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May 2023

Manatee/Sarasota Edition - Monthly

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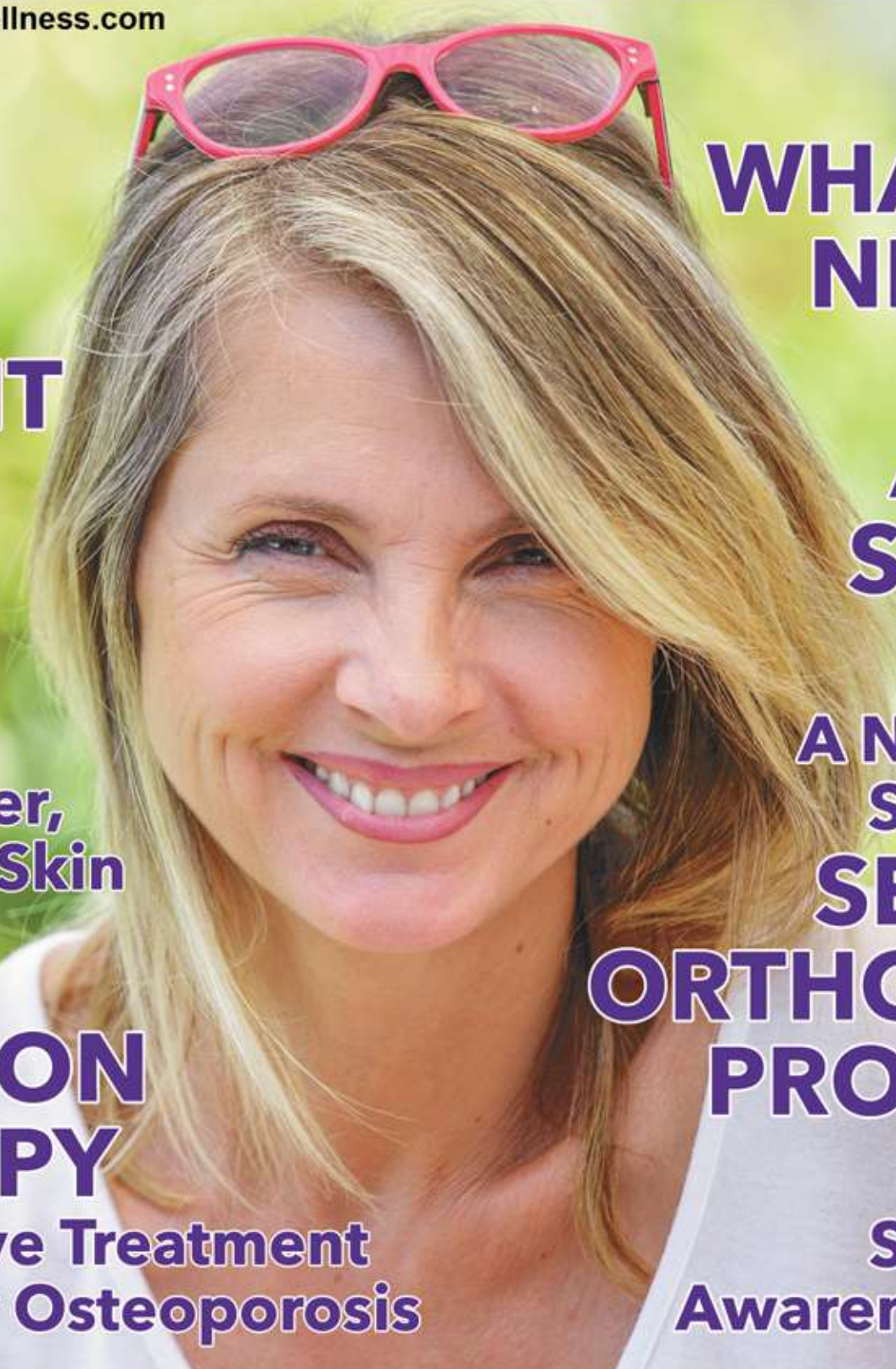
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Mark Walter M.D.

## STEM CELL ORTHOPEDICS A Nonsurgical Solution for Serious Orthopedic Problems

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**A**s a physician, I have specialized in regenerative orthopedics for over 20 years. With advances in stem cell science we now have a viable nonsurgical alternative for a whole host of orthopedic problems. In fact, as you understand the full power of using your own stem cells and growth factors from your blood (PRP), you may agree that this safe, minimally invasive and easily applied technology should be considered as primary care orthopedics. If you have persistent joint, back or neck pain that lasts more than a month or two and significantly affects your quality of life, I should be the first doctor you consult with, not the last. In about 85% of cases stem cells, properly prepared and injected correctly, will be able to solve the problem or at least improve the issue significantly within a month or two.

Some of the more common issues that stem cells can address are knee or hip arthritis, degenerative disc problems or pain involving the low back or neck region, rotator cuff or shoulder arthritis and ankle or thumb arthritis. In addition, since stem cells address cartilage, ligament and tendon damage of all sorts, stem cell orthopedics is often the treatment of choice for all types of musculoskeletal injuries or degeneration.

In medicine, as in any other field, critical to solving any problem is correctly diagnosing the root cause of the issue. When I evaluate a patient's problem I use a technique called palpation interrogation. If I palpate a specific structure and region and reproduce a patient's pain i.e. "the jump sign", we have correctly identified the pain generator and damaged region that requires regenerative injection therapy to resolve. As simple as this technique sounds it is an immensely useful tool to identify and prioritize the root cause (s) of a patient's pain. As useful as MRI and ultrasound can be for certain types of problems, they fail to identify the micro tears in ligaments, tendons and joint capsules which are often the root-cause of pain. Hence, in my opinion, palpation interrogation skills are critical to the correct diagnosis and resolution of almost all orthopedic problems.

Once we understand where a patient's pain is actually coming from, we can apply ourselves to fixing it. In my own stem cell orthopedic center, the protocol I use is as follows, all of which is done in the office setting in a few hours. First, we take about 8-12 small vials of blood with a standard phlebotomy technique. Then we take about 60-100cc of fat, usually from the belly, with a gentle lipo-sculpting technique. Then the patient rests comfortably for an hour or two while we isolate the stem cells from the fat and the growth factors from the blood. Then we inject the stem cells/PRP mixture into the affected joints and carefully pepper the affected ligament and tendon attachments that are often such big pain generators. Patient rests for a few minutes and we are done.

The real beauty of such a procedure is there is only minimal downtime. Patients walk in and walk out. They can return to activities of daily living the next day. Also, if the stem cell/PRP combo is prepared and injected correctly, as previously mentioned.

### About Dr. Walter

Mark Walter MD has pioneered the field of regenerative orthopedics for the last 22 years and is considered one of the top stem cell orthopedic specialists in Florida. Dr. Walter completed his MD degree at McGill University (1980) and went on to do five years of post-doc work in regenerative orthopedics with the world famous Hackett-Hemwall foundation (in association with the University of Wisconsin). Dr. Walter has collaborated with the top teachers in the world and is a leading expert in using a patient's own stem cells to heal joint, back and neck pain and avoid the need for invasive surgery. **Dr. Walter is author of Stem Cell Orthopedics - A New Way to Fix Joint, Back and Neck Problems (available on amazon).**



To book a consultation or reserve a seat at an upcoming free seminar (given bi-monthly) please call Dr. Walter's office in Sarasota at 941-955-4325 or email [stemcellortho@gmail.com](mailto:stemcellortho@gmail.com). For additional information and background, please visit us at [regenortho.com](http://regenortho.com).

we have about an 85% chance of long-term resolution of the issue. Since healing times vary on a patient's healing capacities, severity of degeneration of the tissues and the area or region involved, it is hard to predict if a patient will notice improvement in a week or two or if it will take 4-6 weeks before patients notice significant improvement. If a patient's healing is delayed, we may elect to do a booster PRP treatment at about the 6-8 week mark. The stem cells remain alive for at least 4-5 months, if they are sluggish they may benefit from a booster PRP session to reignite their activity.

Importantly, if we are successful at rebuilding and healing an issue (or issues) this is a long-term solution. Once we are successful at structurally rebuilding the damaged tissues that are causing the pain and debility, we would expect the improvements to last for at least five or ten years.

OK, sound too good to be true? What's the downside? Since, if properly done, it's so safe, the main risk is you'll pay your money and you may not get the results you hoped for. God forbid, you elect to do a stem cell treatment and it doesn't work, you can always resort to surgery as your last option. The average stem cell treatment is 7-10K all in. (Unfortunately, to date, Medicare and insurance companies do not cover regenerative treatments since the field is still too new and not yet standardized). Nevertheless, for many, stem cells may be a God send and solve issues faster and more safely than any other approach. In the end, it's about quality of life. This is the medicine of the future!

Please call today for more information or to book a **PERSONAL CONSULTATION** or a **FREE SEMINAR** May 10th & 24th @ 4 P.M.



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# What YOU Need to Know About Stroke

## Brush up on the Basics

By the time you are done reading this article, several people in the United States are likely to have experienced a stroke. In fact, according to the Centers for Disease Control and Prevention, someone in the United States has a stroke every 40 seconds. Sadly, stroke is also a leading cause of serious long-term disability, with half of all stroke survivors over age 65 experiencing reduced mobility. What's more, every four minutes, someone in this country dies from a stroke.

Unfortunately, while that makes this all-too-common occurrence a leading cause of death and disability, many people are not familiar with stroke's signs and symptoms. That's especially unfortunate because blood flow to the brain is impacted when someone is having a stroke, so the sooner help is provided, the less potential there is for damage to occur.

## What Is a Stroke?

A stroke happens when an artery that carries blood to the brain is blocked or when a blood vessel ruptures, causing brain tissue to die as it is deprived of vital blood supply.

*Not all strokes are the same. The most common types include:*

- Ischemic strokes occur when an artery in the brain is blocked and forms a blood clot. This is the most common type of stroke and, according to the American Stroke Association®, ischemic strokes account for nearly nine out of every 10 strokes. Typical symptoms include facial drooping, arm weakness or speech difficulty.

- A Transient Ischemic Attack (TIA) occurs when the blood supply to the brain is temporarily blocked. TIAs are sometimes referred to as "mini strokes" as these small blockages may cause symptoms and then go away. However, they can serve as an important warning sign and should be taken seriously.

- A hemorrhagic stroke occurs when a blood vessel ruptures in the brain and leaks blood into or around brain tissue. People experiencing hemorrhagic strokes may describe them as the worst headache of their lives. In addition to an intensive headache, weakness, nausea and vomiting can also be symptoms.



## Think F.A.S.T.

The American Stroke Association provides guidelines on stroke symptoms.

These include:

**F = Face Drooping**

Does one side of the face droop or is it numb? Ask the person to smile.

Is the person's smile uneven?

**A = Arm Weakness**

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**S = Speech Difficulty**

Is speech slurred?

**T = Time to call 911**

The Association also advises you to watch for other symptoms of a possible stroke, including sudden:

**NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body

**CONFUSION**, trouble speaking or understanding speech

**TROUBLE SEEING** in one or both eyes

**TROUBLE WALKING**, dizziness, loss of balance or coordination

**SEVERE HEADACHE** with no known cause

## Nationally Recognized Stroke Care at Manatee Memorial Hospital

The good news for residents in the Bradenton community is that, when every minute matters, quality stroke care is close to home. Manatee Memorial Hospital's Stroke and Cerebrovascular Center offers a rapid-response Stroke Alert Team to evaluate and treat all stroke emergencies 24 hours a day, seven days a week. The team-based approach allows for streamlined treatment and services. In fact, recent clinical studies indicate that a team approach improves patient outcomes.

The Stroke and Cerebrovascular Center and the Neuro Intensive Care Unit offer advanced diagnostics and stroke treatments. Included among our treatment methods is thrombolytic therapy, which can greatly benefit patients if administered within three hours of a stroke, and endovascular stroke treatment, such as mechanical thrombectomy and carotid angioplasty.

For more information, visit  
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# Grief, Loneliness and Depression in Aging

By Steven Stein, MD - Board-certified Psychiatrist

**L**oneliness and grief are common experiences that can affect us all but are often more prominent in older adults. Simply put, loneliness is the feeling of being disconnected and isolated from others, while grief is the emotional response to a loss, such as the death of a loved one or a change in life circumstances. Both experiences can have a significant impact on our mental and physical health as we age and can seriously impact our overall health and further lead to major depression. Educating oneself by building awareness and insight into the signs of loneliness and grief in yourself or a loved one can allow you to best manage the situation in hopes of better outcomes, quality of life and peace of mind. Managing this early can also help prevent or reduce the progression into complicated grief and depression which often require further psychiatric evaluation and care.

**1. Look for signs of social isolation:** people who are lonely may avoid social interactions, withdraw from activities they once enjoyed, or have limited contact with family and friends.

**2. Monitor for physical changes:** Loneliness and grief can also have physical effects, such as changes in eating and sleeping patterns, weight loss, and fatigue.

**3. Pay attention to emotional cues:** Elderly individuals who are experiencing loneliness and grief may express feelings of sadness, hopelessness, or worthlessness. They may also have difficulty concentrating, experience mood swings, or feel agitated.

## Managing loneliness and grief in the older population:

**1. Seek professional help:** In many cases, professional help can be successful at addressing the complex emotions associated with loneliness and grief and can overall benefit the individual while helping avoid progression into clinical depression. This may involve working with a therapist or counselor, who can offer additional support and guidance.

**2. Encourage social connections:** One of the most effective ways to combat loneliness is by promoting social connections. This can be achieved by



encouraging participation in community events, connecting them with friends and family, or even introducing them to new hobbies or interests.

**3. Provide emotional support:** Individuals who are experiencing grief may benefit from emotional support, such as listening to their concerns, validating their feelings, and offering words of comfort.

**4. Connect with support groups:** Support groups can provide a safe and supportive environment for individuals to share their experiences and connect with others who are going through similar challenges.

**5. Address physical health needs:** Addressing physical health needs, such as aiding with daily living activities or addressing medical concerns, can help improve the overall well-being of individuals and reduce feelings of loneliness and grief.

Complicated grief is a condition where a person experiences intense and prolonged grief after a significant loss, which interferes with daily functioning. While grief is a normal reaction to the loss of a loved one, it can become complicated when the feelings of sadness, guilt, anger, and despair persist for an extended period. In contrast to major depression, complicated grief is triggered by a specific event, such as the death of a loved one, and is often associated with feelings of longing, yearning, and preoccupation with the departed.

Persons with complicated grief may experience a range of physical and emotional symptoms, including difficulty sleeping, loss of appetite, and an inability to engage in daily activities. They may also experience feelings of numbness, detachment, and hopelessness, which can make it difficult to seek help or support.

Major depression is a common mental health disorder that according to the National Institutes of Health has a prevalence of 21 million adults in the United States. This represents 8.4% of the adult population. Clinical depression affects practically all adults from varying walks of life, ages, genders, classes, and races, but according to the National Council on Aging, adults age 85 and above are the age group most likely to develop debilitating depression. It's characterized by a persistent feeling of sadness, hopelessness, and a loss of interest in activities that were once pleasurable. People with major depression often experience changes in their appetite and sleep patterns, as well as difficulty concentrating and making decisions. They may also feel fatigued and have low energy levels, which can affect their ability to carry out daily activities.

While depression can be caused by a variety of factors, including genetic, environmental, and psychological factors, it can also be triggered by stressful life events, for example, the death of a loved one, change in independence, change in mobility, change in physical or medical health, divorce or even change in living and/or working situations. Depression can have a significant impact on a person's life, making it challenging to maintain relationships, work, other daily activities and can limit one's overall quality and enjoyment in life.

In conclusion, loneliness, grief, and depression are very common experiences for many and they can have a significant impact on mental and physical health. By identifying the signs of loneliness and grief and taking steps to manage these experiences, we can help improve our overall well-being, and quality of life while promoting healthy aging and reducing the frequency and severity of depression. Encouraging social connections, providing emotional support, connecting with support groups, addressing physical health needs, and seeking high quality, non-judgmental professional and psychiatric help are all effective strategies for managing loneliness and grief. It's essential to seek professional help if you or someone you know is experiencing symptoms of depression or prolonged and intense grief after a significant loss, as treatment can help.



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# Vein Disease: Underdiagnosed & Undertreated

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

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

## What Causes Chronic Venous Insufficiency?

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



## Are You at Risk for Vein Disease?

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

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

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

## What is the Treatment?

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

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



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# Skin Cancer Treatment

**W**ith more than a million new cases each year in the United States, skin cancer is the most common form of cancer in America. It can affect the skin on any part of the body, but it most frequently occurs in areas where the skin has the greatest exposure to the sun. Once a you have been diagnosed with skin cancer, you and your doctor will want to make the best decision about which is the best course of action. In this article we will look at some of the many options available to treat skin cancer.

## Types of skin cancer

First, it is important to know which type of skin cancer a patient has. The major types of skin cancer are:

### Basal Cell Carcinoma

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

### Squamous Cell Carcinoma

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

### Melanoma

Melanoma is the most aggressive type of cancer and the most likely to spread to other parts of the body. Melanoma occurs in the melanocyte (pigment) cells of the skin, and can form on any part of the body, regardless of past sun exposure.

## Skin Cancer treatments and recovery times

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

- Freezing
- Excision
- Laser therapy
- Mohs surgery



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

### Freezing

Your doctor may destroy actinic keratoses and some small, early skin cancers by freezing them with liquid nitrogen (cryosurgery). The dead tissue sloughs off when it thaws.

### Excisional Surgery

This type of treatment may be appropriate for any type of skin cancer. Your doctor cuts out (excises) the cancerous tissue and a surrounding margin of healthy skin. A wide excision — removing extra normal skin around the tumor — may be recommended in some cases.

### Laser Therapy

Lasers can be used to remove a cancerous or pre-cancerous lesion. They do this by vaporizing the top layers of skin. Lasers have several advantages over conventional surgery. Laser surgery is faster. It can be used to treat multiple lesions or lesions that are on delicate areas. It takes less time to heal from laser surgery and the risk of infection is lower.

### Mohs Surgery

This procedure is for larger, recurring or difficult-to-treat skin cancers, which may include both basal and squamous cell carcinomas. It's often used in areas where it's necessary to conserve as much skin as possible, such as on the nose.

During Mohs surgery, your doctor removes the skin growth layer by layer, examining each layer under the microscope, until no abnormal cells remain. This procedure allows cancerous cells to be removed without taking an excessive amount of surrounding healthy skin.<sup>1</sup>

#### Reference:

1. Skin cancer (2020) Mayo Clinic. Mayo Foundation for Medical Education and Research. Available at: <https://www.mayoclinic.org/diseases-conditions/skin-cancer/diagnosis-treatment/drc-20377608>

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

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Cary L. Dunn, M.D.



Janet Delaney, ARNP-BC



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

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

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

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

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

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

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

## Treating All Generations

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

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

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

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

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

## You Have a Choice

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



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

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

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

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

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

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



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## Infusion Therapy

### An Effective Treatment Option for Osteoporosis

**O**steoporosis is a condition that weakens the bones, making them fragile and prone to fractures. It affects millions of people worldwide, with women being more susceptible to it than men. The condition often develops slowly over the years and may go unnoticed until a bone fracture occurs. However, with the advancements in medical technology, various treatment options are available for managing osteoporosis. One such option is infusion therapy, which involves the administration of medications directly into the bloodstream.

Paragon Healthcare is a leading provider of infusion therapy services for 20+ years, and they offer several medications to help treat osteoporosis. These medications include Prolia, Zoledronic Acid, Evenity, and Boniva. These drugs work by increasing bone density, reducing the risk of fractures, and improving overall bone health.

Prolia is an injectable medication that belongs to a class of drugs known as monoclonal antibodies. It works by inhibiting the activity of osteoclasts, which are cells that break down bone tissue. By reducing the number and activity of osteoclasts, Prolia can increase bone density and reduce the risk of fractures. The medication is administered once every six months and is suitable for postmenopausal women with osteoporosis.

Zoledronic Acid is another infusion therapy medication that is used to treat osteoporosis. It belongs to a class of drugs known as bisphosphonates, which work by inhibiting bone breakdown. Zoledronic Acid is administered once a year and can significantly reduce the risk of fractures in patients with osteoporosis.

Evenity is a newer medication that is used to treat osteoporosis in postmenopausal women. It works by increasing bone formation and reducing bone resorption. Evenity is administered as a subcutaneous injection once a month for twelve months. Clinical trials have shown that Evenity can significantly increase bone density and reduce the risk of fractures in patients with osteoporosis.

Boniva is another bisphosphonate medication that is used to treat osteoporosis. It works by slowing down the breakdown of bone tissue and increasing



NORMAL BONE DENSITY



OSTEOPOROSIS

bone density. Boniva is administered as a once-a-month tablet or as an injection every three months. It is an effective medication for preventing fractures in patients with osteoporosis.

Infusion therapy offers several advantages over other treatment options for osteoporosis. For example, infusion therapy medications are administered directly into the bloodstream, which allows for rapid and efficient delivery to the bones. This means that patients can experience faster results and may require fewer doses than they would with oral medications. Additionally, infusion therapy medications are often more potent than oral medications, which can lead to better outcomes for patients.

Another advantage of infusion therapy is that it is generally well-tolerated by patients. While some patients may experience side effects such as fever, headache, or muscle pain, these side effects are typically mild and short-lived. Infusion therapy also allows for more consistent dosing, which can help to ensure that patients receive the proper amount of medication each time.

In conclusion, infusion therapy is a highly effective treatment option for osteoporosis. Paragon Healthcare offers several infusion therapy medications, including Prolia, Zoledronic Acid, Evenity, and Boniva, that can significantly improve bone density, reduce the risk of fractures, and improve overall bone health. Infusion therapy offers several advantages over other treatment options, including more efficient delivery to the bones, more consistent dosing, and fewer side effects. If you or a loved one is living with osteoporosis, consider speaking with a healthcare provider about whether infusion therapy may be a suitable treatment option.



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# Get to Know Some Important Information About Strokes.

Dr. Ralph Gonzalez, Neurologist, Provides Some Insight.

**What are some risk factors associated with stroke?**

- Overweight
- Sedentary life
- Binge Drinking
- Diabetes
- Smoking
- High blood pressure
- High cholesterol
- Family history of stroke
- Cardiovascular diseases
- Age - people above age 55 are at higher risk
- Gender - men are at high risk of stroke than women

**What are some of the behavioral changes following a stroke?**

After a stroke, an individual may experience emotional and behavioral changes. This is because a stroke impacts the brain, and the brain controls our behavior and emotions.

**Changes may include:**

- Irritability
- Forgetfulness
- Carelessness
- Confusion
- Anger
- Anxiety
- Depression

These behavioral and emotional changes tend to improve over time. Stroke survivors can find support through their family, friends, stroke support groups, church and therapy.

**What can you do to prevent or reduce the likelihood of a stroke?**

Stroke prevention strategies tend to mirror those for heart disease.

- Control diabetes
- Monitor blood pressure
- Avoid illicit drugs
- Quit smoking and limit or avoid alcohol
- Healthy eating
- Exercise
- Decrease the amount of cholesterol and saturated fat in your diet



**Are there medications that might predispose someone to having a stroke?**

Nonsteroidal anti-inflammatory drugs (NSAIDs) increase the risk of stroke.\*The increase is minor, but it exists.

**As the loved one of a stroke patient, what can I expect and how will this impact me?**

The aftermath of a stroke can be stressful and cause strain in relationships. A review of 78 studies, published in the American Heart Association® journal *Stroke* in 2009, found up to 54 percent of families said stroke had a negative impact on their relationships. Caregivers may try to do everything for their loved one and let their loved one assume a "sick" role and stay in bed. This can make things much more difficult. I recommend looking for support groups through local hospitals and social media groups. These provide a place to get advice and connect with families who are going through similar experiences.

For more information, visit [manateememorial.com/services/stroke-and-cerebrovascular-center](http://manateememorial.com/services/stroke-and-cerebrovascular-center).



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

\*National Library of Medicine





# HERE'S THE SKINNY ON WEIGHT LOSS

## A MD's Guide

BY STEPHEN MILEY, MD

**L**et's start with a known fact. *All diets work and all diets fail.* Why is that? To understand this, we must add another fact. *Weight gain and obesity is a hormone problem.* The main culprit is insulin. Hormones control every function in your body. You are literally on autopilot most of the day. Hormones control your breathing, heart rate, metabolism, digestion, reproduction, just about everything you can think of, including your weight!! Stop breathing and if you are strong enough to hold it long enough you will pass out and as soon as you do you will immediately start breathing again.

### Basically, you need to know 3 things.

- 1) Know what to eat.
- 2) Know when to eat.
- 3) Understand and if necessary, optimize your hormones.

### What to eat:

*We have been taught that calories are what determines if we gain or lose weight. Big lie!*

What is important is the nutritional value and insulin impact of those calories. Do you really believe that 100 calories of Hostess Twinkies is of the same nutritional value as 100 calories of broccoli? Which helps fill you up more, has better vitamins, minerals, and nutritional value? Which will spike your insulin? Insulin has 2 main functions: to move glucose out of your arteries into your cells where it can be used as fuel, and secondly to stop burning fat.

Basically, when you eat a high carbohydrate food (particularly high glucose and fructose containing foods) your pancreas secretes large amounts of insulin so it can be used by your cells. It says, "I've got plenty of glucose. Don't burn fat. Store the excess as fat for later".

### So, if your Insulin is high, you cannot burn fat.

Cortisol is your stress hormone. It is the "Fight or Flight" hormone. When it is triggered, it spikes your insulin. Now, all available glucose is shunted into your muscles so you can fight or run. Adrenalin is also released which stimulates your heart and heightens your awareness for the same reasons.



Nowadays, a lot of us are chronically stressed, cortisol is always a little high, and so is your insulin. Thus, you can't burn fat even on a diet!

Eating a low carbohydrate diet, basically fresh vegetables and meat, or if vegan, plant-based proteins, is a healthy, nutrient dense, satisfying, and sustainable diet. More on this when you are in the Clinic!

### When to eat:

If insulin is the problem, we now see eating foods that don't spike the insulin is the first step to taming the constantly high level. The second step is creating some time when there is no food being eaten so the pancreas is not stimulated to produce insulin and it naturally is low. Now you can and will burn fat. How do we accomplish this? 100 years ago, and longer, we did not eat 3 meals a day. Sometimes we ate every couple of days when food was scarce. During these times we would go to our reserve energy pool: *fat*. And we would burn this selectively. So we would burn fat, and our insulin would return to near zero. Today we achieve this by intermittent fasting. We stop eating at 8pm and don't eat again until noon the next day. When we do this our bodies burn fat, and the insulin stays low. Over time the Insulin Resistance we built up resolves and we can lose weight and keep it off, because we understand and work with our hormones rather than them controlling us.

### Optimizing our Hormones:

Insulin is the main player in this challenge, and I hope you have at least a basic understanding of why that is. There are other hormones that are also important. As we gain weight, we also gain visceral fat. This is the fat around your organs and is what is responsible in large part in inflammation, and the metabolic syndrome. This develops because of diet and the slow progressive decline of your testosterone (for both men and women) and thyroid hormones. These are your metabolic hormones and

sometimes optimizing then makes a huge difference in long term healthy weight loss. Building muscle is important. It is the use of our muscles that is largely responsible for burning off fat. We start by checking all of your hormone information with laboratory analysis. If you want sustainable weight loss you need to optimize your hormones so that when you lose the weight it can stay off.

### What about Semaglutide?

First, Semaglutide is a peptide that mimics the hormone glucagon-like peptide-1 or GLP-1. It has many receptors in the body but affects weight loss by targeting areas in the brain that control appetite, food intake, and slows the movement of food through the GI tract to make you feel full longer with less food.

GLP-1 agonists also cause your pancreas to secrete/release insulin and blocks the hormone Glucagon which causes the liver to release sugar. All these actions combine to make you eat less, feel fuller and lose weight easily.

There is a great deal to know about using this Peptide. You should not take it if you have a history of pancreatitis, thyroid cancer, or multiple endocrine neoplasia's. It must be started slowly and discover the dosage that works best for you. This therapy should be monitored by a physician who is very familiar with its use. Our patients are having great success! Come and see us in the Clinic!

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# HOW RETIREMENT COMMUNITIES KEEP YOU SAFE

**A**re senior living communities safe to live in? This question is often asked when considering residential options for oneself or a loved one. While senior living provides many lifestyle advantages, safety and security are among the most important. Retirement communities want their residents to live with maximum freedom and independence, and protecting personal safety is a big part of this. This is as true for residents who live independently as it is for those who need assistance caring for themselves because of memory loss or other health conditions. State and national guidelines, such as building and fire codes, govern how retirement communities provide safety for residents, and individual communities also set their own rules. Balancing the need for senior safety with a resident's sense of freedom and personhood is where Freedom Village of Bradenton excels.

## Six Ways Retirement Communities Provide Senior Safety

Certain concerns affect seniors more than the general population. That's why, although many older adults wish to stay at home as they age, it may no longer be a wise or practical choice. Residences and shared spaces in a retirement community are purposefully designed for senior living safety. Specialized features, services and health care are how retirement communities provide safety and peace of mind.

### 1. Wandering

Residents with Alzheimer's disease or other forms of dementia are most at risk for wandering and becoming lost. A Life Plan Community offering memory care services will assess the individual risk of a person with cognitive impairment and plan personalized care according to their abilities. A memory care neighborhood may use different methods to prevent wandering. There may be cameras and security at entrances and exits, and security codes for elevator use. Memory care staff also monitor shared areas and homes to make sure residents are where they're supposed to be. A high-risk resident may also wear an alert necklace or bracelet that activates an alarm if they go out of bounds.

### 2. Infections

Even before the coronavirus pandemic, infection control measures were a critical feature of how retirement communities provide safety for the people who live and work there. At Freedom Village of Bradenton, hygiene drills, hand-washing, disinfectant use and cleaning protocols have always been part of our standard procedure. While senior living communities have adopted federal- and state-mandated guidelines for mask-wearing and PPE use, wellness monitoring and temperature readings are also used to keep tabs on the spread of illness. Communities also provide education and resources to educate residents and their families about the importance of vaccinations against

easily spread diseases such as the flu and pneumonia. Nowadays, team members may also encourage virtual visits rather than in-person visits from family members if there's an illness on either side.

### 3. Falls

According to the Centers for Disease Control and Prevention, falls are among the leading causes of injuries for adults ages 65 and older. Senior living communities reduce the risk of a fall, beginning with a comprehensive physical assessment of the individual. Health conditions such as low blood pressure, Parkinson's or arthritis can increase fall risk, so medications are monitored and adjusted to minimize effects like dizziness or drowsiness. Most falls happen near the bed or in the bathroom, and communities mitigate this with assistance when a resident needs it, even at night. Our team members are trained in techniques to help older adults with transfers, walking and other activities. Our Life Plan Community also offers rehabilitation and physical and occupational therapies to improve walking, balance and strength. Learn more about reducing fall risk.

### 4. At-Home Safety

Most suburban homes were built for families, not for older adults who may be living on their own. They are usually multilevel homes with stairs and lack wide hallways and doorways. The bathrooms usually feature a tub instead of a no-step-entry shower, and kitchens may not be well lit or have appliances with easily manageable electric controls. Fitting a home with senior-friendly modifications — grab bars in a bathroom, nonslip floors, handrails on stairs, etc. — is costly and expensive. These built-in modifications are how retirement communities provide safety for residents in everyday living spaces. Staff members are also vigilant in monitoring and removing tripping hazards. Residents in community care settings may also have the benefit of a raised or motorized bed that makes it easier to get in and out.

### 5. Nutrition

Seniors have unique nutritional needs. Preparing specialized meals in a home kitchen may no longer be safe for a senior if their physical and/or mental abilities are impaired. Senior living communities provide access to specialized diets and nutritionist-approved meals for high cholesterol, diabetes and more. They also arrange supervised fitness classes, physical therapy, and safe and supervised exercise programs to improve cognitive function and enhance health.

### 6. Emergency Preparedness

Family members with an older loved one living alone at home worry about what will happen to their loved one in an emergency. Emergency preparedness is part and parcel of how retirement communities provide safety for residents. There are protocols in place in case of fire,

power outage or a natural disaster that outline how communities communicate with concerned family members and protect the safety of residents and staff members. Many communities provide 24/7 security, and most will offer an emergency call system or wearable alert devices to summon immediate help.

*With these and other safety variables to consider, Freedom Village of Bradenton offers notable advantages for seniors who are currently living at home. Reach out to us to learn how you can add safety, security and peace of mind to your retirement lifestyle. Call 941-219-5294 today.*

## FREEDOM VILLAGE OF BRADENTON MAY EVENTS

### Happy Hour TRIVIA

Wed. May 10 | 3 p.m. to 4:30 p.m.

### Selling, Moving and Settling into a Senior Living Community

Tues. May 16 | 11:30 a.m. to 1:30 p.m.

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

Tue., May 23 | 11:30 a.m. to 1:30 p.m.

### FEATURED EVENT

### Fall Prevention Workshop with the Manatee County Falls Prevention Coalition

Wed., May 24 11:30 a.m. to 2 p.m.

Most senior citizens who need emergency medical care have fallen and suffered a serious injury. This interactive workshop will present important information about how falls can be prevented and offer ways to improve balance and strength. Mini screenings using a Biodex mobility testing device will be conducted. Event organizers:

- Erin Lumina, Director of Therapy Services at Freedom Village
- Deb Carlson, Home Health Coordinator for HCA Florida Healthcare at Home
- Allie Hanson, Senior Care Advisor at My Care Finders, former Sales Manager for Assisted Living and Memory Care at Freedom Village



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# POST-CONCUSSION SYNDROME

## How Upper Cervical Chiropractic Can Help

By Dr. Drew Hall

**P**ost Concussion Syndrome (PCS) is a complex and debilitating condition that can occur after a head injury. It is estimated that up to 30% of people who experience a concussion will go on to develop PCS, which can cause a range of symptoms that can last for weeks, months, or even years. As a chiropractor who practices Blair's upper cervical chiropractic technique, I have seen firsthand how this approach can help alleviate the symptoms of PCS and improve patients' quality of life.

### Symptoms of Post Concussion Syndrome

The symptoms of PCS can vary widely depending on the individual and the severity of the head injury. Some common symptoms include:

- Headaches
- Dizziness or vertigo
- Fatigue or lethargy
- Memory or concentration problems
- Sleep disturbances
- Irritability or mood swings
- Sensitivity to light or noise
- Ringing in the ears

These symptoms can be frustrating and disruptive, making it difficult to perform everyday tasks or engage in activities that were once enjoyable. While some people may recover from a concussion within a few days or weeks, others may experience symptoms for much longer, leading to a diagnosis of PCS.

### How Upper Cervical Chiropractic Can Help

Upper cervical chiropractic is a specialized form of chiropractic care that focuses on the relationship between the upper cervical spine (the top two vertebrae of the neck) and the nervous system. When these vertebrae become misaligned, it can disrupt the flow of nerve impulses between the brain and the body, leading to a wide range of health problems, including PCS.

Blair's upper cervical chiropractic technique is a specific type of upper cervical chiropractic that uses a gentle, precise approach to identify and correct misalignments in the upper cervical spine.



By using advanced imaging techniques, such as digital x-rays, to precisely measure the misalignment, we can develop a customized treatment plan that is tailored to each patient's individual needs.


One of the ways that upper cervical chiropractic can help with PCS is by restoring proper alignment to the upper cervical spine. When the vertebrae are misaligned, it can put pressure on the surrounding nerves and blood vessels, leading to inflammation and irritation that can exacerbate the symptoms of PCS. By correcting the misalignment, we can relieve this pressure and improve the flow of nerve impulses, allowing the body to function more effectively.

Another way that upper cervical chiropractic can help with PCS is by reducing inflammation in the body. Inflammation is a natural response to injury, but when it becomes chronic, it can cause a wide range of health problems, including PCS symptoms. By using a combination of chiropractic adjustments, dietary changes, and other natural therapies, we can help reduce inflammation in the body, allowing it to heal more effectively.

Finally, upper cervical chiropractic can help improve blood flow to the brain, which is essential for optimal brain function. When the upper cervical spine is misaligned, it can disrupt the flow

of blood to the brain, leading to a range of neurological symptoms, including those associated with PCS. By correcting the misalignment and improving blood flow, we can help alleviate these symptoms and improve overall brain function.

Post Concussion Syndrome is a complex and challenging condition that can have a significant impact on a person's quality of life. While traditional medical treatments such as rest, medications, and physical therapy can be helpful, they may not always address the underlying causes of PCS. Upper cervical chiropractic, particularly Blair's technique, offers a safe, effective, and natural approach to addressing the underlying causes of PCS and improving patients' overall health and wellbeing.




Dr. Drew Hall

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# Jump Into Summer With Tighter, Smoother Skin

By Sandra Mannon, DNP, APRN, FNP-BC

**A**s the warmer weather approaches, many of us are looking to refresh our appearance for the summer season. And what better way to do so than with Morpheus 8, the revolutionary radio frequency micro-needling treatment that can help tighten and smooth your skin.

Morpheus 8 (InMode Empower) is a cutting-edge treatment that combines the benefits of radio frequency (RF) energy and micro-needling to rejuvenate and tighten the skin. By creating controlled micro-injuries in the skin using tiny needles, Morpheus 8 InMode Empower stimulates the body's natural healing process and triggers the production of collagen and elastin. This helps to improve skin texture and tone, reduce fine lines and wrinkles, and create a smoother, more youthful appearance.

Unlike traditional micro-needling treatments, which only stimulate the skin's surface, Morpheus 8 penetrates deeper into the skin to deliver the RF energy directly to the underlying tissues. This allows for a more targeted and effective treatment, with minimal discomfort or downtime.

Morpheus 8 can be used on both the face and body, making it a versatile option for those looking to improve the appearance of sagging skin, fine lines, and wrinkles. It can be used to treat a wide range of skin concerns, including acne scars, stretch marks, and uneven skin tone.

One of the key benefits of Morpheus 8 is that it is a non-surgical treatment, meaning there is no need for incisions, anesthesia, or lengthy recovery time. The procedure typically takes less than an hour to complete, and patients can return to their daily activities immediately after treatment. Results are usually visible within a few weeks, with continued improvement over the following months.

Another advantage of Morpheus 8 is that it is customizable to the individual patient's needs. The depth of the micro-needling and the intensity of the RF energy can be adjusted to target specific concerns and skin types. This allows for a more personalized treatment plan and optimal results.



Morpheus 8 has also been shown to be safe and effective for all skin types and tones, with minimal risk of side effects. Unlike some other skin tightening treatments, such as laser therapy, Morpheus 8 does not carry a risk of hyperpigmentation or scarring. This makes it a great option for those with darker skin tones or a history of scarring.

If you are considering Morpheus 8 for tighter, smoother skin this summer, it is important to choose a reputable provider who is experienced in the procedure.

During your consultation, your provider will evaluate your skin concerns and determine if Morpheus 8 is the right treatment for you. They will also discuss the expected results and any potential risks or side effects.

Morpheus 8 is a safe and effective treatment for those looking to tighten and smooth their skin for the summer season. It combines the benefits of micro-needling and radio frequency energy to stimulate collagen and elastin production, improve skin texture and tone, and reduce the appearance of fine lines and wrinkles. With minimal discomfort and downtime, Morpheus 8 is a convenient option for those with busy lifestyles.

Morpheus 8 can also be used on various areas of the body, including the arms, legs, and neck. However, it is particularly useful for treating "creepy" skin, a term used to describe skin that is thin, wrinkled, and sagging.

The neck is a common area for creepy skin to occur, as the skin in this area is delicate and prone to showing signs of aging. Morpheus 8 can be used on the neck to stimulate collagen production, which helps to improve skin elasticity and reduce wrinkles. The treatment can also help to lift and tighten the skin, giving the neck a more youthful appearance.

When used on the arms and legs, Morpheus 8 can help to reduce sagging skin. It can also improve skin texture and tone, giving the skin a smoother and more even appearance.

Morpheus 8 is a safe and effective treatment for creepy skin, and it has minimal downtime. Most patients can return to their daily activities immediately after the treatment. However, it is important to follow the aftercare instructions provided by the practitioner to ensure optimal results.

InMode Empower is an excellent option for both men and women to improve the appearance of skin, minimize fine lines and wrinkles, tighten the skin on the neck, arms and legs minimizing the appearance of creepy skin. If you're interested in learning more about how Morpheus 8 can help you rejuvenate your skin, contact the highly trained team at Aspire for Wellness Together. At Aspire4WT we are proud to offer the highest standard of care to our patients to help them look and feel their best. We believe that each patient is unique, so your individualized treatment plan will cater to what works best for you.



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# TREATMENT-RESISTANT DEPRESSION

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

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

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



### What is Ketamine?

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

### How does Ketamine Work?

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

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

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

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

### How is Ketamine Administered?

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

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

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

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

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



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



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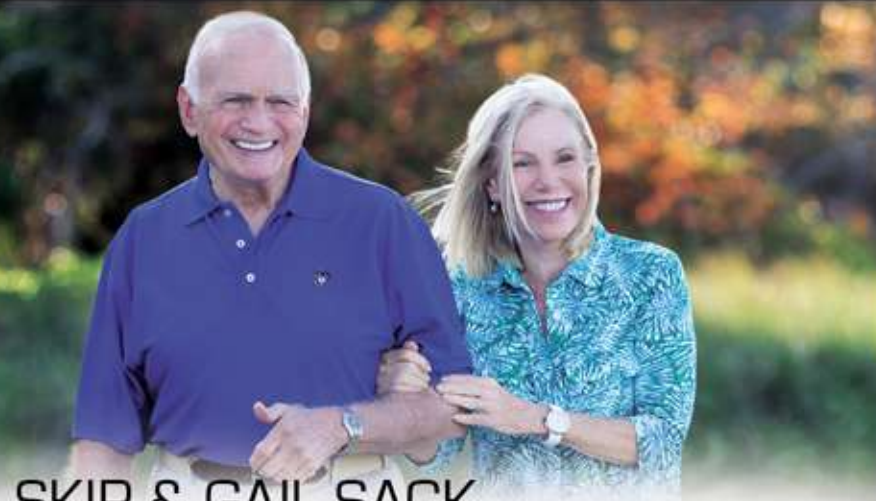


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- Skip & Gail Sack

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# IV Vitamins and Additional Hydration CAN Improve Your Physical Fitness!

By Katherine Hermes, SRQ Med Spa

**M**any people take vitamins to improve their health, but the improved delivery of IV vitamins can have a multifold benefit on your physical fitness.

IV vitamins improve your health, which in turn contributes to improvements in physical fitness. Vitamins such as vitamin C, B vitamins, and magnesium are important for energy production and muscle function, which are essential for physical activity.

For example, vitamin C is an antioxidant that helps protect the body from oxidative stress caused by exercise. This can help reduce muscle soreness and improve recovery after exercise. B vitamins are also important for energy production, and deficiencies in these vitamins can lead to fatigue and decreased physical performance.

**There are several vitamins that are essential for improved physical fitness, including:**

- 1. Vitamin D:** This vitamin plays an important role in bone health and muscle function. It can help improve balance, coordination, and overall physical performance.
- 2. B vitamins:** B vitamins are important for energy production and can help reduce fatigue during exercise. They also play a role in muscle function and recovery.
- 3. Vitamin C:** This antioxidant vitamin helps protect the body from oxidative stress caused by exercise. It can also help reduce muscle soreness and improve recovery after exercise.
- 4. Vitamin E:** Another antioxidant vitamin, vitamin E can help reduce inflammation and muscle damage caused by exercise.
- 5. Magnesium:** This mineral is important for muscle function and can help improve muscle strength and endurance.
- 6. Iron:** Iron is essential for the production of red blood cells, which carry oxygen to the muscles. Iron deficiency can lead to fatigue and decreased physical performance.

IV (intravenous) vitamins may be better absorbed than oral vitamins because they bypass the digestive system and go directly into the bloodstream. When vitamins are taken orally, they must first pass through the digestive tract and liver, where they may be broken down and lose some of their potency. In contrast, IV vitamins are delivered directly into the bloodstream, which allows for higher doses of vitamins to be delivered to the body's cells and tissues.

Another advantage of IV vitamins is that they can be customized to an individual's specific needs. IV vitamin therapy can be tailored to provide higher doses of specific vitamins that may be deficient in an individual, which can be more effective than taking oral supplements.

In addition, improving your hydration can help improve your physical performance. Water is essential for many bodily functions, including regulating body temperature, transporting nutrients to the muscles, and removing waste products from the body. When you are dehydrated, your body may not be able to perform these functions efficiently, which can lead to decreased physical performance. Dehydration can also lead to fatigue, decreased endurance, and reduced muscle strength. Even mild dehydration can negatively impact physical performance, so it's important to stay adequately hydrated before, during, and after exercise.

In addition to water, electrolytes such as sodium, potassium, and magnesium are also important for maintaining proper hydration and electrolyte balance in the body. Electrolyte imbalances can lead to muscle cramps, fatigue, and other symptoms that can negatively impact physical performance.

It's important to note that individual hydration needs can vary depending on factors such as body weight, activity level, and environmental conditions. The best way to ensure adequate hydration is to drink water regularly throughout the day and monitor urine color as a general indicator of hydration status. If you are engaging in intense physical activity, you may also need to replenish electrolytes through sports drinks or other electrolyte-rich fluids.



IV (intravenous) hydration can be a way to quickly and effectively replenish fluids and electrolytes in the body. When fluids and electrolytes are delivered directly into the bloodstream through an IV, they can be absorbed more rapidly than if consumed orally, which may be beneficial in cases of severe dehydration or electrolyte imbalances.

IV hydration therapy may be particularly useful for individuals who are unable to tolerate oral fluids due to nausea or vomiting, or those who require rapid rehydration due to excessive sweating or fluid loss from diarrhea or vomiting.

In general, maintaining adequate hydration through regular oral fluid intake is the best way to support overall health and physical performance. It's important to drink water regularly throughout the day, particularly during exercise or in hot weather when fluid losses can be high. Additionally, incorporating electrolyte-rich fluids or foods such as sports drinks, coconut water, or fruits and vegetables can help maintain electrolyte balance in the body.

*You can set up a no cost consultation at SRQ Med Spa at 1473 Main St (by the intersection of Lemon Ave.) here in Sarasota by calling 941-779-3004. You can also book on line for an IV vitamin drip of any kind or a no-cost consultation through the web site at [www.srqmedspa.com](http://www.srqmedspa.com). We look forward to meeting you in person.*



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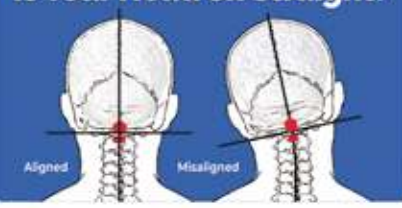
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# LIP FILLER

By Jennifer Fernandez, APRN

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

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

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

## Who gets lip fillers and why?

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

## To be considered for lip fillers, you should:

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

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

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



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

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

## What happens during my lip filler procedure?

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

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

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

## Aftercare

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

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

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

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

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



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# PERIPHERAL NEUROPATHY: ALTERNATIVE TREATMENT OPTIONS

By Dr. Todd Strong

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

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

## Symptoms of Neuropathy

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

## Neuropathy Causes and Treatment

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

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



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

## Proactive, Groundbreaking Peripheral Neuropathy Treatment

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

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

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

## Treatment Benefits

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

## Atlas Health RegenX

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

## THERE ARE 4 VITAL COMPONENTS TO OUR NEUROPATHY PROTOCOL

### VITAL COMPONENT #1

#### Electromagnetic Infrared Therapy

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

### VITAL COMPONENT #2

#### Electrostimulation

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

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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.

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



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

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

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



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# MAKE A DIFFERENCE AS A NURSE

By Dr. Nashat Abualhaija, Ph.D., MSN, RN, Nursing Program Director at Hodges University

**W**hen we need them, they are there. From that first breath to the last, they are there. Nurses are the professionals that patients interact with the most. Nurses provide the expert care that patients need and deserve, and that care extends to the patient's family. As a matter of fact, the American Nurses Association states that nurses are indispensable when it comes to safeguarding public health.

Nurses learn that their profession is a balance of art and science. The art is their ability to assess a patient's emotional state. The science is, of course, is the assessment of a patient's physical state. Patients need to be treated as an individual, looking at them as a whole, and not just their physical ailment.

In the past few years, there has been a national spotlight on the shortage of nurses. In the state of Florida, the Florida Hospital Association predicts there will be a shortage of almost 60,000 nurses in the state by the year 2035. In the Southwest Florida region, there are currently 726 openings for registered nurses (RNs).

The Institute of Medicine's (IOM) 2010 report stated that there is a need to increase the percentage of nurses with a bachelor's of science in nursing (BSN) degree to 80 percent by the year 2020. The research showed that nurses with a BSN degree means patients have better clinical outcomes and a lower mortality rate.



## Why?

The American Association of Colleges of Nursing (AACN) released "The Impact of Education on Nursing Practice" in 2014 that found that nurses with a BSN have increased skills in communication, leadership, professional integration as well as research and evaluation. This extra knowledge and expertise leads to better patient care.

As a matter of fact, the Veterans Administration (VA) has enacted a policy that requires RNs to have a BSN in order to be considered for promotion beyond entry level, and all branches of the United States Armed Forces now require a BSN or higher to practice as an active duty RN. Additionally, many healthcare facilities have begun requiring RNs to have a BSN for entry level nursing positions.

Nurses who have their BSN degree can see both increases in hourly pay rates faster than those with an associate degree, and they will have a better and faster track of pursuing senior positions, including nurse managers, nursing directors, and other leadership roles.

At Hodges University, we have a BSN program that is designed to educate, train, and graduate nursing students in four semesters. Our students have the advantage of learning from professionals in the field, and applying what they learn in our modern simulation labs, and in clinical rotations. They graduate with their bachelor's degree, fully prepared to take the NCLEX exam for their RN.

Hodges University is also designing an accelerated, online RN-BSN program for RNs that want and/or need their BSN degree. It can be completed in one year. Our plans are to launch this in the Fall of 2023, pending approval from our regional accreditor, SACSCOC.



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# MAY IS SKIN CANCER AWARENESS MONTH

By Premier Foot & Ankle Specialists

**W**ith summer quickly approaching, many people will be spending more time outside while wearing sandals and open-toed shoes, and will invariably be subjected to increased sun exposure. Skin cancer is the most commonly diagnosed cancer in the United States, and over 5 million new diagnoses are made every year, according to the Centers for Disease Control and Prevention. It is commonly believed that prolonged sun exposure is the sole cause of skin cancer formations, however, chronic inflammation, viruses, chemical exposure, or inherited traits can also be common causes, along with prolonged unprotected UV exposure. Skin cancer can develop almost anywhere on the body, including the lower extremities and feet, which can often be overlooked on regular medical physical examinations. So, what are the most common cancers found in the feet and associated signs and symptoms to look out for during an evaluation?

Basal cell carcinoma is most commonly seen on sun-exposed surfaces of the skin, and is less commonly found on the feet, due to being less exposed to the sun. This type of skin cancer is one of the least aggressive cancers, and typically remains confined to the area of skin involvement, and rarely spreads to other tissues of the body. Physical characteristics of basal cell carcinoma are pearly white patches or bumps with overlying crusts that can ooze, with the appearance of an open sore, that can often resemble ulcerations and non-cancerous lesions when encountered on the legs and feet.

Squamous cell carcinoma is the most common form of skin cancer to be found on the feet, and typically remains localized to the skin with limited potential for spread. However, in more advanced later stages, squamous cell can develop the potential to become more aggressive and spread to other tissues of the body. Physical characteristics can include small scaling bumps or calluses on the skin with recurrent cracking, inflammation, or bleeding, which are typically painless. Squamous cell carcinoma can also resemble other benign skin conditions of the foot, including eczema, ulcers, plantar warts, or fungal infections.

Malignant melanoma is one of the deadliest types of skin cancer, and early detection is critical in optimizing patient survival. Melanoma can occur on a number of surfaces of the feet, including the soles, tops of feet, and underneath a toenail. Melanoma



is an aggressive form of cancer, and can extend into the deeper levels of skin and spread through lymphatic and blood vessels. Malignant melanoma has a variety of appearances, which can include small brown-black bumps on the skin, with some lesions lacking brown pigmentation, and appearing red or pink. On first inspection, melanoma might appear similar to moles commonly seen on the body, however, they usually feature asymmetry, irregular borders, variable coloration, and diameter greater than 6mm. They commonly resemble other types of benign lesions of the skin including moles, plantar warts, ulcers, foreign bodies, or even ingrown nails.

It is important to inspect your feet and check your skin regularly for any abnormal looking moles or lesions of the skin. Early detection of skin cancers is critical for treatments. When evaluating for melanoma specifically, utilizing the ABCDs of melanoma:

**Asymmetry:** the lesion divided in half appears to have two differently-shaped sides that do not match.

**Borders:** the borders are not clearly defined, and have ragged, uneven, or "scalloped" edges.

**Color:** there is more than one color that varies within the lesion and is unevenly distributed.

**Diameter:** the lesion is greater than the size of a pencil eraser (greater than 6mm).



If you believe you have melanoma, based on any of the above factors, you should contact your podiatrist immediately for further evaluation and treatment. Your podiatrist can investigate for the presence of skin cancer through a thorough clinical examination, and also perform a skin biopsy if indicated. A skin biopsy is a simple in-office procedure, where a small sample of affected tissue is obtained and submitted to a specialized pathology laboratory to evaluate the tissue and detect any forms of cancer. If the results are positive for cancer, your podiatrist will recommend an appropriate treatment course.

Summer is always an enjoyable time to spend outdoors, as long as one takes steps to protect your skin. It is important to limit direct ultraviolet radiation from the sun, especially during peak daytime hours. Wearing sun-protective clothing and shoes is optimal. Applying sunscreen to exposed areas of skin including your feet is also essential. Inspecting the bottoms and tops of your feet, in between your toes, and under your toenails is also prudent. If you notice any skin lesions suspicious or concerning, similar to those seen above, contact your local podiatrist for evaluation. Dr. Roggow and Dr. Bonjorno are happily taking new patients and look forward to meeting you!



Dr. Brielle Roggow



Dr. Jeremy Bonjorno



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# MENTAL HEALTH AWARENESS MONTH

By Dr. Brandon Fuller

**A**s mental health issues have come to the forefront in recent years, many have sought more natural treatment options that don't involve pharmaceuticals and their potentially harmful effects. Acupuncture has become a popular option for treating mental health issues, including depression. But does it work? Before we answer that question, let's give a proper definition to both acupuncture and depression.

## Acupuncture Defined

Acupuncture can be simply defined as thin needles (the width of a human hair) inserted into specific parts of the body called "points" or "meridians." Where the needles get inserted depends on the issue being treated. In Traditional Chinese Medicine (also known as TCM) it is taught that the body has a flow of energy or qi that regulates a person's health. If this flow of energy is disrupted, illness can occur. Applying acupuncture needles to these specific points can put the body back in balance and get the energy flowing as it should.

## Depression Defined

WebMD defines depression as "an illness that involves constant feelings of sadness and a loss of interest or pleasure." They also define additional symptoms as difficulty sleeping or sleeping too much, lack of energy, suicidal thoughts, drastic changes to weight and appetite, irritability, difficulty

concentrating, remembering things or even making decisions, and feelings of guilt or worthlessness. Depression is most often treated with medication or therapy or a combination of both. The disheartening thing is that, according to WebMD, "between 19 and 34% of people with depression don't improve with these more traditional treatments. This has led to more people looking for alternative treatments including acupuncture.

## What the Research Says

A 2010 study stated that, "Depression and anxiety together constitute a significant contribution to the global burden of disease. Acupuncture is widely used for the treatment of anxiety and depression and use is increasing. The theoretical basis for acupuncture diagnosis and treatment derives from traditional Chinese medicine theory. An alternative approach is used in medical acupuncture which relies more heavily on contemporary neurophysiology and conventional diagnosis."

If you suffer from feelings of anxiety and depression, talk to your acupuncturist to develop the appropriate treatment plan. Your acupuncturist will take a detailed health history and examination to help you determine the best course of action.



Studies have shown that the right "dose" of acupuncture was the key in helping patients see results and a reduction of the symptoms of stress and depression. A "dose" is defined as both the number of treatment sessions overall, as well as the number of acupuncture points addressed in each session. Studies have also shown that acupuncture can help to get heart rate variability back to an optimal range which can help improve issues with heart disease, hypertension, anxiety and depression, insomnia, migraines, and muscle pain.

While the number of studies is still few, many encouraging studies demonstrate great results for those suffering from anxiety and depression. In addition to regular acupuncture treatments, your practitioner can also recommend herbal supplements and nutritional and dietary changes that can also get your energy back in balance. And once you find your energy back in balance, there is a cascade of health benefits that can come from regular acupuncture treatments. Do not suffer another day. Call today and schedule your appointment so you can get a treatment plan in place and get back into balance.

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# EARLY DETECTION SAVES LIVES:

## WHAT YOU SHOULD KNOW ABOUT THE LATEST LIFE-SAVING TECHNOLOGY

The best way to conquer, fight and overcome any disease state is to have early diagnostic testing at the onset of symptoms, or as a preventative measure. Individuals with high-risk factors for coronary artery disease, or certain cancers are highly encouraged to have annual screenings for their specific disease states potentials.

### RAVE RADIOLOGY

At RAVE Radiology, they put your health at the forefront of their mission, by investing in the latest most up to date technology available. RAVE, Radiology Associates of Venice & Englewood understand the importance of providing the best methods and the most advanced diagnostic tools for their patients.

RAVE is a radiology practice, which has been active for over 30 years. They currently consist of 10 board-certified radiologists, many of which have postgraduate fellowships with subspecialty training, all of whom have years of full-time experience. There are over 90 healthcare professions working with RAVE to provide the best possible radiologic services in Sarasota County. In addition to their personnel, they have some of the best radiologic imaging devices available. Superior visualization makes your diagnoses accurate and timely, preventing potentially dangerous delays in initiation of your therapy. At RAVE, you can have confidence you're getting top-notch professional assistance in your diagnosis and care.

### CRITICAL CARDIAC TESTING

Cardiac Scoring is a Non-Invasive CT Scan of the heart, which calculates the risk of developing Coronary Artery Disease by measuring the amount of calcified plaque in the coronary arteries.

### LEADING LUNG DISEASE DIAGNOSTIC TOOLS

CT Lung Screening: If you have been a heavy smoker, then you are at significantly increased risk of developing lung cancer. CT can find small lung nodules that might be cancer before any other test can detect them. If you are between the ages of 55 and 75, then national experts recommend you undergo low dose CT screening for lung cancer. These recommendations come from many groups of medical experts including the National Lung Screening Trial Research Team, the American College of Chest Physicians, and American Society of Clinical Oncology.

RAVE is committed to you and your family's health. If you wish to undergo a lung cancer screening, you should ask your doctor to order it, or you can contact RAVE directly to schedule an appointment.

### THE DIFFERENCE BETWEEN MRI AND CT SCANS

MRI uses a strong magnetic field, radio waves and a computer. This enables MRI to make very detailed pictures of bone, organs, soft tissues and any other body structures. Differences between normal and abnormal tissue is often clearer on an MRI image than a CT.

CT uses a very thin unique X-ray beam to produce detailed, cross-sectional views of the area being studied. CT is often the preferred method of diagnosing causes of pain and many different forms of cancer.

### KNOW YOUR RISK FACTORS

#### CARDIAC

- Smoking
- Atherosclerosis
- Family History
- Shortness of Breath
- Lethargy
- Chest pain
- Leg pain

#### LUNG

- Smoking
- Pollutants
- Asthma
- COPD
- Frequent Coughing
- Shortness of Breath and more...

### ADDITIONAL RAVE DIAGNOSTIC SERVICES

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- Multi-Slice CT
- Cancer & Heart Calcium Screening
- MRA
- CTA
- P.E.T. (Positron Emission Tomography)
- Digital Mammography
- Nuclear Medicine
- Ultrasound
- Osteoporosis (Bone Density/DEXA) Evaluation
- Diagnostic Radiology/X-ray
- Non-invasive Vascular Testing



To find out if you're a candidate for CT Lung Cancer Screening, you can use the Lung Cancer Risk Calculator at <http://www.shouldiscreen.com>.

*For more information on early diagnostic testing and screenings, please visit their website at [www.RaveRad.com](http://www.RaveRad.com)*



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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



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-gainswave-treatment/>

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# Lymphedema and Functional Transformation Mobile Rehab Services

By James Ferrara - Occupational Therapist and Certified Lymphedema Therapist

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

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

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

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

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



## Mobile Rehab Services

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

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

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

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

**IF YOU ARE IN NEED OF LYMPHATIC THERAPY, CONTACT JAMES FERRARA - FUNCTIONAL TRANSFORMATION CLINIC TODAY AT 941-830-3749. TO FIND OUT MORE, PLEASE VISIT [FTSARASOTACLINIC.COM](https://www.ftsarasotaclinic.com).**

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**Beth Daniels, OTR, CLT-LANA, ALM**

Occupational Therapist for 30 years, Lymphedema therapist for 22 years, Pelvic Floor therapist for 2 years. Specializing in cancer treatment related lymphedema, upper extremity deficits, and pelvic floor complications and diagnoses. Bachelors degree from Texas Women's University in Occupational Therapy - May 1992. Certification in Lymphedema - Judith Casley-Smith Australia - November 2000. Lymphology Association of America Certification - 2001. Advanced Lymphedema Therapy - Foldi Clinic - Germany - 2012. Advanced Lymphedema Management - Academy of Lymphatic Studies - February 2020 with emphasis on Head and Neck Lymphedema, Genital Lymphedema, and Wound Care. Herman & Wallace - Pelvic Floor Therapy - March 2021. Lindsey Vestal - Pelvic Floor for Occupational Therapists - September 2022.



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

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



2201 Cantu Ct. Suite 109  
Sarasota, FL 34232



# May is Better Hearing and Speech Month

By Dr. Noël Crosby, Au.D.

**T**he Center for Disease Control supports Better Hearing and Speech Month, founded in 1927 by the American Speech-Language-Hearing Association. Each May, this annual event provides an opportunity to raise awareness about hearing and speech problems, and to encourage people to think about their own hearing and get their hearing checked.

Early identification and intervention for hearing loss is important. Many people live with unidentified hearing loss, often failing to realize that they are missing certain sounds and words. Checking one's hearing is the first step toward addressing the issue. Protect your hearing! And if you already have hearing loss or are experiencing pain, discomfort, or ringing in the ears, take steps to keep it from getting worse.

According to the World Health Organization's first World Report on Hearing, noise is now being acknowledged as an important public health issue and a top environmental risk faced by the world today. Over 50% of people aged 12–35 years listen to music via personal audio devices at volumes that pose a risk to their hearing. A rule of the thumb for staying safe is to keep the volume below 60%.

If you frequently use personal audio devices around loud sounds: instead of turning the volume up, consider using noise cancelling earphones or headphones. Listening through personal audio devices should not exceed 80 dB (adults) or 75 dB (sensitive



users: e.g., children) for 40 hours a week. Listeners who regularly use portable audio devices can expose themselves to the same level of sound in 15 minutes of music at 100 dB that an industrial worker would receive in an 8-hour day at 85 dB.

Did you know the average person is born with thousands of hair cells within their inner ear. These cells allow your brain to detect sounds. By the time you notice hearing loss, many hair cells have already been damaged or destroyed. You can lose 30% to 50% of hair cells before changes in your hearing can be measured by a hearing test. Damaged inner ear cells do not grow back. In addition to damaging hair cells, noise can also damage the auditory nerve that carries information about sounds to your brain. Early damage may not show up on your hearing test.

Although there is no treatment to restore normal hearing, you can prevent hearing loss from loud sounds. Protect your hearing! And if you already have hearing loss or are experiencing pain, discomfort, or ringing in the ears, take steps to keep it from getting worse. Get your hearing checked. Loud noises can cause hearing loss, but you can take steps to protect your ears.

**How does one protect themselves from hearing loss?**

People often voluntarily expose themselves to loud sounds through their headphones or through the stereo system in concerts, nightclubs, sporting events, and even fitness classes. Protect your hearing when shooting a firearm. Those using firearms for recreational purpose would benefit from learning about their safe use, which includes but is not limited to use of hearing protection. Is the noise too loud? If you need to shout to make yourself heard, then yes. And you need hearing protection such as earplugs or noise-cancelling earmuffs. Do not listen to headphones for a long time. Turn the volume down and take periodic breaks from the noise.

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Using the latest and most sophisticated technology, we determine if you have hearing loss—and, if you do, we determine the degree and type of hearing loss. If your hearing loss requires medical or surgical intervention, we can refer you to a physician (otologist or neurologist) for appropriate treatment. If your type of hearing loss can best be treated with the use of hearing aids and/or other assistive listening devices (which is true in the great majority of cases), we can select any of a wide range of hearing devices and custom fit them to your ear, programmed to augment your hearing at those frequency levels where your hearing loss is greatest.

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# NO DRUGS - NO PRESCRIPTIONS - NO SURGERY JUST RELIEF

By Physicians Rehabilitation

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

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

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

## Medial Branch Block for the Facet Joints

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

## Facet Joints

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## Sacroiliac Joint dysfunction

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



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## Epidural steroid injection

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

## Radiofrequency Ablation (RFA)

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

## Physicians Rehabilitation

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

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



# Slowing the Pace of Your Life

By Pastor Timothy Neptune

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

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

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

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

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

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

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

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

The Apostle Paul said this about contentment. *<sup>11</sup>I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup>I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup>I can do everything through him who gives me strength.* Philippians 4:11-13

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

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

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

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

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

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

If you find yourself making statements like this:

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

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

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



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