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MAGAZINE

July 2023

Manatee/Sarasota Edition - Monthly

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# Complications of Vein Disease

By Dr. Lackey

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

## Skin Changes

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

## Phlebitis

Thrombophlebitis, a blood clot in a superficial vein, is a common complication of varicose veins. This occurs because the dilated vein makes it easier to injure but can often occur without trauma. It presents as a hot, tender, thickened area along the length of the vein. It is very painful and associated with fever and fatigue. If phlebitis extends

## Stages of Vein Disease



far enough up the leg it can cause a clot in the deep veins, which is a risk for pulmonary embolism, which can be fatal.

## Bleeding

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

## Swelling

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

## Skin Ulcers

One of the most challenging vein complications is a skin ulcer. This is an open sore resulting from trauma to the skin. Trauma and chronic vein disease results in skin breakdown where the area around the open sore becomes red, swollen, tender, and painful. These ulcers typically occur on the inner side of the ankle. Patients are often frustrated by

these ulcers as they are frequently sent for lifelong wound care with multiple dressing changes for a wound that never seems to heal. Unless the root cause of the ulcer, vein disease, is treated, the ulcers will recur in under 2 years. Vein treatment involving ablation and sclerotherapy can help these chronic ulcers to heal.

## Blood Clots

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

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# Bradenton's Ernie Withers Returns to Spot of His Cardiac Arrest

**W**hen Ernie Withers attended the Manatee Chamber of Commerce event Feb. 21 at Roberto Clemente Field, in the Pirate City complex, he had no idea his life was in danger. A retired auto industry executive and former Chamber chairman, Withers was on the ballfield as part of the event when his heart stopped, what's called cardiac arrest.

"I had no symptoms prior, no warning," Withers said. "I had no pulse for two to three minutes. I was down."

The 68-year-old was fortunate, in some ways, to be where he was. Pirates Medical Director Dr. Patrick DeMeo was there and responded quickly, performing CPR and applying an Automated External Defibrillator (AED) device to shock Withers' heart back to life. He was then rushed to Manatee Memorial Hospital's cardiac catheterization lab, where cardiologist Jeffrey Rossi, MD, placed four stents to re-open his blocked arteries and cardiologist Jared Collins, DO, implanted a combination pacemaker/defibrillator.

"My care at the hospital was unbelievable. The entire staff kept me informed on every detail," said Withers, who was in the hospital for three days. "Dr. Teresa Rawe and her staff were so attentive and comforting. The shift changes went so smoothly."

Just one week after his cardiac episode, Withers was invited back by the Pittsburgh Pirates to throw out the first ball of a spring training game. "I was honored by the gesture and was so happy to be able to thank Dr. DeMeo and his staff for helping to save my life," he said. "I also thanked the players and coaches for their prayers while I laid on the ground lifeless."

Withers' story had ripples beyond his own life. He was invited to sit in Mayor Gene Brown's box during the game. A few days later, Brown reached out to tell Withers that because of his story, he went to the doctor, had a stress test that uncovered issues, and a stent was placed to improve bloodflow in his heart.



Ernie Withers

Ironically, Withers' daughter Lisa Heath has been a nurse at Manatee for the past 18 years. "I am so proud of the medical professionals I get to call co-workers who provided care to my dad and treated him like family," she said. "Familiar faces gave me an extra layer of confidence and reassurance that he was in good hands."

Withers is now back to playing golf and has resumed normal activities, and learned a new skill — he and his wife took a class and are now certified in CPR.

"My story is amazing, how everyone was in the right place at the right time," he said. "I think it was a miracle."

**A wellness screening can save your life. The screening, which takes about 30 minutes, can be scheduled at the Manatee Diagnostic Center by calling 941-747-3034 or visiting [manateediagnostic.com](http://manateediagnostic.com).**

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## ANOTHER LIFE SAVED

*In the end, a friend's story had an enormous impact on Bradenton Mayor Gene Brown.*

*Brown invited his good friend Ernie Withers to sit with him in the Mayor's Box at a Pittsburgh Pirates™ spring training game. A week earlier, Withers had collapsed on the same field and likely would have died had it not been for the fast-acting medical teams at both Pirate City and Manatee Memorial Hospital, who re-started his heart and performed a surgical procedure to re-open bloodflow to his heart.*

*After listening to Withers' story, Mayor Brown took his longtime friend's advice to see his cardiologist. He confided to Dr. Bruce Lipskind of Bradenton Cardiology that he may not have been forthright at his last appointment a year ago, and shared he was having some symptoms, including frequent heart-burn. His doctor suggested a stress test to make sure Brown's heart was OK.*

*After the test, Dr. Lipskind recommended Brown undergo a cardiac catheterization to get a closer look at the state of his heart. The procedure revealed that he had a 70% blockage of the left anterior descending artery, the largest artery in the heart and the proverbial "widowmaker." Interventional Cardiologist Dr. James Ngyuen placed a stent in the artery to open it, an experience Brown describes as surreal and that arguably saved his life.*

*"My thanks go out to Dr. Lipskind, Dr. Ngyuen, the nurses and the whole team who were unbelievable," Brown said. "I am fortunate to have been under such incredible care and I thank my friend Ernie for his encouragement."*

*When asked what message he would like to convey, Brown responded, "Get screened. Do it for you, do it for your family."*





# LAPIPLASTY: A NEW WAY TO FIX YOUR BUNION

By Dr. Isin Mustafa, DPM, MSHS, DABPM, FACPM

**B**unions or hallux valgus (medical term) is a "bump" on the side of the big toe, but did you know the root cause of a bunion is located in the middle of the foot. Its causes from an unstable joint in the middle of the foot that allows your toe to become misaligned creating the visually and commonly painful "bump".

Traditionally, bunions were corrected by a 2-D osteotomy (cutting the bone). This procedure had a high recurrence rate meaning that the bunion would most likely return within a few years. Today, many

people fear having their bunion corrected because they know people or have heard of people who's bunion returned after surgical correction. The good news is: there are new and innovative ways to correct your bunion. One new method is a procedure called the Lapiplasty by Treace Medical.

The Lapiplasty is a 3-D bunion correction procedure. The patented procedure is designed to permanently correct your bunion. This means your bunion will not return. A 3-D bunion correction means the procedure corrects the deformity in all 3

planes by addressing the root cause, resulting in permanent correction of the bunion. Another advantage of this procedure is the patients can resume walking with a boot in two weeks. The surgery is performed under general anesthesia, allowing patients to return home that same day. Minimal pain is associated with recovery, but everyone is different. Your experience may not always be the same as someone's else's. During the recovery period, you will be placed in a boot during your first post op appointment. Patients will avoid walking and putting pressure on the foot for 1 – 2 weeks. Again, the patient will use a boot following the procedure for a duration of 6-8 weeks. If your right foot is the surgical foot, no driving for at least 4 weeks. Swelling and numbness are the most common complaints after surgery. Swelling is expected after any foot surgery and can last for a year. Numbness should resolve over time, but permanent numbness to areas around the surgical site or your big toe can be permanent. This should not affect your daily activities if you do develop any numbness.

To learn more about bunion correction procedures and if you are a candidate for the Lapiplasty procedure, please contact your local foot and ankle surgeon.


*Disclaimer: This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition.*

While the bump appears here...

...the root of the problem, is actually located HERE



The 3 dimensions of your bunion problem

 <p><b>1</b></p> <p>The unstable joint (foundation) allows the metatarsal to <u>Lean Sideways</u></p>	 <p><b>2</b></p> <p>The metatarsal can <u>Elevate</u>, transferring excessive pressure to other toes &amp; ball of the foot</p>	 <p><b>3</b></p> <p>The metatarsal can <u>Rotate</u>, causing abnormal wear, just like a car tire out of alignment</p>
--	--	--

**Isin Mustafa, DPM, MSHS, DABPM, FACPM**

Isin Mustafa, DPM, is a Podiatrist at Family Foot & Leg Centers in Sarasota, FL. She is a Fellow of the American College of Foot & Ankle Surgeons. Call 239-430-3668 or visit

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# Post-Traumatic Stress Disorder (PTSD)

## You Are Not Alone

By Steven Stein, MD - Board-certified Psychiatrist

**P**ost-traumatic stress disorder (PTSD) is one mental health condition that falls under a category of conditions that develop in response to life stress or traumatic events called Trauma and Stressor Related Disorders. It can occur at any age and any person who experienced or witnessed a traumatic event. Other similar disorders arguably on a spectrum with PTSD include Acute Stress Disorder and Adjustment Disorder. The management of these disorders can be similar, but often vary depending on the severity of symptoms, duration of time and impact on daily life. Identifying there is a problem is the first step in developing a solution and then the healing process can begin. Treatment typically involves a combination of therapy, medication, self-help strategies, and support from friends and family. The goal of this article will be to raise awareness of traumas/microtraumas, PTSD and similar Trauma and Stressor Related Disorders, identify some of the common triggers and traumatic events, and offer guidance on what may help the healing process and overall management.

As mentioned, Post-Traumatic Stress Disorder (PTSD) can develop after an individual experiences or witnesses a traumatic event. These events may include sexual or physical assault, natural disasters, combat, accidents, or any real or perceived life-threatening situations. Symptoms can arise immediately or soon after the event, but for some can be more insidious and even delayed months, if not years, after a trauma or series of traumas. Just like every individual is a unique person, there are no identical presentations of this disorder, but there are characterological similarities. Some of these include:

**1) Intrusive thoughts,** where the person often experiences disruptive and unwanted thoughts, memories, or nightmares related to past trauma. They may also have intense emotional or physiological reactions when exposed to reminders of the trauma, called triggers. These thoughts often come unannounced and are involuntary but can even be so severe that the person falls into a state where they relive or re-experience the traumatic event emotionally, physically and/or with the senses like sight and sound. These often-horrific events are called flashbacks.

**2) Avoidant behaviors:** People with PTSD may actively avoid reminders of the traumatic event such as places, people, activities, or conversations that could trigger distressing memories. They may

withdraw from social interactions and isolate themselves to prevent further distress. This can further lead to other mental health conditions like depression and anxiety.

**3) Negative Alterations in Cognition and Mood:** A person with PTSD often has changes in their thoughts and feelings after the trauma which may include a more pessimistic attitude/more negative thoughts, distorted thoughts about oneself or the world, feelings of guilt or shame, and a loss of overall pleasure or enjoyment in life.

**4) Hyperarousal:** Those with PTSD often exhibit heightened arousal, which can manifest as difficulty sleeping, irritability, hypervigilance, exaggerated startle response, and problems with concentration. They may feel constantly on guard and have trouble relaxing.

It's important to mention that not everyone who experiences a traumatic event will develop PTSD. The risk factors for PTSD can vary among individuals, including the severity of the trauma, inherent personal factors, social support, and pre-existing mental health conditions. Some may not meet criteria also based on severity of symptoms or the duration of time the symptoms have occurred. This can apply to the following two similar but separate diagnoses **1) Acute Stress Disorder:** also known as acute stress reaction, is a psychological condition that can occur immediately after a traumatic event. It shares similarities with PTSD, but the main distinction is that ASD occurs within a shorter timeframe, typically within three days to one month after the traumatic event, whereas PTSD symptoms may persist for months or years. **2) Adjustment Disorder** is another similar diagnosis that develops in response to a change in life considered stressful, where the person develops a change in emotions or behaviors that cause impairment in overall functioning. This can be seen or experienced as decreases in mood/depression, increases in anxiety, disturbances to conduct, emotional instability or often a combination.

**Some common triggers for trauma reactions, adjustment difficulties and PTSD include:**

**1. Survivors of physical or sexual assault:** Individuals who have experienced physical or sexual assault, whether in childhood or adulthood, are more likely to develop PTSD.

**2. Victims of domestic violence or abuse:** People who have been subjected to ongoing domestic violence or abuse may develop PTSD because of the trauma they have endured.

**3. Natural disaster survivors:** Those who have lived through natural disasters like hurricanes, earthquakes, floods, or wildfires may experience symptoms of PTSD.

**4. Accident survivors:** People who have been involved in severe accidents, such as car crashes or plane crashes, can develop PTSD.

**5. Medical trauma:** Individuals who have undergone major surgeries, life-threatening illnesses, or medical procedures can develop PTSD due to the traumatic nature of their experiences.

**6. Military personnel:** Soldiers and veterans who have experienced combat or other traumatic events during their service are at higher risk for developing PTSD.

**7. First responders and emergency personnel:** Police officers, firefighters, paramedics, and other first responders who frequently witness traumatic events may be at increased risk of developing PTSD.

**8. Witnesses of violence or traumatic events:** Individuals who have witnessed violent acts, terrorist attacks, or other traumatic events may experience symptoms of PTSD.

**Here are some key approaches to manage PTSD and the other discussed Trauma and Related Disorders:** For starters, seek professional help. It's important to consult a mental health professional experienced in treating PTSD. They can provide an accurate diagnosis and develop a tailored treatment plan based on your specific needs. This may include:

**1. Psychotherapy:** Trauma-focused therapies, such as Cognitive-Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), and Dialectical Behavior Therapy (DBT), are effective in addressing traumatic experiences, managing symptoms, and promoting healthy coping strategies.

**2. Medications** such as selective serotonin reuptake inhibitors (SSRIs) or other psychiatric medications may be prescribed to manage specific symptoms like depression, anxiety, or sleep disturbances.

**3. Self-Care and Support:** Engaging in self-care practices, building a strong support network, and seeking support from friends, family, or support groups can be beneficial in the healing process.

If you or someone you know has experienced a traumatic event and is struggling with symptoms of PTSD, please know that you don't have to be alone in this struggle. There are things you can do and steps you can take to start feeling better, improve your symptoms and start living life the way you want to live it on your terms. Learning more about PTSD and understanding its effects can empower you to better manage your symptoms. Remember, managing PTSD is a gradual process, and it may take time, but it is effort well spent.

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# Unraveling the Complexity of Brain Diseases

**T**he human brain is an intricate organ that governs our thoughts, emotions, and actions. However, within this complexity lies a vulnerability to various disorders that can profoundly impact an individual's quality of life. Brain diseases encompass a wide range of neurological disorders, each with its unique characteristics and challenges. This article will shed light on some of the most prevalent brain diseases, exploring their causes, symptoms, and potential treatment avenues, while emphasizing the importance of ongoing research in this field.

**Alzheimer's Disease:** Alzheimer's disease, a progressive neurodegenerative disorder, is one of the most common forms of dementia. It is characterized by memory loss, cognitive decline, and behavioral changes. Researchers have identified certain genetic factors, such as mutations in the amyloid precursor protein (APP) and presenilin genes, as potential contributors to the development of Alzheimer's disease.<sup>1</sup> Additionally, the accumulation of amyloid-beta plaques and tau protein tangles in the brain has been linked to the pathology of this disease.<sup>2</sup> Although there is currently no cure for Alzheimer's disease, ongoing research focuses on developing interventions to slow down its progression and improve patients' quality of life.

**Parkinson's Disease:** Parkinson's disease is a chronic, progressive movement disorder that affects millions worldwide. It is primarily caused by the loss of dopamine-producing cells in the substantia nigra region of the brain. Genetic mutations, exposure to environmental toxins, and oxidative stress have been implicated in the development of Parkinson's disease.<sup>3</sup> Tremors, rigidity, bradykinesia, and postural instability are hallmark symptoms of this condition. Treatment options include medications to manage symptoms, deep brain stimulation, and physical therapy.<sup>4</sup>

**Multiple Sclerosis:** Multiple sclerosis (MS) is an autoimmune disease characterized by the immune system mistakenly attacking the protective covering of nerve fibers, known as myelin, in the central nervous system. The exact cause of MS remains unknown, but it is believed to involve a combination of genetic and environmental factors.<sup>5</sup> MS presents with a wide range of symptoms,

including fatigue, impaired coordination, muscle weakness, and cognitive difficulties. Disease-modifying therapies, rehabilitation programs, and symptom management strategies are the current approaches in managing MS.<sup>6</sup>

**Autoimmune Encephalitis:** Autoimmune encephalitis is a relatively rare but increasingly recognized group of brain diseases characterized by inflammation of the brain due to an autoimmune response. It occurs when the immune system mistakenly targets proteins within the brain, leading to neurological symptoms. Antibodies targeting specific proteins, such as NMDA receptors, LGI1, and GABAB receptors, have been identified in different forms of autoimmune encephalitis.<sup>7</sup> Symptoms can range from psychiatric manifestations, such as psychosis and mood changes, to neurological symptoms, including seizures, memory problems, and movement disorders. Treatment typically involves immunotherapy, such as corticosteroids, intravenous immunoglobulins, and plasma exchange, to suppress the autoimmune response and reduce inflammation.<sup>8</sup>

**Conclusion:** Brain diseases continue to present significant challenges in the medical field, impacting the lives of millions of individuals worldwide. Understanding the underlying causes, symptoms, and available treatment options is crucial in advancing research and developing effective interventions. Ongoing research aims to unravel the intricate mechanisms involved in these brain diseases, ultimately leading to improved diagnostic tools, more targeted therapies, and the possibility of finding cures. By supporting scientific endeavors and raising awareness, we can foster progress in the battle against these complex neurological disorders, offering hope for individuals and their families facing these challenges.



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At Paragon Healthcare, we offer services in home infusion therapy, infusion center site-of-care operations, specialty pharmaceuticals, rare disease care, bleeding disorder treatment and management, and in-office infusion suite solutions for physicians.

Some of the medication Paragon administers to treat the brain diseases described above, as well as others, include:

- Aduhelm
- Amvuttra
- Briumvi
- Immunoglobulin both SCIG and IVIG
- Lemtrada
- Leqembi
- Migraine Therapy
- Ocrevus
- Onpattro
- Radicava
- Rituxan (including biosimilar's)
- Soliris
- Solu Medrol
- Tysabri
- Ultomiris
- Uplizna
- Vyepi
- Vyvgart

Nationwide, Paragon administered more than 2,200 infusions in May with the above-mentioned medications and more than 9,900 infusions year to date.

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# Protect Your Skin from the Sun

Information provided by Freedom Health Inc.

**F**lorida is the Sunshine State and we are lucky to enjoy sunny weather year-round. Healthy skin is not the one that looks tanned. On the contrary, it is the skin that is more protected from the damaging UV rays. Enjoy our beautiful beaches, springs, and state parks while protecting from the sun. Pay attention to changes in your skin and talk to your doctor.

The American Academy of Dermatology has declared skin cancer as the most common cancer in the United States. One in five Americans will develop skin cancer in their lifetime, and nearly 20 Americans die from melanoma, the deadliest form of skin cancer, every day. When found early is highly treatable.

## What can you do to protect your skin?

Exposure to the sun's potent UV rays is the most preventable risk factor for skin cancer. Protect your skin by:

- Seeking shade.
- Wearing a wide-brim hat that covers your ears and neck area.
- Wearing sunglasses.
- Wearing sun-protective clothing, like the ones made for fishermen.
- Applying sunscreen to all your skin not covered by clothing.
- Applying sunscreen to dry skin 15 to 30 minutes before going outdoors.
- Never use tanning beds or sunlamps.

Sunscreen is one of the main elements to avoid sun damage. We understand that buying sunscreen can be confusing, there are several options in the market at different price ranges with and without tint or fragrance. Keep in mind these 2 main types of sunscreens:

- **Physical Sunscreen:** This sunscreen works like a shield; it sits on the surface of your skin, deflecting the sun's rays. Look for the active ingredients zinc oxide and/or titanium dioxide. Opt for this sunscreen if you have sensitive skin. It is also known as mineral sunscreen.
- **Chemical sunscreen:** This sunscreen works as a sponge, absorbing the sun's rays. Look for one or more of the following active ingredients: oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate. This formulation tends to be easier to rub into the skin without leaving a white residue.

If it's broad-spectrum, water-resistant, and has an SPF of 30 or higher, it can effectively protect you from the sun.

Keep in mind that the American Academy of Dermatology recommends choosing a sunscreen that says:

- **Broad Spectrum-** This means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.
- **SPF 30 or Higher-** How well a sunscreen protects you from sunburn.
- **Water resistant or very water resistant-** For up to 40 or 80 minutes. Sunscreens are not waterproof or sweatproof and need to be reapplied every two hours or after swimming or sweating.

**Remember:** Make sure you reapply it every two hours, or after swimming or sweating.

**Hint:** One ounce of sunscreen, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body. For Medicare beneficiaries, check with your plan if sunscreen lotion is included in your over-the-counter items benefit. For Freedom Health members: check out our plan over-the-counter items catalog to order a sunscreen lotion. For more information check at [www.FreedomHealth.com](http://www.FreedomHealth.com) or call the number on the back of your ID card.

## Check your own skin.

People of all colors, including those with brown and black skin, get skin cancer. Even if you never sunburn, you can get skin cancer. *According to the American Academy of Dermatology, people with dark complexions are less likely to get cancer than those with lighter complexions.* Performing monthly skin self-exams can help you find cancer early when a cure is likely.

Do a full body exam of your skin using a full-length mirror and a partner or a handheld mirror every month. Look at your skin from head to toe by examining hard-to-see areas like the top of your head and back. Check places that get little sun like the bottoms of your feet, toenails, lower legs, groin, and buttocks. If you have questions about areas on your skin that have changed appearance, please talk to your doctor.

Source of information: American Academy of Dermatology



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# FINDING BALANCE

## How Upper Cervical Chiropractic Can Alleviate Vertigo

By Dr. Drew Hall

**V**ertigo is a distressing condition that affects millions of people worldwide, causing dizziness, disorientation, and a spinning sensation. While there are various causes of vertigo, one alternative treatment approach that has shown promising results is upper cervical chiropractic. This specialized branch of chiropractic care focuses on the alignment of the uppermost bones in the neck, known as the upper cervical spine. In this article, we will explore how upper cervical chiropractic can help individuals suffering from vertigo and provide insights into its potential benefits.

### Understanding Vertigo

Vertigo is characterized by a false sense of movement, where individuals may experience spinning, swaying, or tilting sensations even when they are stationary. It often occurs due to problems in the inner ear, specifically the vestibular system, which is responsible for our sense of balance. Conditions such as benign paroxysmal positional vertigo (BPPV), Meniere's disease, and vestibular migraine can lead to recurring episodes of vertigo. While traditional medical approaches focus on managing symptoms through medications or physical therapy, many individuals are seeking alternative treatments like upper cervical chiropractic to address the underlying cause.

### Causes of Vertigo

**Vertigo is often caused by an inner ear problem. Some of the most common causes include:**

**BPPV (benign paroxysmal positional vertigo)** BPPV occurs when tiny calcium particles are dislodged from their normal location and collect in the inner ear. The inner ear sends signals to the brain about head and body movements relative to gravity. It helps you keep your balance. BPPV can occur for no known reason and may be associated with age.

**Meniere's disease.** This is an inner ear disorder thought to be caused by a buildup of fluid and changing pressure in the ear. It can cause episodes of vertigo along with ringing in the ears (tinnitus) and hearing loss.

**Vestibular neuritis or labyrinthitis.** This is an inner ear problem usually related to infection (usually



viral). The infection causes inflammation in the inner ear around nerves that are important for helping the body sense balance.

### Vertigo may also be associated with:

- Head or neck injury
- Brain problems such as stroke or tumor
- Certain medications that cause ear damage
- Migraine headaches

### The Upper Cervical Chiropractic Approach

Upper cervical chiropractic is a specialized branch of chiropractic care that emphasizes the correction of misalignments in the uppermost vertebrae of the neck, namely the atlas (C1) and axis (C2) bones. These two vertebrae play a crucial role in supporting the head's weight and facilitating the proper functioning of the nervous system. Misalignments or subluxations in this area can disrupt the communication between the brain and body, leading to various health issues, including vertigo.

By employing gentle and precise adjustments, upper cervical chiropractors aim to restore proper alignment and alleviate pressure on the nervous system. These adjustments are tailored to the individual's unique needs and involve no twisting or cracking of the neck. The goal is to facilitate the body's self-healing capabilities and promote overall well-being.



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### Symptoms of Vertigo

**People with vertigo typically describe it as feeling like they are:**

- Spinning
- Tilting
- Swaying
- Unbalanced
- Pulled to one direction

### Other symptoms that may accompany vertigo include:

- Feeling nauseated
- Vomiting
- Abnormal or jerking eye movements (nystagmus)
- Headache

### Effectiveness in Managing Vertigo

Several studies have indicated the potential effectiveness of upper cervical chiropractic in managing vertigo symptoms. Misalignments in the upper cervical spine can affect the vestibular system's function, leading to vertigo. By realigning the vertebrae, upper cervical chiropractic may alleviate the pressure on the nerves and provide relief.

One case study published in the Journal of Upper Cervical Chiropractic Research reported a significant improvement in a patient suffering from chronic vertigo following upper cervical chiropractic care. The study highlighted the restoration of the normal function of the vestibular system after specific upper cervical adjustments.

Another study published in the Journal of Manipulative and Physiological Therapeutics examined the impact of chiropractic care, including upper cervical adjustments, on patients with chronic recurrent vertigo. The results showed a reduction in both the frequency and severity of vertigo episodes, suggesting the potential benefits of this treatment approach.

It is important to note that upper cervical chiropractic is not a one-size-fits-all solution, and individual responses may vary. A thorough examination and evaluation by a qualified upper cervical chiropractor are necessary to determine the suitability of this approach for each patient.



# KEEPING THE BEAT: Screenings Can Save Your Life

**W**hen it comes to your heart, the Manatee Heart and Vascular Center provides patients with an individualized approach to care that includes assessment, diagnosis, planning, intervention and follow-up.

**How would I get screened for heart disease?**

During a checkup with your doctor, they will ask some questions and consider screenings and order bloodwork to assess your cardiovascular health. Your doctor will want to know about and routinely check for risk factors.

**What types of symptoms should I mention to the doctor during my visit?**

- Chest pain or discomfort
- Fluttering in your chest
- Slow or racing heartbeat
- Shortness of breath
- Dizziness
- Fatigue
- Swelling in your feet or abdomen

**What are some specific tests I might need?**

Manatee Diagnostic Center provides cardiac screenings to help patients identify potential heart problems and manage their heart health. By identifying potential issues early on, patients can work with their healthcare provider to adjust their lifestyle and improve their overall well-being.

## CT Heart Score

A cardiac computed tomography (CT) Heart Score is a non-invasive imaging test to detect and measure the amount of calcium deposits in your coronary arteries. Coronary arteries are blood vessels that supply the heart with blood. When calcium is present, the higher the score, the higher the risk of heart disease. Scores range from 0-10.

If you are a male (ages 35 to 75) or a female (between 40 and 70) with any of the following risk factors, this test may provide valuable information about your heart health and identify heart disease in its early stages:

- Diabetes
- Family history of heart disease
- High blood pressure
- High cholesterol
- Overweight

A doctor's order is needed for this screening. Talk with your doctor about your eligibility for screening. The self-pay price is \$75.

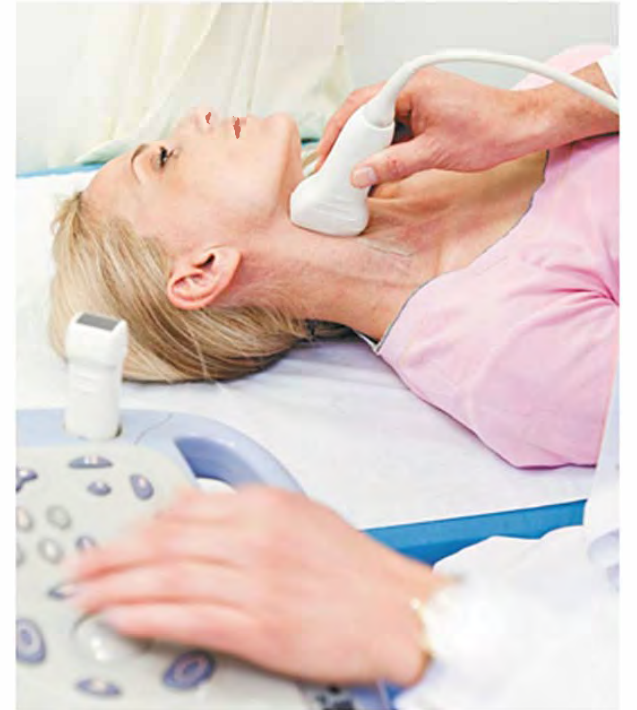
## Ultrasound Wellness Screening

An Ultrasound Wellness Screening is a non-invasive group of exams that take images of your internal arteries. The screening consists of the following tests:

- **Carotid Artery Screen:** Carotid arteries are found on each side of the neck and carry blood to the brain. The ultrasound is used to view the inside of the artery and detect plaque that could reduce or block bloodflow, which is the main cause of a stroke.
- **Abdominal Aortic Aneurysm Screen (AAA):** The aorta is the main artery that originates from the heart and runs through mid-abdomen, and an abdominal aortic aneurysm is an enlargement or aneurysm of the artery. Aortic aneurysms are extremely dangerous.
- **Peripheral Arterial Disease Screen (PAD):** An Ankle/Brachial Index (ABI) test screens for a buildup of plaque in the arteries. Blood pressure cuffs are placed on both upper arms and ankles for pressure readings.

If you have a family history of abdominal aortic aneurysms or are a current or former smoker, you should be screened. Asymptomatic participants can also be screened. The purpose of these images is to help provide early intervention and make changes if necessary to reduce risk of heart disease and other related conditions.

A doctor's order is not required for this screening. The self-pay price is \$149.



"Screening leads to early detection. Early detection saves lives," said Kim Kulesza, MS, CNMT, Director of Clinical Operations at Manatee Diagnostic Center. "Whether you have a family history or are experiencing symptoms, time is of the essence, so see your doctor."

Call Manatee Diagnostic Center at 941-747-3034 to receive more information or to schedule one of these screenings.

For more information about the Manatee Heart and Vascular Center, call 941-745-6874 or visit [manateememorial.com/heart](http://manateememorial.com/heart).



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Mark Walter M.D.

## STEM CELL ORTHOPEDICS

### The Medicine of The Future

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# STEM CELL ORTHOPEDICS:

## HOW TO GET THE BEST RESULTS!

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

#### About Dr. Walter

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

For additional information, to book a phone or in-person consultation or reserve a seat at an upcoming free seminar (July 12th and July 26th @ 4 P.M.) please call Dr. Walter's office in Sarasota at (941) 955-4325, text the Stem Cell Hotline at (941) 376-2100 or visit us at [regenortho.com](http://regenortho.com).

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



Please call today for more information or to book a **PERSONAL CONSULTATION** or a **FREE SEMINAR** **WEDNESDAY, July 12th and July 26th @ 4 P.M.**

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# Psoriasis: Do You Have Dry Patches of Irritated Skin?

**P**soriasis is an outbreak that causes a “rash” on the skin, but it can also affect the nails, tendons, and joints. Some of the most common symptoms are red rashes or spots, dryness, cracking, flaking, peeling, depression, and joint pain. Depending on the severity of the disease, most people start seeing scaly skin patches on the knees, elbows, and scalp. The effects of psoriasis are both physical and emotional, as individuals are usually in a great deal of discomfort and may also be embarrassed by the way their skin appears.

Psoriasis is a common skin disorder that affects 125 million people globally; however, what many people don’t realize is that it is an autoimmune disease. When the body’s immune system is triggered, skin cells become overactive and produce more skin than what can naturally be sloughed off, so the end result is red, irritated skin with dry patches that eventually peel. It can affect the scalp, inner and outer ears, feet, limbs, and everywhere in between.

## Psoriasis Symptoms:

- Red, raised, patches with siler or white scales
- Dry skin (flakes, cracks, and bleeds)
- Pain
- Itching
- Burning
- Painful, swollen joints
- Pitted finger and toenails

Psoriasis is a lifelong disorder and can, in extreme cases, turn into psoriatic arthritis, which is an inflammatory arthritis (also autoimmune) condition. The typical treatments for this disorder, as well as psoriasis, are topicals, pain medications, steroids, Goeckerman therapy (coal tar and light therapy), immunosuppressants, and in advanced cases of psoriatic arthritis, surgery to replace the affected joints.

In the United States, psoriasis affects around 7.5 million. It’s commonly associated other disorders such as the following:

- Type II diabetes
- Heart disease
- Anxiety
- IBS
- Depression



Getting an accurate diagnosis and established treatment plan will help manage your psoriasis. Scheduling an appointment with an experienced dermatologist is essential.

## Luminary Dermatology Trust an Experienced Provider Team

Luminary Dermatology features an experienced team of providers dedicated to giving you total confidence in your skin and your health. Our team includes Doctors, Physician Assistants and Nurse Practitioners who work together to care for you from head to toe.

## Look and Feel Your Very Best

No matter your concern, you can trust our team to provide the treatment and guidance you need to look and feel radiant. At Luminary Dermatology, you will find services including:

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- Medical Spa Treatments
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# WHY SENIORS ARE CHOOSING LIFE PLAN COMMUNITIES OVER AGING IN PLACE

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

## THE REALITIES OF AGING IN PLACE

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

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

## WHAT IS A LIFE PLAN COMMUNITY?

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

### Maintenance-free Living

Owning and maintaining a home is a lot of work, and there may come a time in life when you'd rather be relaxing or spending time with loved ones instead of doing chores around the house. When you move to a Life Plan Community, you can let the professionals



take care of lawn mowing, housekeeping, meal preparation, home repairs and more. You'll have more time to enjoy what you've earned, and more freedom to travel without worrying about who will take care of your home while you're away.

### Financial Security

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

### Resort-like Lifestyle

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

### Social Engagement

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

### Peace of Mind for Your Loved Ones

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

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

## DISCOVER TRUE FREEDOM

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

## July Featured Events

### Moving to a Senior Retirement Community: What Does "Ready" Look Like?

Thur., July 13 \* 11:30 a.m. to 1:30 p.m.

"I'm just not ready yet" is a common response when seniors are asked if they are planning to move into a senior living community. However, when most seniors are asked if they have any regrets about moving to our community, the response is, "I wish I would have moved in sooner." This lunch and learn with Freedom Village residents will dig deeper into the question of what "ready" might look like for you or a loved one.

### Healthy Aging in a Vibrant Senior Living Community

Thur., July 20 \* 11:30 a.m. to 1:30 p.m.

Medical and scientific advancements continue to add years to life. Moving to a Life Plan Community like Freedom Village can help add life to your years. Join us for a complimentary lunch, where we will give an overview of how we provide opportunities for residents to live healthier, vibrant lives in Independent Living, Assisted Living and receive the care they may need at the Health Center.



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# RN 2.0



SCAN ME

By Nashat Abualhaija, Ph.D., RN

*"As a nurse, we have the opportunity to heal the heart, mind, soul, and body of our patients, their families, and ourselves. They may not remember your name, but they will never forget the way you made them feel."* – Maya Angelou

Interestingly, Maya Angelou was never a nurse, yet she had a deep understanding of what it takes to be one.

The need for nurses to provide compassionate care is part of the equation. With all the advancements in treatments, nurses need to have a deeper knowledge of their craft in order to provide their patients with holistic and complex care.

That's just one of the advantages nurses have when they earn their Bachelor of Science in Nursing degree (BSN).

Other advantages of BSN-prepared nurses include:

- A better and faster track to pursue senior positions, including nurse managers and nursing directors
- Faster increases in hourly pay than those with an ASN
- A path to graduate nursing degrees

Additionally, state and regulatory agencies, including the Veterans Administration, have mandates for BSN-prepared nurses. Many healthcare facilities now require RNs to have a BSN for entry level nursing positions. As the population ages, the need for nurses with a BSN grows. Studies show that nurses with a BSN can provide a higher level of care because they have a higher level of competency in the nursing practice, increased skills in communication, leadership, professional integration, plus research and evaluation. In all, that leads to better patient outcomes.\*

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*Dr. Nashat Abualhaija, Ph.D., RN, is the nursing program director at Hodges University.*

\*The American Association of Colleges of Nursing (AACN) "The Impact of Education on Nursing Practice (AACN, 2014)"



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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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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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# OBESITY & MEDICALLY ASSISTED WEIGHT MANAGEMENT

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

## World Health Organization Fast Facts on Obesity

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

## Health effects from obesity

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

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



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

## Combating obesity through medically assisted weight management

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

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

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

The best medically assisted weight loss programs monitor things like:

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

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

If you'd like more information, please visit  
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## An Example of How Prescription Hope Works:

Myasthenia Gravis is a chronic autoimmune neuromuscular disorder affecting communication between nerves and muscles.

In a healthy body, nerve cells transmit signals to the muscles, which allow them to move. In MG, your immune system mistakenly produces antibodies that attack the receptors on your muscle cells. These receptors are called acetylcholine receptors, essential for transmitting nerve impulses to your muscles.

The antibodies in MG disrupt the normal functioning of acetylcholine receptors, leading to muscle weakness and fatigue. MG's most affected muscles are those that control eye and eyelid movements, facial expressions, chewing, swallowing, and speaking. However, MG can also affect muscles in other body parts, including the limbs.

The hallmark symptom of MG is muscle weakness that worsens with activity and improves with rest. This means you may experience fatigue and weakness in the affected muscles after using them for some time. For example, you may find it challenging to keep your eyes open, have difficulty chewing or swallowing, or experience slurred speech after talking for a while. Weakness can also affect your limbs, making lifting objects or climbing stairs more difficult.

It's important to note that MG symptoms can vary from person to person. Some individuals may have mild symptoms that only affect specific muscle groups, while others may experience more severe and generalized weakness.

Diagnosing MG typically involves a combination of clinical evaluation, physical examination, and specific tests. Your healthcare provider may conduct tests such as electromyography (EMG), blood tests to check for specific antibodies, and a medication called edrophonium (Tensilon) test to observe how your muscles respond.

Although there is currently no cure for MG, the condition can be effectively managed. Treatment options aim to improve muscle strength, minimize symptoms, and prevent complications. The most common approach involves medications that enhance the transmission of nerve signals to your muscles. These medications may include acetylcholinesterase inhibitors, immunosuppressants, or corticosteroids.

**Cellcept®** is the brand name for the medication mycophenolate mofetil, commonly used in treating Myasthenia Gravis (MG). It belongs to a class of medications called immunosuppressants.

Cellcept works by suppressing the activity of the immune system, specifically the production of certain immune cells called lymphocytes. By reducing the immune response, Cellcept helps to decrease the production of the antibodies that attack the acetylcholine receptors in MG.

## The benefits of using Cellcept for MG include:

- 1. Improved muscle strength:** Cellcept can help reduce the symptoms of muscle weakness and fatigue associated with MG. By suppressing the immune response, it helps to prevent the destruction of acetylcholine receptors, allowing for better nerve-to-muscle communication.
- 2. Symptom control:** Cellcept can help manage and control the symptoms of MG, including weakness in the muscles involved in eye movements, facial expressions, swallowing, and limb movements.

**3. Reduced frequency of MG exacerbations:** By modulating the immune response, Cellcept can help decrease the frequency and severity of MG exacerbations, which are periods of increased symptoms.

If you don't have medical insurance, the price of Cellcept is out of reach for many who are prescribed it. This is where Prescription Hope can help.

## Your Benefits

- A set price of \$50 monthly for each medication through Prescription Hope's medication access service.
- A team of Patient Advocates to assist you with any questions.
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## Who We Work With

- An individual earning around \$50,000 per year.
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## Who Saves

- Are you paying more than \$50 a month for each medication? If so, join the thousands of other individuals and families saved with Prescription Hope over the last decade.

## No Enrollment Period

- Unlike insurance programs there are no enrollment periods for Prescription Hope. This means you can enroll anytime.



Visit, [www.PrescriptionHope.com](http://www.PrescriptionHope.com) today to see if you qualify.







# Coping with Childhood Obesity

## A Parent's Guide

By Michelle Locke - Master Life and Mindset Coach

**C**hildhood Obesity Month serves as a reminder of the growing concern surrounding the health and well-being of our children. With the rising prevalence of childhood obesity, parents play a vital role in addressing and managing this issue. This article aims to shed light on the significance of Childhood Obesity Month and provide practical strategies to help parents cope with and support their obese children.

### Understanding Childhood Obesity

Childhood obesity is a complex health condition that occurs when a child has excess body fat, which can have long-term detrimental effects on their physical and mental well-being. Several factors contribute to its development, including genetics, unhealthy eating habits, sedentary lifestyle, and environmental influences.

### The Importance of Childhood Obesity Month

Childhood Obesity Month, observed annually in September, is dedicated to raising awareness about the causes, consequences, and prevention of obesity among children. It serves as a call to action for parents, educators, healthcare professionals, and policymakers to address this pressing issue and promote healthier lifestyles for children.

### COPING STRATEGIES FOR PARENTS

**Educate Yourself:** Gain knowledge about childhood obesity, its causes, and the associated health risks.



Consult healthcare professionals, read credible resources, and seek support from organizations dedicated to childhood obesity.

**Encourage Healthy Habits:** Foster a supportive environment at home that promotes healthy eating and physical activity. Involve the whole family in meal planning, cooking nutritious meals together, and engaging in regular physical activities like family walks, bike rides, or sports.

**Be a Role Model:** Children learn by example, so set a positive example by adopting healthy habits yourself. Encourage balanced eating, limit sugary drinks and processed foods, and engage in regular exercise.

**Avoid Blame and Shame:** It is essential to approach the topic of obesity with sensitivity and empathy. Focus on health improvement rather than weight loss alone. Avoid stigmatizing or shaming the child, as it can lead to low self-esteem and further emotional distress.

**Seek Professional Help:** If your child's weight issue persists or if you need guidance, consult a healthcare professional, such as a pediatrician or registered dietitian. They can provide personalized advice and develop a tailored plan to address your child's specific needs.

### AVOID:

- Blaming yourself and feeling guilty
- Blaming your child and placing shame
- Asking "why us?" and feeling sorry for yourself or your child
- Giving up

### EMBRACE:

- Forgiving yourself for your mistakes
- Encouraging your child to make small changes
- Focusing on gratitude for what is right with your child (health, character, intelligence, etc.)
- Taking massive action to learn and implement change

Childhood Obesity Month serves as a reminder for parents to take proactive steps in addressing childhood obesity. By educating themselves, encouraging healthy habits, leading by example, avoiding blame and shame, and seeking professional help when needed, parents can effectively cope with and support their obese children. Together, we can create a healthier future for our children and combat the growing concern of childhood obesity.

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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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BY DR. AMANDA RIZNER

# ARE ELECTRIC TOOTHBRUSHES AND WATER FLOSSERS WORTH THE COST?

## EXPLORING THE DENTAL HYGIENE HYPE

One of the most popular questions asked by our patients pertains to the necessity of purchasing an electric toothbrush or water flosser. Throughout the years, these dental advances have gained popularity as promising alternatives to manual brushing and traditional flossing. However, before investing in these high-tech devices, it's essential to examine whether they truly deliver on their promises. In this article, we'll explore the benefits and drawbacks of electric toothbrushes and water flossers to determine if they are worth the cost.

### Electric Toothbrushes: Efficiency and Effectiveness

Electric toothbrushes offer several advantages over manual ones. Their oscillating or vibrating brush heads provide consistent and precise cleaning motions, making it easier to reach all areas of the mouth. The high-speed movements help remove plaque and debris more effectively, potentially improving overall oral hygiene. Additionally, many electric toothbrushes have built-in timers that encourage users to brush for the recommended two minutes, ensuring thorough cleaning. This is something we highly recommend for children who are just learning how to brush properly, and can make brushing before bed slightly more engaging. Most toothbrushes also come with a pressure indicator, which can alert the patient when they're

pressing too hard on the gums, in attempt to prevent gum recession. The only drawback regarding electric toothbrushes seems to be the additional cost and the need to purchase additional brush heads every three months. However, they do come in a variety of designs and prices which allow most patients to find something that fits both their needs and budget. We highly recommend patients search for an electric toothbrush which offers multiple intensity settings, a timer, and a pressure indicator to ensure proper brushing techniques.

### Water Flossers:

#### An Alternative to Traditional Flossing

Water flossers, also known as oral irrigators, use a pulsating stream of water to remove plaque and debris from between teeth and along the gumline. They can be particularly beneficial for individuals with braces, implants, and history of gingivitis or periodontal disease. Water flossers are generally easier to use than traditional floss and can be more effective in reaching areas that are difficult to access. They can be especially helpful for patients with manual dexterity issues. Studies have shown that the pulsating stream of water helps to eliminate a higher amount of bacteria from the gingival pockets, which is especially beneficial for patients who've undergone a

"deep cleaning" in the past. They do tend to be bulkier and pricier than traditional floss, and the cost of replacement tips and maintenance should be factored in. Learning how to use a water flosser can be somewhat tricky the first time around. We recommend patients try the travel size water flossers that can easily be used in the shower, to eliminate mess and gain an overall higher patient compliance rate.

### Considerations for Cost vs. Benefits

When deciding whether electric toothbrushes and water flossers are worth the cost, it's important to assess individual needs and preferences. While these devices may offer enhanced efficiency and effectiveness, their benefits might not justify the higher price for everyone. Factors such as budget, dental health conditions, and personal dexterity should be taken into account. It's worth consulting with a dentist or dental hygienist to determine the most suitable oral hygiene instrument based on individual circumstances. Additionally, consistently practicing good oral hygiene habits, regardless of the instrument used, remains crucial for maintaining dental health.



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

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

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

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

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

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

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

To schedule your appointment or for more information, please visit their website at [www.RaveRad.com](http://www.RaveRad.com).



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# FACIAL REJUVENATION WITH FACIAL ACUPUNCTURE

By Dr. Brandon Fuller

**T**here are countless articles and research papers on the benefits of acupuncture, but did you know that it can also be used to combat the signs of aging? A natural alternative to surgery or Botox, facial acupuncture is merely an extension of traditional acupuncture and Chinese medicine philosophy.

Unlike an injection of Botox or some other filler, facial acupuncture addresses not just the signs of aging like fine lines and wrinkles but it also helps to restore your skin's overall health. Now, you might be worried about acupuncture needles placed in your face, but acupuncture is safe and effective and is recognized by the World Health Organization and there are established guidelines for practice just like any other health profession. Practitioners are also licensed by their state's department of health so you can be confident that you are in good hands.

## What to Expect

During a typical procedure, your acupuncturist will insert approximately 40 to 70 tiny and painless needles (like the size of a hair) into your face. The science behind it works like this: as the needles puncture the skin, they create wounds called micro-traumas. These small punctures work to stimulate your lymphatic and circulatory systems which work together to deliver the nutrients and oxygen our skin cells need to nourish the skin from the inside out. Another benefit is that facial acupuncture helps to produce collagen which improves the skin's elasticity which then minimizes fine lines and wrinkles.



## Cosmetic Acupuncture vs. Botox

Now that you know what to expect with a typical facial acupuncture session, let's look at the difference between this and a typical Botox treatment. Unlike facial acupuncture, Botox can't treat the wrinkles that are due to aging or exposure to the sun. Botox only works on smile and frown lines. Users also might not be able to raise their eyebrows or have other facial expressions.

With Botox treatments, there is also a risk of paralysis of the surrounding muscles, and it could also cause the upper eyelid to droop. Botox also provides only temporary results. Think of it this way, the more you get Botox, the more you need to achieve that same result. And Botox treatments can get pricey with some costing up to \$600 every three to four months. And one of the biggest concerns is that the long-term effects are just not that well known.

## What the Research Says

A 2013 study found that facial acupuncture contributed to better skin elasticity. Other studies

have reported outcomes like the skin becoming more delicate and fairer, diminished wrinkles, brighter complexion and an overall rejuvenation that isn't just confined to the face.

A typical course of treatment consists of approximately 10-14 consecutive treatments depending on the desired results, two times per week for five to seven weeks. Users may notice positive results after just a few sessions, but the full course of treatments allows for deeper and lasting results. Regular maintenance sessions can help to maintain results.

It's also important to note that your acupuncturist will not just treat your face, but your whole body as well. Each treatment is tailored to how each patient is aging. No two people receive the same treatments because each person's aging process is their own. There are a variety of issues that can develop due to aging such as sleep disorders, chronic pain or digestive issues. All of these things must be addressed for any acupuncture treatments to be effective.

Your acupuncturist will do a thorough health intake to assess your issues, address your concerns and answer any questions. If Botox and its side effects have you nervous about long-term use, talk to your acupuncturist about facial acupuncture and how it might get you results that are just as good, if not better, with far less risk. Put your best face forward with facial acupuncture!

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

By Craig S. Aderholdt, BSc, DC

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

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

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

## How does VAX-D work?

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



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

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

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

## Is VAX-D Right for Me?

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

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

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

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

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

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

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



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

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

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



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# New Ways to Treat Neuropathy Offered at Natural Healing Arts Medical Center

By Dr. David S. Zamikoff

**N**europathy is a condition that affects the nerves in your body which can cause a wide range of symptoms. The nerves in your body are responsible for transmitting signals from your brain to the rest of your body, so when they become damaged or diseased, they can interfere with these signals and cause various problems.

The specific symptoms of neuropathy can vary depending on the type and location of the nerves affected, but some common symptoms of neuropathy include:

- **Pain:** One of the most common neuropathy symptoms is pain, which can be sharp, stabbing, burning, or throbbing. The pain may be constant or come and go, and it may be worse at night.
- **Tingling and numbness:** Another common symptom of neuropathy is tingling and numbness, which can feel like pins and needles or a loss of sensation in the affected area. You may also experience a feeling of "electricity" or "shock" in the affected area.
- **Weakness:** Neuropathy can also cause weakness in the affected area, making it difficult to perform everyday tasks like walking, standing, or gripping objects.
- **Sensitivity to touch:** Some people with neuropathy may experience sensitivity to touch or temperature changes, making it uncomfortable or even painful to wear socks or shoes, for example.
- **Loss of balance:** In some cases, neuropathy can cause a loss of balance and coordination, increasing the risk of falls and injuries.
- **Digestive issues:** Neuropathy can also affect the nerves that control your digestive system, which can cause symptoms like nausea, vomiting, diarrhea, and constipation.

It's important to note that not everyone with neuropathy will experience all of these symptoms, and the severity of the symptoms can vary from person to person. If you're experiencing any of these symptoms, it's essential to seek medical attention to determine the underlying cause and receive appropriate treatment.

Many causes of neuropathy include diabetes, alcoholism, autoimmune disorders, infections, and exposure to toxins. It's essential to identify your neuropathy's underlying cause so we can develop an effective treatment plan. At our clinic, we take a holistic approach to treating neuropathy, meaning we look at the whole person and not just the symptoms. We may recommend chiropractic adjustments, massage therapy, and other techniques to help improve your nerve function and reduce your symptoms. We may also recommend dietary changes, exercise, and other lifestyle modifications to help address the underlying cause of your neuropathy.

Over 70% of the US population is either obese or overweight. Type 2 diabetes, heart disease, peripheral vascular disease, cancer treated with chemotherapy, and metabolic conditions are not going anywhere anytime soon. One of the main symptoms of all of these is peripheral neuropathy. Neuropathy is a condition that baby boomers and even younger adults now struggle with, and there is virtually no medical solution out there other than pain-relieving medications. Most of these medications are used off-label and are dangerous to take long-term.

At Natural Healing Arts Medical Center, our hybrid at-home/in-clinic program is designed for the patient to have the ability to treat themselves 75% at home,

be educated from home, while coming into the office minimally, getting better clinical results with research-backed technologies. Combining neuropathy with other niches such as gut health, weight loss, knee pain, spinal degenerative conditions allow us to offer better clinical programs to our patients.

Patient education is an important component of the treatment of neuropathy. It's essential for patients to understand the underlying causes of their neuropathy and to be aware of the potential complications. Patients should also be informed of the available treatment options and the benefits and risks associated with each one.

In addition, patients should be encouraged to practice good self-care habits, such as checking their feet daily for sores or other signs of injury, wearing appropriate shoes, and managing blood sugar levels if they have diabetes. It's also vital for patients to report any new or worsening symptoms to their healthcare provider and to follow up with their provider regularly to monitor their progress and adjust their treatment plan as needed.

If you're experiencing neuropathy symptoms, seeking treatment as soon as possible is essential. Left untreated, neuropathy can worsen and lead to more severe complications. Our team of chiropractic professionals is here to help you find relief from your symptoms and improve your overall health and well-being.

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

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# 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.

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



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

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



2201 Cantu Ct. Suite 109  
Sarasota, FL 34232



# WHERE ARE ALL THE BIDETS?

**T**he year 2020 brought many new sights and shortages of household goods that had never been scarce. Global supply chains ceased to keep up with the burgeoning demand for toilet paper, and some of us were left sitting on the toilet with nothing to wipe with. According to Google Trends, the search term "bidet" skyrocketed in popularity in March 2020. This is no coincidence, as media outlets throughout the country were reporting toilet paper shortages.

## A wave of bidets

While the pandemic decimated many businesses, this was great news for the bidet industry. Although the bidet has existed for over 400 years, lack of knowledge and reluctance to discuss posterior hygiene had hindered widespread adoption of bidets. An estimated twelve percent of the American population has regular access to a bidet, which means the majority of us do not know the benefits of using one!

## Benefits of bidets

Men, women, and children of all ages and abilities can all appreciate a bidet, because we all move our bowels. Possible benefits include:

- Better personal hygiene, we wash our hands and should also wash our behinds.
- Allows those who cannot use toilet paper effectively to be clean.
- For women, bidets have a front wash handy for preventing urinary tract infections (UTIs), and maintaining cleanliness during menstruation.
- Reduce irritation caused by extra wiping for those with chronic gastro-inflammatory ailments, like Crohn's disease and irritable bowel syndrome (IBS).



Empty toilet paper shelves at a Costco in N.J. Seth Wenig/Associated Press

- Save money on toilet paper
- Reduce waste and stress on plumbing.
- Greatly reduce environmental impact.

## Cultural consequences

You may have heard about "Japanese toilets" or the prevalence of bidets in Japan. They call their bidets Washlets, which is a branded term coined by Toto, a Japanese manufacturer of toilets and other bathroom fixtures. The Japanese highly value personal hygiene, and it is no surprise they developed sophisticated technology to keep your rear clean at all times. Compare this to Western culture, where it is either taboo or humorous to discuss one of the most basic bodily functions.

## Common misconceptions

If you have never come into contact with a bidet, it is not likely you will see one outside of luxury hotels and other accommodations for rent. Before we can all welcome bidets into our homes, we need to address concerns that stem from a lack of knowledge about them. Many wonder how they work, if they are sanitary, or if you need to be a woman to use one:



The Nova Eco, a modern bidet toilet seat. Nozzle can be seen at the center-rear of the seat.

- **Bidets don't touch you, they simply spray your bottom with water.** Think a more directed water fountain for your undercarriage.
- **Many bidets clean themselves automatically by rinsing their nozzles after every use.** Some use germ killing solutions and use materials that are naturally antimicrobial such as silver.
- **Bidets have retractable wands.** The nozzle that sprays you never hangs out unless it is being used, thus saving it from the typical abuse that a toilet bowl withstands.
- **Modern bidets are integrated into toilet seats.** This means that they do not add much cleaning to the standard regimen since the toilet they rest on is already on a cleaning schedule.

## In conclusion

The best way to appreciate the benefits of a bidet is to install one in your home. According to a consumer spending survey from Japan in 2016, 81% of Japanese households have a bidet. In Japan, it is common to see a bidet in a public bathroom, because their culture dictates they be available at all times. When American culture shifts to emphasize posterior hygiene, we will start to see them everywhere.

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Dr. Jeffrey Rossi, MD, FACC, FSCAI, Interventional Cardiology; Ernie Withers, heart attack survivor and advocate for health screenings; and Dr. Jared Collins, DO, Electrophysiology and Nuclear Cardiology.

## IN MATTERS OF THE HEART, MANATEE MEMORIAL HOSPITAL IS HERE FOR YOU!

Ernie Withers was participating in a Manatee Chamber of Commerce event at Pirate City's Roberto Clemente Field on February 21 when he suffered a cardiac arrest. A retired auto industry executive and former Chamber chairman, Withers, 68, was on the field throwing a baseball around when he lost consciousness.

Pirates Medical Director Dr. Patrick DeMeo responded quickly, performing CPR and using an Automated External Defibrillator (AED) to get Withers' heart beating again. He then was rushed to the cardiac catheterization lab at Manatee Memorial Hospital, where cardiologist Jeffrey Rossi, MD, placed four stents to open blocked arteries and cardiologist Jared Collins, MD, implanted a dual pacemaker/defibrillator.

A week later, Withers was back at the ballfield, throwing out the first pitch for a Pittsburgh Pirates™ spring training game.

Patients like Withers receive lifesaving care at Manatee's Heart and Vascular Center every day. We provide an individualized approach to heart care, offering advanced diagnostic and interventional procedures. Cardiologists and cardiothoracic surgeons coordinate with other members of the healthcare team to get you on the road to recovery.

For more information on Manatee's Heart and Vascular Center, **call 941-745-6874 or visit [manateememorial.com](http://manateememorial.com).**

