in place at home are often at risk for social isolation, especially if they aren't driving places to visit friends and socialize. Learn more about how senior living combats social isolation.

## PEACE OF MIND FOR YOUR LOVED ONES

You can't predict the future, but you can take control of your options now so your loved ones don't have to worry. Moving to a Life Plan Community means they won't have to rush to find health care if the unexpected happens and you suddenly need help with activities of

daily living or round-the-clock care. Your family will have peace of mind knowing you'll have access to advanced levels of care, if needed, along with the safety of having staff available 24/7 should an emergency occur.

## DISCOVER TRUE FREEDOM

It's normal to feel hesitant about giving up the space you have at home to move into a senior living community. However, once you experience the expansive lifestyle waiting for you at Freedom Village of Bradenton, you'll see how your living space opens up to a whole world of opportunities that you don't want to miss.

*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 April Events

**World Health Day Lunch and Learn  
Independent Living and Health Services**  
Thur., April 6 | 11:30 a.m. to 1:30 p.m.

**Resident Panel: Get the Inside Scoop About  
Freedom Village**  
Thur., April 13 | 11:30 a.m. to 1:30 p.m.

**Veterans' Benefits Can Make Community  
Living Possible**  
Tue., April 18 | 11:30 a.m. to 1:30 p.m.

**Friendship Lunch Table for Widows,  
Widowers, Singles**  
Tue., April 25 | 11:30 a.m. to 1:30 p.m.

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



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*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 Latotsky,  
Patricia De L'Ossa, RPT and Sergio Valdivia, RPT

"Fitness" by Jay Woods

"Rock Steady Boxing and Pedaling for PD" by  
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**2023 Parkinson's Disease Spring Symposium**



# WELLNESS

**We often hear and use the word "wellness" without necessarily considering its meaning.**

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

**Simply put:** wellness is the opposite of illness. As parents, it is logical to assume that we all want our children to be healthy. We are therefore very involved in caring for their wellness. We pay attention to what they eat. We make sure that they play and exercise. We make sure they go to bed and sleep for an adequate amount of time. We make sure that they interact with other children and develop proper social skills. We strive to ensure that they receive an education that is second to none. We include religion in their lives. We instill confidence in the fact that working hard to stay healthy pays off.

Yet, today we are an obese country. Why have we forgotten about wellness? Why are children becoming more sedentary? Why are we all becoming less social, more isolated? Why have we allowed the quality of education in our nation to decline to levels never seen before? Why have we neglected spirituality and religion? In this absent-mindedness, we now find ourselves obese, ill and depressed. As per February of 2021, United States was the world's 10th most obese country and the most obese country in North America with 36.2% of its population having a body mass index of over 30.0.

Only Covid was able to stop the steady rise in the number of bariatric surgeries in this country from 2011 to 2019. Six out of the ten most prescribed drugs in the USA last year were to treat diabetes, high cholesterol, and high blood pressure, all associated with obesity. Sadly, 15% of adults aged 18-39 are taking antidepressant drugs, and that number increases to 20% for those aged 60 and over. In 2022, 42% of adults and 20% of children in this country are obese. Scientists and health professionals have worked hard to determine the cause. It really isn't that hard: Americans eat more calories than they burn, and the excess energy is stored as fat.

**How is this connected to Parkinson's Disease (PD)?** Very simple, obesity is known to be the main risk factor to developing type II diabetes, and diabetes has a markedly negative effect in PD patients. In a study published in 2022, researchers demonstrated that type II diabetes is associated with faster disease

progression in Parkinson's ("The Impact of Type 2 Diabetes in Parkinson's Disease". Athauda, Evan, Wernick et al. Movement Disorders, Vol. 37, No. 8, 2022). Furthermore, according to the American Heart Association, obesity is the most important risk factor to developing sleep apnea. Significant sleep apnea is present in 40% of obese individuals, and 70% of sleep apnea patients are obese. Last year, the NIH reported (once again) that sleep apnea is associated with a significantly increased risk of dementia, particularly for Alzheimer's Disease and Parkinson's Disease patients. Several studies have previously demonstrated sleep apnea as a high risk factor for dementia.

During the days of Covid, we had more PD patients in our center dying from PD complications than because of actually contracting Covid. Some of the most critical factors were social isolation, physical deconditioning, loss of appetite with limited nutrition, and worsening of depression and psychosis, leading to the downward spiral that eventually took their lives.

Wellness should therefore be a central priority for all of us. As healthcare professionals, we should be promoting wellness more than any other intervention in the treatment of PD. You, as patients and care partners, must acknowledge your responsibility in caring for yourselves. You must direct your energies and efforts to achieving physical, mental, social, spiritual, and emotional wellness. The good news is that this treatment does not cost much, there are no negative side effects, and you don't need a doctor's prescription or insurance authorization.

We care deeply about all of you. To that end, we dedicate this program, not to medications or surgical treatments for PD, but to the daily practice of healthy habits in attaining better physical and mental health outcomes. Instead of just surviving, our aim is to see you thriving. Consider it an even better way to define "wellness".

**Welcome to our 2023 Parkinson's Disease Spring Symposium.**

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

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



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



**For more info or to register**

**contact Jennifer at Dr. Gil's Office:**

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

By Dr. Drew Hall

**N**eck pain affects 25 percent of the US population. Neck pain affects work performance, reduces the enjoyment of life, and limits activities that bring people joy. In our Sarasota Upper Cervical Clinic neck pain is the number one condition that walks through our doors. Prior to opening in Sarasota, our offices in Los Angeles helped over 12,000 patients regain their health through precision upper cervical corrections. Our practice employs 3-d imaging to locate the spinal misalignment. Our corrective procedure does not use twisting, popping, or pulling.

### *Listen to what one of our patients says about their recovery:*

"I went to see Dr. Hall this week after a whiplash injury that left me with chronic headaches, neck and shoulder pain, ear problems, and halos in my vision. After doing extensive research about Upper Cervical, I decided to fly from Michigan to Sarasota so that I could be seen by Dr. Hall. He examined me and then scanned me using a cutting-edge 3D Cone Beam CT scan (the scan literally took 10 seconds, I was amazed) and then showed me exactly where I was out of alignment. There was a very noticeable subluxation in my axis (C2) and my atlas (C1) was also out of alignment to a lesser extent. He adjusted my axis first, then gently turned me over and adjusted my atlas, and the headache that I had had since the injury was INSTANTLY gone. That night was the first time I had been able to get a good night's sleep in weeks. I owe Dr. Hall my life, and if you have any reservations about seeing him for your health concern, just know that he's the best at what he does and that you're in very skilled hands. I was scared to get adjusted, but Dr. Hall only delivers precision adjustments exactly where you need them so he's not "cracking your neck" like regular chiropractors. I am beyond grateful... thank you so much Dr. Hall, you gave me my life back! Verifiable on google reviews for Sarasota upper cervical!

If you suffer with chronic neck pain or other chronic health conditions, we would love to help!

### **Neck Misalignment, Trauma, and Neck Pain**

The large majority of chronic neck pain results from prior trauma. Trauma injures the soft tissue that surrounds the joints in the neck. Normal joint motion keeps the spinal muscles relaxed and balanced. When injury occurs to the soft tissues surrounding the joints, loss of normal joint motion ensues. Reduced motion in the joints leads to chronically tight imbalanced muscles throughout the spine. Most neck pain has its roots in this mechanism.



If the cervical spine has been injured, it is less able to adapt to stressors that are commonplace in today's society. Desk jobs, long commute hours, long hours hunched over texting all exacerbate underlying imbalances in the spine. In our clinic we take great care to locate the underlying cause of your issue and remove it so the body can heal itself!

### *Read what another one of our patients has to say about her healing journey in our office!*

In my 41 years of life, I've generally been a healthy active person. Days after Christmas 2017, my neck started to have sharp pain. The pain then went down my left shoulder blade, through the scapular area then down my left arm. Then my left arm went numb...It was a type of chronic pain I've never experienced before! Days later, my left ear was clogged, and I couldn't hear clearly... the symptoms are worse than labor pains!!!! And I have 3 kids! I immediately went to a medical doctor, and they ran tests to make sure it wasn't a stroke. They wanted to prescribe me prescription medication, however, I refused. I was miserable! It disturbed my sleep. I was starting to get irritable & depressed. I was wondering if I was going to live like this and adjust my entire life... I was then advised to see an orthopedist. They did an MRI and diagnosed me with Cervical Stenosis and Radiculopathy. I was given 4 options: 1) Live with the pain 2) Figure out how to manage the pain 3) Do some epidural type treatment 4) or surgery where they would infuse a metal plate to keep my vertebrae's spaced out so that it wouldn't pinch my nerves.

Immediately, I scheduled with Dr. Hall for my second opinion. After my first visit and adjustment, I was able to sleep that night. The pain was there, however, the intensity wasn't as high. Dr. Hall also made sure for me to NOT take any ibuprofen. So the next 2 days, I went without taking the ibuprofen. That night, the pain was starting to intensify again, however, I resisted taking ibuprofen because I knew I was going to see Dr. Hall that day. The next morning until my appointment, the pain had decreased. I didn't need any adjustments made. Dr. Hall was very thorough and explained how we have to give our bodies time to heal and that it'll fluctuate...

It has been only 4 days since I started treatment with Dr. Hall, and honestly, I'm starting to see light at the end of this tunnel... I have hope that this pain will go away. I can honestly say that my pain is about 85% gone!!!!

I am left speechless, yet again. I know of Dr. Hall because he treated my son when numerous doctors just wanted to prescribe him dangerous prescription drugs for his Post-Concussion Syndrome.... however, that's a whole other review to write about :) When you walk into his office and sit in the lobby, you'll see a sign. It says EXPECT MIRACLES... I've experienced 2 so far..... Thank you, Dr. Hall!

### **What Exactly Does a Blair Upper Cervical Chiropractor Do?**

Blair Upper Cervical doctors are specially trained to locate spinal misalignments in the upper cervical spine and correct them. Spinal misalignments are located by running a battery of neurological tests that locate the spinal segments that have been injured and misaligned by a prior neck injury.

Once located, precision imaging in the form of cone-beam computed tomography (cbct) is used to precisely determine which joint has misaligned and the angulation of the misaligned joint. Each person's anatomy is different and therefore imaging is used to uncover the blueprint to be used to correct each patient's individual misalignment pattern. Once this information is gleaned, a gentle, light correction is made without twisting, popping, or pulling. The patient is then monitored overtime to ensure that the correction is holding. If the testing indicates the need for another correction, then it is performed. However, the goal of Blair Upper Cervical Care is for the patient to stay in "adjustment". It isn't the correction that produces healing. It is the removal of nerve irritation and the adjustment "holding" in its normal position that allows the body to function better and proceed through a healing process.

This is how Blair Chiropractic care can often help remove the underlying cause of many who suffer from occipital neuralgia, tinnitus, Vertigo, Meniere's disease, neck pain, migraine headaches, and other chronic health problems by supporting the body in healing itself.



Dr. Drew Hall



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- Dr. Drew Hall

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

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

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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.

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

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

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

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

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

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



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# KETAMINE: A PROMISING SOLUTION FOR STRESS AND ANXIETY

By Steven Reichbach, MD

**S**tress and anxiety are among the most common mental health disorders that affect people worldwide. Despite the availability of various treatment options, many individuals struggle to find relief from their symptoms. However, recent studies have shown that ketamine, a dissociative anesthetic used primarily for pain relief and anesthesia, may offer a new solution for those who suffer from stress and anxiety.

Ketamine works by blocking N-methyl-D-aspartate (NMDA) receptors in the brain, leading to a dissociative state. While it has been used for decades as an anesthetic, its potential as a treatment for mental health conditions has only recently come to light. Research has shown that ketamine has a rapid and robust antidepressant effect, with some studies demonstrating an improvement in symptoms within hours of administration.

One study published in the Journal of Psychiatric Research found that a single infusion of ketamine significantly reduced symptoms of depression and anxiety in individuals with treatment-resistant depression. Another study published in the Journal of Clinical Psychiatry showed that ketamine decreased symptoms of post-traumatic stress disorder (PTSD) and suicidal ideation in veterans.

The rapid onset of ketamine's effects is particularly significant, as traditional antidepressants can take weeks or even months to produce noticeable improvements in symptoms. This delayed onset can be frustrating for individuals suffering from depression or anxiety, as they may feel like they are not making progress in their treatment. Ketamine's ability to produce almost immediate relief from symptoms has the potential to be life-changing for those who have not found success with other treatments.

In addition to its rapid onset, ketamine may also have a longer-lasting effect than traditional antidepressants. One study published in JAMA Psychiatry found that a series of ketamine infusions produced significant reductions in depression symptoms that lasted up to four weeks after the final infusion. This longer-lasting effect is promising for individuals who have not responded well to other treatments or who experience frequent relapses.



While ketamine has shown great potential as a treatment for stress and anxiety, it is important to note that it is not without risks. Ketamine can cause side effects such as nausea, vomiting, and dissociation, and there is a risk of addiction and abuse if used improperly. Additionally, the long-term effects of ketamine on the brain are not well understood, and further research is needed to fully understand its safety and efficacy as a treatment for mental health disorders.

Despite these risks, the use of ketamine as a treatment for stress and anxiety is an exciting development in the field of mental health. For individuals who have not found relief from traditional treatments, ketamine may offer a new hope for a better quality of life. However, it is important to approach ketamine treatment with caution and to work closely with a healthcare professional who is experienced in its use.

The use of ketamine as a treatment for stress and anxiety is a promising development in the field of mental health. Its rapid onset and potential for long-lasting effects make it an attractive option for individuals who have not found relief from traditional treatments. However, it is important to approach ketamine treatment with caution and

to work closely with a healthcare professional to ensure its safety and efficacy. While more research is needed to fully understand its risks and benefits, ketamine has the potential to be a life-changing treatment for those who suffer from stress and anxiety.

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

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

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

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**Steven Reichbach, MD**  
Board-Certified Anesthesiologist  
President and Founder,  
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# 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

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# FINISH WHAT YOU STARTED WITH THE WHEEL

By Dr. Melissa Houston

**I**t's been a while since you took your last college class. You're so close to earning your bachelor's degree, but life got in the way and you had to put that plan on hold. You have that thought in the back of your head that someday, you'll go back to school and finish what you started. You can join hundreds of others who were in the same boat, and decided now is the time to earn their bachelor's degree.

Hodges University offers you an accelerated path to a bachelor's degree: The Wheel. Did you know that one of the most flexible degrees you can earn is in management? Think about it. Every organization has a need to managers with the knowledge and skills to oversee daily activities, and plan for long-term success. We've designed the bachelor's degree in organizational management to provide you the focused knowledge you need to be successful in a management role.

You may be thinking this sounds great, but when will you find the time? We designed this degree so that you come to class one evening a week, or on Saturday. In addition, you choose which location works best for you: Fort Myers, Naples, or Port Charlotte.

This helps with balancing the other demands in your life: work, family, and living your life. Plus, with your previously earned credits, you could graduate in as little as one year.

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

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

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

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



The Wheel

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

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# Diagnosing Parkinson's Disease with DaTscan

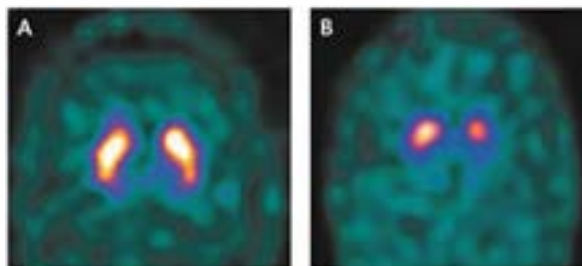
**B**eing diagnosed with any disease can be scary, even devastating. For those who have been diagnosed with Parkinson's Disease (PD), it can be especially difficult to come to terms with because the diagnosis is usually clinical. Until the last decade, the only diagnosis came from careful observation by a neurologist. In fact, for many that is still the only diagnosis given and many are left questioning if they really have the disease or if it could be something different.

In 2011, the Food and Drug Administration (FDA) approved an imaging test to help diagnose PD. In this test, a radioactive tracer, Ioflupane 123 I, also known as DaTscan, is injected into the blood, where it circulates around the body and makes its way into the brain. It attaches itself to the dopamine transporter, a molecule found on dopamine neurons. Several hours after the tracer has been injected, special imaging equipment scans the head to detect the presence of DaTscan.<sup>1</sup>

According to a press release made on November 3, 2022, by GE Healthcare, the DaTscan's manufacturer, it has also been approved by the FDA for use in diagnosing Dementia with Lewey Bodies. The press release states:

"GE Healthcare's DaTscan has been approved by the U.S. Food and Drug Administration (FDA) for use in patients with suspected Dementia with Lewey Bodies (DLB). This new indication is in addition to its use with single photon emission computed tomography (SPECT) imaging to visualize dopamine transporters (DaT) in the brains of adult patients with suspected Parkinsonian syndromes. With the expanded indication, DaTscan is now available to more patients, including those with suspected DLB, in the United States.

The clinical signs and symptoms of DLB can be atypical and overlap with other forms of dementia, leading to up to 70% of patients with DLB being misdiagnosed, often as having Alzheimer's Disease. This new indication enables clinicians to use DaTscan to help differentiate DLB from other forms of dementia. Early and accurate diagnosis of DLB can help ensure specific appropriate treatment and specialized care for patients, while enabling them and their caregivers to more effectively manage the disease and plan for the future. Approximately one



in five patients with dementia suffers from DLB, making it the second most common form of degenerative dementia after Alzheimer's Disease.

Professor James E. Galvin, MD, MPH, Consultant, University of Miami Miller School of Medicine, U.S., said: "Misdiagnosis is a significant issue for those patients with suspected Dementia with Lewy Bodies, causing untold anxiety for the patient and family as well as potentially placing the patient at higher risk of adverse events due to delayed diagnosis. The label expansion for DaTscan moves patients a step closer to an earlier, more accurate, diagnosis which is beneficial for them and their families, setting them on the right treatment path sooner and helping to avoid medications and treatments that could be potentially harmful."

Mark Hibberd, Chief Medical Officer for GE Healthcare Pharmaceutical Diagnostics, said: "More than one million doses of DaTscan have already been used around the world in the clinical evaluation of Parkinsonian syndromes. We have built on our scientific and medical leadership with DaTscan to pave the path for this new indication, that supports our customers and their patients with more accurate diagnoses of DLB."

The approval of the use of DaTscan in DLB is the culmination of significant work, including clinical trials, compilation and analysis of data and collating evidence for submission to the U.S. FDA, all demonstrating GE Healthcare's continued commitment and investment in this space. Earlier this year, GE Healthcare announced plans to bolster its Molecular Imaging neurology portfolio by complementing DaTscan with two pipeline radiopharmaceuticals, one for Positron Emission Tomography (PET) and another for SPECT, aiming to offer customers, in both clinical and research settings, a wider choice of diagnostic tracers to help evaluate adult patients with suspected Parkinson's syndrome's."

Radiology Associates of Venice, Englewood, and Sarasota strive to combine years of physician education and experience with cutting edge technology to provide excellent radiologic diagnosis and intervention.

RAVE is a radiology practice which has been active for over fifty years. We currently consist of 10 board certified radiologists, many of which have postgraduate fellowships with subspecialty training. All of whom have years of full-time experience.

There are over 120 health care professionals working with us to provide the best possible radiologic services in Sarasota County. In addition to our personnel, we have some of the best radiologic imaging devices available. Superior visualization helps us make your diagnoses accurate and timely, preventing potentially dangerous delays in initiation of your therapy. At RAVE, you can have confidence you're getting top notch professional assistance in your diagnosis and care.

Have your physician send you to our office in Venice for DaTscan testing if it's suspected that you or your loved one might be experiencing dementia or Parkinson's symptoms.



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

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1. Gilbert, D.R. (2022) What is a DaTscan and should I get one?. American Parkinson Disease Association. Available at: <https://www.apdaparkinson.org/article/what-is-a-datscan-and-should-i-get-one/>.





# To get a Hangover or To Treat Your Hangover... That is the Question

By Katherine Hermes, Owner - SRQ Med Spa

Since April is National Alcohol awareness month, let's talk about Hangovers. There are hangover treatments and there is hangover prevention. Which do you prefer?

Me? I am a "don't want to get hung over" kinda girl. But, I routinely meet people who are "please help me, I am feeling terrible with a hangover" kind of people. Both men and women suffer equally, so this is for everyone.

Hangovers are one of the worst parts of drinking alcohol. They make you feel awful, can last for days, and ruin your plans.

**The IV vitamin cocktail has been gaining popularity as a hangover cure. But how does it work? And is it effective?**

For a lot of people, the fun was worth it ... but the consequences are painful. A lot of people have heard that IV Therapy was designed to revitalize and restore people who have had too much to drink. This is done with a specific blend of vitamins and minerals designed to get you back on your A-game in no time.

You may ask why not just drink water or a sports drink? Well IV therapy is the quickest way to combat the hangover because the body can directly use the ingredients and fluids without having to go through the gastrointestinal system. This means you can get back to yourself way quicker than sipping on some water. Also one common symptom of hangover is nausea and vomiting which make it very difficult to keep down any kind of fluids you may be drinking. IV therapy works almost immediately.

IV vitamin therapy is a quick and easy way to get rid of a hangover. The vitamins in the IV help to re-hydrate your body and replenish nutrients that are lost when you drink alcohol.

**A drip can provide various advantages to alleviate the symptoms of a hangover.**

- First, it's a quick fix. You can be in and out of the clinic in less than an hour.



- Second, it's effective. Studies have shown that IV therapy can significantly reduce the symptoms of a hangover.
- Third, it's safe. When administered by a certified professional, IV therapy is very safe and has few side effects.

If you're looking for a quick and effective way to get rid of your hangover, then IV vitamin therapy may be right for you.

**Here are some tips on how to make the most of this Hangover Cure:**

- Make sure to drink plenty of fluids before your appointment so that you're well-hydrated going into it.
- Eat a light meal before or after your treatment so that you don't feel nauseous afterward
- Avoid drinking alcohol for at least 24 hours after your treatment so that your body has time to recover fully.

**Here's how the IV vitamin cocktail works**

The IV vitamin cocktail is administered through a small needle that is inserted into the vein. The IV vitamin cocktail is absorbed directly into the bloodstream, which allows it to work quickly and effectively.

The vitamins and minerals in the IV drip cocktail can help to rehydrate the body, replenish electrolytes, boost energy levels, and improve mood. This makes the IV cocktail an effective treatment for hangovers. However, it's important to drink plenty of fluids after getting the cocktail to avoid dehydration, and to avoid alcohol for at least 24 hours afterward.

In conclusion, IV drip cocktail hangover treatments can provide a quick and effective way to alleviate the symptoms of a hangover by replenishing fluids and electrolytes and providing essential vitamins and minerals. However, it is important to note that this is a temporary solution and the best way to prevent a hangover is to drink in moderation and stay hydrated. Additionally, it is always recommended to consult a medical professional before receiving any kind of treatment.

If you are planning on a big weekend, these same concepts can also be applied *in advance* of your drinking. At SRQ Med Spa, we have special combinations of vitamins that can be used to *prevent* that hangover and also vitamins to treat your hangover. Conveniently located at 1473 Main St. in Sarasota, SRQ Med Spa is the perfect place to come and prepare or recover from your best nights out. Please call us at 941-779-3004 or you can make a reservation online through our website at [www.SRQMedSpa.com](http://www.SRQMedSpa.com). We look forward to seeing your smiling faces soon.



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# PERIPHERAL NEUROPATHY: ALTERNATIVE TREATMENT OPTIONS

By Dr. Todd Strong

In the United States alone, neuropathy affects nearly 20 million people, and the mainstream medical community doesn't offer much advice on viable treatment options. The Latin word neuropathy means nerve disorder—this nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves, becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and ineffective.

Neuropathy is commonly associated with diabetes, as its customary for nerve damage to have occurred in individuals with high glucose storage. Still, neuropathy can also be attributed to chemotherapy, injuries, autoimmune diseases, compressed spinal vertebrae, cholesterol medication side effects, a buildup of toxins, and vascular disease.

## Symptoms of Neuropathy

- Tingling
- Numbness
- Burning
- Sensations of cold/hot
- Stumbling
- Impingements
- Electrical vibrating sensations
- Falling/Loss of balance
- Lack of strength
- Decreased range-of-motion
- Muscle cramps
- Joint inflammation

## Neuropathy Causes and Treatment

One of the main causes of neuropathy is diabetes. In this case, high blood sugar damages various organs within the body and has a severe adverse effect on nerves. This nerve damage happens when the blood supply is limited. The lack of brain signaling from the nerve endings makes it difficult for a person to feel pain in their feet, legs, and arms in some cases that are affected, so often injuries and these disorders are overlooked. This syndrome is called peripheral diabetic neuropathy.

Because of this nerve damage, there is a risk of developing ulcers on the feet, ankles, and legs. A wound may not sound overly alarming to most people, but peripheral neuropathy ulcers can be



life-threatening. When they are small, they often go undetected due to the lack of feeling. If a patient delays treatment, non-healing ulcers can lead to amputation, strokes, heart attacks, and severe infections that can spread systemically throughout the entire body.

## Proactive, Groundbreaking Peripheral Neuropathy Treatment

At Atlas Health RegenX we offer cutting edge technology to reduce and alleviate neuropathic pain. We use Low Level Laser Light, Pulsed Electrical Frequencies, Ozone, Sound Waves, Regenerative Medicine (Growth Factors, and PRP), Peptides, and Nutritional Supplementation.

We treat stubborn neuropathy's resulting from diabetes, chemotherapy, spinal stenosis, and unknown causes. The treatment offers dramatic results that are long lasting.

This therapy helps restore blood flow, improve circulation, and reduce fluid buildup (edema) in the neuropathy-affected areas. As a result, the body's ability to regenerate is accelerated. The therapy also provides relief from nerve pain.

## Treatment Benefits

- Improved blood circulation
- Accelerated wound healing process
- Restores blood flow
- Decreases fluid buildup
- Accelerates your body's ability to heal nerve damage
- Alleviates nerve pain
- Non-Invasive No Downtime

## Atlas Health RegenX

At Atlas Health RegenX we provide natural alternative therapies to drugs and surgeries for neuropathy, autoimmune and weight loss conditions. We have a 98% success rate in addressing these issues using technology. Your health matters and it's time to get real answers that lead to real results.

## THERE ARE 4 VITAL COMPONENTS TO OUR NEUROPATHY PROTOCOL

### VITAL COMPONENT #1

#### Electromagnetic Infrared Therapy

One of the treatment technologies we use to increase blood flow and repair the nerve is our new Low-Level Light Therapy (LLLT). The light therapy signals Vasoendothelial Growth (VEGF), which signals the production of angiogenesis. Angiogenesis is the creation of the new blood vessels, which is needed to repair nerve damage. These blood vessels grow back around the peripheral nerves and provide them with the proper nutrients to heal and repair. This technology has 21 peer-reviewed studies with a 97% success rate with peripheral neuropathy.

### VITAL COMPONENT #2

#### Electrostimulation

We use state of the art digital electro therapeutic stimulation to assist in the growth of the nerves called Nerve Re-Education. This is used by the Cancer Centers of America in order to help those going through Chemotherapy rebuild the nerves. Nerve Re-Education can even be done at home, so therapy can be done daily! The results can be immediate in both pain relief and restoration of normal sensation.

### VITAL COMPONENT #3

#### Advanced Nutrition Therapy

Proper nutrition in support of our other VITAL COMPONENTS is vital for optimal tissue and nerve repair. Our Advanced Nutritional Therapies have been to designed to accelerate the healing process by affecting the complex processes of inflammation, blood flow, and bioavailable nitric oxide.

### VITAL COMPONENT #4

#### In-Clinic Visits & Online Education

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If you are in need of a highly experienced chiropractor, or regenerative medicine in Sarasota FL, look no further than Atlas Health RegenX. For more information or to schedule your initial consultation, call us today!



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# ACUPUNCTURE TREATMENT FOR MENTAL HEALTH

By Dr. Brandon Fuller

The conversation around mental health has become much more prominent in recent years thanks in part to the pandemic. Depression, loneliness, anxiety have all increased for many people especially in the last couple of years. Sometimes a prescription medication is needed to deal with a particular mental health issue but often, people are looking for a drug free alternative to address their issue. Acupuncture is a great option for those struggling with mental or emotional issues.

Just for depression alone, some users of antidepressant prescription medications can experience some heavy side effects. And there are those who despite the prescription are not helped by the medication themselves. Acupuncture offers a holistic option to deal with depression and the underlying causes.

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



Before beginning your acupuncture treatment, your acupuncturist will take a detailed history and examination. Acupuncture points for treating emotional and physical effects of mental health disorders are located all over the body. Your acupuncturist will choose the acupuncture points based on your history and their report of findings.

Researchers have been studying the effectiveness of acupuncture and how it can help people who suffer from depression and the findings are positive. A study conducted at the University of Arizona examined responses of 34 depressed

women who used acupuncture, generalized acupuncture not utilizing specific points, or no treatment at all. The study found that of the women who received acupuncture specifically for depression, 43% experienced a reduction in their symptoms compared with 22% for those receiving general acupuncture and 14% who received no treatment at all. After eight weeks, more than half of the women who received specific acupuncture were considered no longer depressed.

These are encouraging studies with great results so if you suffer from feelings of anxiety or depression, talk to your acupuncturist to develop the appropriate treatment plan based on your specific needs. Studies have shown that the right "dose" of acupuncture was the key in helping patients see results and a reduction of the symptoms of stress and depression. "Dose" is defined as both the number of treatment sessions overall, as well as the number of acupuncture points addressed in each session.

Your acupuncturist can also recommend herbal supplements and nutrition and dietary changes to help bring your Qi back into balance. Talk to your acupuncturist today. As we have all seen over the last couple of years, we need to be as vigilant in maintaining our mental health as we are with our physical health. Reach out to us today and experience the healing benefits of acupuncture!

**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**!

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# WHAT IS PARKINSON'S DISEASE?

By Premier Foot & Ankle Specialists

**P**arkinson's Disease affects about 600,000 to 1,000,000 people or more in the U.S. alone. About 60,000 new cases are diagnosed each year. Parkinson's Disease is a neurological disorder that affects movement, along with multiple body systems. It is the most common brain disorder, second only to Alzheimer's. The average age of diagnosis is 60 years old, but some can be diagnosed at 40 years of age or younger. Parkinson's can be diagnosed with a thorough medical history and physical examination. Three of the classic motor symptoms associated with Parkinson's disease are resting tremors, stiffness, and slowness. However, Parkinson's can manifest in numerous ways among patients, and affects multiple body systems, including the brain, gastrointestinal system, and musculoskeletal system, among others. Therefore, Parkinson's is known to present uniquely among people and manifest in a variety of ways due to its effect on multiple body systems. These affects include the lower extremities too, which can be assessed and treated by a podiatrist.

## Why does Parkinson's occur?

The cells that produce dopamine in the brain stop working or cease to function entirely. Dopamine is important because it is a chemical that signals essential functions in the body like movement, along with overall mood, such as feelings of motivation and satisfaction. When the centers of the brain that produce dopamine stop working, these functions become impaired, and Parkinson's begins to manifest. The cause of Parkinson's is still relatively unknown, but it is believed to be caused by a combination of genetic and environmental factors. There has been an association of Parkinson's with exposure to pesticides, chemicals, heavy metals, along with risk factors associated with age, gender, or history of brain injuries.

Most people who suffer from Parkinson's disease experience walking or balance challenges, foot pain, calluses and/or hammertoes. Many people will develop what is called a "Parkinsonian gait," where they shuffle their feet with a characteristic short stride. This type of walking pattern often leads to foot pain or calluses. Calluses are caused by stress on the feet from pressure and friction, and can become painful and debilitating, along with increasing the risks of developing wounds if not treated, in some cases. Balance is also a significant issue for Parkinson's patients, as they are at

an increased risk of falling or having fall-related injuries such as fractures or wounds. Therefore, it is important to establish care with a podiatrist that can provide a thorough evaluation and treatment plan for all of these issues.

Swelling of the legs, ankles and feet can be a common problem for people with Parkinson's or people who have movement difficulties. Being active and keeping your legs elevated throughout the day may help reduce the swelling. Compression stockings are often an essential tool in preventing and managing the swelling that can lead to wound formation in people with Parkinson's.



Hammertoes are also another very common complication of Parkinson's. Hammertoes are a condition where the toes contract and curl and can become "stuck" in a rigid position if not properly treated. Hammertoes are a progressive deformity that result from a muscle and tendon imbalances, which can also impair one's ability to walk properly due to debilitating pain and deformity. These conditions often need to be treated with custom orthotics, supportive shoes, splints, padding, among other treatments, including surgery in some cases.

The first step in preventing lower extremity problems with Parkinson's is education. Particularly with Parkinson's, home obstacles and slippery rugs should be removed from the home to prevent and significantly lower the chances of falls. Regular exercise should be promoted. Proper shoe gear is also essential in promoting continued, safe ambulation. For people with significant instability with walking, other treatments such as physical therapy to improve overall balance, strength, and function may be an option, for which your podiatrist can evaluate you.

Additionally, foot orthotics or ankle-foot orthoses can help with abnormal, neurologically induced gait patterns, falls or balance issues, foot pain and deformities such as hammertoes. These devices can be custom made to patients to ensure proper fit and comfort. Regular visits to the podiatrist are essential if you or a loved one have been diagnosed with Parkinson's to help patients lead a healthy and active lifestyle.



## Dr. Brielle Roggow

Dr. Brielle Roggow was born and raised in Jackson, Minnesota. She attended and graduated from Minnesota State University, Mankato, with a Bachelor of Science in biology. Next, she moved to Cleveland, Ohio where she attended Kent State University of Podiatric Medicine and graduated in the top 10% of her class. Following medical school, she moved to Tampa, Florida where she completed her surgical residency with the James A. Haley Veterans Hospital.

Dr. Roggow is excited to provide exceptional foot and ankle care to Southwest Florida. Her podiatric interests include reconstructive surgery, wound care, trauma, and day-to-day podiatric care. Dr. Roggow enjoys spending her free time with her family. She is married to her husband Joshua and has a son, Jett, a daughter Josie, and two stepdaughters, Rylee and Reese. She enjoys being outdoors on the water, cooking, gardening, and riding horses.



## Dr. Jeremy Bonjorno

Dr. Jeremy Bonjorno was born in Dansville, New York. He graduated from University of South Florida with a Bachelor of Science in Biomedical Sciences. Dr. Bonjorno received a Doctorate of Podiatric Medicine from Kent State University in Ohio. He completed a three-year surgical residency at the James A. Haley Veteran's Hospital in Tampa, where he served America's veterans.

Dr. Bonjorno is a community-focused podiatrist with a commitment to high-quality patient care. His podiatric interests include diabetic foot care, wound care, bunions, hammertoes, neuromas, and plantar fasciitis. In his free time, he enjoys spending time with his friends and family in Tampa. He also likes music, cars, traveling, and cycling.



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# ADVANCED URINARY INCONTINENCE PROCEDURES

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

## There are several types of urinary incontinence:

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

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

## Sacral Neuromodulation

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

## Bulkamid—Urethral Bulking

Bulkamid is a soft, smooth hydrogel that consists of 97.5% water and 2.5% polyacrylamide. Once injected, Bulkamid provides additional volume to the urethra and acts as a scaffold for cells to grow through helping to provide long lasting relief of stress urinary incontinence symptoms. Bulkamid is noninvasive and requires to surgery, It is injected directly into the closing mechanism of the urethra. More than 70,000 patients have been treated with Bulkamid.

## What is urethral bulking?

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

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

## Short procedure

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

## No Incisions

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

## Quick recovery

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

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

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

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

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

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

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

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

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

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- Interstitial Cystitis







# Lymphedema and Functional Transformation Mobile Rehab Services

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



**Our main goal at Functional Transformation Mobile Rehab is increased mobility and decreased pain. We work closely with each of our patients to develop a program that works around a pace that is reasonable for them and aims to treat their current issues. We'll help you meet your mobility goals with our successful therapy techniques.**

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](https://www.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 Casley-Smith Australia - November 2000. Lymphology Association of America Certification - 2001. Advanced Lymphedema Therapy - Foldi Clinic - Germany - 2012. Advanced Lymphedema Management - Academy of Lymphatic Studies - February 2020 with emphasis on Head and Neck Lymphedema, Genital Lymphedema, and Wound Care. Herman & Wallace - Pelvic Floor Therapy - March 2021. Lindsey Vestal - Pelvic Floor for Occupational Therapists - September 2022.



**Kanna Shepherd, OTR/L, CLT-LANA**

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



**2201 Cantu Ct. Suite 109  
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# Using CBD to Help Manage Anxiety

**O**ccasional feelings of anxiety and panic are nothing to be alarmed about. Nearly everyone will experience these unwanted feelings at some time or another. However, when the frequency and intensity of your anxiety begin to interrupt your day-to-day life, it may be time to get help. While avoiding certain places and situations may be helpful, sometimes it is impossible. That's when having something to help calm your fears and worries can be beneficial.

Cannabidiol (CBD) is a cannabinoid from the Cannabis sativa plant. It, along with tetrahydrocannabinol (THC), has been researched extensively and has been shown to bind to cannabinoid receptors in the brain. CBD, unlike THC, does not produce a "high" and offers a variety of health benefits. Among those benefits is the treatment of anxiety.

## Benefits of CBD

CBD acts on opioid and glycine receptors in the body. These receptors are mostly found in the central and peripheral nervous systems. They regulate pain in the body. It also acts on the neurotransmitter serotonin, which helps us feel good in general. Low serotonin levels are closely associated with depression and may also cause anxiety.

*Research has shown that some of the benefits of CBD can include:*

- Reducing seizures
- Reducing inflammation
- Reducing pain
- Regulating the immune system
- Reducing anxiety



Conventional medicines generally used to treat low serotonin are called serotonin reuptake inhibitors (SSRI). Their common trade names are Zoloft and Prozac. These are only available by prescription. However, some studies have shown that instead of using SSRIs to treat anxiety, some patients may be able to manage their condition with CBD instead. (Always speak to your doctor before making any changes to prescribed medications.)

## How to use CBD for anxiety

Since CBD has not yet been given clear FDA guidance, the best way to use CBD for anxiety varies from person to person. Someone may find that a certain type and certain dosage works, while the same type and dosage has little effect on someone else. A bit of trial and error may be necessary in order to reach optimal effectiveness. (This is also true with conventional medicines too, so no need to be alarmed.)

*The following are some of the forms in which CBD is available:*

- Vapes heat CBD oil giving off an inhalable vapor.
- Flowers (dried hemp plants) can be smoked.
- Gummies are chewable and sweet like the popular candies.
- Oils and tinctures are consumed orally usually from droppers.
- Sprays can be sprayed into the mouth, usually under the tongue.
- Capsules or tablets are taken orally.
- Creams and gels are absorbed through the skin.

Again, trying different types and doses may be necessary. For example, you may find that vaping is more effective than gummies while another may find smoking to be most effective. Trying the different types will help you find what is right for you.

Usually the effects of oral CBDs, such as gummies or capsules, are felt within 30 minutes or a little more. Smoking or vaping usually has a more immediate effect.

The various forms can be used throughout the day to relieve anxiety. Some find it helpful to take them in the morning with breakfast.



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

By Craig S. Aderholdt, BSc, DC

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

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

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

## How does VAX-D work?

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



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

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

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

## Is VAX-D Right for Me?

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

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

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

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

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

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

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



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

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

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



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# 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.

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# NO DRUGS - NO PRESCRIPTIONS - NO SURGERY JUST RELIEF

By Physicians Rehabilitation

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

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

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

## Medial Branch Block for the Facet Joints

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

## Facet Joints

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



## Sacroiliac Joint dysfunction

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



855-276-5989

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

## Epidural steroid injection

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

## Radiofrequency Ablation (RFA)

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

## Physicians Rehabilitation

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

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



## When You Are At Your Wits End

**H**ave you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

*<sup>23</sup>Others went out on the sea in ships; they were merchants on the mighty waters. <sup>24</sup>They saw the works of the LORD, his wonderful deeds in the deep. <sup>25</sup>For he spoke and stirred up a tempest that lifted high the waves. <sup>26</sup>They mounted up to the heavens and went down to the depths; in their peril their courage melted away. <sup>27</sup>They reeled and staggered like drunken men; they were at their wits' end. <sup>28</sup>Then they cried out to the LORD in their trouble, and he brought them out of their distress. <sup>29</sup>He stilled the storm to a whisper; the waves of the sea were hushed. <sup>30</sup>They were glad when it grew calm, and he guided them to their desired haven. <sup>31</sup>Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men.* Psalm 107:23-31

**Can you relate to this group of sailors?** Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

There first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.



And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.

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## *In Matters of Your Heart,* **We've Got You Covered**

Heart issues can affect people of all ages and levels of health. Structural heart conditions are diseases or damage involving the heart's wall, valves or chambers. Some structural heart diseases are congenital, meaning they are present at birth, and some develop over time, either with age or injury.

For individuals who are at higher risk, the **Structural Heart Program at Manatee Memorial Hospital** offers less-invasive treatment alternatives to open surgical procedures.

The program focuses on treating your heart and vascular system, and conditions that include aortic stenosis, stroke and bleeding risk associated with atrial fibrillation, mitral stenosis and mitral valve regurgitation. The team of physicians are specially trained in echocardiography, interventional cardiology and electrophysiology, along with cardiothoracic surgeons, nurse practitioners, program navigators and coordinators and schedulers.

Our advanced therapies include:

- Transcatheter mitral valve edge-to-edge repair (TEER) for mitral regurgitation
- Transcatheter aortic valve replacement (TAVR) for symptomatic aortic stenosis
- Left Atrial Appendage Closure (LAAC) for non-valvular atrial fibrillation



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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. 231621800-630850- 3/23