

SOUTHWEST FLORIDA'S

# **Health & Wellness** MAGAZINE

December 2021

Manatee/Sarasota Edition - Monthly

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**Lolita Borges, RN**  
*Clinical Director,  
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**Steven Reichbach, MD**  
*Board-Certified Anesthesiologist  
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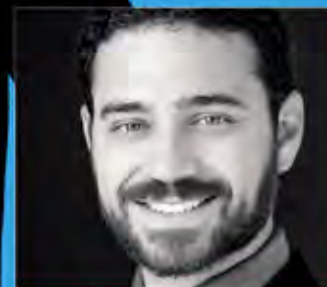
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# contents **DECEMBER**

**6** Minimally Invasive TAVR Surgery Can Resolve Life-Threatening Heart Valve Disease

**7** 5 Reasons to Avoid Knee Replacement Surgery

**8** Natural Long-Term Relief for Depression and Anxiety

**9** The Holiday Blues - For Severe Depression, Ketamine IV Therapy Has Helped Numerous Patients

**10** Neck and Back Pain Can be Devastating: Do Not Ignore Your Symptoms

**11** Holiday Tips for Vascular Health

**12** Hidradenitis Suppurativa (HS), A Challenging Skin Condition That Often Gets Misdiagnosed

**13** How Microning Works

**14** What You Really Need to Know About Probate

**15** Staying Smokefree During the Holidays

**16** Three of The Top Reasons to Consider Senior Living

**18** What is Inflation?

**20** Advanced Urinary Incontinence Procedures

**21** 3D Mammography

**22** How to Effectively Boost Immunity with Unique Therapeutics

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

**24** More Hair, More Confidence

**25** Integrative Medicine - Treating the Whole Person for Optimal Health and Healing

**26** No More "Senior Moments" Aging Without Alzheimer's

**27** Managing and Reversing Diabetes

**28** Effective & Proven Chronic Pain Relief with VAX-D®

**29** The Daily "Grind"

**30** Arthritic Knee Pain: Do You Really Need Surgery?

**30** Spiritual Wellness: It's A Wonderful Life

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## SKIP & GAIL SACK

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

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



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# Minimally Invasive TAVR Surgery Can Resolve Life-Threatening Heart Valve Disease

By Heidi Smith, Contributor

**A**ccording to the American Heart Association, more than 20% of older Americans have aortic stenosis (AS), a condition that can lead to heart failure and death. Today, advances in minimally invasive techniques and technologies allow surgeons and cardiologists to resolve the problem, without a chest incision and frequently with just an overnight hospital stay. Andrew Murray, D.O., FACC, FSCAI is an interventional and structural cardiologist who is board-certified in cardiology, interventional cardiology, nuclear cardiology, and internal medicine. He specializes in complex coronary interventions, including a minimally invasive procedure to treat AS. Dr. Murray is a member of the medical staff at ShorePoint Health Venice.

## Q. What is aortic stenosis, and what causes it?

**A.** Aortic stenosis is narrowing of the aortic valve, which pumps blood from the heart to the body. While some people have a congenital heart defect that causes AS, the condition usually is caused by calcium buildup that increases over time from wear and tear on the valve. The buildup restricts blood flow through the valve, making the heart work harder.

## Q. How dangerous is the condition?

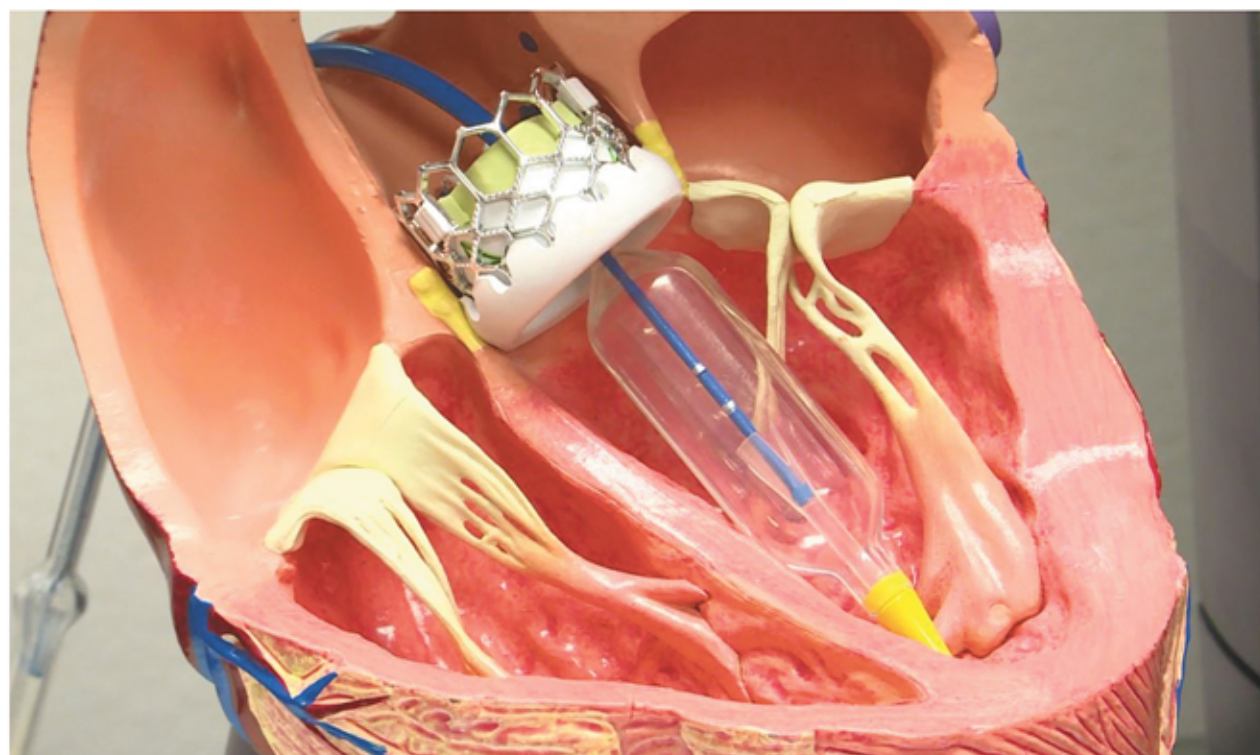
**A.** Mild cases do not require treatment, simply surveillance. However, severe cases that have progressed require timely intervention to prevent heart failure and death.

## Q. What are the symptoms of AS?

**A.** The most common warning symptoms are pain or tightness in the chest, shortness of breath, and syncope or passing out. People with AS may feel fatigued or lightheaded. Usually they cannot do the things they enjoyed only a few months prior. Their physician may also comment that they have a heart murmur or they may have been told that previously.

## Q. How do you diagnose AS?

**A.** In addition to listening to the patient's description of symptoms and conducting a physical exam, we can use a number of imaging technologies, such as an ultrasound of the heart, to diagnose AS, as well as other heart problems.



## Q. What are the treatment options?

**A.** Medical science has advanced to where we have a number of options for addressing aortic valve stenosis. Our interdisciplinary heart team at ShorePoint Health Venice performs the same procedures – from open heart to minimally invasive – that are done at the largest institutions. A traditional SAVR, or surgical valve replacement, is done by splitting the sternum, or breastbone, and putting the patient on bypass, then cutting out the old valve and sewing in a new one. A TAVR, or transcatheter aortic valve replacement, is performed by making a small hole in the femoral artery in the groin and placing a small tube in to allow us to place a wire into the beating heart. We then balloon open the old valve and use that same wire to insert the new valve over the old.

## Q. What are the benefits of TAVR compared to open heart?

**A.** TAVR is much less invasive. A small hole the size of a large pen is the only external evidence a procedure was performed. There is no need for bypass, and the procedure takes much less time. The patient can usually go home the next day and resume normal activities in about a week.

## Q. Can lifestyle choices prevent aortic stenosis?

**A.** No, unfortunately this disease is a consequence of aging for some people. The best option is careful surveillance and timely treatment. However, with current advances in treatment and therapy, we can offer a meaningful and significant improvement in quality and quantity of life for this serious condition.



**Andrew Murray, M.D.,  
FACOI, FACC, FSCAI**

*Interventional & Structural  
Cardiologist*



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# 5 Reasons to Avoid Knee Replacement Surgery

By Regenxx Tampa Bay, Regenerative Medicine

**W**e understand the growing concern surrounding the Coronavirus (COVID-19) across the communities we serve. The health and safety of our patients, physicians, and staff is our top priority. Regenxx Tampa Bay has been actively preparing its offices, physicians, and employees to address these uncertainties and prevent the transmission of COVID-19. To schedule a Telehealth call with one of our physicians, please call us at 941-254-2757 in Sarasota and 813-296-2614 in Tampa. For Gold Coast Orthopedics in Aventura, FL, please call 786-855-4800.

Knee replacements are occurring far too often today and the simple truth is that many are entirely unnecessary. In some cases, the knee pain may actually be stemming from another part of the body. Even when using standard criteria for determining candidacy, about one-third of knee replacements are deemed inappropriate when evaluated by independent researchers.

When knee pain is legitimately caused by a knee condition, many knee replacement candidates seek out effective alternatives to surgery. For those who are still considering a replacement, here are five reasons that may make you want to think twice.

## 1. Chronic Knee Pain

Relief from chronic knee pain is the main reason that most people decide to have a knee replacement. Although many people can get good relief from a knee replacement, unfortunately, for some people, surgery may come with continued or additional pain. Studies have shown that many patients still have at least mild pain after their knee replacement. Most people decrease their sporting and athletic activities within 5 years of their surgery.

Although there are many reasons why someone may continue to have pain, one explanation of chronic knee pain could be that the source of the pain was not actually a knee condition, to begin with. If the knee pain is actually caused by spinal nerves from the back, for example, then your pain will not simply go away after a knee replacement. It is essential that the root cause of the pain is discovered and is the focus of treatment.

## 2. Pseudotumors & Tissue Damage

Wear particles are microscopic pieces of metal, ceramic, or plastic that come from the joint replacement part, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in the blood, have been the subject of many class-action



lawsuits and can cause harmful metal toxicity as well as create pseudotumors, tissue damage, and even DNA injury. According to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes, psychological status changes, kidney function impairment, and thyroid dysfunction.

## 3. Device Failure Caused By Allergies

In the past few years, multiple studies have discussed that the components of knee replacement prostheses can cause allergies. Two groups of people are at a significantly higher risk of potential rejection or loosening of their device and/or toxicity from wear particles.

*1. Those with any type of allergy. Even patients with allergies to pollen or dander should think twice about knee replacement surgery. These people have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful.*

*2. Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.*

## 4. Increased Risk of Heart Attack & Stroke

Knee replacement patients aged 60 and up are about 30 times more likely to experience a heart attack or stroke in the two weeks following surgery. When you amputate a joint from a patient, there is severe trauma to the blood vessels and bone marrow space. The stress of undergoing joint removal alone may be enough to trigger a stroke or a heart attack. Additionally, there is a higher risk of blood clots that could potentially cause an embolism in the heart, lungs, or brain.

## 5. Increased Risk of Hip Fracture

A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A national Dutch study showed a 54% increased risk of hip fracture after a knee replacement among adults aged <71 years old. We are also seeing bone density loss in hips.

## Alternatives to Surgery

Although many patients have tried steroid injections to decrease pain in their knee joints, this is not the

best approach. Steroid shots kill off stem cells, cartilage cells, and increase cartilage breakdown. Even commonly used local anesthetics can be toxic to stem and cartilage cells.

Those who suffer from mild arthritis may benefit from precise injections of highly concentrated platelet-rich plasma (PRP). These natural growth factors from your own platelets can support healthy cartilage and prevent the natural breakdown over time.

The Regenxx protocols allow for the ability to produce higher quality and more individualized platelet products than the typical PRP centrifuge. Precise guided injections of your own bone marrow derived stem cells may also be a better choice to provide relief especially in those with moderate to advanced arthritis.

When considering knee replacement surgery, make sure that you research alternative options. Our website is a great place to start understanding if regenerative orthopedic medicine is right for you.

Regenxx Tampa Bay provides trusted solutions by orthopedic stem cell experts. We offer the nation's most advanced, researched, and evidence-based non-surgical stem cell and platelet treatments for injuries and arthritis.



James Leiber, D.O. | Ron Torrance II, D.O. | Ignatius Papas, D.O.



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# NATURAL LONG-TERM RELIEF FOR DEPRESSION AND ANXIETY

## How Neurofeedback Improves Brain Function and Mental Health

If you are struggling with depression and/or anxiety, you are not alone. Many studies have shown that anxiety and depression may signify brainwave imbalances, which can be corrected by retraining the brain. Neurofeedback is a non-invasive, drug-free therapy that targets imbalances in the brain by retraining it over time.

### Depression

Studies show that depression is frequently related to brainwave imbalances, and there is a specific pattern that relates to depression. These imbalances effect mood and can create negative thought patterns. An imbalance in certain brainwaves can cause you to become depressed more easily, feel hopeless, withdraw from people, and be more anxious.

### Anxiety and Panic Attacks

Anxiety symptoms can also be traced to brainwave imbalances. Studies have shown that anxiety and panic attacks can be experienced when your brain wave pattern is going too fast- which represents an imbalance in the way the brain is functioning. Neurofeedback therapy can not only bring relief to symptoms, but addresses and modifies underlying imbalances in the brain, promoting better brainwave forms that will in turn help alleviate symptoms and bring on a natural state of feeling more balanced and happier.

### How Does Neurofeedback Eliminate These Symptoms?

At *The Brain Wave Center*, we begin with a Brain Map to assess your brainwave patterns. We observe how they present in your brain and how your brain wave imbalances relate to your feelings of depression and anxiety.

Then, you will embark on a neurofeedback journey of retraining your brain. The therapy is both enjoyable and powerful. Your brain wave patterns are monitored to determine optimal function, and these are rewarded through the video that you are watching. This over time retrains the brainwaves



to stop staying in the imbalanced states and start moving towards more balanced states and healthy regulation. Your brain responds to this treatment by creating new, healthier neural connections and trimming the old pathways. Over time, the continuous use of neurofeedback can help your brain to stay in these balanced states, allowing you to think calmer, feel more positive, regulate your emotions, deal with stress, and in turn alleviate depression and anxiety symptoms.

### Recent Neurofeedback Study

*Resilient Retreat*, in Sarasota, Florida, asked The Brain Wave Center to collaborate in a study of first responders and those that have undergone abuse or emotional trauma. The study looked at numerous modalities to decrease stress and depression. The outcomes were significant. After Neurofeedback training, there was a 52.79 % decrease in depression and a 38.39% decrease in PTSD. There were also remarkable improvements in emotional responses such as feelings of self-worth and importance, emotional awareness and clarity, and an increased sense that participants mattered to others.

### A Better Brain Means a Better You!

The Brain Wave Center has helped many children and adults overcome disorders using safe, noninvasive, and drug-free relief from chronic issues including:

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# THE HOLIDAY BLUES

## For Severe Depression, Ketamine IV Therapy Has Helped Numerous Patients

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

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

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

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

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

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



### Ketamine IV Infusion Therapy

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

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

#### Reference:

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

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

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

Dr. Steven Reichbach states, "In our opinion, IV Ketamine infusions are the gold standard for patients with severe mood disorders or those suffering from chronic pain. IV ketamine provides 100% bioavailability meaning that 100% of the drug administered, gets where it needs to go (the brain). This provides easier titration and a higher likelihood for a positive response."

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



**Steven Reichbach, MD**  
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President and Founder,  
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# Neck and Back Pain Can be Devastating: Do Not Ignore Your Symptoms

**T**he agonizing and sometimes debilitating discomfort from back pain can cause us to lose out on the important things, like spending time with our families, and being productive at work. Even the simplest daily activities can require monumental strength to muster through them. The number of people with back pain in one form or another are staggering. Did you know that back pain is one of the most common reasons people seek medical care in the United States? Delays and misdiagnosis can lead to costly and inappropriate treatments. A proper diagnosis is crucial in determining the best course of treatment.

## Common Causes of Back Pain

- Muscle/soft tissue sprains/strains
- Degenerative disc disease
- Herniated discs
- Fractures
- Osteoarthritis
- Nerve impingement
- Spinal stenosis
- Scoliosis/Kyphosis

## How do you know when you need to seek treatment?

If you have ongoing, pain in your neck or back, your spine, it's imperative to have a proper evaluation by an orthopedic spine surgeon.

Experts in orthopedic care are your BEST option. The Physicians at Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine are experts in orthopedic diagnosis, treatment, and they deliver the best outcomes for their patients. Why? The training and expertise they have is unparalleled. Dr. Philip Meinhardt is the practice's spine expert. He has helped patients regain function and mobility, even with the most intricate cases.

Along with twenty-four vertebrae, the spine is also comprised of nerves and synovial fluid that acts as a shock absorber in between discs. Diagnosing and treating spine pain is complex. At Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine, patients always see a fellowship-trained physician who will lead a team to carefully evaluate the best course of treatment, custom-tailored to each patient specifically. With digital imaging and ultrasound we are able to make many diagnoses immediately at your visit.



## Non-Surgical Options

Our team of in-house physical and occupational therapists combine many years of expertise with state of the art equipment. With close communication within our practice, we ensure continuity of care and a detailed approach.

There are also a variety of injection procedures available to treat a multitude of conditions. Advanced regenerative medicine procedures, have allowed Dr. Sforzo, Dr. Dillingham, Dr. Stewart, and Dr. Meinhardt, help many patients get back in the game without steroid injections or surgical procedures.

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

## You Have a Choice

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



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

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. Additionally, Dr. Meinhardt offers the latest in biologic regenerative medicine injections and regenerative treatments helping many patients eliminate the need for surgery. Dr. Meinhardt has medical appointments and admitting privileges at many local medical facilities, including Sarasota Memorial Hospital, Doctors Hospital of Sarasota, Advanced Surgery Center, Lakewood Ranch Medical Center, IMG (Intercoastal Medical Group), Ambulatory Surgical Center, and Doctors SameDay Surgical Center.

## Patient Testimonial:

*It was my first visit on the recommendation of my personal physician regarding a back issue. The thoroughness and professionalism was truly off the charts. Dr. Philip Meinhardt took his time explain things very carefully, reviewed the MRI on my back and gave me what he felt were the best options going forward. One of the most professional and courteous environments I've ever experienced in medical care.—Daniel*



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# HOLIDAY TIPS FOR VASCULAR HEALTH

By Jeffrey Edwards, MD, RPVI

**T**he holiday season is a time to enjoy the company of family and friends, celebrate the triumphs of a passing year, and to reflect on fond memories. While it is a season filled with delicious food and festive events, the holidays can also present many challenges for those with vascular disease. Here are several tips which can ensure that you have a healthy holiday season and avoid unexpected visits with your vascular healthcare professional.

- **Remember to take your medication.** If you are traveling to visit family or loved ones, remember to pack all of your medications and stick to your schedule. If you normally take medication during mealtime, it is important to keep them with you so that you don't miss a dose. Ask your doctor if there are any foods to avoid which may impact your body's response to your medication.

- **Avoid stress.** Stress can have many impacts on both your mind and your body. Studies have shown that chronically elevated levels of stress can increase your risk for developing cardiac and vascular disease. Remember to make time for yourself, and if you find yourself feeling overwhelmed with the holiday festivities, try a healthy remedy such as exercise or meditation. Avoid unhealthy responses to stress such as drinking alcohol or smoking.

- **Make time for exercise, but don't over-exert yourself.** Walking is good for you, especially if you have peripheral artery disease. Studies have shown that participants in a structured exercise program can increase their walking distance by three to four times. If you are visiting family or friends, ask them about local parks or exercise facilities that may be available during your visit. Make plans to catch up with friends over a long walk. When you visit the market for those last-minute holiday ingredients, skip the front parking space.

- **Prevent injury!** The holiday season often means visits with children and grandchildren. While this is a wonderful time to bond with family, it can present several challenges to those with poor circulation or diabetes. Protect your feet and wear comfortable, well-padded shoes. Chronic wounds may form from only minor injuries and can increase the risk for limb loss. If you have concerns about wounds that are slow to heal, contact your vascular doctor as there are several treatment options available.



- **Maintain a healthy diet.** It's ok to enjoy holiday treats in small portions, but balance is the key to healthy eating. If your favorite family recipes call for fried foods, try a grilled or baked option instead. Similarly, if your recipes call for butter, try plant-based oils as an alternative. Avoid heavily salted or processed foods, as this can lead to fluid retention, leg swelling, and possibly heart failure. Finally, when at parties and family events, fill your plate first with healthy options such as fruits and vegetables. Limit yourself to small portions of fatty foods and sweets.

- **Don't over indulge.** Holiday parties offer plenty of alcohol, but please enjoy responsibly. Studies have shown that hospital admissions for stroke and heart conditions increase during the holiday season. Furthermore, over-indulgence may contribute to dehydration, missed medication doses, and injuries. This can lead to devastating consequences for patients with chronic cardiovascular conditions.

- **Set a goal for the new year!** Take the opportunity to identify a goal for yourself. Whether it is to lose weight, quit smoking, or exercise more – each can have a profound impact on your physical and mental well-being to ensure that you enjoy many holidays to come. Talk to your vascular healthcare professional about available resources that can help you achieve your goal. Many employers and insurance providers offer incentives to quit smoking. Your local hospital, community center, or fitness facility likely offers a variety of exercise classes which can be a great opportunity to meet others with similar goals.

- **Travel smart.** If you have venous disease such as deep vein thrombosis or varicose veins, ask your vascular doctor what you can do to reduce your risk of travel-related thrombosis. If you take a blood thinner, it is important not to miss a dose, particularly on travel days. In addition, you may benefit from using compression therapy while traveling to reduce your risk of forming blood clots.

Regardless of your holiday plans, remember to enjoy yourself, and keep these tips in mind to avoid an unexpected doctor's visit.

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# Hidradenitis Suppurativa (HS), A Challenging Skin Condition That Often Gets Misdiagnosed

**H**idradenitis suppurativa (HS) is an inflammatory skin disease that progressively causes a rash under the skin that is made up of lumps which are fluid-filled sacs (similar to boils). The bumps are a result of blocked hair follicles that harbor bacteria leading to inflammation and a stinging rash. The bumps are painful and often break open, which cause drainage, pus, and abscesses. HS is debilitating for patients due to the pain and irritation. HS also causes scarring, and in some severe cases, disfigurement.

## Causes

Hidradenitis suppurativa can affect any area of the body, but typically is found in areas the rub together causing friction, such as the armpits, groin, and inner thighs. Although there is no known cause, specialists purport that it is associated with genetic changes, hormonal imbalances, and a family history.

## Misdiagnosis

Symptoms of hidradenitis suppurativa usually begin earlier in life (teens and twenties), and it affects females more than males. As with any illness, early diagnosis is best and provides the best outcomes for the patient. However, HS is a challenging skin disorder that often goes undiagnosed or misdiagnosed. This common misdiagnosis frequently puts patients at greater risk of disease progression and becoming more difficult to treat.

## Treatment

Cases of HS range from mild to severe. Mild cases can usually be controlled with medications and topical treatment. Medications can be administered orally or by injection; these include steroids, pain relievers, and antibiotics. For those with moderate to severe HS, surgery may be optimal. Surgery can include excisions and skin grafting and requires a specialist familiar with the disease state and able to make grafts with minimal to no scarring.

## Harib Ezaldein, MD Specializes in HS

Dr. Harib Ezaldein of Luminary Dermatology specializes in an intricate procedure to treat severe cases of HS, which requires surgery to remove the scars, lumps, and abnormalities. Dr. Ezaldein is a board-certified dermatologist and fellowship-trained Mohs surgeon who specializes in skin cancer surgery, reconstruction, hidradenitis suppurativa, and complex medical dermatology.



Dr. Ezaldein explained, "This is a very rewarding condition to treat due to its chronic and unrelenting clinical course. Unfortunately, awareness of this condition is relatively low, and many patients try several unsuccessful medical and immunosuppressive regimens before considering surgery. An earlier chance to cut is a greater chance to cure, in my opinion."

## Lifestyle Changes Can Help

In addition to medications and surgery, patients may find it beneficial to wear loose clothing that is breathable such as cotton or linen. They should also avoid humidity. If individuals smoke, stopping smoking can help relieve the irritation and outbreaks. Getting hormone levels checked and treated is also helpful.

## Luminary Dermatology

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).

## Harib Ezaldein, MD



Harib Ezaldein, MD is a Board-Certified Dermatologist and Fellowship-Trained Mohs Micrographic Surgeon.

Dr. Ezaldein studied engineering and economics as an undergraduate at Yale University, where he also completed medical school. As a medical student, his research was funded by the Howard Hughes Medical Institute to develop cellular immunotherapy and a melanoma cancer vaccine.

After graduating, he moved to Seattle to pursue training at the University of Washington, with a heavy concentration on plastics and burn surgery. He completed his dermatology residency in Cleveland, Ohio at Case Western Reserve University, where he served as chief resident of academic research.

After residency, he moved to Los Angeles to train with Dr. Richard Bennett, the internationally recognized and renowned Mohs surgeon. This rigorous apprenticeship provided abundant experience with high-risk tumors such as melanoma, complex facial reconstruction, hidradenitis suppurativa surgeries, and traditional principles of surgical practice.

With over 80 scientific publications, Dr. Ezaldein has an interest in dermatology research and mentoring medical students. He is particularly interested in collaborations and conducting clinical trials for innovative and meaningful therapies.



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# HOW MICRONEEDLING WORKS

**S**kinPen by Crown Aesthetics is the first FDA-cleared microneedling device on the market and is clinically proven to improve the appearance of wrinkles of the neck and acne scars in patients ages 22 and older. In as few as three minimally invasive treatments spaced 30 days apart, you can improve your appearance and step out with confidence.

How does microneedling work? It creates thousands of microchannels that stimulate your body's natural wound healing process, while minimizing cellular damage. This rejuvenates your skin from the inside out. The result is effective remodeling of scar tissue, while keeping the overall structure of the skin intact.<sup>1</sup>

## There are three phases to the wound-repair process:

- **Phase I: Inflammation.** Piercing the skin triggers your immune system to cleanse the wound, remove debris, increase blood flow and begin to create new tissue.
- **Phase II: Proliferation.** The wound is rebuilt with new granulation cells, which are part of the extracellular matrix. Additionally, a new network of blood vessels develops.
- **Phase III: Remodeling.** The wound is replaced with new dermal tissues and blood vessels.

Best of all, SkinPen works. Ninety percent of subjects in the clinical trial would recommend the procedure to family and friends.<sup>2</sup>

## Benefits of SkinPen

- **Little Downtime:** It is a perfect treatment for patients with a busy schedule.
- **Natural Recovery:** SkinPen's mechanical process is versatile and usable year-round.
- **Safe for all Skin Types:** Clinically proven effective on all skin types, Fitzpatrick 1 – 6.
- **Safe and Sound:** The First FDA-cleared microneedling device on the market
- **Comfortable:** A light numbing cream may be used to minimize discomfort



## Will microneedling work for me?

Unlike most alternatives, SkinPen has been clinically shown to be effective for women and men with skin ranging from skin-types light to very dark. Likewise, SkinPen's mechanical process is less abrasive than harsh peels. In addition, when you properly space treatments that are overseen by a physician, the procedures can be administered year-round.

Call to schedule with a licensed professional today! There's minimal downtime and pain-free!

Wellness and aesthetic procedures are a great way to boost your confidence, mood, and satisfaction. And who of us doesn't need more of that right now?



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- Glycolic Peel
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# THE PROBATE GROUP: WHAT YOU REALLY NEED TO KNOW ABOUT PROBATE

**D**id someone you know recently pass away and they left you in charge of their estate? Now what? The situation may seem intimidating or impossible, but the truth is, with the right guidance, it's a manageable process.

## What is the Probate Process?

The probate process allows you, the personal representative, to step into the shoes of the deceased. It gives you the power to access bank accounts, pay their bills, sell personal and real property, and distribute the proceeds to the heirs. The estate planning industry makes probate sound expensive and complex in order to market their "probate avoidance solutions" products. Probate doesn't have to be expensive or complex.

Despite what you may have heard, the reality is that probate is simply a process. It is a linear sequence of tasks that must be completed in order to transfer property of someone who has died and settle their affairs. This sequence of events will vary depending on the situation and its complexity. However, it's just a process, and The Probate Group can help you get through it.

## The Probate Group is a Coaching Platform to Help You Efficiently Navigate the Process.

The Probate Group operates a unique coaching model designed to get you through the process with the right resources and support tailored to your situation. If your situation is basic, we may be able to guide you through the simple paperwork to settle the estate. If you prefer, we can provide someone to take care of the paperwork for you.

## Probate Levels Can Vary in Complexity.

At the most basic level, your situation may only need a few affidavits to transfer a vehicle or a small bank account. Floridians with an estate of less than \$75,000 (not including the homestead) may qualify for a "summary administration" which mostly consists of paperwork and no court appearance is necessary. A formal probate is administered for larger more complex estates. Florida requires the representation of an attorney in formal probate matters.



If your probate needs the attention of an attorney, we can put you in front of a lawyer with the proper level of expertise and experience specific to your needs. Regardless of which level of service you choose, The Probate Group will guide you through the entire process, from helping you to understand the process, to gathering the correct information, through your appointment as Personal Representative, the distribution of assets and the closure of the estate. The Probate Group has relationships with attorneys of various levels of expertise throughout the state, all of whom are independent practitioners.

In addition, the Probate Group has relationships with other professionals who have experience dealing with the probate process such as realtors, accountants and companies that conduct estate

sales. This helps to keep the process moving and eliminates some of the stress and delays of dealing with organizations and professionals not familiar with the probate process.

## Get Started Today.

Don't wait! Contact us for a free phone consultation. Let us help you figure out your best next steps. The sooner you have a plan of action, the sooner you will be on your way to settling the estate. Simply call us at (941) 218-6271 or visit our website at [probateprocessmadesimple.com](http://probateprocessmadesimple.com)

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# Staying Smokefree During the Holidays



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

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

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

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

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

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

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

#### References:

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

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# Three of The Top Reasons to Consider Senior Living

## #1 The Housing Market & Maintenance-Free Living

If you're a senior that's contemplating senior living options, now is a great time to make a move. With real estate listings skyrocketing, limited inventory, and out-of-towners clamoring to move to the sunshine state, if you're considering selling your home and moving into a senior community with independent living and luxurious amenities, schedule a tour of Freedom Village of Bradenton. You'll discover the retirement lifestyle that allows you to socialize, stay active, and enjoy your senior years without the worries of home upkeep and yard work. At Freedom Village of Bradenton, residents enjoy a maintenance-free lifestyle in a great location that's close to the beach, medical care, hospitals, shopping, and restaurants.

### Amenities:

- Private dining room for family gatherings
- Walking paths
- Business Center with computers and internet access
- Wi-Fi throughout common areas
- Guest suites
- Clinic
- On-campus postal services
- On-campus chapel
- Restaurant-style, chef-prepared meals
- Café/Bistro
- On-campus, full-service beauty and barber shop
- Indoor heated pool
- Fully equipped Fitness Center
- Wellness Center
- Fitness and Wellness programs
- Many wonderful places to gather, including our courtyard and gardens, Library, Game Room, Pub/Sports Bar, meeting rooms, fireside living room
- Located minutes away from several of the most beautiful beaches in the U.S.

## #2 You or Your Loved One Needs Assistance With Daily Living

Research shows seniors who stay active and social experience better health, a greater sense of well-being, and may recover from illness more quickly. Many assisted living communities have medical needs, but two of the main emphasis of assisted living are socializing and staying active.

If needed, assisted living residents can benefit from help with daily living activities such as bathing, dressing, grooming, personal hygiene, medication reminders, and meals. Residents can also maintain their independence with Freedom Villages' transportation services for shopping and outings. Laundry and housekeeping services are also provided.

## #3 A Safe Place For a Loved One With Memory Issues

Memory care residences at Freedom Village of Bradenton provide the safety, security, professionals and programs to help preserve the things that bring meaning and order to your loved one's life. Making this transition can be a difficult one for your family; however, at Freedom Village of Bradenton, you can feel good about your decision. Because each day their mission to enrich the lives of residents with Alzheimer's disease and other related dementias by creating success stories and celebrating the abilities that remain. And because Freedom Village is a life care community, residents can seamlessly transition from another level of care to memory care.

### Your Options

Freedom Village is committed to enriching the lives of each resident by providing personalized care, welcoming living spaces, remarkable amenities, and customized services within the phases of living arrangements that many senior communities fail to offer. We are a CCRC, (Continuing Care Retirement Community), that offers independent living, assisted living, and memory care and skilled nursing.

### Independent Living at Freedom Village of Bradenton

At Freedom Village, our independent living is for seniors who are able to live on their own and desire the conveniences of life that provide top-of-the-line amenities and services, such as social activities, chef-inspired dining, transportation, and security within a community that feels like family. Independent Living is where many individuals and couples begin their journey, and if they ever need to transition into the higher level care, it is conveniently located within the same comfortable and family-oriented community.

Freedom Village's senior living commitment and expertise are to help residents thrive in a vibrant environment through socialization, personalized care, comfortable and inviting living spaces, numerous amenities, and incomparable services for the aging population.

You'll experience maintenance-free living as part of a lovely, secure community. Stay close to friends and enjoy a host of social, recreational, spiritual, and educational activities. Our staff will ensure the movers place everything in the correct area and leave everything else in your capable hands.

You'll feel right at home as we strive to give you a warm welcome, including introducing all of our staff members, encouraging visits from other residents, inviting you to social events, and more. Your family and friends are always welcome and will quickly become a part of the community as well.

*As a CCRC, Freedom Village of Bradenton offers multiple phases of living for your specific needs, which include Independent Living, Assisted Living, Memory Care and Skilled Nursing.*

At Freedom Village of Bradenton, they are committed to doing everything they can to make their senior living community the best it can be. That is why they are excited to announce that Freedom Village's management team will now be working with Life Care Services®, an LCS® Company\*, the nationwide leader in senior living that provides management support to over 140 communities across the country. It is the same strong Freedom Village team with even better resources for a vibrant, active community! Freedom Village of Bradenton has been part of the Bradenton, Florida, community for over 30 years.

***Your Life, Your Way, Every Day—Contact Freedom Village of Bradenton Today to Find Out More at 941-798-8122 or visit [fvbradenton.com](http://fvbradenton.com).***



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**Featured Article**

**"The Other Side of Parkinson's Disease"**

By Warren A. G. M.D. - Medical Director  
Parkinson's Disease Treatment Center of St. Johns

Parkinson's disease (PD) is traditionally recognized by the motor signs that usually bring the patient to the physician for medical evaluation. Tremor, rigidity, slowness of movement and changes in their gait pattern, as well as other signs with balance problems. These problems are due to:

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# What is INFLATION?

By Carl Engelking

In 2021, a popular dollar store chain announced it would begin selling a broader selection of items for more than a dollar.

You can blame inflation for that.

Inflation, quite simply, describes the pace of price increases for the goods and services we purchase every day. In the United States, prices have on average risen 2.2 percent annually since 1988, when Federal Reserve Chairman Paul Volker made it his mission to root inflation from the economy. Since World War II, there have been just five periods when inflation exceeded 5 percent annually for an extended time.

Few people *want* to pay more for the exact same items from one year to the next, which is why inflation tends to be a financial boogeyman. But inflation's rep has, perhaps, been maligned. Like most things in life, a little inflation can be a good thing — it's a sign of a healthy economy. If you own a home, who doesn't like to see its value increase over time? However, too much inflation (or none of it at all) can be unhealthy.

But why do prices tend to rise over time in the first place?

## What causes inflation?

There are two broad forces that drive prices higher:

### Demand-pull inflation

This occurs when demand for goods far exceeds the capacity to produce them, which was the case during the post-WWII inflationary period. On a micro-scale, demand-pull inflation occurs every year during the Super Bowl. Ticket prices and the price paid for commercials jump to exorbitant levels because so many people want to go to the game or advertise during it, but there simply aren't enough seats or commercial breaks to accommodate everyone. Still, there are enough people who will pay \$4,000 or more (the cheapest Super Bowl ticket in 2021) to fill every seat, or \$5.6 million for a 30-second commercial.



Thought of another way, demand-pull inflation occurs when there's too many dollars chasing a limited number of goods (seats in a stadium or limited commercial breaks). Rapidly increasing the money supply in the economy tends to fuel demand-pull inflation as there are more dollars chasing a finite amount of goods and services.

### Cost-push inflation

This occurs when input costs rise and are then passed down to consumers, which was largely the case during the oil shocks of the 1970s. Higher labor costs or a spike in oil prices and other raw materials can trigger cost-push inflation. These days, a shortage of truck drivers and rising oil prices have made labor and fuel more expensive for companies that move food and other products around the world, for example. Ultimately, those added input costs for businesses are passed onto consumers in the form of higher prices, because most physical items we buy require labor and energy to get to your home.

At any given moment, both dynamics could be playing out to various degrees in different sectors of the economy. We've been seeing that happen through much of 2021. Supply chain logjams and labor shortages have limited the supply of goods and services amid a massive wave of demand (demand-pull inflation) from a "return to normal" following the lifting of large-scale COVID-19 restrictions implemented in 2020. At the same time, supply chain logjams and rising material costs (cost-push inflation) have also lifted prices.

### Our own inflation expectations

Interestingly, if consumers and businesses believe inflation is going to accelerate, that can reflexively drive real inflation higher. If you're in the market for a new car and expect prices to rise 5 percent or more next year, you'll probably want to purchase a car sooner than later. Now, expand that to millions of other people in the market for a car. If consumers widely believe cars will be more expensive next year, fewer people will want to delay that purchase. In that scenario, we may end up with demand-pull inflation as current demand for cars (people who want to buy before prices rise) and exceeds supply as consumers rush en masse to buy before prices rise. Of course, there are countless factors that can impact price, but expectations for inflation are certainly a component. That's why the Fed works hard to anchor inflation expectations with regular forecasts and inflation targets (currently, the Fed is targeting 2 percent average inflation).

### How is inflation measured?

How we measure inflation isn't without debate, but the U.S. Bureau of Labor Statistics accomplishes it by tracking a common basket of goods purchased by an "urban consumer". That includes utilities, medical care, shelter, fuel and food. Core CPI, for example, strips out more volatile components, such as fuel, to reveal a longer-term mean for price increases. It's measured similarly in other nations around the world.

The Federal Reserve's preferred metric is so-called Core PCE (or core personal consumption expenditures). Core PCE tends to be less volatile than Core CPI, but both capture the underlying trend in prices.

Controversy arises in whether the basket of goods truly reflects consumer tastes and may over- or under-estimate actual price increases. There are also indexes that track the prices producers and businesses pay for labor, which is a leading indicator of prices consumers will likely pay.



### Inflation: The good

Moderate inflation is a reflection of a healthy economy. Sure, we're paying more for things, but those prices reflect higher levels of consumption, rising wages for workers and higher levels of investment in businesses. Prices rise because there's healthy demand for goods and services, and that in turn spurs investments in productivity and labor, which reflexively spurs more demand.

Inflation also encourages borrowing and lending. For borrowers, inflation allows them to pay back their loans over time with dollars that are less valuable than when they took out the loan in the past. On a massive scale, inflation makes it easier for the U.S. government to pay back its debts.

### Inflation: The ugly

Of course, inflation has an ugly side. If prices are rising too rapidly, that can be a sign of an unhealthy economy. Inflation is a big concern for retirees who are no longer getting pay raises that can keep pace with CPI or PCE. If inflation rises 8 percent (very high) in one year, and a person's retirement portfolio only grows 4 percent, their nest egg effectively shrunk 4 percent (not even factoring in spending). That's why a good retirement plan will build in measures to account for rising prices.

Rapid inflation may also be a sign that an economy has maximized its output and literally cannot produce enough goods and services to satisfy demand.

Deflation, the opposite of rising prices, is also detrimental to an economy. As prices fall, it reduces the margins businesses can collect on inventories, for example. If margins compress enough, some businesses may no longer be profitable and either cut costs or go under (imagine selling something for \$5 that cost \$6 to make). Deflation also makes it more difficult for the government to pay back debt, because less revenues are generated from the goods and services produced in the economy (you now have \$0.95 to pay back every \$1 of debt).

### How inflation is kept in check

There are two primary forces that keep inflation within a "Goldilocks" zone.

### Productivity enhancements

When businesses can produce goods faster and more efficiently, they can satiate demand without having to raise prices. The difference between demand and the economy's productive capacity is known as the output gap. When there's a large gap, that means there's plenty of excess capacity



in the economy to meet demand. When that gap closes, that's a signal demand has outstripped the economy's ability to meet demand and prices rise.

### Interest rates

The Federal Reserve can also apply downward pressure on prices by raising interest rates. Raising rates makes it more costly to borrow, so demand for loans declines. In effect, fewer dollars flow through the economy because fewer businesses and consumers are taking on debt to purchase equipment or products. Fewer dollars in the economy can, in turn, slow demand and ultimately moderate prices.

### Accounting for inflation in your plan

Now, this summary is a very top-level, simplified view of inflation. The economy is complex. The U.S. government, for example, put artificial price controls on products and services during WWII and the Korean War, which affected supply and demand dynamics. There's also no guarantee raising interest rates or other policy measures will successfully tame inflation.

Regardless, inflation is certainly worth accounting for in your financial plan. If inflation headlines have you thinking about your future, a financial representative can help you build inflation-fighting strategies into your long-term plan.

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# ADVANCED URINARY INCONTINENCE PROCEDURES

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

## There are several types of urinary incontinence:

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

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

## Sacral Neuromodulation

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

## Bulkamid—Urethral Bulking

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



## What is urethral bulking?

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

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

## Short procedure

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

## No Incisions

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

## Quick recovery

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

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.

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

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

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

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

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

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

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

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# 3D MAMMOGRAPHY

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

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

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

## What is 3D Mammography?

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

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

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

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

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



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

## What are the benefits?

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

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

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

## How long will it take?

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

## How much radiation will I be exposed to?

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

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

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

## Why is RAVE Radiology offering 3D Mammography?

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

## How can I schedule an appointment for 3D Mammography?

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



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

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# HOW TO EFFECTIVELY BOOST IMMUNITY WITH UNIQUE THERAPEUTICS

It's that time of year, where we're all a little more run down due to extra activities and stress. If you're looking for a way to boost your immune system to stave off the flu, COVID or other conditions, they are some exciting ways to maintain wellness, as well as boost immunity.

If you've had COVID, or another illness, or if you have issues with motor coordination, breathing and difficulty walking, these unconventional methods can work well for numerous individuals. Many of these devices are used in functional medicine offices and have been trusted for decades in Europe and the US.

## Exclusive Shape's Comprehensive Sessions Support Therapies

### Body Roll Stimulator

Without the need to exercise in the classic form, we can stimulate the muscles as well as the lymphatic and circulatory system in a very effective way. 45 minutes of rolling fifteen parts of the body causes a strong blood supply to the body and oxygenates the cells. This is very beneficial for people who have had Covid and have difficulty walking.

### Vacu Treadmill

This machine significantly improves motor performance and activates the circulatory system. When walking in the capsule, air under pressure is created, which results in better blood supply to the skin and the excretion of toxins to the outside. Infrared lamps warm up cells for better metabolism and burning calories. This 15 to 30-minute walk supports the immune system to defend the body effectively.

### Vibration Platform

The Vibration Platform is used with exercises that stimulate the coordination of the neuromuscular system. During vibrations of various frequencies, we stimulate the circulatory system to full blood circulation. Additionally, the micro-tension of the articular ligaments strengthens the joints. There is also an increased stimulation of the labyrinth by vibrating the whole body and maintaining balance. An important benefit is the stimulation of the digestive system and improved intestinal peristalsis thanks to dynamic shocks.



### PEMF

Specially designed electromagnetic impulses, called Pulsed Electro-Magnetic Field therapy (PEMF) are vital for the cells ability to produce more energy and to maintain or regenerate to a healthy state. PEMF can actually help to restore and repair damaged cells. The "BEMER" device, which activates the movement of veins and capillaries by means of magneto-electric waves, increases blood flow, removes toxins, repairs cells, and more. It has been used for over 20 years and is FDA approved.

### Alkaline Water

A full wellness session for people with post-Covid problems is supplemented by consuming a few glasses of active alkaline water straight from the ionizer. Ionized water contains a high electric potential of -800 mV, so the electrons of oxygen and active hydrogen act as antioxidants that reduce free radicals and strengthen the immune system. Additionally, a high level of Ph alkalizes cells and deacidifies muscles. The micromolecular structure

of ionized water dissolves acid deposits and toxins in the intestines. But the most important thing is to thin the blood and disintegrate red blood cells, which affects the faster and effective delivery of oxygen to the muscle cells.

**If you are ready to change the way you look and feel, contact Exclusive Shape, or stop by to check out our state of the art, modern studio in Sarasota.**

### ABOUT ROBERT STAFECKI, CO-OWNER

My interests stem from my studies and active sports background. I graduated from the University of Physical Education in Warsaw. I can see now how useful the classes in anatomy, biology, physiology, biochemistry, psychology, pedagogy was for me to understand the issues related to the therapeutic effects of active ionized water. I am a consultant in this field and for the last 8 years, I have had real examples of improving the health of my clients. I educate and help people who are open to knowledge and persistent in their pursuit of success. Last year I received an offer to represent the Polish company on the American market. Innovative devices of this company for biological regeneration, massage and fitness interested me so much that this year, together with two partners, we opened the company Exclusive Shape LLC.

We have opened a wellness studio with Show Room in Sarasota, in November we will open a studio in Chicago. Currently, we offer an extraordinary package of health services in our studio. We offer active alkaline water for drinking, mechanical stimulation of the lymphatic and muscular system using the Roll Massage device as well as magneto-electric stimulation of the circulatory system with the Bemer technology. The combination of these elements strengthens the immune system, increases cell energy, lowers body weight, reduces body fat, and significantly reduces cellulite.

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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

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- ✓ 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/>

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# MORE HAIR, MORE CONFIDENCE

By Ian M. Kahane, MD & Mark P. Baker, MD

**W**hen we look good, we feel good. When you look in the mirror, is your reflection telling you that you are experiencing hair loss or hair thinning? Feeling more confident allows us more success professionally, in family life, and interpersonal relationships. One of the biggest sources of confidence loss is lack of hair. In 2019, approximately 700,000 people worldwide underwent a hair transplant in order to regain confidence and regain control of their lives. This reflects about a 15% increase since 2016.

Presently, both men and women frequently get hair transplants. The majority of hair transplantation, approximately 87%, remains among men looking to treat that receding hairline or vertex balding. The most common type of male pattern baldness is referred to as androgenic alopecia, also known as male pattern baldness. Loss of hair can negatively affect a person's confidence level and trigger other insecurities. Hair is vital to frame the face and hair loss alters the proportions of facial features.

The primary causes of hair loss are age, hormonal changes, genetics, and stress. Although true for both men and women, dihydrotestosterone (DHT) and testosterone levels play a major role in male pattern hair loss. Testosterone is converted to DHT in males. Then, the DHT binds to the hair follicle receptor which, over time puts the hair follicle in a dormant phase and ultimately stops growing. Luckily not all areas of the scalp are equally susceptible to DHT. The sides and the back of the scalp hair follicles are DHT resistant which allows for successful harvesting.

Unlike the old days, today's hair transplants leave little or no scars and are minimally invasive. Newer technologies have erupted in the past few years that make the hair transplantation process easy, affordable, and more natural appearing. Compared to former procedures which had high failure rates, bleeding, an unpleasant aesthetic appearance, today's patient does not experience that. Nowadays, in a matter of hours, a patient can have thousands of hair follicles extracted and replanted to achieve more natural looking hair.



This renown type of hair restoration and the most popular, called FUE, or Follicular Unit Extraction, allows the movement of individual hair follicles from one region to another. Micropunches are used to extract single hair follicles, which are then sorted and replanted in a target area. The procedure is very safe and usually accomplished in between 4-10 hrs as an outpatient procedure. This process yields no undesirable linear scarring with minimal or no discomfort. Recovery time is considerably reduced with most patients going back to work the very next day. Results are noticeable as soon as 3-4 months with ultimate expected goals usually visible between 6-12 months.



At Complete Care Aesthetics, **Mark P. Baker M.D.** a Hair Restoration physician, has personally undergone an FUE procedure and can attest to his achievements being truly life changing. During his mid 20s, he started noticing the beginnings of hair loss. He tried topical creams and serums with no real benefit, and different hair styles to camouflage the hair loss. Dr. Baker felt his confidence level plummet. At a time in a young man's life when we should feel the most confident personally and professionally, Dr. Baker felt neither. After spending countless hours researching different types of hair transplant methods, he decided to have an FUE procedure. Two years later, his only regret is that he did not have a hair transplant sooner. To Dr. Baker, hair restoration could not be more personal.

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Internal Medicine doctors are happy treating simple sore throats and completing physicals for work or school, but they are also equipped to handle complex cases from heart disease to complicated autoimmune diseases.



**Ian M. Kahane, MD MBA**

Dr Kahane has wanted to become a physician since the age of 3. Very few children complete grade school, middle school, high school and beyond with a singular career vision in mind. However, Dr. Kahane never wavered from his dream to become a physician.

From kindergarten straight through to medical school, Dr. Kahane never took any time off to achieve his dream. He completed his medical school at Ross University School of Medicine in 2015 and became an established member of the Bradenton community by becoming a part of the first ever residency class at Blake Medical Center.

While there he served 1 year as Chief Internal Medicine resident. He is proficient in complex patient care, autoimmune diseases, and everyday medical concerns. Dr. Kahane is fluent in both English and Spanish and is excited to join the Complete Care team.

In his spare time Dr Kahane enjoys the beach, water sports, politics, watching football, and spending time with his dog.



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# Integrative Medicine

## Treating the Whole Person for Optimal Health and Healing

By Gerry Letendre, RPh, MBA, CHt

**D**r. Kinga Porter, owner of Whole Health clinic, believes everything is a spectrum in medicine, starting with prevention, then involving supplements and diet and ending with medication, if needed.

As a native of Poland, Dr. Porter has been familiar with integrative medicine, which combines alternative and conventional medical treatments and practices, her entire life. She says this holistic approach to healthcare is more popular in her home country than it is here in the United States. Dr. Porter's training and education included studying under a mentor who practices integrative medicine as well as learning from celebrity doctor Dr. Andrew Weil.

In addition to working with patients at her clinic, she works as a hospitalist at Lakewood Ranch Medical Center, where she practices acute medicine.

She ideally wants to keep her patients out of the hospital and off medication as much as possible. "A lot of chronic disorders can be treated and prevented naturally," she says.

For instance, type 2 diabetes, depending on the patient's blood sugar level, is preventable. She puts at-risk patients on special diets and she hopes that any medication is temporary. "My goal for everybody is to take as few pills as possible," Dr. Porter says.



She often prescribes exercise and healthy eating habits as ways to avoid acute conditions like heart attacks and strokes.

Dr. Porter says she doesn't have a "typical" patient. They run the gamut from professional athletes to a 100-year-old post-stroke woman with diabetes. However, all her patients have become frustrated by Western medicine. A lot of them tell her that conventional methods haven't been making them feel better and they want to feel better.

"Patients don't just want to prevent disease," she says. "They also want to improve their quality of life and feel really good."

When she does need to prescribe medications for her patients, she frequently turns to compounding pharmacies for everything from hormones to intense inflammatories. "I use compounded medications for a lot of different reasons," she says. These could be because the dosage or delivery method of the standard medications aren't right for the patient or access to medications are not commercially available. Also, with compounding, we can combine various compatible medications into a single dosage form eliminating the need for multiple prescriptions.

For example, she compounds medications into topical treatments for her dementia patients so they don't have to swallow any pills. Dr. Porter also likes to work with compounded pharmacies to make hormones and vaginal creams purer and gentler.

"There are a lot of tricks we can use in medicine by being a little creative," she says. "We recognize that each of our patients is unique. We ensure that our treatments are tailored according to your individual needs."



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# NO MORE "SENIOR MOMENTS"

## AGING WITHOUT ALZHEIMER'S

By Dr. Garland Glenn

**Y**ou've heard it before: "Grandma's lost her keys again," or, "I can't seem to remember names like I used to," or, "It's just a Senior Moment."

While *common* with aging "Senior Moments" are NOT a normal part of aging.

Symptoms of Alzheimer's and dementia are often attributed to "normal aging," so nobody pays them much attention. This is a dangerous misconception because these changes reflect abnormal degeneration of brain cells.

Commonly mistaken for each other, Alzheimer's and dementia are related, but not the same thing.

### How do Alzheimer's and Dementia differ?

**Dementia** is not a specific disease - it's an umbrella term for symptoms which indicate advanced degeneration of the brain. Many dementias are progressive, meaning symptoms start out slowly and gradually worsen. Caught early enough, it may be possible to slow, stop, and even reverse the progression before it's too late.

**Alzheimer's disease** is a *specific form of dementia* that affects distinct parts of the brain that control thought, memory, and language. It is the most common form of dementia, responsible for 50 to 80 percent of dementia cases.

A major cause of all forms of dementia, including Alzheimer's, is **inflammation**. Lifestyle factors including physical trauma, diet, exercise, diabetes, gut troubles, and toxins are the major causes of inflammation.

Most of us have known someone who slowly and sadly drifted into cognitive decline, eventually spending the rest of their life in a memory care unit.

But what if I told you, it is preventable? And in the future, what if that means someone you love, or even YOU can age without Alzheimer's!



**How do you know if you have brain inflammation?**  
When you sprain an ankle, you know something is wrong because of the pain, redness and swelling. But an inflamed brain doesn't hurt.

Instead, brain inflammation causes fatigue, foggy thinking, forgetfulness, lack of motivation, and depression. People don't realize these are symptoms of poor brain health.

Inflammation destroys the brain, accelerates brain aging, and raises the risk of Alzheimer's, dementia, Parkinson's, and other brain degenerative diseases. Brain inflammation can even lead to psychiatric mood disorders and depression.

### Do you suffer from the following symptoms of brain inflammation?

- Perpetual mental or brain fog
- Trouble concentrating or remembering things
- Life always seems difficult and tiring
- Depression
- Fatigue
- Lack of motivation
- Constipation
- Loss of sense of smell

If so, you may have brain inflammation.

### Causes of brain inflammation:

- Blood sugar imbalances (hypoglycemia, insulin resistance, or diabetes)
- Hypothyroidism
- Gut infections
- Heavy metals and other environmental toxins
- Stress and lack of sleep
- Head injuries or stroke

**Functional Medicine has the answers!**

*According to The Institute for Functional Medicine: "Functional Medicine is a systems biology-based approach that focuses on identifying and addressing the root cause of disease. The functional medicine model is an individualized, patient-centered, science-based approach that empowers patients and practitioners to work together to address the underlying causes of disease and promote optimal wellness. It requires a detailed understanding of each patient's genetic, biochemical, and lifestyle factors and leverages that data to direct personalized treatment plans that lead to improved patient outcomes."*

As a Functional Neurologist for over 25 years, I am experienced in identifying the root causes of Alzheimer's and Dementia, formulating an individualized treatment protocol, and reversing the symptoms of Alzheimer's and Cognitive Decline.

Taking action can mean the difference between maintaining a healthy, functional brain into your "golden years," or aging into disability.

Being one of only five clinics in the state of Florida certified to use IntellxxDNA, we are now able to use each patient's genetics to personalize their care to a degree unthought of just a year ago.

At The Carroll Institute, we have developed the most comprehensive protocols for addressing these conditions.

If you or a loved one is experiencing memory difficulties or problems with cognition, please don't ignore it.

Please call us at **941-350-7722** to schedule a Discovery Phone call with one of our certified Brain Health Coaches and find out how we can help you. You can also visit us online at The Carroll Institute.

It's time to take control of your brain health and "Age Without Alzheimer's."



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*restoring brain health*

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# Managing and Reversing Diabetes

Denise A. Pancyrz - Diabetes Reversal & Holistic Lifestyle Coach, Speaker, Author

**D**iabetic medications work to lower blood sugar levels, but did you know that over time, they stop working, and the dose will continuously need to be increased. The worst part is these drugs are not making you better, and they are not curing diabetes. They are simply masking your problem. While these drugs may be essential in the beginning diagnoses for severe cases where A1C or fasting glucose levels are extremely high, these drugs are not a long-term answer. The root cause of your disorder is usually found in lifestyle choices such as diet or being sedentary.

## The Problem with Sugar

Sugar has no benefit to the body. It causes inflammation and contributes to numerous disease states. However, many people are confused and think they are doing well because they avoid table sugar, but they don't know that carbohydrates such as bread, pasta, white potatoes, crackers and cereal all turn to glucose (sugar), and too much of these foods will cause blood sugar spikes.

Cleaning up your diet is one of the best ways to lower your A1C and to improve your insulin resistance issues. A healthy diet can improve a great deal of dysfunction that has been increasing in the body for years. Not one specific diet is suitable for all people; a diet that is customized to your needs, and genetics is essential to healing your insulin sensitivity. Each individual will need a custom-

tailored tweak to the right way of eating. After all, we are all different. Nutrition is a powerful mechanism to healing the body of many disease states, and it is certainly the case with diabetes.

If Diabetes is left untreated or mistreated, it can contribute to life-threatening and serious morbidities such as heart disease, stroke, dementia, and loss of vision.

High blood glucose contributes to what's known as metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes hardening of the arteries.

Many people feel there is no way out and that they are destined to live with diabetes forever. With Denise Pancyrz's help, many people have reversed their diabetic condition and increased their health overall.

Denise Pancyrz understands your diabetic challenges, frustrations, and life-threatening health risks. She was once in your shoes but discovered a breakthrough and reversed her disorder. She now coaches others to help them get their lives back.

## DENISE A. PANCYRZ'S STORY

*National Diabetes & Holistic Lifestyle Coach - Speaker - Author*

I was a diabetic who was angered being burdened with diabetes. I was tired of taking medications and four insulin shots per day that did NOT make me feel better. The food I was taught to eat as a diabetic was not bringing me to a state of optimal health. It was keeping me medicated and constantly visiting Walgreen's, Diabetes Educators and the doctors.

I wanted my life to be different and the medical community told me it was highly unlikely. In fact, I was told the amount of medication and insulin would increase as I age. However, I learned that you could improve or eliminate disease with proper nutrition, not with unnecessary medication.



I feel better and stronger in my 50s, than I did in my 40s. I have more energy, reversed diabetes, eliminated inflammation that was leading me to heart disease, eliminated IBS and intestinal issues ~ no more stomach aches after meals, my seasonal allergies are gone and a slight skin issue on my elbow healed. I almost forgot, I lost weight in the process.

I know it sounds too good to be true that proper nutrition was able to heal me—I'm living proof. As a national coach, speaker and author, my mission is to help others to achieve optimal health through holistic lifestyle changes. Certified in holistic nutrition and homeopathy, I can bring awareness to diabetics to make lifestyle changes for a lifetime and reverse the effects of diabetes.

If you are tired of living with diabetes and are worried about your future and your health, contact Denise for personalized coaching and accountability to live your best life in optimal health.

*To find out more please visit*

*ReverseMyDiabetes.net, call 888-848-1763  
or email Denise at Info@ReverseMyDiabetes.net.*

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

By Craig S. Aderholdt, BSc, DC

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

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

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

## How does VAX-D work?

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



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

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

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

## Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

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

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

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

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

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

## BACK PAIN INSTITUTE OF WEST FLORIDA

5221 26th Street West, Bradenton, Florida 34207

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

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



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

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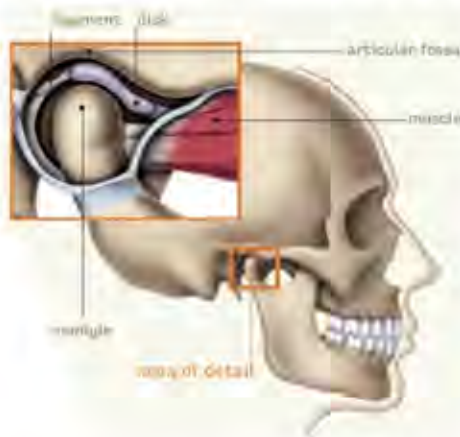




# The Daily “Grind”

By Dr. Joseph Farag

**T**oo much stress can contribute to a wide range of health problems. From a dental perspective, stress often plays a role in the development of Temporomandibular Disorders, or TMD. Grinding of teeth which causes headaches, jaw soreness and pain, among many other symptoms can be exacerbated during times of high stress. The temporomandibular joint (TMJ) is the hinge joint that connects the lower jaw to the temporal bone of the skull, which is immediately in front of the ear on the side of your head. The cause of TMD is not clear, but dentists believe that symptoms arise from problems with the muscles of the jaw. Severe cases can be caused by injury to the jaw. In more common cases, grinding or clenching of the teeth puts a lot of pressure on the TMJ and people feel tooth sensitivity, earaches, and neck tension and pain.



## Treatment Options

If stress is causing you to grind your teeth, ask your doctor or dentist about options to reduce your stress. Also, avoid foods and drinks that contain caffeine, alcohol, and do not chew gum. Relax your jaw muscles at night by holding a warm washcloth against your cheek. When these

options do not relieve your pain, your dentist can offer a variety of treatment modalities for your specific case. An occlusal guard, often called a nightguard, can be fabricated by your dentist to allow your muscles to rest and protect your teeth from further wear.

## Patients who present with TMD should also have an occlusal analysis

This helps determine if there are any bite discrepancies that may be corrected with a simple procedure to reshape how the teeth come together when you bite. Medications such as over the counter ibuprofen are helpful because they reduce inflammation to aid in the healing process. Occasionally, a mild muscle relaxant may be prescribed for a few days or weeks to help relieve pain. Surgery for TMD should only be considered after all other treatment options have been tried and you are still experiencing severe, persistent pain.

## Relaxation Techniques May Help Alleviate TMJ Symptoms

Simply becoming more aware of tension-related habits — clenching your jaw or grinding your teeth — will help you reduce their frequency. Because stress can contribute to TMJ disorders, relaxation techniques like yoga, meditation and deep breathing may also help alleviate TMJ symptoms.

This season, survive the holiday grind with a little planning, prioritizing and perhaps a trip to your dentist. To learn more about TMD or to schedule an appointment, please call Dr. Joseph Farag at Port Charlotte Dentalcare, 941-764-9555.



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# ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

**W**alking, standing and exercising put a lot of strain on our knees. For example, a person that weighs 150 lbs. walking up a flight of stairs will put approximately 500 lbs. of pressure on their knees with each step. Not only is the knee one of the most intricate of all the joints in the body, but they are also the most susceptible to arthritis. Multiple types of arthritis affect the knees, but osteoarthritis is by far the number one type that surpasses all others.

## What is Osteoarthritis (OA) of the Knee?

Positioned between the three bones of the knee (the femur, tibia, and patella) the articular cartilage provides a smooth gliding surface and acts as a shock absorber. This cartilage is smooth and resilient but susceptible to wear and tear. Once the cartilage begins to break down it is difficult to stop and often the cartilage breaks down completely and wears away. This can cause soreness, swelling, and stiffness, and it is the beginning stages of osteoarthritis, or bone rubbing against bone, which in turn causes bone spurs and a great deal of discomfort.

Articular cartilage has no blood supply. The cells that make the cartilage are nourished by the synovial fluid, and hydrostatic pressure of the joint influences the health and pathological condition of arthritis. The wear and tear process can be slowed often by weight reduction, strengthening the muscles surrounding the joints, and by minimizing or reducing activities that put excessive weight on the knee joints. However, there are well-known non-invasive treatments that have helped numerous people regenerate knee joint function and tissue.

Osteoarthritis develops slowly, and the often the pain becomes worse with time. This type of arthritis is also known as degenerative joint disease, because it is often associated with the aging process. But occasionally, this process can also affect younger people too. The pain can be debilitating and interfere with daily activities, affect your ability to work and create limited range of motion in your life.

**MANY PHYSICIANS WILL RECOMMEND SURGERY, BUT DO YOU REALLY NEED IT?**



## Knee Replacement Surgery is Permanent

Starting with a more conservative approach is a better choice. Knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis. Physicians Rehabilitation has an effective knee program that entails several non-invasive treatments that can alleviate pain, increase weight bearing and strength, and regenerate tissue.

## Physicians Rehabilitation's Knee Therapy Program Includes:

- PRP (Platelet Rich Plasma)
- Physical therapy
- Bracing
- Rehabilitation
- Supplementation and more



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5668 Strand Ct., Naples, FL 34110  
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855-276-5989 | [www.PhysiciansRehab.com](http://www.PhysiciansRehab.com)

## Viscosupplementation

Viscosupplementation is an FDA approved, guided, hyaluronic acid injection. It is a gel like substance that is very similar to the synovial fluid in our joints, which reduces inflammation and increases cushioning and lubrication of your knees immediately. This treatment protocol is used to treat the symptoms associated with arthritis.

Viscosupplementation (also known as hyaluronic acid injection) involves injecting a lubricating fluid into the knee joint to promote more comfortable knee movement, reduce friction in the joint, and slow the progression of arthritis. This treatment is also commonly paired with physical therapy to help strengthen the joint and improve range of motion. At Physicians Rehabilitation, we perform viscosupplementation with the guidance of advanced fluoroscopic technology to achieve enhanced precision and provide our patients with optimal results. Viscosupplementation is considered to be a safe procedure, and is covered by Medicare and most insurances.

## PRP (Platelet-Rich Plasma)

Fortunately for our patients today, advances in science have allowed us to find new and targeted approaches to treating degeneration and injuries. Platelet-rich plasma or PRP is an "autologous blood therapy" that uses a patient's own blood components to stimulate a healing response in damaged tissues. PRP provides an alternative to surgery by promoting safe and natural healing.

Research studies and clinical practice have shown PRP therapy is very effective at relieving pain and returning patients to their normal lives. Both ultrasound and MRI images have shown definitive tissue repair after PRP therapy, confirming the healing process. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

## Physicians Rehabilitation

We are a leading provider of nonsurgical orthopedic solutions in the Florida. We cater to patients of all ages and lifestyles who are at their wit's end with symptoms of osteoarthritis and other debilitating joint conditions. If you're ready to find meaningful relief from your knee pain, we encourage you to consult with our board-certified physicians about your non-surgical treatment options – even if other doctors have told you that surgery is the only answer.



# It's A Wonderful Life

By Pastor Timothy Neptune

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

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

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

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

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

The first issue is to determine **what you are going to love**. To have a wonderful life, you start by having an attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

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

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

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

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

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



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

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



*Tim Neptune is the lead pastor of Venture Church Naples, located on the campus of Florida South Western State College in Naples, FL.*

*For church times and other information, visit [www.venturenaples.com](http://www.venturenaples.com) or call (239) 775-5323.*





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