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Health & Wellness[®] MAGAZINE

August 2023

Manatee/Sarasota Edition - Monthly

FREE 

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And Chronic Migraines Are Often Caused By a Prior Neck Injury

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VEIN TREATMENTS MADE EASY

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By Dr. Lackey

Vein Treatments Made Easy with Advanced Technology

Maintaining proper circulation in our legs is a very important part of overall health. Studies estimate that vein disease (i.e., varicose veins) affects more than 40 million Americans, and only one-half of one percent seek treatment. About 40 percent of women and 20 percent of men have some vein issue by age 50.

One of the reasons for not seeking treatment is the myth that vein disease is "just" unsightly, bulging veins, or there is no treatment outside of major surgery with a long, painful recovery. However, nothing could be further from the truth! Medical technology has come a long way, and advancements in vein treatment are no exception.

The first line of treatment for vein disease usually involves lifestyle changes such as weight loss and exercise or leg elevation at night and wearing compression stockings. These conservative measures provide temporary relief, but do not provide long-term solutions.

The goal of advancements in vein treatment is to stop the underlying disease process and to alleviate the symptoms and physical findings associated with it. Vein disease progresses at a rate of 4% per year and does not improve without proper treatment...ever.

Establishing the correct diagnosis as to which specific veins are responsible for the "reflux" (backwards blood flow in the veins due to non-functioning valves) is very important and can be determined with a venous ultrasound of the legs. Treatment can then be precisely directed to the veins which are not properly functioning.

A Historical Perspective & Advancements

Since the early 1900s, vein stripping used to be the only option. It required surgery, general anesthesia, large incisions, hospitalizations, a long recovery, and more. Thankfully, vein stripping is rarely, if ever, performed in the U.S. today.



Modern day treatments for venous insufficiency began about 20 years ago when endovenous (inside the vein) therapy was developed to close off the vessel to prevent backward blood flow through the vein. New treatments are minimally invasive and have proven to be effective, safe, and very low risk.

Which Procedure is Right for Me?

Many factors determine which treatment approach is the best. All our procedures are minimally invasive with short recovery times and minimal discomfort. We tailor each treatment to a patient's specific vein situation. We offer several options to make it easier to seek treatment and to determine what will work best for you.

VenaSeal™: A medical-grade adhesive which can close a diseased vein without the use of heat energy and tends to be well tolerated.

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Sclerotherapy: Injected medication which irritates the vein lining will cause these veins to collapse and be absorbed by the body. It is an essential part of preventing vein disease reoccurrence.

All procedures are minimally invasive, require no downtime, and renew your legs!



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Mark's Story: Successful Rotator Cuff Surgery Has Him Preparing For Fishing Trips Once Again

Bradenton resident Mark Schuetz can clearly recall the day he had a massive shoulder injury. It was something he will never forget.

In April, Mark, a father of six, was going about his normal pre-fishing routine in hopes of landing a big red fish on his day off from the hustle and bustle of his Bradenton insurance business. As he prepped the boat for the day, he was filling up with gas and took a typical short cut to the pump by stepping between the vehicle and boat trailer. In doing so, he caught his foot on the trailer chain and started heading for the ground. As he fell, he did a "tuck and roll" versus putting his arm straight out, and slammed his left shoulder into the solid pavement at the gas station.

"Not wanting anyone to make a fuss, I got up, knowing something was not right with my left arm, and left for home, cancelling the fishing adventure," said Mark. "I have an EMS background and didn't think this was an emergency, so he opted to wait to see if things got better. Although I was not in severe pain, my arm was like a limp noodle and I wasn't able to raise it or have good control over simple arm movements."

On day three, Mark was seeing his chiropractor who immediately said he needed further assessment. His primary care physician ordered an MRI, which revealed a massive rotator cuff tear. He was referred to orthopedic surgeon Dr. Raghu Pulluru and was immediately scheduled for surgery at Manatee Memorial Hospital on May 16.

The four-hour rotator cuff outpatient surgery completed by Dr. Pulluru left Mark with a complex repair, his arm in a sling and a roadmap to recovery.

"I was initially concerned with the lag time from injury to surgery time, approximately four weeks," explained Dr. Pulluru. "But I felt confident in the repair and therapy, which started Mark on a path to functional use of his left arm once again."

Mark couldn't be happier with the results. "From start to finish, my experience with Dr. Pulluru and the entire team was top-notch. Everyone I encountered, was incredibly professional, knowledgeable,



and compassionate throughout the entire process. Before the surgery, Dr. Pulluru took the time to thoroughly explain the procedure and answer all my questions and concerns. And, his nurse practitioner, Joy Hudson, made sure I was comfortable and informed every step of the way, which helped ease my nerves."

To schedule an appointment with Manatee Physician Alliance's Orthopedic and Sports Medicine team, call 941-900-4600.



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Intranasal Esketamine (Spravato®)

A Promising Treatment Modality for Treatment-Resistant Depression

By Steven Stein, MD - Board-certified Psychiatrist

Depression affects millions of people worldwide, with a significant number experiencing treatment-resistant depression (TRD) that doesn't respond to traditional therapies. However, an exciting breakthrough treatment modality known as intranasal esketamine, marketed as Spravato®, has emerged as a promising option for patients battling TRD. This article explores the concept of treatment-resistant depression, its impact on patients' lives, and the effectiveness of intranasal esketamine in providing new hope and relief to those who have not responded to conventional treatments.

Understanding Treatment-Resistant Depression

Treatment-resistant depression is a condition where one has continuous depression despite multiple attempts at treating the disorder with antidepressant medications, procedures and/or psychotherapies. Approximately 30% of people diagnosed with depression are considered treatment-resistant. TRD can have devastating effects on practically all aspects of one's life, including mental and physical health, job performance, relationships and more. This condition affects far too many of us and our overall quality of life, but there is a new and exciting FDA-approved treatment now available.

The Rise of Intranasal Esketamine

Esketamine was approved in March of 2019 and is the first new therapy indicated for TRD in over 30 years. In the few years since, intranasal esketamine, marketed under the brand name Spravato®, has gained recognition as an innovative, safe and effective treatment option for TRD. Esketamine is a derivative of ketamine, an anesthetic, and has shown rapid-acting antidepressant effects in several studies in recent years. Spravato® has been approved by the U.S. Food and Drug Administration (FDA) for use in conjunction with an oral antidepressant for patients with TRD, is covered by most insurance providers, and can offer long-lasting symptom relief. Unlike some procedures that are more invasive or may require additional anesthesia or needles, esketamine is delivered under the supervision of a healthcare provider at a certified treatment center as a nasal spray (also referred to as intranasal).

The Evidence and Efficacy of Intranasal Esketamine

To obtain FDA approval, investigators conducted a phase 3, multicenter, double-blind withdrawal study involving 297 patients who achieved stable

remission or response after 16 weeks of esketamine (56 or 84 mg), plus oral antidepressant treatment. Of the people suffering from treatment-resistant depression involved in the study, almost 70% achieved a response to esketamine plus an oral antidepressant after 4 weeks of use. Over 50% of these people had a full remission after the first 4 weeks. This therapy has also been shown to decrease the risk of depression returning by >50%. Most of the commonly used antidepressants treat depression by increasing levels of the neurotransmitters serotonin, norepinephrine, and/or dopamine in certain areas of the brain. Esketamine instead works on the brain's glutamate system by targeting the N-methyl-D-aspartate receptor. It is characterized by its fast-acting benefits due to restoring patients' synaptic connections between neurons. This is a unique mechanism of action of that differs from traditional antidepressants. This distinct approach allows for faster symptom relief, often within hours or days.

Safety and Considerations

Spravato is not for everyone, so to best determine if a person can safely receive this therapy, they must first be evaluated by a REMS-certified healthcare provider. This initial consultation should also provide a full list of risks, benefits, contraindications, typical and serious side effects, alternative treatments and allow for the time and space for any additional questions. Once a determination has been made that a person is a good and safe candidate to receive this therapy, studies have indicated intranasal esketamine has a favorable safety profile. Common side effects such as dissociations and dizziness, are typically transient and resolve shortly after treatment. Clinicians closely monitor patients during and after each session to ensure their well-being.

The availability of intranasal esketamine as a treatment option offers new hope to individuals struggling with TRD. It provides an alternative to those who have not responded to other treatments and the hope of depression relief. However, it is important to note that esketamine treatment requires close medical supervision and must be administered in a healthcare setting.

Treatment-resistant depression can be a debilitating condition, but intranasal esketamine, marketed as Spravato®, has emerged as a promising treatment modality with the potential to provide rapid relief from depressive symptoms, even in individuals who have not responded to traditional therapies. While

further research is needed to fully understand the exact way it works and its long-term effects, esketamine offers hope for patients grappling with TRD, providing an opportunity for improved wellness, mental health and a better quality of life.

Steven Stein, MD

I am a board-certified general psychiatrist who works with adolescents, adults, and geriatric patients. I specialize in the evaluation and treatment of a wide array of psychiatric conditions including depressive and mood disorders, anxiety and panic disorders, ADHD, OCD, PTSD, personality disorders, and bipolar and schizophrenia spectrum illnesses. My clinic provides comprehensive care with a patient-centered approach and concentration on psychopharmacological interventions, while implementing supportive and motivational psychotherapies. All my staff are highly qualified, professional and courteous.

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

I am based in Sarasota, FL and see local patients in person or virtually. I also accept patients virtually throughout the state of Florida. Outside of TTMC, I continue to treat patients in the hospital setting. I believe that stable mental health is a fundamental cornerstone of achieving overall optimal health, vitality, satisfaction, success and purpose.

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HEEL SPUR SYNDROME OR HEEL PAIN

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

The dreaded *Heel Spur Syndrome or Heel Pain* is a term that many are unfortunately familiar with. It sidelines elite and novice athletes, alike. Many want to know if their heel pain will ever go away and when they will be able to return to their prior activity level without the recurrence of this offending heel pain?

First, let's start with a basic understanding of plantar heel pain also known as plantar fasciitis (PF). Contrary to what a majority of people believe, it is not the bone spur that causes the pain. Rather, it is caused by damage to the plantar fascia. The plantar fascia is a thick-band in the bottom of your foot that provides arch support and shock absorption. Pain associated with PF is typically isolated to the plantar heel (where the plantar fascia inserts on the heel bone) and can occur in the arch region as the plantar fascia travels from the heel to the ball of your foot. Pain can be severe with your first step in the morning or after being seated for an extended period of time. The pain may improve with movement only to return again. If the pain has been present for a short time, it is mainly inflammatory and a strain of the fascia (acute phase). If the pain has been present longer than six months, it is no longer inflammatory but related to degenerative changes. Chronic scar formation is seen with micro-tears of the fascia in this latter stage.

As an active person or athlete there are many factors that you can control to prevent PF. For instance, your training program plays an integral role. You want a program that gradually increases your activity level. This includes both the length and intensity of your program. For example, if you are a long distance runner your weekly mileage should gradually increase. Sudden increases greatly increase your risk of developing PF. In addition, one should consider the environment he or she is training in. Athletes should avoid or limit training on hard surfaces like asphalt or uneven terrain. Hills or other steep inclines should also be gradually incorporated rather than sudden changes in one's routine. When training, an individual's exercises should be strategically planned. Activities that are very demanding or have a higher risk of injury (if performed incorrectly) should be performed early



in your workout. For example, box jumps have a high risk of Achilles injury and/or plantar fascia injury if done improperly. They are a great example of an exercise that should be performed early in your workout. Footwear is another important factor. A person's footwear should be the appropriate size and be specific for that sport or activity-taking place. Worn down shoes or insoles must never be used during any activity or sport related activity. My recommendation for athletes, especially long distance runners, is to alternate shoes and/or insoles, as well as, changing your footwear or insoles every 6 months (this can vary depending on your activity level, sport, and how often a user alternates their insoles).

Incorporating recovery into one's training program is a preventative measure to aid in the prevention of PF. This include various myofascial release techniques like foam-rolling, hyper-volt, and massage. Stretching is another key component. A tight Achilles tendon directly contributes to developing heel pain. Routinely performing Achilles stretching exercises can significantly reduce the chances of developing heel pain and prevent recurrence. Finally, consideration of one's foot type is essential. For example, someone with flat feet should use some type of orthotics for arch support.

Awareness of potential causes of heel pain and the ability to manage the risks can greatly reduce the likely hood of developing PF and prevent recurrence. If you or someone you know develops heel

pain, I highly recommend seeking professional treatment as soon as possible. A professional medical provider will be able to determine the exact cause of the heel pain. Once the etiology of the heel pain is determined, an appropriate treatment plan will be initiated specific to the patient's lifestyle, foot type, and designed around any sport related activity the patient is engaging in. The sooner professional treatment is given; the sooner the patient can return to their prior activity level.

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.

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

www.NaplesPodiatrist.com to make an appointment. Visit FootHealthFacts.org to learn more about foot and ankle conditions.



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BE A PARAMEDIC IN ONE YEAR

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

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

They are paramedics.

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

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

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

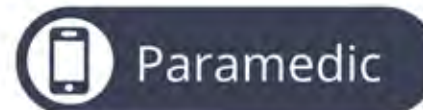


If you're wondering if being a paramedic is for you, there are a few things you can consider. You should be someone that likes to problem-solve. Your patient may not be able to communicate with you, so you'll have to figure out the best way to treat them. You must also have compassion for others and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

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

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

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



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Psoriasis Awareness Month: Advancing Treatment with Infusible Therapies

Psoriasis is a chronic autoimmune skin condition affecting millions worldwide. As we observe Psoriasis Awareness Month, it's essential to shed light on the challenges faced by psoriatic patients and the innovative treatment options that are transforming their lives. In recent years, infusible therapies have emerged as a promising approach to managing psoriasis, offering hope for those seeking effective, long-term relief from the physical and emotional burdens of this condition.

Understanding Psoriasis

Psoriasis is characterized by the rapid buildup of skin cells, leading to red, scaly patches that often cause itching, pain, and discomfort. It can manifest in various forms, including plaque psoriasis, guttate psoriasis, pustular psoriasis, and more. Beyond the physical symptoms, the psychological impact of psoriasis, such as reduced self-esteem and social isolation, can significantly affect a patient's overall well-being.

The Need for Awareness

Psoriasis Awareness Month, observed annually in August, serves as an opportunity to raise awareness about this chronic condition and educate the public about the challenges faced by those living with psoriasis. By fostering understanding and empathy, we can reduce the stigma surrounding psoriasis and promote early diagnosis and effective treatment.

Infusible Therapies: A Game-Changer

In recent years, advancements in medical science have led to the development of infusible therapies, transforming the landscape of psoriasis treatment. These therapies are biologic drugs administered intravenously, targeting specific molecules in the immune system responsible for triggering the inflammatory response seen in psoriasis.

How Infusible Therapies Work

Infusible therapies work by neutralizing specific cytokines like TNF-alpha, IL-17, and IL-23, which play pivotal roles in the immune response involved



in psoriasis. By inhibiting these inflammatory molecules, infusible therapies help to control the excessive cell growth and inflammation associated with psoriasis, effectively managing the symptoms and preventing disease progression.

Benefits of Infusible Therapies

- 1. Efficacy:** Clinical trials have shown that infusible therapies provide significant improvement in psoriasis symptoms, achieving high rates of skin clearance and long-lasting remission.
- 2. Long-term Control:** Unlike traditional treatments, which may lose effectiveness over time, infusible therapies can maintain disease control for extended periods, enhancing the patient's quality of life.
- 3. Targeted Treatment:** Infusible therapies target specific molecules, minimizing the impact on healthy cells and reducing the risk of systemic side effects.
- 4. Convenience:** Many infusible therapies require less frequent administration, allowing patients to resume their daily routines with minimal disruption.

Challenges and Considerations

While infusible therapies offer promising results, they are not without challenges. Access to these treatments, cost considerations, and potential side effects require thoughtful discussion between healthcare providers and patients to determine the best course of action.

Empowering Patients with Knowledge

During Psoriasis Awareness Month, it is crucial to empower patients with information about the available treatment options, including infusible therapies. An informed decision, made in collaboration with healthcare professionals, can lead to better outcomes and improved management of the condition.

Psoriasis Awareness Month serves as a reminder of the millions of individuals living with psoriasis, enduring its physical and emotional impact every day. Thanks to advancements in medical science, infusible therapies offer new hope and improved outcomes for patients seeking relief. By raising awareness and promoting education about psoriasis and its treatment options, we can support those affected and foster a more compassionate and understanding society. Together, let us continue striving for better solutions to enhance the lives of psoriatic patients worldwide.

At Paragon Healthcare, we support the Psoriasis and Psoriatic Arthritis community through infusible therapies such as Avsola, Cimzia, Ilumya, Inflectra, Infliximab, Orencia, Remicade, Renflexis, Simponi Aria, Spevigo and Stelara. Nationally, our infusion centers have treated nearly 1.5k psoriasis and psoriatic arthritis patients year-to-date. This puts us in a place to serve more psoriasis and psoriatic arthritis patients this year compared to the 2,000+ patients we supported in 2022.



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DECODING HEPATITIS C MEDICATIONS: Effective Treatments and Their Costs

Hepatitis C is a viral infection affecting millions of people worldwide, causing liver inflammation and potentially leading to severe complications. Fortunately, significant advancements in medical research have brought forth groundbreaking medications that offer hope for patients diagnosed with Hepatitis C. In this article, we will explore the most notable medications available to combat this condition and delve into their costs to understand how accessible these treatments are for affected individuals.

Direct-Acting Antivirals (DAAs)

Direct-acting antivirals have revolutionized Hepatitis C treatment, providing a highly effective and well-tolerated approach to cure the infection. These medications directly target the virus, hindering its ability to replicate and spread in the body.

- **Sofosbuvir:** Sofosbuvir was among the first DAAs approved by the U.S. Food and Drug Administration (FDA). It is an oral medication and is typically used in combination with other drugs like ledipasvir or velpatasvir. The total treatment duration varies based on the Hepatitis C genotype and patient's response, but it generally lasts for 8 to 12 weeks.

- **Ledipasvir/Sofosbuvir (Harvoni):** This combination drug is a one-pill-a-day regimen, making it highly convenient for patients. It effectively targets both genotypes 1 and 4 of Hepatitis C and requires 8 to 12 weeks of treatment.

- **Glecaprevir/Pibrentasvir (Mavyret):** Mavyret stands out for its broad-spectrum coverage, capable of treating all major Hepatitis C genotypes. It is taken as three pills daily for eight weeks for most patients, making it an attractive option for those seeking a shorter treatment course.

Costs of Hepatitis C Medications

It is essential to consider the costs of these life-changing medications, as accessibility remains a critical concern for patients seeking treatment.



The prices of Hepatitis C medications have undergone significant changes over the years. Initially, the high cost of DAAs raised considerable controversy and barriers to access. However, as patents have expired and competition has increased, generic versions of some medications have become available, leading to a notable reduction in costs.

- **Brand-Name Medications:** Brand-name Hepatitis C medications like Harvoni and Epclusa can still be expensive, with treatment courses ranging from \$40,000 to \$100,000 or even higher, depending on the duration and the specific drug combination prescribed.

- **Generic Medications:** The availability of generic versions has significantly lowered the cost of Hepatitis C treatment. Generic versions of drugs like sofosbuvir and ledipasvir/sofosbuvir can now be found at a fraction of the cost of their brand-name counterparts, ranging from \$500 to \$1,500 for a full treatment course.

- **Insurance Coverage:** Most health insurance plans cover Hepatitis C medications to some extent. However, the extent of coverage varies widely, and patients should review their insurance policies to understand the out-of-pocket costs they may incur.

The advent of direct-acting antivirals has transformed the landscape of Hepatitis C treatment, offering patients a realistic chance of a cure and a healthier future. Although the costs of brand-name

medications remain a concern for many, the availability of generic alternatives and increasing insurance coverage has improved accessibility to treatment. Collaborative efforts by governments, organizations, and pharmaceutical companies are essential to ensure that these life-saving medications reach all individuals affected by Hepatitis C, regardless of their economic background. With continued research and advocacy, we can aspire to eradicate Hepatitis C and improve the lives of millions worldwide.

Retail costs of Hep C medications verses the same medication received through Prescription Hope.

Drug Name	Retail Cost	Prescription Hope	Total Savings
Mavyret	\$12,000.00	\$50.00	\$11,950.00
Harvoni	\$4,978.00	\$50.00	\$4,928.00
Sovaldi	\$28,904.00	\$50.00	\$28,854.00
Epclusa	\$3,322.00	\$50.00	\$3,272.00
Vosevi	\$25,725.00	\$50.00	\$25,675.00

Prescription Hope is a national prescription drug benefit program that offers 1,500 Brand-Name medications at \$50 per medication per month no matter the retail cost.

For the set price of \$50 per month per medication, our advocates order, manage, track, and refill your prescription medications through patient assistance programs for those who qualify. We manage your enrollment with these programs throughout the year, working with over 180 pharmaceutical manufacturers and their pharmacy. There are no other costs, fees, or charges associated with your medication or our program.



Visit, www.PrescriptionHope.com today to see if you qualify.



Roadmap to Recovery: Patient Gets Moving Again Following Rotator Cuff Surgery

Within one week of rotator cuff surgery performed by orthopedic surgeon Raghu Pulluru, Mark Schuetz was ready for rehabilitative therapy.

Following his four-hour rotator cuff surgery, Mark started with weekly visits to see Dr. Pulluru for in-office manual treatments and two times a week in clinic visits with occupational therapists Dan Coyle, OTR/L, CHT and Natasha Metallo, OTR/L, CLT-LANA, at Manatee Memorial Hospital's Outpatient Physical Medicine Clinic. Having to repair practically every muscle in the shoulder involved sutures, staples and pins. Each of these points must heal to a point that then it can withstand the strain of being pulled against in muscular effort. Therefore, recovery is a 12-week process. This time will ensure healing of the surgical repair, time for passive range of motion activities to help with healing as well as avoid adhesions which could cause limitations of movement in the future, and time for strengthening of the entire shoulder to get back to what was normal activities for the patient.

"The care team was compassionate and met me where I was, laid out the map to recovery, and have provided the motivation and therapy activities to get me back to functional use of my left arm," explained Mark.

During therapy, Mark participated in stretching and range of motion activities designed to support the appropriate healing of the surgical repair. Some of these were less than comfortable, but Mark was reassured with the team's positive attitude, warm nature and confidence in their skills that the discomfort was part of the overall process. Mark has now progressed to more active activities, including arm presses, shoulder raises and more active range of motion activities with more controlled movements, which Mark works through with limited discomfort and increased control and strength.

"As Mark is well into his therapy and healing process, he is starting to see more functional mobility, control, and strength in his left arm," said Dan. "He is better able to complete basic self-care



tasks, such as putting on his shirt, with less discomfort. He sees that this is a process that takes patience, perseverance, dedication to the exercise program and above all teamwork. Mark has been an amazing patient. He demonstrated from the start. When you are uncomfortable and unable to complete basic tasks for yourself, patients can become depressed and lack motivation. That is not Mark. He knows that by keeping a positive attitude, working hard, and resting hard, he will soon be back to fishing and all the other things he loves to do independently."

With a positive attitude and dedicated medical and therapy care teams at his side, Mark knows that his recovery will be complete, and he will be back to fishing for red fish in the Florida waterways again soon.

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

By Dr. Drew Hall

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

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

Tracy Shaw - Verified Google Review

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

Upper Cervical Spine Anatomy

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

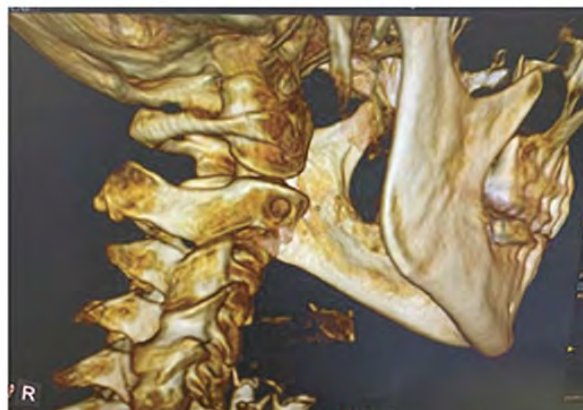


Figure 1

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

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

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

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

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

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

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

Join us on August 22nd @ 6:30 pm for:

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- YouTube - Sarasota Upper Cervical Chiropractic Inc.

Dr. Drew Hall



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

Protecting 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. Afterall, it's not just an injury, it is your child. Additionally, the physicians are extremely active with youth activities, therefore they very informed about competitive team dynamics.

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

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

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

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

Treating All Generations

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

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

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

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

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

You Have a Choice

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



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

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

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

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

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

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



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Lasene Therapeutic Light Therapy: Illuminating the Path to Health and Well-being

Lasene represents an innovative advancement in Therapeutic Light Treatments, merging cutting-edge technology with proprietary treatment protocols to address chronic pain and enhance the quality of life for individuals suffering from Parkinson's disease, sleep disorders, executive function decline, and other neurological degenerative conditions.

Through extensive research and development, Lasene has become an integral part of a series of evidence-based protocols focused on pain management and neurological restoration. These protocols aim to provide safe, affordable, and effective care to those seeking relief.

As the creators of Lasene, our primary objective is to integrate the finest technologies and treatment strategies to alleviate the challenges faced by individuals with neurodegenerative and neuromusculoskeletal disorders. Our goal is to empower our patients, enabling them to regain an active and productive lifestyle.

What Does Lasene Do?

Loss of normal nerve function can arise from various factors such as trauma, malnutrition, vascular compromise, aging, toxicity, diseases, and, to a lesser extent, genetics. These compromises in neurological function can affect different areas of the nervous system, including peripheral, spinal, and cranial neurology.

LASENE Programs offer a powerful solution for addressing neural deficits associated with specific

conditions such as Parkinson's disease, traumatic brain injury (TBI), and sleep dysfunction. These programs target not only the conditions themselves but also the symptoms related to them, such as chronic pain, tremors, digestion issues, balance problems, gait abnormalities, mood disturbances, anxiety, memory impairments, and more.

The implementation of LASENE Programs has the potential to reduce long-term suffering by improving quality-of-life metrics for individuals with compromised neurology. This approach offers significant benefits without the side effects, adverse events, contraindications, or modifications to traditional treatment methods.

The utilization of LASENE Programs opens up expanded treatment capabilities and new opportunities to help patients with neurological conditions. These programs can be integrated into a healthcare practice, allowing staff members to deliver care while doctors oversee the treatment of other patients. The ease of integration and compatibility with current practices and staff, including comprehensive training, makes it a convenient option.

Our LASENE Programs support both the clinical and business aspects of addressing patients' neurological needs. They facilitate an efficient workflow, provide necessary equipment, offer training, enable the creation of individualized and dynamic patient treatment plans, ensure HIPAA compliance in patient processing and records, and encompass other essential aspects required for successful treatment.

Brand Partnership Benefits

The brand partnership opportunity for Lasene offers numerous benefits that set it apart from other options in the market. It provides advanced solutions that are not available anywhere else, delivering life-changing results to patients. The brand partnership package includes a turnkey solution with all the necessary equipment, systems, and training, ensuring a smooth implementation process. Brand partnership can expect a fast and significant return on investment (ROI) due to the high demand for the unique Lasene treatments. Furthermore, there is a vast untapped market share, allowing the brand partners to leverage their current patient base and attract new clients easily. The high patient referral rate further contributes to the potential for success and growth. Additionally, the brand partnership is easily expandable, allowing partners to scale their operations as desired.

The Lasene Proprietary System is a comprehensive management tool that guides the patient's journey from intake to treatment completion. Implementing this system is straightforward and efficient. It dynamically generates individual treatment maps and progress graphs, ensuring personalized care for each patient. The treatment sessions are delivered by trained staff members, optimizing the efficient use of staff and clinicians' time. This approach also simplifies the delivery of treatment for the providers themselves. Importantly, all patients purchase and commit to full treatment programs, eliminating the need for billing, insurance, or collections processes.

Lasene stands out from the competition for several reasons. It has a strong foundation in data-driven patient outcomes, with predictability, dependability, and reproducibility rates of 95%. This reliability instills confidence in both franchisees and patients. Moreover, Lasene has broader applications beyond traditional healthcare approaches, offering noninvasive and non-pharmaceutical solutions. This positions Lasene as a low-risk option for patients seeking alternative treatment methods, further enhancing its appeal and market potential.

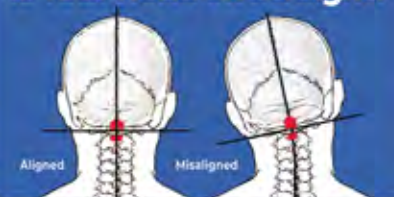
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- Vertigo
- Whiplash

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

- Dr. Drew Hall

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HOW TO KNOW IF MEMORY CARE IS RIGHT FOR YOUR LOVED ONE

As your loved one with Alzheimer's or another form of dementia needs more care at home, you might find each day more challenging than the last. While these changes are difficult for everyone, memory care communities can give both you and your loved one the support you need to maintain your bond — but when is the right time for a higher level of care?

Ask yourself these 6 questions about caring for your loved one at home, and learn if memory care is right for your family member.

1. ARE THEY AGITATED OR AGGRESSIVE?

For several reasons, agitation and aggression are common with seniors who have dementia. The two primary reasons are confusion and the inability to articulate or identify the cause of physical discomfort.

For instance, an older adult who used to perform an activity of daily living unassisted may lash out at their caregivers when they can't remember the steps it takes to complete the task. Or a person experiencing discomfort from something like a urinary tract infection may express it through physical aggression.

In the Memory Care neighborhood at Freedom Village of Bradenton, our staff can redirect aggressive behavior with specialized care that reduces frustration, fear and anxiety in your loved one, which gives you the opportunity to return to the loving relationship you once shared.

2. DOES YOUR FAMILY MEMBER HAVE SAFE LIVING CONDITIONS?

When a senior with dementia is aging in place, they may neglect essential household duties like taking out the trash, cleaning up after a pet, or disposing of spoiled food. Some seniors may also hoard items or wander their neighborhoods.

Other risks may include trip hazards, medical fall risks, kitchen appliances, firearms, or household chemicals. For your loved one to age safely at home, you'll need significant and expensive safety modifications.

The 24/7 security and care in a Memory Care neighborhood provides a secure environment where your loved one can thrive. At Freedom Village of Bradenton, we take memory care a step further by including



a maintenance-free residence, housekeeping and personal laundry services, and Life Safety pendant alert systems.

3. IS YOUR FAMILY MEMBER FEELING SOCIALLY ISOLATED?

While loneliness and social isolation are related, they're a little different. Loneliness is the distressed feeling of being alone, whereas isolation is the lack of social connections to provide regular, positive interaction with people and your environment.

Social isolation can lead to:

- Anxiety
- Depression
- High-blood pressure
- Heart disease
- Lack of energy

Feeling isolated is a common problem for seniors living with dementia. It's difficult to recreate social situations at home, or your loved one may lack the confidence to take part in group activities.

Retirement communities have amenities, services, and a calendar full of events just for memory care residents. From a supportive dining environment to welcoming and secure places to gather, your loved one always stays engaged and socializes with their neighbors and care team.

4. HAS YOUR FAMILY MEMBER'S SLEEP PATTERN CHANGED?

As we age, our bodies produce less melatonin, which is a sleep hormone that helps us get tired when it gets darker in the evening. Research has shown that as a person's dementia progresses, melatonin production is particularly impaired.

Combined with side effects from medication and other long-term health conditions, like diabetes or high blood pressure, sleep can be difficult for older adults with dementia.

Your loved one may have difficulty getting to sleep, wake up several times during the night, sleep less deeply or sleep less overall.

Poor sleep patterns can lead to waking up at night, resulting in your family member being anxious or confused over what time it is. Instead of going back to sleep, they believe it's time to begin the day. Your loved one may try to return to an old routine, like making breakfast or getting dressed for work.

Open House and Candid Conversation

**Memory Care and Assisted Living
Thursday, August 10th | 4 to 6 p.m.**

If you are an adult child who is struggling to provide proper care for your aging parents, the spouse or partner of a senior whose health may be declining, or a professional who cares for seniors, this Open House and Candid Conversation is for you. You will learn about our "Heartfelt Connections" Memory Care Program, our monthly Caretaker Support Group, and the comprehensive training our staff receives to provide the highest levels of compassionate care. Refreshments will be served at 4 p.m., with identical presentations at 4:30 and 5:30, followed by tours.

**RSVPs are required by calling
941-798-8122.**



**Freedom Village
of Bradenton**

www.fvbradenton.com

6406 21st Avenue West, Bradenton, FL 34209



Managed by
Life Care Services®

This is very stressful for family caregivers, especially if you're worried your loved one may do something that is unsafe, like wander, which can lead to a life-threatening fall.

5. ARE THEY NEGLECTING PERSONAL CARE?

Neglecting self-care is a major indicator your loved one needs extra help with activities of daily living. If your family member once wore clean, pressed clothes or was always clean-shaven, and is now wearing ill-fitting, dirty clothes or has unkempt facial hair, it might be time to consider memory support services.

It's important to remember physical symptoms of dementia come in many forms. Here are other signs your loved one might need a higher level of care in a Memory Care neighborhood:

- Dramatic weight loss or weight gain
- Forgetting to eat or take medications
- Loss of mobility
- Neglecting regular baths or showers

At our retirement community in Bradenton, FL, we believe each one of our residents should live according to a personalized routine that reflects their preferences and choices. We offer flexible care in a dementia-friendly environment that promotes a self-directed lifestyle.

For instance, the residents in our Memory Care neighborhood have access to appropriate community amenities like the salon and barbershop, fitness center and pool. We also offer compassionate, personalized help with daily living activities, including dressing, bathing and medication management.

6. DO YOU HAVE CAREGIVER BURNOUT?

Taking care of a loved one with Alzheimer's or another form of dementia is arduous work, and many family caregivers face burnout. You might dedicate too much time to your family member with dementia and neglect other important areas of life like work, friends, and other members of your family who need attention.

Many family caregivers have to take time off work, which may be paid or unpaid, while some have to reduce their work hours altogether. This can lead to feelings of resentment, depression and isolation.

Watch for these other common signs of caregiver burnout:

- Difficulty sleeping
- Drinking, smoking or eating more
- Feeling tired and run down
- Feeling helpless and hopeless
- Neglecting personal needs
- Trouble concentrating or relaxing, even when help is available

If you're a family caregiver struggling with the emotional and physical exhaustion that comes with providing someone with dementia a high quality of life, it's likely time for expert memory care services at a retirement community. Be sure to refer to our suggested memory care checklist when taking next steps.
<https://fvbradenton.com/blog/memory-care-checklist/>

LEARN MORE ABOUT THE BENEFITS OF MEMORY CARE AT FREEDOM VILLAGE OF BRADENTON

Choosing the right care for your loved one with dementia is a tough decision. We're here to provide information to help you make the best decisions for your situation. To learn how you and your family member can be supported in our Memory Care neighborhood, plan to attend our Open House on Aug. 10 from 4 to 6 p.m. or call Shawn Snyder at 941-798-8090 to learn more.



SKIP & GAIL SACK

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

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



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Diagnostic Imaging Saves Lives

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

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

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

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

MRI Scan

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

Breast MRI

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

MRA

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



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

CT Scan

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

Ultrasound

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

Nuclear Medicine

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

Digital X-Ray & Fluoroscopy

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

3D Mammography

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

Bone Density DEXA

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

PET Scan

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

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



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

By Dr. David S. Zamikoff

Neuropathy 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 use a method developed by the Cancer Centers of America to eliminate your neuropathy. A protocol that has 23 published, peer reviewed white papers backing the science and technique. The current numbers reflect a 97% success rate when the protocol is followed. As a matter of fact, 80% of people are 40% improved in the first 90 days. Understand that you are almost 1/2 way back to normal in three months! This could be the biggest breakthrough in actually correcting the underlying problem of neuropathy. We do not focus on only treating the symptoms, once you correct the root cause of the problem you no longer have to deal with the symptoms.

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.

Natural Healing Arts Medical Center

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

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It's 2023; Do You Know Where Your Money Is?

By Michelle Locke - Master Life and Mindset Coach

August 14th is National Financial Awareness Day.

The catalyst of any change is awareness. This month is great time to improve your own awareness of your personal finances, especially if you'd like to create better financial habits.

Below are 3 areas of focus to easily increase your financial awareness, and initiate the changes necessary to build better financial future.

What's coming in. Sure, you know your salary or hourly wage, but do you know exactly what "income" that creates? If you are self-employed, do you know your revenue vs. expenses numbers? Don't forget about additional income avenues: interest-bearing accounts, dividends, accounts receivable (including any personal loans you have made), child support, side hustles, etc. Taking the time to investigate what's coming in can give you a "big picture" outlook that is beneficial to short-term planning and long-term financial strategy.

What's going out. Typically we *think* we know where we are spending our money, but in reality, most people are blissfully unaware. I had a client exclaim, "Michelle, I spent \$7,000 on Door Dash in the last six months...I had NO IDEA!" Unfortunately, this isn't all that uncommon. Using a budgeting app like Mint or Rocket Money is a great way to see what's really going on. Alternatively, a good, old-fashioned spreadsheet works just fine. However you choose to track you spending, knowledge is definitely power!

What you're thinking. As strange as this may sound, what you think about money is just as important as what you do with your money. Why? Because what you think (and feel) is what motivates you to act. To be specific, the best way to create and stick to your new healthy money habits, is to start with your money mindset. If someone has anxiety around their money, or doubts their ability to create wealth, they will have much different results than someone who genuinely believes making money is easy for them. Why is this so?



Because each of those people will "show up" differently regarding money decisions and take different actions. As you are becoming aware of your financial income and outgo, take note of how you feel about your budget, and what your inner voice is telling you during the process. I'd wager you'll be surprised at what you find!

Now that you are more aware of your financial picture, what's next? It's time to make some quality decisions, take some quality actions, and build quality habits.

- **Step 1: Define your Goals.** Utilize the S.M.A.R.T. goals method to make both short and long-term goals. Ask pertinent questions such as: What do I want to achieve? What do I want to experience? Who do I want to help? What am I willing to do and to do without to accomplish these goals?
- **Step 2: Divide and Conquer.** For each overarching goal, you need to outline yearly, quarterly, and monthly goals. Each monthly goal can then be broken down into specific tasks and added to a calendar or weekly/daily schedule. (For example, "Pay Off Debt" may be a long-term goal. For each credit card or loan, determine how much you will pay and how often to achieve full

payoff in the designated time. Now add each payment to your monthly bill schedule and watch those balances dwindle!)

- **Step 3: Assess Obstacles.** Clarify what is standing in your way. Is your outgo larger than your income? Is your debt too large to pay off in the desired amount of time? Are there factors outside your control? Identify possible pitfalls and plan for how you will handle each. This is the step where it may be beneficial to get some help. A financial advisor, a life coach, or even a trusted family member or friend may be able to support you through this step. The objectivity of someone outside of your circumstances can often make or break your plan.

- **Step 4: Manage Your Mind.** This is where the rubber really meets the road. You have your plan, you know what you need to do, and perhaps you have even begun to implement. But how do you stay on track when shiny object syndrome and keeping up with the Joneses are real? You'll need more than willpower to make your goals happen. Eradicating limiting beliefs and a compelling reason to follow through with your plan are what will be needed to be successful. Again, employing some outside help here could be the winning move. Mindset coaches are skilled at fleshing out the mental gymnastics necessary to create and sustain new habits, which is the crucial step to any permanent change.

Your current money habits weren't established overnight, and neither will your new ones be. Be patient with yourself as you gain awareness, identify dreams, set goals, and achieve the financial future you desire.

About Michelle Locke

Michelle Locke is a Master Certified Life and Mindset Coach with eight years experience. Through her coaching and training programs she helps her clients "fix what isn't working" in their lives. About her method, she says, "Life coaching is about systems, plans, and habits; mindset coaching is the 'secret sauce' that makes the latter sustainable." She lives in Ellenton with two of her five (mostly adult) children and a rescue hound named Ivy.

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LIMITED LIABILITY COMPANIES AS REAL ESTATE HOLDING COMPANIES

By James W. Mallonee

We are sometimes asked if a person's homestead real estate should be placed into a Limited Liability Company (LLC) as opposed to being titled as Husband and Wife (e.g. Tenants by the Entireties). The short answer to that question is "it depends" on what you trying to do with the property.

If the property is Florida real estate and it is your permanent residence then in this author's opinion, the answer is not to place such property into an LLC. However, if the property is either a secondary home or commercial real estate then in such case it might be best to title the property into an LLC.

Let's face it, Florida has one of the greatest advantages for permanent residences owned by a husband and wife (or a single person) called homestead. You do not have to pay anything for it and it is guaranteed by Florida's constitution. It protects the homeowner from losing their property to a creditor (such as hospital creditors, credit card creditors or for that matter any creditor with some exceptions). Those exceptions are the mortgage companies, property taxes, Internal Revenue and companies that improve your residence and are not paid for the improvements (this does not include the person who mows the grass).

If you are thinking about placing ownership for your commercial or secondary real estate property into an LLC be sure to keep in mind that this author's opinion is to have at least two members as part of the LLC. That is easy if the LLC is represented by a husband and wife as its members, but not so perfect

if it involves non-family members. The remainder of this article is only focused on multimember LLC's.

Under Florida law a debt or obligation of an LLC is the sole responsibility of the LLC and not its members on a personal level. Only the assets of the LLC are vulnerable, thus each property should be a separate LLC and if one of the LLC's gets into trouble, it will have no effect on the others or the members of those additional LLCs (there are some exceptions). In essence, it will not affect the personal assets of the LLC members. Thus, if one of the members has an outstanding debt, the debtor can only have a charging order issued against the sole debtor and its satisfaction can only come from any distributions made to the debtor (not the LLC).

What about taxes? In Florida, the Federal Taxation for an LLC would be similar to a partnership. You could elect to have the LLC taxed as a "C" or "S" corporation by filing the proper form with the IRS (form 2553). Ideally, in this author's opinion that would be an "S" corporation.

Because your property can be titled as an LLC, you get the luxury of avoiding probate at the death of one of the members as well as treated as an ancillary administration should the property be the permanent residence of the decedent not living in Florida. Because an LLC is also property that can be passed by titling, it is recommended prior to death to set up the LLC to pass to another as part of a "transfer-on-death" scheme. This would require that the

bylaws or operating agreement of the LLC grant the ability to pass an owner's interest in the LLC via transfer on death. In essence, by owning property in an LLC, the estate administration in Florida (Probate) could be avoided.

So why isn't everyone doing this? The short answer is that it is not for everyone considering the following issues:

1. If you place your homestead property into an LLC, you will no longer have the protections of homestead nor the tax savings.
2. Transferring into an LLC does not avoid Florida's documentary taxes.
3. Mortgage companies usually have terms within the promissory note or mortgage stating that if the title to the property is changed the mortgage holder has the right to foreclose.
4. The property tax collector gets the luxury to tax annually the property at the maximum rate.
5. Title insurance may be limited.
6. Property and Liability insurance may also be limited to the members of the LLC and not the actual owners. This can be a real problem if members to the LLC are not husband and wife.
7. Financing may also be limited because some financing companies (banks) want the actual owners to be on the hook should foreclosure take place.

Although transferring real estate into the name of an LLC may seem like a real benefit, it also has some drawbacks. In the opinion of this author, only those properties not classified as homestead should be considered for LLC status.

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WEIGHT LOSS MAKES YOUR BONES AND JOINTS HAPPY

By Physicians Rehabilitation

Degenerative joint disease, also known as osteoarthritis, is a condition that affects your joints, causing them to deteriorate over time. It primarily involves the breakdown of the cartilage that cushions the ends of your bones, leading to pain, stiffness, and reduced joint mobility. This condition can affect any joint in the body but commonly occurs in weight-bearing joints like the knees, hips, and spine. To manage and overcome degenerative joint disease and minimize further wear and tear on your joints and spine, Physicians Rehab recommends the following steps:

1. Exercise: Engaging in low-impact exercises can help improve joint function and strengthen the supporting muscles. Activities like walking, swimming, and cycling are excellent options. Your doctor or a physical therapist can guide you on suitable exercises based on your condition and fitness level.

2. Weight management: Maintaining a healthy weight is crucial since excess weight stresses your joints, accelerating wear and tear. By losing weight or keeping it within a healthy range, you can reduce the strain on your joints and alleviate pain. Being overweight will exacerbate osteoarthritis and can expedite joint degeneration, especially in weight-bearing joints, like the knees, hips, and ankles. For every pound of excess weight carried, 4 pounds of extra pressure is applied to a weight-bearing joint. For example, if you are 10 pounds overweight, that equates to 40 extra pounds of pressure that is applied to the knees. Having your joints, like your knees, absorb all that extra pressure over time can cause significant and irreversible damage to the joints.

3. Proper posture: Pay attention to your posture while sitting, standing, and lifting heavy objects. Avoid slouching and try to keep your spine and joints properly aligned. This reduces unnecessary pressure on your joints and promotes better spinal health.

4. Joint protection: Be mindful of your activities and avoid repetitive movements that can strain your joints. Use joint-protective devices, such as knee braces or ergonomic tools.



5. Balanced diet: A nutritious diet rich in vitamins, minerals, and antioxidants can support joint health. Include foods like fruits, vegetables, whole grains, and lean proteins. Omega-3 fatty acids found in fish may also have anti-inflammatory benefits.

6. Heat and cold therapy: Wearing warm compresses or a hot bath can help soothe joint pain and stiffness. Conversely, cold packs can reduce inflammation when applied to the affected area.

7. Medications: Over-the-counter pain relievers like acetaminophen or non-steroidal anti-inflammatory drugs (NSAIDs) can help manage pain and inflammation. Always consult your doctor before starting any new medication.

8. Physical therapy: Working with a physical therapist can provide targeted exercises and techniques to improve joint flexibility, strength, and range of motion.

9. Assistive devices: In some cases, assistive devices like canes or walking aids can help reduce stress on your joints during daily activities.

10. Avoid smoking and limit alcohol intake: Smoking and excessive alcohol consumption can contribute to inflammation and may worsen joint problems.



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Everyone's condition is unique, so working closely with your healthcare provider to develop a personalized plan for managing your degenerative joint disease is crucial. Regular check-ups and open communication will ensure you receive the best care and support for your joint health. If necessary, your doctor may recommend more advanced treatments, such as injections or surgery, but these are typically reserved for severe cases when conservative measures are no longer effective.

By taking proactive steps and making lifestyle adjustments, you can effectively manage degenerative joint disease and maintain better joint and spinal health. If you have any questions or concerns, don't hesitate to ask, and together with Physicians Rehab, we'll work towards improving your quality of life.

We, at Physicians Rehabilitation, have always taken a multi-modality approach to treating chronic joint pain and osteoarthritis by offering various types of injection therapies, physical therapy, bracing, and interventional pain management, but now we are also offering medical weight loss options to help you with your long-term health goals. We are focused on helping you gain mobility, improve your strength, and live a pain-free lifestyle, but also getting you to look and feel your best! Call us today to get more information on our weight loss program!

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Bidets and Japanese Culture: Revolutionizing Personal Hygiene

Personal hygiene is an integral part of our daily routine, and various cultures worldwide have developed unique practices to ensure cleanliness and comfort. One such practice that has gained global attention is the use of bidets. Originating in Japan, bidets have become an essential aspect of personal hygiene and offer a fascinating glimpse into Japanese culture. In this editorial, we will delve into the personal hygiene practices in Japan, explore the origins of bidets in Japanese society, analyze their popularity over time, and examine their translation into American culture.

Personal Hygiene in Japan

Japanese culture places great emphasis on cleanliness and hygiene. From bathing rituals to meticulous hand-washing traditions, the Japanese have long recognized the importance of maintaining a high standard of personal hygiene. This cultural inclination towards cleanliness is deeply ingrained in everyday life, and it is no surprise that Japan is at the forefront of innovative hygiene practices.

Origins of Bidets in Japan

The use of bidets in Japan can be traced back to ancient times. Historically, Japan had a strong tradition of communal bathing, with public bathhouses serving as social gathering places. Personal hygiene in these bathhouses involved using a small vessel to pour water for cleansing after using the toilet. Over time, this practice evolved into the modern bidet, offering a more efficient and hygienic solution.

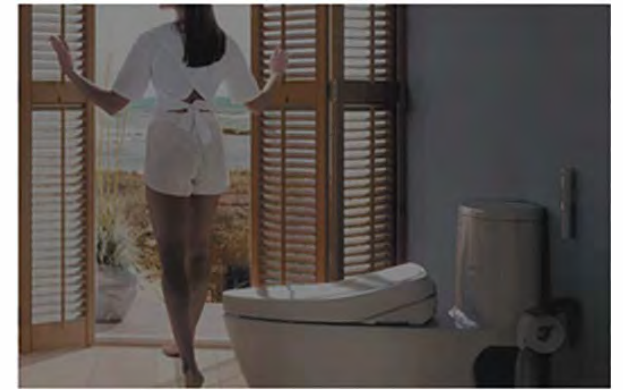
The Popularity of Bidets in Japan Over Time

In recent decades, bidets have become ubiquitous in Japanese households and public restrooms. The rise in popularity can be attributed to several factors. Firstly, bidets provide a more thorough and comfortable cleaning experience than traditional toilet paper. Additionally, bidets are considered more environmentally friendly, as they reduce paper waste. The health benefits of bidets, such as preventing skin irritation and reducing the risk of infections, have also contributed to their widespread adoption.

Translation to American Culture

While bidets have a long-established presence in Japan, their adoption in Western countries, particularly in America, has been relatively slower. However, in recent years, bidets have started gaining traction and popularity in American households. This can be attributed to increased awareness of the hygiene benefits, eco-consciousness, and a desire for a more comfortable and refreshing cleansing experience.

Despite initial reservations, American consumers are gradually recognizing the advantages of bidets. As a result, bidet attachments and standalone bidet fixtures are becoming more readily available in the market. Major bathroom fixture manufacturers have also started incorporating bidet features into their designs, catering to the growing demand.



The bidet revolution, deeply rooted in Japanese culture, is making global waves. Japan's emphasis on personal hygiene has led to the development and widespread adoption of bidets, transforming how individuals maintain cleanliness. Integrating bidets into American culture is a testament to their undeniable benefits. As more people recognize the advantages of bidets, they will likely become commonplace in bathrooms worldwide, improving personal hygiene standards and revolutionizing how we approach cleanliness and well-being.

House of Bidets

Founded in 2022, House of Bidets is a small business based in Tampa, Florida. Given the scarcity of toilet paper in recent history, we reevaluated why toilet paper is used at all in the bathroom. It is wasteful, dirty, and plain ineffective compared to the cleaning you receive from a bidet.

Our team thinks doing your business should be an enjoyable experience, and a standard toilet will never live up to that task! We are Better Business Bureau accredited, so you can expect top-notch treatment and confidently do your business with us.

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**HOUSE OF
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BY DR. AMANDARIZNER

Back to School Dental Tips to Keep You Smiling Throughout the School Year

As the new school year approaches, it's crucial to emphasize the importance of dental hygiene for students of all ages. Good oral health not only promotes a beautiful smile, but also contributes to a child's overall well-being. In this article, we will explore essential dental hygiene tips that students can incorporate into their daily routines to maintain a healthy mouth and prevent dental problems from occurring.

Schedule Your Bi-Annual Dental Cleanings

It's important that your child has a regimented dental schedule set up before the chaos of school work takes over. We recommend most parents schedule a dental cleaning for their children during the summer months and then again 6 months later. This usually allows the child to have their second cleaning when they have some time off during the winter holiday months. These checkups not only check for cavities, but can diagnose any skeletal or jaw malformations that may occur at a young age. Leaving these undiagnosed can lead to eventual bite or TMJ issues as well as airway issues later on in life. Sealants can also be placed at these appointments which can help cover the deep grooves of the teeth where sugar and carbohydrates tend to stay, preventing cavities from forming.

It's also important to make sure your child is changing out their toothbrushes every 3 months, or whenever they are sick. Old toothbrushes can harbor bacteria and mold that can negatively affect your oral health. The bristles can also wear very easily over time which can lead to less effective removal of plaque. Also, growing children may need toothbrushes with appropriate size and bristle softness as their dental needs change, making regular replacement essential.

Send Your Child to School with Tooth Friendly Snacks

Packing a daily lunch can help your child prevent future cavities and avoid the temptation to choose unhealthy options in the cafeteria. It's important to consider foods that are low in sugar and carbohydrates to prevent the spread of decay. Both sugars and carbohydrates can attack your child's enamel causing decay as well as acid erosion. Foods such as raw vegetables, low sugar yogurts, cheese sticks, and nuts are all great options to choose from. Even



dark chocolate can be a better choice than pretzels and crackers. This is because sticky carbohydrates tend to stay in the deep grooves of the teeth for a longer period of time. It's also beneficial to limit your child's snacking throughout the day. The less time sugar and carbohydrates stay on the tooth the better. It's best to have your child consume these over their three main meals daily, then more frequent times throughout the day.

Acid also plays a role in the decay process for children. Even healthy foods can contain high amounts of acid, such as lemons and salad dressings, that can be hidden causes of tooth decay. Energy drinks, sodas, and sports drinks, tend to have a very high acid content which many people may not realize. It's best to have your child drink water throughout the day. If they do consume these drink products, have them drink them within a thirty-minute time period and wash or rinse their mouths with water after to eliminate the acid from sitting on the tooth enamel. Wait to brush for at least thirty minutes following consumption of these drinks. Drinking through a straw can also help eliminate how much acid comes in contact with tooth enamel.

Consider a Mouthguard for After School Sports

Sports injuries are very common among young adults these days. As their dentition erupts, many children have skeletal or dental malformations which can cause their teeth to stick out more prominently. Orthodontic treatment can help with this, but mouthguards can also be a great option to protect any child's dentition from trauma during sporting events. These can even be made in various colors which can make them more fun to wear for young adults.

Conclusion

As students embark on a new school year, prioritizing dental hygiene should be part of their daily routine. By following these dental hygiene tips, students can maintain a healthy mouth and enjoy a confident smile throughout their academic journey. Remember, a little effort in practicing good dental hygiene today can lead to a lifetime of oral health benefits.



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ADVANCED URINARY INCONTINENCE PROCEDURES

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

There are several types of urinary incontinence:

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

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

Sacral Neuromodulation

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

Bulkamid—Urethral Bulking

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

What is urethral bulking?

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

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

Short procedure

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

No incisions

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

Quick recovery

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

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

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

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

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

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

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

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

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

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Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

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

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

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

How does VAX-D work?

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



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

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

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

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

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

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

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

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

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

BACK PAIN INSTITUTE OF WEST FLORIDA

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Lakewood Ranch, Sarasota 34240

Dr. Craig S. Aderholdt, BSc, DC



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

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

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



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PREPARING FOR A HURRICANE

By Dr. Noël Crosby, Au.D.

Hurricanes are natural disasters that require thorough preparation to ensure the safety and well-being of individuals and their families. This becomes even more crucial for those with hearing loss, who face additional challenges during such emergencies. Moreover, individuals relying on rechargeable hearing aids need to take specific precautions to ensure uninterrupted hearing assistance throughout the hurricane's duration. This article aims to provide a comprehensive guide on preparing for a hurricane, with a particular focus on considerations for individuals with hearing loss and the proper care and management of rechargeable hearing aids.

1. Develop an Emergency Plan

When preparing for a hurricane, it's vital to have a well-thought-out emergency plan in place. Ensure that your plan accounts for the specific needs of individuals with hearing loss. Communication strategies should include visual cues, such as written or signed instructions, to compensate for potential hearing difficulties during high-noise or power outage situations.

2. Stock Up on Essential Supplies

Gather necessary supplies, including non-perishable food, water, medications, batteries, flashlights, and a battery-powered weather radio. Remember to include extra batteries for hearing aids, cochlear implants, or any other assistive devices that rely on battery power.

3. Secure Your Home

Take steps to protect your home and surroundings. Trim trees and secure loose objects that may become projectiles in high winds. Reinforce windows, doors, and other vulnerable areas to minimize damage. Consider installing a backup power generator to ensure continuous power supply for vital equipment.

4. Establish Communication Channels

Create a network of trusted individuals who can assist you during emergencies. Inform them about your hearing loss and the best methods of communication for you. Establish alternative means of contact, such as text messaging or social media, to stay connected when traditional communication methods are unavailable.

5. Safeguard Your Rechargeable Hearing Aids

If you use rechargeable hearing aids, ensure they are fully charged well before the hurricane's arrival. Consider purchasing a portable power bank or backup charger to keep your hearing aids powered during extended power outages. Store them in a waterproof and protective case to prevent damage from water, debris, or other hazards.

6. Maintain Proper Hearing Aid Care

Regularly clean and maintain your hearing aids to ensure optimal performance. Keep them away from excessive moisture and humidity, as these

conditions can impair their functionality. If water damage occurs, immediately seek professional assistance to prevent further complications.

7. Stay Informed

Stay updated with the latest weather reports, emergency alerts, and evacuation orders through accessible sources. Utilize closed captioning or visual notifications provided by local news channels or emergency management agencies.

Preparing for a hurricane is essential for everyone, but individuals with hearing loss and rechargeable hearing aids face unique challenges. By developing an emergency plan, stocking up on supplies, securing your environment, establishing communication channels, and taking care of your hearing aids, you can be better equipped to face the uncertainties of a hurricane while safeguarding your hearing needs.

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Absorption Issues with Gut Problems and Post Bariatric Surgery

Absorption issues in the gastrointestinal tract can significantly impact one's health, especially in individuals who have undergone bariatric surgery. After such procedures, patients often experience challenges in absorbing nutrients and maintaining proper hydration levels. In these cases, intravenous (IV) fluids play a crucial role in ensuring adequate hydration and essential nutrient delivery. This article explores the connection between gut problems, post bariatric surgery, and the significance of IV fluid administration to address absorption issues and promote optimal health.

Understanding Absorption Issues

The gastrointestinal tract plays a central role in breaking down food and absorbing essential nutrients, vitamins, and minerals. However, certain medical conditions, such as irritable bowel syndrome (IBS), Crohn's disease, and celiac disease, can lead to malabsorption, where the body struggles to absorb nutrients properly. Additionally, post bariatric surgery patients may encounter absorption problems due to alterations in their digestive anatomy. These conditions can result in malnourishment and dehydration, making it vital to address them promptly and effectively.

Post Bariatric Surgery and Absorption Challenges

Bariatric surgery is a life-changing procedure for individuals struggling with obesity, aiding in weight loss by reducing stomach size or bypassing a section of the digestive tract. However, this surgery can lead to significant changes in the way nutrients are absorbed, potentially causing deficiencies in essential vitamins and minerals. Patients may experience difficulty absorbing fat-soluble vitamins (A, D, E, and K), iron, calcium, and others. As a consequence, these individuals are at higher risk of dehydration and malnutrition, necessitating careful management and targeted interventions.

The Role of IV Fluids in Hydration

Intravenous (IV) fluids are a critical component of medical care, providing rapid and direct hydration to patients in need. For individuals with absorption issues following bariatric surgery or gut-related conditions, IV fluids offer a reliable method of delivering



fluids and essential nutrients directly into the bloodstream, bypassing the digestive system. This bypass ensures that the body receives the necessary hydration and nutrients, minimizing the risk of dehydration and nutrient deficiencies. IV fluid therapy can be tailored to address specific nutrient requirements, promoting better health outcomes and improved overall well-being.

Managing Absorption Issues with IV Fluids

When faced with absorption challenges, healthcare providers can utilize IV fluids strategically to optimize nutrient absorption and hydration. A tailored approach may involve administering specific vitamins and minerals through IV therapy to compensate for deficiencies resulting from malabsorption. IV hydration also proves invaluable in pre- and post-operative care for bariatric surgery patients, aiding in recovery and reducing complications. Regular monitoring of nutrient levels and hydration status is crucial in guiding the administration of IV fluids, ensuring patients receive the appropriate support for their unique needs.

Absorption issues stemming from gut problems and post bariatric surgery can have a profound impact on an individual's health. The administration of IV fluids for hydration and targeted nutrient delivery offers

a vital solution to address these challenges effectively. By understanding the importance of IV fluid therapy, healthcare professionals can improve patient outcomes and quality of life.

About Restoration Bar

Restoration Bar is the Anti Aging aspect of our medical office. Our belief is that through regeneration we can achieve restoration. As local medical providers, we have found that many office and hospital visits could be avoided had the patients maintained hydration and / or optimal oxygenation. A key component for our human body to function is adequate perfusion to all systems. Hydration and Oxygenation are critical for this.

At Restoration Bar, we offer IV fluids, vitamins and minerals to help with hydration status. In addition, we offer customized IV formulations to address specific goals. Our recreational oxygen offers 20 minutes of highly concentrated oxygen with or without plant based aromatherapy. Often, taking the time during this session to focus on inhalation and exhalation serves as a reminder of how we often 'forget to breathe' during our busy lives.

In addition, we offer a multitude of aging interventions. It is our belief that for our bodies to accept and respond to any of our services, being of optimal hydration and oxygenation is essential.

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Dealing With Life's Painful Situations

By Pastor Timothy Neptune

On Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain. I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.

David tells us in the book of Psalms, ¹⁸ *The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18*

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble."*

Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream



of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.

David went on to say in Psalm 142:3 that ³ *"When my spirit grows faint within me, it is you who knows my way..."* God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.

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