

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

# **Health & Wellness** MAGAZINE

October 2023

Manatee/Sarasota Edition - Monthly

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OCTOBER IS  
**BREAST  
CANCER**  
AWARENESS MONTH

Jose Erbella, Jr., MD, FACS,  
General Surgery and Lifestyle  
Medicine, Talks About His  
Approach and Options for  
Treating Breast Cancer

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**UNDERSTANDING  
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A Comprehensive Guide to  
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# Varicose Veins vs. Spider Veins

By Dr. Lackey

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

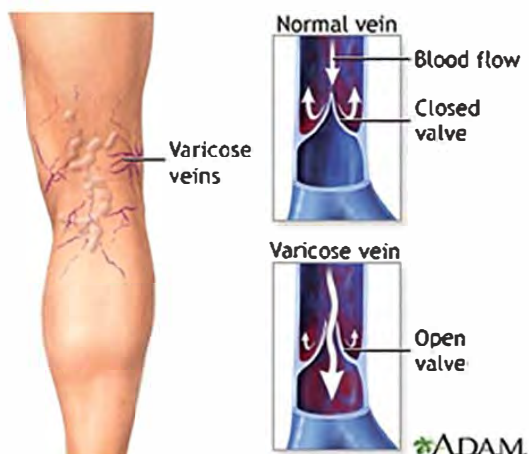
Several patients who suffer from varicose veins often complain of a cramping or aching sensation near the veins. Other typical symptoms include fatigue, itching, throbbing, cramping, burning, and tingling.

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

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

## How Varicose and Spider Veins Develop

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



However, when veins don't function properly, it can cause blood to collect inside your veins. When this happens, the blood pushes up against the walls within your vein, creating pressure weakening the vessel wall.

Ultimately, this pressure is what causes veins to twist and bulge.

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

## Treatment Options for Vein Disease

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

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

**The VenaSeal™ Closure System** uses an advanced medical adhesive to close and seal varicose veins. VenaSeal™ treatment minimizes patient discomfort and reduces recovery time, making it a good choice for many people. It's the only procedure approved for use in the United States that doesn't use heat, tumescent local anesthesia, or a sclerosant. Instead, VenaSeal™ uses a medical grade "glue" to shut down diseased veins.

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

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

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## Jose Erbella, Jr., MD, FACS, General Surgery and Lifestyle Medicine, Talks About His Approach and Options for Treating Breast Cancer

**W**e have come a long way since the earliest surgeries for breast cancer, when standard treatment was the disfiguring removal of the entirety of the breast, muscle and lymph nodes. Since then, we have had many advances in chemotherapy, radiation therapy, hormonal therapy and surgical techniques for treating breast cancer. We also have learned that more extensive surgery does not lead to better outcomes, lower risk of recurrence or improved survival for patients.

### What are the surgical options for the treatment of breast cancer?

If it's determined that you have breast cancer, your doctor will discuss surgical options with you. There are two types of surgeries: lumpectomy and mastectomy. Surgical removal of lymph nodes may also be performed.

With lumpectomy, the entire tumor is removed, as well as some bordering tissue. This is referred to as breast-conserving surgery. Some lymph nodes under the arm can also be removed during lumpectomy to determine if cancer has spread to the lymph nodes. Other treatments may be required with breast-conserving surgery, including radiation, chemotherapy and hormonal therapy. When the lump cannot be felt, the doctor may have the area scrutinized prior to surgery to accurately identify the abnormality.

A simple mastectomy involves removal of the entire breast as well as some lymph nodes. Reconstruction can be considered after mastectomy as part of your cancer care.

When I first see patients at my clinic, we begin to map out the treatment process. Whether a patient decides to have a lumpectomy or a mastectomy can be a personal decision. With a mastectomy, women would not need to have a mammogram in the future.

### How long of a recovery period can patients expect?

Some patients who have breast cancer surgery will go home the same day or they will spend just one night at the hospital. I follow up with all my patients and allow them the opportunity to ask questions post-surgery.

### How can patients lower their risk of getting breast cancer?

The average age for a breast cancer patient is 65 years old. However, less than 10% of breast cancer cases are caused by genetics. Cancer is a response to inflammation; it is the body's reaction in trying to survive. There are some lifestyle factors that can be



Shawney Arnold and Jose Erbella, Jr., MD, FACS

controlled. Breast cancer is strongly linked to the following factors: consumption of red meat, alcohol usage, stress, disturbance of sleep and gaining weight after menopause. We need to start thinking more about prevention. I host a 5-part series boot camp every year to teach others about ways to prevent cancer and welcome anyone to join.

It is important for women to learn how to reduce their risk, get their annual checkups and if they see something, say something, so that we can catch it early enough.

**To reach Dr. Erbella, please call 941-212-2010.**

*Dr. Erbella has been performing breast surgeries since 2005. He trained at the University of Michigan and University of Florida. At the University of Florida, Dr. Erbella had a mentor who was one of the leading surgeons in breast surgery, and he was his true inspiration. Dr. Erbella played a vital role in helping Manatee Memorial Hospital receive the National Accreditation for Breast Centers (NAPBC). Manatee Memorial is the first hospital in Manatee and Sarasota counties to achieve this accreditation.*



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### Manatee Employee Thanks Dr. Erbella and Staff for Positive Outcome

Shawney Arnold, 38, was born at Manatee Memorial Hospital and has been an employee of the hospital for over 10 years. She recently underwent breast surgery performed by Dr. Erbella.

Arnold's mom had breast cancer when she was younger, so she has always been aware of it. "I found a knot on the side of my breast, and I initially thought this was nothing. I had a mammogram and ultrasound, and then had to do an MRI to confirm exactly where the 'lump' was," explained Arnold. "Dr. Erbella then performed a biopsy at his office clinic and removed a portion of the lump. This was then sent out to pathology, which confirmed what kind of cancer I had."

Arnold had an invasive-ductal carcinoma, an estrogen-driven cancer. Dr. Erbella gave her options, and ultimately she decided to move forward with a double mastectomy with reconstruction. "I did have the option to do a lumpectomy, but since my mom had breast cancer, I decided to have both breasts removed," she said.

The mastectomy and reconstruction took about four hours. Her recovery was very smooth, her scars are small, and she was pleasantly surprised with the outcome. "I was able to go home the same day [after surgery]," she said. "I was given specific post-discharge instructions, including a dietary plan to be sure that I had the best outcome following the surgery."

Arnold emphasized that both Dr. Erbella and Jill Nash, PA, were both amazing with their communication and continuously checked on her. They went above and beyond to make her feel more comfortable.

"Before I needed Dr. Erbella as my surgeon, I would see how he interacted with patients at work, and he would always put them first," she added. "He gave them his full attention and is compassionate in what he is doing. Regarding the hospital, Manatee Memorial provided amazing care, the staff and nurses here are great. This was especially reassuring when you are going through something that can cause worry and fear."

If Arnold could give one piece of advice to other women, she would encourage them to educate themselves and know what their options are. "It is important to do research, ask questions and get a second opinion to know what the best decision is for you," she said. "I have since referred other women to Dr. Erbella to discuss their scenario with him."





# Intranasal Esketamine (Spravato®)

## A Promising Treatment Modality for Treatment-Resistant Depression

By Steven Stein, MD - Board-certified Psychiatrist

**D**epression 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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# PLANTAR FASCIITIS

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

**T**he 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.

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# WORLD SIGHT DAY: SHINING A LIGHT ON GLOBAL VISION HEALTH

Every year on the second Thursday of October, World Sight Day is celebrated worldwide to raise awareness about vision-related issues and advocate for better eye care. This global event serves as a reminder of the importance of preserving our sight and addressing the challenges that millions of people face due to vision impairment and blindness. In this article, we will delve into the significance of World Sight Day, its goals, and the urgent need to prioritize vision health on a global scale.

## The Significance of World Sight Day

World Sight Day is an annual event organized by the International Agency for the Prevention of Blindness (IAPB) in collaboration with various eye care organizations, NGOs, governments, and healthcare professionals around the world. This day serves as a platform to highlight the following key issues:

- **Raising Awareness:** World Sight Day plays a crucial role in increasing public awareness about eye health, the prevention of blindness, and the importance of regular eye check-ups.
- **Advocacy:** It provides an opportunity for individuals and organizations to advocate for better access to eye care services, particularly in underserved communities.
- **Collaboration:** World Sight Day fosters collaboration among governments, healthcare providers, and advocacy groups to address vision health disparities and implement effective strategies for prevention and treatment.
- **Education:** It promotes education about common eye conditions, the significance of early diagnosis, and the role of a healthy lifestyle in maintaining good vision.

## Global Vision Challenges

While significant progress has been made in improving eye health worldwide, numerous challenges persist, affecting millions of people, particularly in low and middle-income countries:

- **Uncorrected Refractive Errors:** Refractive errors such as nearsightedness, farsightedness, and astigmatism remain a widespread issue, preventing

people from accessing proper vision correction and hindering their daily activities.

- **Cataracts:** Cataracts, a clouding of the eye's lens, are a leading cause of blindness globally. However, cataract surgery is a highly effective treatment that can restore vision.

- **Glaucoma:** Glaucoma, often referred to as the "silent thief of sight," is a progressive eye disease that can lead to irreversible blindness if not detected and treated early.

- **Diabetic Retinopathy:** As diabetes rates continue to rise, so does the prevalence of diabetic retinopathy, a condition that can lead to vision loss if not managed appropriately.

- **Access to Eye Care:** Many individuals, particularly in rural and remote areas, still lack access to essential eye care services, including eye examinations and surgeries.

## The Goals of World Sight Day

World Sight Day has specific goals that are aligned with its mission to promote global vision health:

- **Raise Awareness:** The primary goal is to raise awareness about avoidable blindness and vision impairment, emphasizing the importance of regular eye examinations.
- **Advocate for Equity:** World Sight Day calls for action to reduce vision health disparities by ensuring equitable access to eye care services for all.
- **Mobilize Resources:** It aims to mobilize resources and support for eye health programs and initiatives, including research, treatment, and prevention.



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- **Promote Collaboration:** World Sight Day encourages collaboration among governments, healthcare providers, NGOs, and communities to work together in addressing vision health challenges.

## What You Can Do on World Sight Day

Participating in World Sight Day can be as simple as spreading awareness and supporting eye health initiatives. Here are some ways you can get involved:

- **Schedule an Eye Examination:** If you haven't had an eye check-up recently, World Sight Day is an excellent opportunity to prioritize your vision health.
- **Educate Yourself and Others:** Learn about common eye conditions, the importance of early detection, and share this knowledge with friends and family.
- **Support Vision Charities:** Consider donating to organizations that provide eye care services and vision correction to underserved communities.
- **Advocate for Eye Health:** Use your voice to advocate for better access to eye care services in your community and beyond.

World Sight Day serves as a powerful reminder of the importance of vision health on a global scale. It highlights the progress made in eye care and the significant challenges that still need to be addressed. By coming together on this day, we can raise awareness, advocate for change, and work towards a world where preventable blindness and vision impairment are no longer barriers to living healthy, fulfilling lives. Let us commit to preserving our sight and ensuring that everyone, everywhere, has the opportunity to enjoy the gift of vision.

At Paragon Healthcare, we treat patients with diseases affecting the eye including Thyroid Eye Disease, Exophthalmos, Scleritis, Interstitial Keratitis, Vogt-Koyanagi syndrome, Cyclitis, Retinopathy, Uveitis, Optic Papillitis, and Optic Neuropathy. Nationwide, we have served nearly 1k patients with Inflectra, Remicade, Rituxan, Simponi Aria, steroids, and Tepezza for diseases affecting the eye.

## Paragon Healthcare

Our story began in 2002 with a heart to serve people. We strive to make the healthcare process easier for patients and physicians just like you. Our compassionate team of nurses, dietitians, pharmacists, and customer service representatives are dedicated to serving each person who joins our family. Each patient receives exceptional and customized care focused on maximizing their quality of life. We specialize in providing life-saving and life-giving infusible and injectable drug therapies through our specialty pharmacies, our infusion centers, and the home setting.



# BREATHE EASIER - OCTOBER IS HEALTHY LUNG MONTH!

**O**ur lungs are vital to our health. They filter the air we breathe, provide us with the oxygen we need to exist, and allow us to speak to one another.<sup>2</sup> Quite simply, without healthy, functioning lungs, one's quality of life is substantially and adversely impacted.

Healthy Lung month is an opportunity to be more conscientious about your lung health, to take steps to improve your lung health and, ultimately, to improve your quality of life!

**Implementing the following steps is a great way to prioritize your lung health:**

**1) Prevent illness.** Lung illnesses put a strain on your entire respiratory system, not just your lungs. Preventing infections that lead to illnesses by washing your hands regularly, practicing good hygiene, and eating a healthy, nutrient-dense diet are essential in protecting your lungs from pathogens that can devastate your immune system.<sup>1</sup>

**2) Exercise regularly.** Physical exercise doesn't just make your muscles stronger, it makes your lungs stronger too! Healthy adults should be moderately exercising approximately 30 minutes a day, five days a week. Moderate exercise can be enjoying a brisk walk, playing with your children or pets at the park, or even cleaning your house! Improving your lung strength doesn't need to be intense; it just needs to be consistent.<sup>1</sup>

**3) Quit smoking.** Smoking is a major cause of heart disease and lung disease. In fact, smoking and tobacco-related illnesses are the leading cause of preventable death in the United States.<sup>3,4</sup> Quitting smoking can benefit your health almost immediately.

Fortunately, help to quit smoking is free! Gulfcoast South Area Health Education Center (GSAHEC), as part of the Tobacco Free Florida AHEC Cessation Program—offers free tobacco cessation sessions that are available to help someone quit all forms of tobacco.

These group sessions, held virtually and in-person, provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum or lozenges (if medically appropriate and while supplies last) are provided with the session. Contact us today at **866-534-7909** or visit [www.tobaccofreeflorida.com/groupquitcalendar](http://www.tobaccofreeflorida.com/groupquitcalendar) to schedule a class or learn more about the program!

**4) Get screened.** Early detection is crucial in identifying lung cancer and establishing a favorable prognosis. In fact, screening for lung cancer using low-dose CT scans can lower the chance of dying from lung cancer by 20 percent, according to the National Lung Cancer Screening Trial.<sup>1</sup>

If you are between the ages of 55 and 77, have a 30 pack-year history of smoking (smoking an average of a pack of cigarettes a day for 30 years), are a current smoker or have quit smoking in the last 15 years, you should be screened for lung cancer. Contact your local hospitals and lung care clinics to learn more about screenings available to the community.

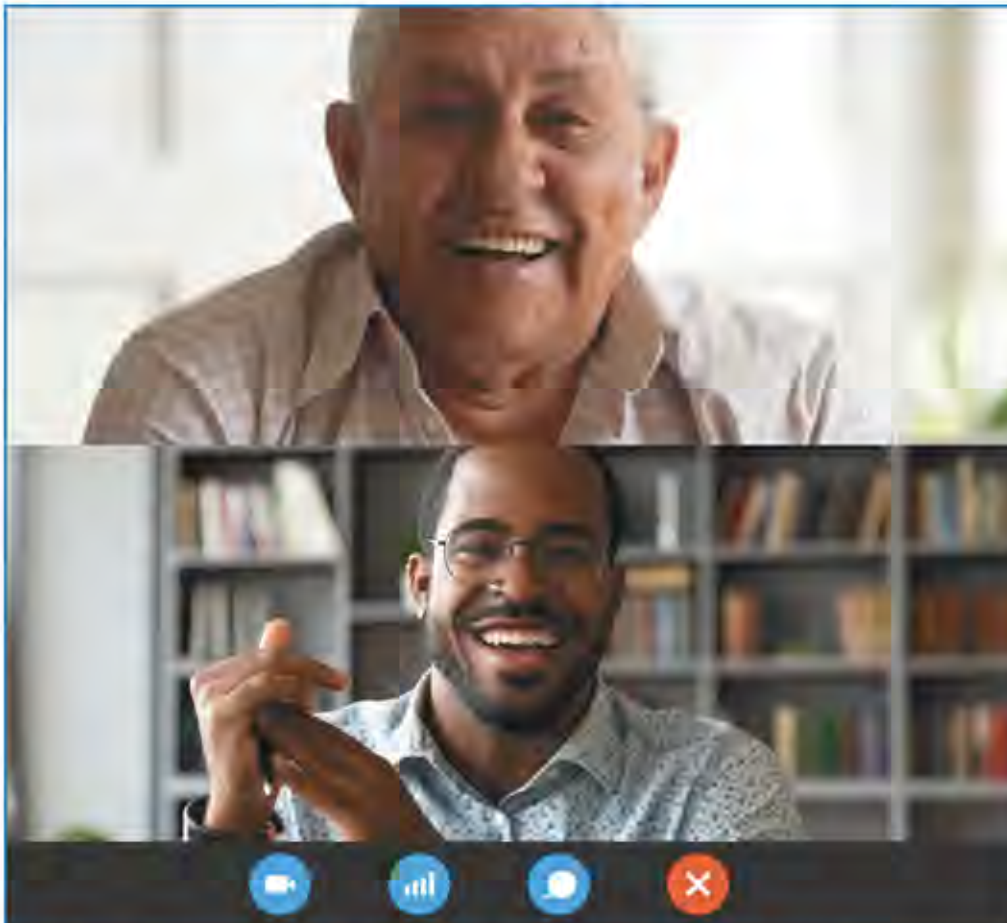
#### References:

1) <https://www.inspirahealthnetwork.org/news/national-healthy-lung-month>

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3) Tools to Quit: Area Health Education Center (AHEC) Cessation Program Participant Toolkit, Area Health Education Centers. 2018.

4) U.S. Department of Health and Human Services, The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General, Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014. Accessed April 3, 2020.



## Quit tobacco with virtual Group Quit.

*There's never been a more important time to quit.*

Free, expert-led online sessions are now available for all Florida residents, regardless of insurance status. Upon class completion, participants are eligible to receive free nicotine replacement therapy such as gum, patches or lozenges.\*

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Gulfcoast South AHEC  
866-534-7909

*\*if medically appropriate for those 18 years of age or older*

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# WHY SINGLE SENIORS FLOURISH IN SENIOR LIVING COMMUNITIES

**R**esearch has shown what most of us already intuitively know: After your 20s, it gets difficult to make friends, let alone find someone to date and/or marry. This issue usually gets tougher as we age. Although perceptions are slowly but surely changing, most of our culture and social activities are still built around couples. However, surrounding yourself with people of a similar life stage who share your interests, increases your chances of forming new relationships.

That's why many single seniors are considering senior living communities like Freedom Village of Bradenton. This blog post will look at our retirement lifestyle and show you how communities like ours make building relationships easier.

## WHAT IS INDEPENDENT LIVING?

Senior independent living is a term used to describe a maintenance-free community designed exclusively for older adults. They also typically feature a variety of activities and amenities and services like:

- Fully-equipped fitness center with fitness classes and wellness programs
- Heated indoor pool
- Lifelong learning opportunities
- On-campus shows and concerts
- Arts and crafts studio
- Woodworking shop
- Billiards and game room

## BENEFITS OF SENIOR LIVING FOR SINGLE SENIORS

Senior living communities provide a range of advantages you might not be able to get staying in your current home. Senior living can make it easier and more convenient to live the life you want. Some benefits include:

**More social opportunities:** For isolated seniors, senior living communities have calendars filled with social activities, classes, interest groups and clubs, outings, lifelong learning discussions and more. They also have a welcoming committee to help new residents meet people. So, you're sure to find others who share your goals and interests.

**Maintenance-free lifestyle:** Independent living communities have a variety of helpful services and thoughtful amenities to give you the freedom to do more of what you want and less of what you don't. So let our talented staff handle the housekeeping, indoor and outdoor maintenance and even the cooking.



**Dating opportunities:** For senior singles, the prospect of dating can be intimidating. Moving to a senior living community can provide a variety of ways to put yourself back out into the dating world. From exercise classes to sharing meals with neighbors, going to group activities you enjoy is a low-pressure way to meet new people.

**Community of support:** Many senior living communities offer support groups and spiritual services. These circles of support often develop organically through continual social interactions.

**Right-sized residences:** Most senior living communities offer studio and one-bedroom senior apartments that are the perfect size for a single person. Once you compare the cost of living in your current residence with everything you get at a retirement community, you'll also find it's more affordable than you think.

**Lock and leave:** In addition to offering residents outings to local attractions and overnight trips, at a senior living community, you can just lock and leave any time you please. So, take that cross-country road trip or European river cruise. While you're away, your home will be carefully looked after by community associates and neighbors.

## DISCOVER THE SINGULAR FREEDOM OF FREEDOM VILLAGE

If you're looking for a group of active older adults who share your interest in getting more out of life, contact Freedom Village of Bradenton here. We'll be happy to tell you all about the perks at our community, introduce you to some residents and help set up a personal tour. Have immediate questions you want answered? Use our chat feature.

## OCTOBER EVENTS

### A Taste of Freedom Village Cooking Demonstration

Thur., Oct. 12 \* 11:30 a.m. to 1:30 p.m.

If you enjoy cooking (and eating!) great food – and would like to get a “taste” of all that Freedom Village has to offer – this event is for you.

### Senior Solutions: How Freedom Village Helps Seniors Overcome Common Issues

Thur., Oct. 19 \* 11:30 a.m. to 1:30 p.m.

Join us for this informative luncheon to learn about how Freedom Village helps seniors overcome some of life's challenges:

- ~ Hurricane Safety and Security
- ~ Nutrition, Diet and Daily Exercise
- ~ Isolation, Loneliness, and the Importance of Socialization
- ~ Couples with Different Levels of Current and Long-term Healthcare Needs

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

Tue., Oct. 24 \* 11:30 a.m. to 1:30 p.m.

This casual luncheon is designed to introduce seniors to our Life Plan community in a less formal setting.

### Director's Roundtable: Benefits of Worry-free Living at our Life Care Community

Thur., Oct. 26 \* 11:30 a.m. to 1:30 p.m.

Join us for fun and lively round-table discussions about the benefits of living at our Life Care Community with executive Director Scott McAlister, leaders of various departments and our residents.

*The luncheons are free. RSVPs are required by calling 941-798-8122.*



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# Be Smart About Breast Health

**R**oughly 1 in 8 women in the United States develop breast cancer in their lifetime.\* As a patient, friend or family member, nearly everyone is affected by this disease in some way.

## Why is early detection of breast cancer so important?

Regular breast cancer screenings are important because they can detect breast cancer years before symptoms develop. Early detection is key, because success rates are much higher when breast cancer is detected and treated during its early stages. A visit with your primary care physician is a good first step in breast health care because he or she can provide guidance on what screenings may be appropriate for your personal health.

## What types of screenings are important?

There is a comprehensive range of imaging and biopsy services available at the Manatee Diagnostic Center including:

- 3D digital mammography (breast cancer detection)
- Siemens™ Automated Breast Ultrasound System (ABUS) system (breast cancer detection)
- Bone density assessment (for fracture risk due to osteoporosis)
- Breast biopsy (ultrasound, fine needle, stereotactic, MRI)
- Resources for breast cancer patients

## How effective is digital mammography?

Mammograms are the most widely used imaging method for detecting breast cancer, often spotting issues before anything can be felt. Low-radiation digital mammograms are very effective, identifying upwards of 85% of all abnormalities in the breast. The American Cancer Society® strongly advises women who are age 40 and older to have a yearly mammogram. Individuals who are at higher risk of breast cancer, such as those with a family history of breast cancer or history of high-dose radiation exposure prior to the age of 30, may require screening earlier than 40. If you believe you are at a higher risk, make sure to talk to your primary care physician about when to begin screenings.



The Manatee Diagnostic Center also offers 3D mammography, which is also called tomosynthesis digital mammography. 3D mammography is different from standard mammography because it takes multiple images of the breast at various levels and provides more detail. This can help make it easier to identify abnormalities and is particularly useful for evaluating dense breast tissue. It can also reduce the number of callbacks for repeat testing.

## What does having dense breasts mean and what screening is needed for this?

Dense breasts have a higher proportion of glandular and connective tissues as compared to fatty tissue. Women who have been told they have dense breasts should be aware that it can make it difficult for screening mammography to detect tumors. What's more, women who have dense breasts are also at increased risk for breast cancer.

Additional imaging tests, including ultrasound and MRI, may be needed for a complete evaluation.

## What is breast ultrasound?

Ultrasound is a noninvasive, non-radiation examination that uses sound waves to detect disease and locate possible abnormalities in breast tissue. It is designed to provide doctors with precise images for efficient diagnosis of breast problems,

and can be effective in distinguishing certain abnormalities in the breast such as lumps, solid masses and cysts. The systems enable the physician to perform high-resolution panoramic imaging or 3D scanning in real time.

The Manatee Diagnostic Center offers the Siemens™ Automated Breast Ultrasound System (ABUS) for breast cancer screening. This system is used in addition to mammography for asymptomatic women with dense breast tissue and no prior interventions. ABUS can help improve detection of small cancers in dense breast tissue that cannot be seen on a mammogram alone.

## When would a breast biopsy be necessary?

Breast biopsies are used to check suspicious or unusual areas in breast tissue for cancerous cells. The newest procedure, vacuum-assisted breast biopsy, uses a minimally invasive system in which the doctor uses mammography (stereotactic-guided biopsy) or ultrasound to locate the suspicious area. He or she then makes a tiny incision in the breast and uses a small probe with a vacuum to gently collect tissue into the probe's hollow chamber.

**Mammograms can be scheduled at Manatee Diagnostic Center's Pointe West or Parrish location. To make an appointment, call 941-747-3034 or visit [manateediagnostic.com](http://manateediagnostic.com).**

\*American Cancer Society (ACS)



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

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



# THE CONNECTION BETWEEN TEMPOROMANDIBULAR DISORDER (TMD) AND NECK PAIN: EXPLORING UPPER CERVICAL CHIROPRACTIC SOLUTIONS

By Dr. Drew Hall

**T**emporomandibular Disorder (TMD) and its association with neck pain have long been a subject of interest in the field of chiropractic care. This complex relationship between the jaw and the neck can lead to discomfort and reduced quality of life for those affected. In this article, we will delve into the world of TMD, its connections with neck issues, and the promising solutions provided by Upper Cervical Chiropractic care.

## Understanding Temporomandibular Disorder (TMD)

Temporomandibular Disorder, commonly known as TMD, is a condition affecting the temporomandibular joint, which connects the jaw to the skull. It often presents with symptoms like jaw pain, clicking or popping sounds when opening or closing the mouth, headaches, and difficulty in chewing. While these symptoms are localized around the jaw, they can have far-reaching effects on other parts of the body, including the neck.

## The TMD-Neck Pain Connection

**1. Muscle Tension:** One of the primary reasons for the connection between TMD and neck pain is muscle tension. When the jaw is misaligned or experiences stress, it can trigger muscle tension not only in the jaw area but also in the neck and shoulders. This tension can lead to chronic neck pain and discomfort.

**2. Postural Changes:** TMD can also influence a person's posture. In an attempt to alleviate jaw pain, individuals may unknowingly alter their posture by tilting their head or hunching their shoulders. Over time, this can lead to neck strain and pain.

**3. Nervous System Interaction:** The temporomandibular joint is closely connected to the upper cervical spine and the nervous system. Dysfunction in the jaw can disrupt the delicate balance of the upper cervical region, potentially leading to neck pain and related issues.

## The Role of Upper Cervical Chiropractic Care

Upper Cervical Chiropractic care focuses on the relationship between the uppermost vertebrae of the spine (the atlas and axis) and the overall



function of the nervous system. In the context of TMD and neck pain, this specialized form of chiropractic care can offer several benefits:

**1. Precise Adjustments:** Upper Cervical Chiropractors use gentle, precise adjustments to correct misalignments in the upper cervical spine. By addressing any misalignment in this region, they aim to alleviate not only TMD symptoms but also associated neck pain.

**2. Improved Nervous System Function:** Upper cervical adjustments can positively impact the nervous system, promoting overall wellness and reducing the likelihood of chronic neck pain.


**3. Postural Restoration:** Chiropractors specializing in upper cervical care can help patients regain proper posture, reducing the strain on the neck caused by compensatory movements related to TMD.

The relationship between TMD and neck pain is undeniable, with muscle tension, postural changes, and nervous system interactions playing crucial roles in this connection. For those seeking a holistic approach to managing these issues, Upper Cervical Chiropractic care offers promising solutions. By addressing the root cause of TMD and its impact on the upper

cervical spine, individuals can experience relief from both jaw discomfort and neck pain, ultimately enhancing their overall well-being. If you're experiencing the challenges of TMD and neck pain, consider consulting with an Upper Cervical Chiropractor to explore personalized treatment options tailored to your needs.

## Dr. Drew Hall

Dr. Drew Hall brings 20 years of practice experience and taking care of 10000 patients from Los Angeles to Sarasota Florida. Dr. Hall recovered from severe chronic health problems 30 years ago after being introduced to Blair Upper Cervical technique. It's his lasting purpose to help as many people as possible live a life of health and happiness.



Dr. Drew Hall

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

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

At Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine, they treat children from age three and up, and their specialists are fathers themselves, so they understand what an injury can mean from parent's perspective. 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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EVERYTHING HEALTHCARE SHOULD BE**

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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# Understanding Breast Cancer:

## A Comprehensive Guide to Medications for Treatment

**B**reast cancer is a pervasive and potentially life-threatening disease that affects millions of individuals worldwide. While early detection through regular screenings and improved awareness has led to better outcomes, the journey of battling breast cancer often involves various treatment modalities, including medications. In this article, we will explore the different types of medications used for breast cancer treatment, shedding light on the innovative approaches that have emerged in recent years.

### Chemotherapy

Chemotherapy has been a cornerstone in breast cancer treatment for decades. It involves the use of powerful drugs that target rapidly dividing cancer cells throughout the body. Although chemotherapy can have significant side effects, such as nausea and hair loss, it remains an essential part of treatment, especially for aggressive forms of breast cancer.

### Hormone Therapy

Hormone therapy is primarily used for breast cancers that are hormone receptor-positive. These tumors grow in response to hormones like estrogen and progesterone. Medications like Tamoxifen and Aromatase Inhibitors are used to block the effects of these hormones, effectively slowing or stopping the growth of hormone-sensitive tumors.

### Targeted Therapies

Targeted therapies are a newer class of medications that specifically target cancer cells while sparing healthy ones. Trastuzumab (Herceptin) and Pertuzumab (Perjeta) are examples used for HER2-positive breast cancers. They work by blocking the signals that encourage cancer cell growth.

### Immunotherapy

Immunotherapy has gained prominence in breast cancer treatment. Drugs like Pembrolizumab and Atezolizumab enhance the body's immune system to identify and destroy cancer cells. Immunotherapy is especially promising for triple-negative breast cancers, which lack hormone receptors.

### PARP Inhibitors

Poly ADP-ribose polymerase (PARP) inhibitors, such as Olaparib and Talazoparib, are used for patients with certain gene mutations like BRCA1 or BRCA2. These medications interfere with the DNA repair process in cancer cells, leading to their demise.

### Radiation Sensitizers

Medications like Veliparib can enhance the effectiveness of radiation therapy. They make cancer cells more susceptible to the damaging effects of radiation, improving the chances of eradicating cancer cells.

### Neoadjuvant and Adjuvant Medications

Neoadjuvant medications are administered before surgery to shrink tumors and make them easier to remove. Adjuvant medications are given after surgery to reduce the risk of cancer recurrence. The choice of medication depends on the specific characteristics of the cancer.

### Combination Therapies

Often, a combination of medications is employed to maximize treatment effectiveness and minimize side effects. This may involve combining chemotherapy with targeted therapies or hormone therapy.

### Clinical Trials

Breast cancer research continues to evolve, with ongoing clinical trials exploring new medications and treatment approaches. Participation in these trials offers hope for patients who have exhausted standard treatment options.

In conclusion, the landscape of breast cancer treatment has seen remarkable advancements in recent years. Medications tailored to the specific characteristics of the cancer, along with innovative therapies like immunotherapy, have provided new avenues for fighting this disease. However, it's crucial for patients and their healthcare teams to work closely together to determine the most appropriate treatment plan based on the individual's diagnosis and needs. Breast cancer treatment is not one-size-fits-all, and ongoing research is paving the way for even more effective medications and therapies in the future.

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.

Breast Cancer			
Drug Name	Retail Cost	Prescription Hope	Total Savings
Abraxane	\$1,673.00	\$50.00	\$1,623.00
Afinitor	\$723.00	\$50.00	\$673.00
Fareston	\$177.00	\$50.00	\$127.00
Faslodex	\$196.00	\$50.00	\$146.00
Herceptin	\$4,500.00	\$50.00	\$4,450.00
Ibrance	\$13,000.00	\$50.00	\$12,950.00
Keytruda	\$5,747.00	\$50.00	\$5,697.00
Kisqali	\$15,729.00	\$50.00	\$15,679.00
Lynparza	\$17,000.00	\$50.00	\$16,950.00
Perjeta	\$5,900.00	\$50.00	\$5,850.00
Piqray	\$19,599.00	\$50.00	\$19,549.00
Talzenna	\$18,452.00	\$50.00	\$18,402.00
Tecentriq	\$14,540.00	\$50.00	\$14,490.00
Tukysa	\$18,500.00	\$50.00	\$18,450.00
Tykerb	\$789.00	\$50.00	\$739.00
Verzenio	\$14,534.00	\$50.00	\$14,484.00
Zoladex	\$835.00	\$50.00	\$785.00



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# The Dry Eye, Cosmetics & Anti-Aging Face Cream Connection

By Bo Martinsen, MD

**D**ry eye complaints are on the rise worldwide – but there's a poor correlation between dry eye sufferers' subjective experience and what medical tests detect. What can explain the disconnect?

Many factors – including age, gender, air pollution, computer use, and contact lenses – play a role in dry eye problems. But few are aware of another driver: The exploding use of cosmetics and anti-aging face creams.

## The TRP System: A Revolutionary Discovery for Dry Eye Management

Scientists have long recognized that regular use of cosmetics and preservative-laden skin products influence eye health. Commonly, it's thought that eye irritation might be due to cosmetic and face cream ingredients migrating onto the ocular surface.

But there is also another mechanism at work.

In 2021, the Nobel Prize in Physiology or Medicine was awarded for the discovery of special TRP ion channels. The TRP system helps explain why the products we put on our face impact our eye health.

In short, beauty products activate special TRP ion channel receptors that trigger pain and inflammation.

## How the TRP System Works

On the ocular surface and the skin around our eyes, we have lots of TRP ion channels. These channel receptors sense environmental factors, like temperature, pressure, pH levels and chemicals in our surroundings. They then send this information to the brain to compose a response, like blinking or tearing, via the trigeminal nerve.

The ocular surface and eye tissue are densely "innervated" with TRP systems, which is why these areas are so sensitive to the environment.

Unfortunately, the TRP system can get disrupted. Dry eye sufferers typically exhibit TRP imbalances in their ocular tissue. This makes the eye less able to adjust to environmental changes.

There are at least 28 different types of TRP channels, and many of them are involved in dry eye symptoms.



**How Anti-Aging Creams Become Dry Eye Producers**  
Vitamin A derivatives, or retinoids, are among the most common ingredients found in anti-aging creams. They're typically thought to reduce wrinkles and improve skin appearance after initial irritation.

Unbeknownst to many, retinoids can contribute to Meibomian gland dysfunction and eye discomfort – even when applied far away from the eye. This could be because retinoids stimulate at least one type of TRP (TRPV1), which initiates inflammation.

If the skin around the eye experiences chronic, low-grade inflammation, havoc can develop over time. It can cause discomfort and a poor tearing response – common symptoms of dry eyes.

Other common skin cream ingredients – like the preservative phenoxyethanol – also stimulates TRPV1. As do external factors like UV radiation and air pollution. These factors are already known drivers of dry eyes, and the TRPV1 connection can help explain why.

Chronic stimulation of TRPV1 and the resulting inflammation may have consequences for not just the eyes, but the skin too. Some experts worry that while retinoids can smooth wrinkles in the short-term, high doses and prolonged use may actually accelerate skin aging over time.

Interestingly, a variety of skin problems, like rosacea and photodamaged skin, are also characterized by over-stimulated TRPV1 and strongly correlated with dry eye problems. That's a good reason to address both skin and eye issues at the same time.

## Read the Ingredients

If you struggle with dry eyes, take a close look at your skincare products. Do they contain retinoids or harsh preservatives, like phenoxyethanol? If so, it might be time to look for something new.

The good news is that certain ingredients are TRPV1 inhibitors, meaning they can help reduce inflammation. TRPV1 inhibitors include omega-3s, melatonin, as well as many antioxidants and plant extracts. In the right ratios and doses, these ingredients can provide a calming effect and support eye and skin moisture.

These kinds of ingredients are now starting to make their way into eye care-oriented skin products, like Barristrong®. However, it's important to note that since the TRP system is complex, all of the ingredients have to work in synergy to successfully reduce inflammation and support eye comfort.

For references and to learn more, visit [omega3innovations.com](http://omega3innovations.com).

## Bo Martinsen, MD

Dr. Martinsen is an omega-3 specialist, innovator, and advocate for natural foods. As co-founder and CEO of Omega3 Innovations, he has created several medical food products that combine effective doses of omega-3s with fibers and other nutrients. Before Omega3 Innovations, Dr. Martinsen practiced medicine in Norway for over 20 years.



Call us at 941.485.4400  
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# New Ways to Treat Neuropathy Offered at Natural Healing Arts Medical Center

By Dr. David S. Zomikoff

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

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

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

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



Many causes of neuropathy include diabetes, alcoholism, autoimmune disorders, infections, and exposure to toxins. It's essential to identify your neuropathy's underlying cause so we can develop an effective treatment plan. At our clinic we 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.

2215 59th Street West, Bradenton, FL 34209

**941.761.4994**

**[www.NaturalHealingArtsMedical.com](http://www.NaturalHealingArtsMedical.com)**



# ADVANCED URINARY INCONTINENCE PROCEDURES

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

## There are several types of urinary incontinence:

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

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

## Sacral Neuromodulation

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

## Bulkamid—Urethral Bulking

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

## What is urethral bulking?

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

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

## Short procedure

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

## No Incisions

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

## Quick recovery

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

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

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

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

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

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

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

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

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



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- Fecal Incontinence
- Interstitial Cystitis





# Liver Health and Therapeutic Agents

By Dr. Eric Pearson, Chief Medical Officer, Vetirus Pharmaceuticals

**Y**our liver health may not be top of mind, but the minute it malfunctioned there wouldn't be much else on your mind. Cirrhosis, in which liver cells are replaced with scar tissue, can prevent your liver from doing its critical jobs. So can nonalcoholic fatty liver disease, a fast-growing epidemic among the obese, which can lead to cirrhosis. If your liver stopped working, toxins would accumulate, you couldn't digest your food and medications would never leave your body.

In fact — you can't live a week without your liver. "It's an organ you could easily trash if you don't take good care of it," says Rohit Satoskar, MD, of the MedStar Georgetown Transplant Institute. "And once you trash it, it's gone." Your liver is about the size of a football and sits under your lower ribcage on the right side. It has several important things to do. It helps clean your blood by getting rid of harmful chemicals that your body makes. It makes a liquid called bile, which helps you break down fat from food. And it also stores sugar called glucose, which gives you a quick energy boost when you need it.

There's nothing tricky about keeping your liver in good shape. It's all about a healthy lifestyle, says Ray Chung, MD, medical director of the liver transplant program at Massachusetts General Hospital. "Taking care of your liver is far more about avoiding what's bad than it is about eating or drinking things that are particularly nourishing to the liver," he says.

The liver is your body's largest internal organ, weighing between 3 and 5 pounds. Your liver is located on the right side of your upper body, below the lungs, taking up most of the space in your rib cage. The gallbladder, which stores bile made in the liver, is found tucked under your liver. Your liver is made up of two separate sections, or lobes: the larger right lobe and the smaller left lobe. These two lobes are separated by tissue which anchors your liver in place.

Unlike the lungs or heart, we cannot feel our liver working. Your liver is an incredibly hard-working organ with more than 500 different vital functions. Only your brain has more functions than the liver. Many of the liver's functions are related to your metabolism. These metabolic functions allow you to convert food to energy, break down food to basic building blocks needed by your body and eliminate waste.



## The liver...

- Produces bile
- Produces proteins for blood plasma
- Produces cholesterol and special proteins to help carry fats through the body
- Converts unused glucose into glycogen for storage
- Regulates levels of amino acids in blood
- Stores iron processed from hemoglobin
- Converts poisonous ammonia, made during digestion, to urea
- Processes drugs and other poisonous substances to your body
- Regulates blood clotting (or our ability to stop bleeding)
- Fights infections by making immune factors and removing bacteria from the bloodstream
- Removes bilirubin from red blood cells

Non-alcoholic fatty liver disease (NAFLD) is one of the most common chronic liver diseases. Astaxanthin, the active ingredient in Mitopak is a carotenoid, and beneficial effects of astaxanthin, including anti-oxidative, anti-inflammatory, and anti-tumor activity, have been identified.

Studies have shown that most carotenes have anti-aging, free radical scavenging, antioxidant, and anti-cancer effects, and have been widely used in the fields of medicine, food, cosmetics, and feed. Astaxanthin is the only carotenoid to penetrate the blood-brain and retinal barriers. It is frequently used as an antioxidant to treat brain injury and cardiovascular diseases and has been extensively studied in clinical practice. In addition, astaxanthin has shown anti-cancer effects in many cancers, including liver cancer, colon cancer, bladder cancer, oral cancer, and leukemia. In addition, many animal experiments have proved that astaxanthin plays an important role in regulating sugar metabolism, improving immunity and improving motor function.

## The Role of Astaxanthin in Liver Diseases

Astaxanthin has been used in the prevention and treatment of a variety of systemic diseases in vivo due to its various biological activities. In recent years, researchers have confirmed that astaxanthin plays an important role in preventing acute liver injury, alleviating insulin resistance and NAFLD, liver fibrosis and liver cancer.

## Liver Fibrosis

Liver fibrosis is a key link in the deterioration of chronic liver diseases such as viral hepatitis and fatty liver. Without effective intervention, 75–80% of these diseases can develop into cirrhosis, which seriously endangers human health. The reversibility of these factors also provides an important research target for the reversal of hepatic fibrosis. The mechanism of liver fibrosis is complex, involving the regulation of histopathology, cytology, cytokines, and their molecular levels. Mitopak can potentially prevent and treat liver diseases by inhibiting inflammation and improving glycolipid metabolism at the mitochondrial level.

*Vetirus Pharmaceuticals is based in Naples, Florida and London, England and are focused on searching the world for developing Natural Biologics to advance their mission of changing the way we age in both human and veterinary medicine with purity and precision.*

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# BIDETS: A REFRESHING APPROACH TO COLON CANCER AWARENESS AND EVERYDAY WELL-BEING

**C**olon cancer is a silent but deadly disease that affects millions of lives worldwide. It often goes unnoticed until it reaches advanced stages, making early detection and prevention crucial. In the quest to raise awareness about colon cancer and promote overall colorectal health, one surprising ally emerges: the bidet.

## The Growing Concern of Colon Cancer

Colon cancer is the third most commonly diagnosed cancer in both men and women globally, with a significant mortality rate. While many factors contribute to its development, maintaining proper hygiene and promoting bowel health are essential steps in reducing the risk.

## Colon Cancer and Hygiene

Proper hygiene is essential for overall health, and it plays a crucial role in reducing the risk of colon cancer. Bidets, long popular in countries like Japan and parts of Europe, offer a revolutionary approach to personal hygiene.

Bidets use a gentle stream of water to clean the anal and genital areas after using the toilet, offering a thorough and hygienic alternative to traditional toilet paper. This practice not only provides a refreshing and comfortable experience but also significantly reduces the risk of irritation, infection, and inflammation, all of which can contribute to colorectal health issues.

## Bidets for Colon Cancer Patients

For those already affected by colon cancer, bidets can provide invaluable relief and comfort during treatment. Radiation therapy and chemotherapy can lead to various side effects, including diarrhea, constipation, and skin sensitivity. Traditional toilet paper can exacerbate these issues, causing further discomfort.

Bidets offer a gentle and soothing alternative, helping patients maintain hygiene without the abrasive effects of paper. This can make life a little more bearable during a challenging time and support the healing process.

## Preventive Benefits for Everyone

Bidets aren't just for those battling colon cancer. They offer preventive benefits that can benefit everyone, regardless of their current health status. Regular use of bidets can:

- **Promote Hygiene:** Bidets ensure a more thorough cleaning process, reducing the risk of bacterial and fungal infections.
- **Reduce Irritation:** The gentle stream of water is less abrasive than toilet paper, reducing the chances of skin irritation and discomfort.
- **Minimize Hemorrhoids:** Bidets can help prevent the development or worsening of hemorrhoids, a common issue often exacerbated by harsh wiping.
- **Enhance Comfort:** Bidets provide a refreshing and comfortable experience every time you visit the bathroom, promoting overall well-being.

## The Environmental and Economic Aspect

In addition to their health benefits, bidets also have environmental and economic advantages. They reduce the demand for toilet paper, helping to save trees and reduce the environmental impact of production. Additionally, they can save individuals and families significant money over time by reducing their toilet paper consumption.

As we strive to raise awareness about colon cancer and enhance our personal well-being, bidets emerge as a surprising yet powerful ally. These innovative bathroom fixtures not only promote proper hygiene but also provide comfort, relief, and even environmental benefits. So, as we champion the cause of colon cancer awareness, let us not overlook the potential of bidets to make a positive impact on our lives, both in health and in everyday comfort.

## 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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# 3D MAMMOGRAPHY

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

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

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

## What is 3D Mammography?

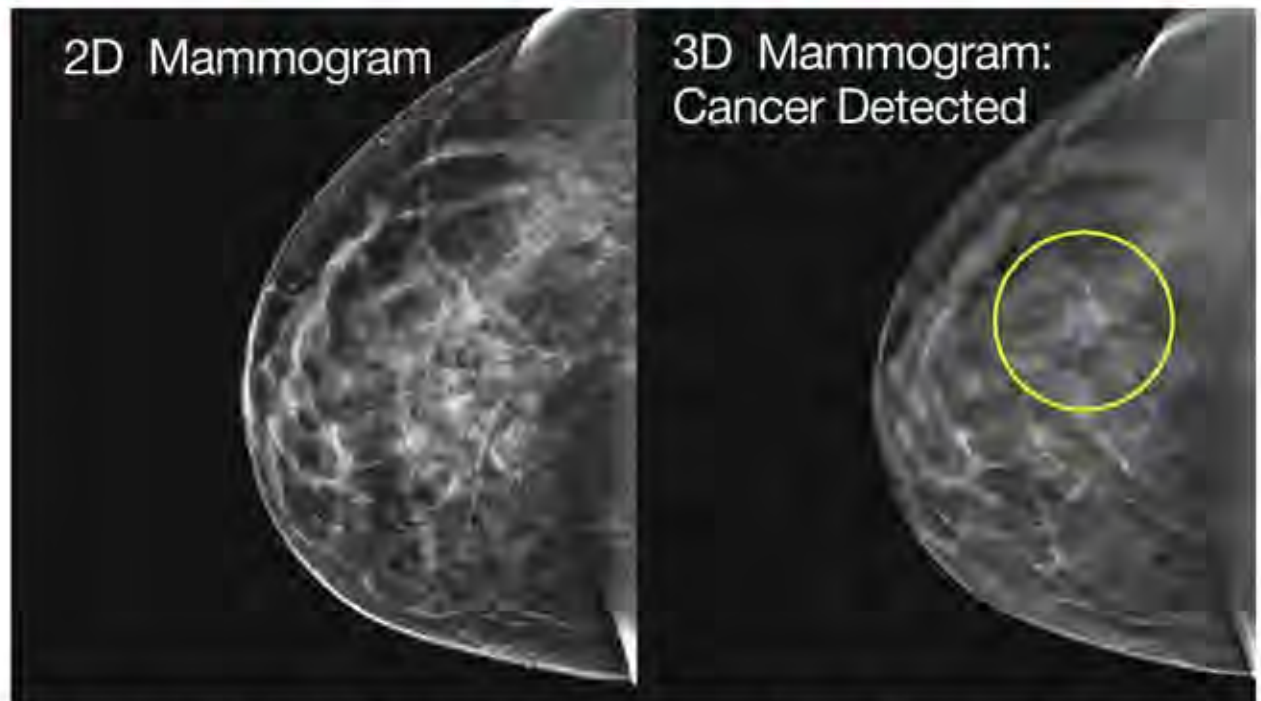
3D mammography is a revolutionary state of the art technology approved by the FDA in February 2011, which gives radiologists the ability to view inside the breast layer by layer, helping to see the fine details more clearly by minimizing overlapping tissue. During a 3D mammogram, multiple low-dose images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

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

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

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

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



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

## What are the benefits?

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

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

After 3D Mammography, if continued tests and imaging are needed, RAVE uses state-of-the-art technology, including MRI guided breast biopsies and the Philips 3T wide bore MRI that allows our radiologists to view the breasts in a higher resolution, enabling us to have even more clarity within the breasts. RAVE has been performing MRI breast

imaging for over 15 years and with Wide Bore technology, it allows us to accommodate most any sized patient comfortably. With the Philips 3T wide bore MRI, we are able to cut down on the amount of time it takes for the patient to be scanned. Most Breast MRI's take 30 minutes or less, allowing the patient to go on with their day with little disruption.

## How long will it take?

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

## How much radiation will I be exposed to?

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

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

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

## Why is RAVE Radiology offering 3D Mammography?

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



We are approaching our 3rd Breast Cancer Awareness month since the COVID pandemic began. Breast Imaging, usually fairly insulated from worldly events, has shared in the challenges over the past few years. Initially concerns regarding post vaccination lymphadenopathy made its way to the nightly news. Confusion set in about whether and when to get a mammogram following vaccination. Luckily this was never a diagnostic dilemma for us at RAVE and we were able to encourage most women to stick to their annual screening schedule. Unfortunately, and for understandable reasons, several women have not come in for mammographic screening since the pandemic began. Because breast cancer detection and management are a primary mission at RAVE, we have risen to the challenge of ensuring safe access to breast cancer screening exams and any additional/follow-up care needed. Please be reassured that we are providing our standard high level of imaging care while maintaining/exceeding current CDC guidelines to ensure patient safety.

Furthermore, it's worth noting that RAVE offers the cutting edge in imaging technology unsurpassed in our region. We utilize the newest mammographic machines, each equipped with 3D Intelligent HD Clarity from Hologic. Tradename aside, the image quality is unparalleled, akin to the highest end Ultra HD television. This is important not only because it allows us to diagnose smaller cancers but also facilitate accurate characterization of benign findings other radiology groups mistake for malignancy.

Our ultrasound equipment is also the highest quality available in the industry which has implications for our breast cancer mission as well as our other imaging services. Finally, our 3 Tesla MRI also

generates extremely high-quality breast images which facilitate screening in our high-risk patients and important staging information in our women diagnosed with breast cancer. Equipped with these tools we recently identified a 3mm cancer via mammography! I would argue this tiny cancer is the earliest and smallest lesion a screening examination could hope to accurately identify.

We do not stop at the detection of breast cancer! Currently we are providing ultrasound breast biopsies at our Venice and Sarasota offices. At RAVE we know biopsy procedures are a scary process. We work hard to inform our patients beforehand regarding what to expect during the procedure. Professional, personalized, warm, and caring treatment is provided during the procedure. Lastly, follow up afterwards ensures nothing falls through the cracks. Most women leave our biopsy suite much more informed and prepared regarding their individual case and the forthcoming steps. For our referring physicians we provide critical radiology pathology concordance following all biopsies to help manage pathological results they may not be familiar with. This ensures suspicious lesions are pursued even if pathology results are not as expected and offers reassurance when benign results match less suspicious findings. In the not-too-distant future we will be offering the newest biopsy method which allows sampling of "3D" or tomosynthetic findings. This system is the final piece in the definitive management of the lesions we can detect and complements our current ability to perform MRI guided breast biopsies. I am very proud to be a part of the comprehensive breast program we offer at RAVE and am very grateful for the opportunity to serve our area's patients and referring physicians.

**RAVE is excited to announce that we will be providing a more advanced DEXA Bone Density study at all three locations. DEXA with TBS.**

**What is the difference between DEXA scan and DEXA scan and TBS?**

Bone mineral density measured by DEXA provides information regarding the quantity of the mineral bone only. TBS is a measurement of bone quality. Using both together gives the practitioner a better picture of the bone strength of an individual patient.

Ask your health care provider for DEXA with TBS for a better understanding of your bone fracture risk.

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

By Craig S. Aderholdt, BSc, DC

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

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

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

## How does VAX-D work?

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



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

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

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

## Is VAX-D Right for Me?

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

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

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

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

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

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

## BACK PAIN INSTITUTE OF WEST FLORIDA

5221 26th Street West, Bradenton, Florida 34207

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

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



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

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

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

BY DR. AMANDA RIZNER

Everyday medications play a crucial role in maintaining our overall health and managing various medical conditions. While they can provide numerous systemic benefits, it's important to recognize that many medications can also have unintended side effects, some of which can impact oral health, including teeth and gums. In this article, we will explore how medications can affect your teeth and gums.

### Dry mouth

One of the most common side effects of medications is dry mouth, also known as xerostomia. When the mouth cannot produce enough saliva, it cannot neutralize acid correctly. This can lead to tooth decay, erosion, plaque retention, and an overgrowth of oral bacteria. Some patients will notice this symptom rapidly with the onset of a new medication, whereas others it may take a few months to notice any effect on the oral cavity. Patients who suffer from this condition often present with tooth root cavities around the gumline, and they can be found in patients with overall good homecare simply due to the lack of salivary flow. We often recommend products such as lozenges, mouth rinses, and prescription toothpastes targeted at treating xerostomia. If patients present with a high decay risk, we may also recommend shorter recall intervals for cleanings in order to catch decay at the gumline when it first starts and is treatable easier. Dry mouth caries tend to progress quickly due to their location on the teeth, which can sometimes make treatment more difficult and costly.

Common medications known to cause to dry mouth include: antidepressants, antihistamines, antipsychotic medications, and cancer/radiation treatments and drugs.

### Gingival Overgrowth

Some medications, specifically heart medications, can cause the gingival tissue to grow over the teeth with time. This can make cleaning the plaque very difficult and can be a cosmetic concern for patients. Calcium channel blockers and anticonvulsant medications seem to be the most common culprits of gingival hyperplasia. Keeping the oral cavity as clean as possible using tools such as a water flosser and electric toothbrush are essential for preventing the overgrowth of tissue and preventing periodontal disease. Treatment for gingival overgrowth can range from changing the type of drug the patient's on to lasering the tissue in order to provide better cleansability.

### Osteoporosis Drug Induced Jaw Necrosis

Many people are placed on drugs to treat osteoporosis, but little are aware of the side effects some of these drugs can have on the bone in the oral cavity. Taking certain drugs, called bisphosphonates, can potentially lead to a condition called osteonecrosis of the jaw. It's important to note that only a small subset of patients will experience this and it is dependent on the patient, their systemic health, and presence of

infection of the oral cavity. We urge patients who are considering taking these medications to have a consult with their dentist before starting, in order to make sure all major infections are taken care of. Some surgeons will also recommend a drug holiday for some of these medications before major dental work is done. It is best to disclose to your dentist if you've ever taken or are considering taking these types of drugs before dental work is started.

### Bleeding

Many patients are placed on blood thinning/anti-platelet medications for numerous reasons these days. This can lead to generalized gingival bleeding throughout the oral cavity. Most patients on these types of medications can easily control their gingival bleeding by good home care and frequent cleanings. If more extensive dental work is needed, we may request a medical clearance from your cardiologist to stop these types of drugs for a few days, in order to control the bleeding for your procedure. If a patient is experiencing heavy bleeding while brushing daily, it is important to visit your dentist to find out the cause and make sure no infection is present.

In conclusion, medications can have various effects on your teeth and gingiva. It is crucial for patients to be aware of these potential side effects and work collaboratively with their healthcare providers and dentists to maintain optimal oral health, while managing their medical conditions. With proper communication and proactive oral care, many of the negative effects of medications on oral health can be mitigated or prevented. This allows patients to enjoy the benefits of their prescribed treatments without compromising their dental well-being.

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Dr. Craig S. Aderholdt, BSc, DC



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# WEIGHT LOSS MAKES YOUR BONES AND JOINTS HAPPY

By Physicians Rehabilitation

**D**egenerative 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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[www.PhysiciansRehab.com](http://www.PhysiciansRehab.com)

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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# HUNGRY HEART

By Alex Anderson

**T**he songwriter and performer Bruce Springsteen was right when he wrote,

"Everybody's got a hungry heart..."

Inside of every human is this need or hunger. Sometimes we try to fill it with love for another person, but for some reason...another person is not the answer.

Sometimes the hungry heart destroys the very things we love and want.

Springsteen goes on to sing,

"We fell in love, I knew it had to end...we took what we had and we ripped it apart...everybody's got a hungry heart...don't make no difference what nobody says...ain't nobody like to be alone...everybody's got a hungry heart."

I do believe our hungry heart is about loneliness, not for another human...but for God himself. We were created in the very image of God (Genesis 1:26) but when man left *God*...man missed, and still misses, God. They had a bond that filled man with joy and satisfied his heart like nothing else.

C.S. Lewis calls this the, "Numinous Awe." It seems to be built into mankind, this *ravenous hungry heart to know God*. And it's so strong nothing can fill it but God himself.

Psalms 34:8 says, "*Taste and see that the Lord is good.*"

**And the truth is...** If you don't get that deep ravenous hunger in your heart satisfied by Jesus you will starve to death spiritually, while eating everything else.

So how do you do that? How do you find the true satisfaction that calms your hungry heart?

If you are a Christ-follower, then you know how to do this. You...do again...something that you have already experienced when you asked God to be your Lord and Savior. You "make up" with God and you're back to stay.

You are so glad to be back together. Glad that God owns you and your life. So you decide to be happy because God owns you and is your life partner (Philippians 4:4).

Feel the pleasure, the joy and the delight again about Jesus being your master. Let this fact cause you happiness, pleasure and delight.

Be full of joy because Jesus paid a high price for your life. (1 Corinthians 6:19-20).

Let the reality of what He has done sink over you.

Not only are you in His family now, but you can live the life of a victorious and joyful person of God; with all the rights and privileges of a child of rich royalty.

*"You are my child says the Lord...my very rich child says the Lord...let the riches of your heart begin to overflow into all of your life."* (3 John 2)

You can, should, and must rejoice always in the Lord...way before anything changes physically in your life.

The seed of hope and joy is there if you have become one with Jesus Christ. His seed is within you. If your hope is nonexistent then find the seed once planted deep in your heart by the Holy Spirit.

Like a precious pearl search for it (Matthew 13:45).

When you find it (that small seed), clean it up. Polish it and put it in the center room of your heart, shine the brightest light you can find on it and let its magnificent beauty captivate you. Stare at it with intentional focus as though you are searching and waiting for hope itself.

**Its magnificent light will light up your life.**

For it will change everything about you as you clearly see and feel the love that God has shed in your heart...that is for you (Romans 5:5).

It is so worthy of your time my friend to mediate and think about Jesus, again.

Whether things in your life are going well or not...you have the power of a Christ-follower to focus on Jesus...the author and finisher of your faith and the centerpiece of your heart.

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Above: (Left) Dr. Stellos Rekkas - Bariatrics and General Surgery, (center) Dr. Stacey South - Women's Oncology, and (right) Dr. Jose Erbella - General Surgery

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