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November 2023

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SKIP & GAIL SACK

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- Skip & Gail Sack



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By Dr. Lackey

Lymphedema and Vein Disease

What is Lymphedema?

The lymphatic system protects the body against harmful bacteria and transports fluid from body tissues into the vascular system. Lymph vessels are thin walled to absorb fluid, bacteria, and protein for transport to the lymph nodes which eliminate waste and bacteria. Together, lymph vessels and nodes help maintain a healthy fluid balance. Lymphedema occurs when there is impairment of the lymphatic system, which disrupts normal fluid transport. If the lymphatic system is overwhelmed, damaged, or blocked, chronic swelling can occur. Over time this swelling can cause thickening of the skin and recurrent skin infections (cellulitis). It is a permanent condition which worsens over time if not properly treated. There is no cure, but symptoms can be managed which improve the quality of life.

What Causes Lymphedema?

The leading cause of lymphedema is cancer and its treatment. However, chronic venous insufficiency may be the most important predictor of lymphedema in the legs. Primary lymphedema can be present at birth or inherited. Secondary lymphedema is more common and due to disruption of the lymphatic system from vein disease, cancer, radiation or chemotherapy, trauma, surgery, and obesity. Common symptoms include limb heaviness and fatigue, toenails that look like a ski jump, pitting edema, dry warm skin, and open venous ulcers.

How Can I Counteract Lymphedema?

Exercise is one of the first steps to improve lymphatic function and to improve fluid removal. Additional treatment can include



manual lymphatic drainage, compression stockings, and pneumatic compression devices. Improved function can reduce cellulitis as well as fibrosis, and edema. Identifying underlying vein disease is one of the most important steps. The two diseases exist together, and you must treat the underlying vein disease in combination with lymphedema treatments for the best result.

If you have any concerns of lymphedema or vein disease, it is important to be evaluated. Minimally invasive treatments are offered in our offices, and there's no downtime! Start your healing at Florida Lakes Vein Center with a FREE vein screening. Once the vein component is treated, we will recommend continued follow up or use of a lymphedema pump for best results with improved quality of life.



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Heart Disease Does Not Discriminate

In the hustle and bustle of our daily lives, it's easy to overlook the most vital organ that keeps us going - our heart. Your heart is, quite literally, the engine that powers your body, ensuring every other system functions as it should. Yet, many of us take our heart's well-being for granted, assuming that as long as we feel okay, our heart must be fine too.

But here's the truth: heart-related issues can develop silently, often without noticeable symptoms, until they reach a critical stage. That's why it's crucial to be proactive about your heart health. One of the most effective ways to do this is by scheduling regular checkups with a cardiologist.

Regular heart health checkups and consulting a cardiologist should be a yearly priority, even if you believe you're in good health.

Remember, your heart deserves the best care and attention. Heart conditions may have already progressed significantly by the time symptoms become apparent. Regular checkups with a cardiologist can be your shield against the unexpected and your path to a healthier, longer, and more fulfilling life. Don't wait for a wake-up call from your heart; take control of your health starting today.

Let us take a look at the various risk factors affecting your heart, the benefits of early detection, and the range of advanced diagnostic tools and treatments available today.

Aortic Valve Stenosis:

- Aortic valve stenosis is a heart condition characterized by the narrowing of the aortic valve, which controls blood flow from the heart's left ventricle to the rest of the body.
- Common causes include aging, congenital heart defects, and calcium buildup on the valve.
- Symptoms may include chest pain, fatigue, dizziness, and shortness of breath.

Treatment Options for Aortic Valve Stenosis:

1. **Medications:** Some medications can help manage symptoms and reduce the workload on the heart.
2. **Aortic Valve Replacement:** Surgical or minimally invasive procedures to replace the narrowed valve with a mechanical or biological valve.
3. **Transcatheter Aortic Valve Replacement (TAVR):** A less invasive procedure where a new valve is inserted through a catheter.

Coronary Artery Disease (CAD):

- Coronary artery disease is when the blood vessels that supply the heart muscle with oxygen and nutrients become narrowed or blocked due to cholesterol and plaque buildup.
- Risk factors include high blood pressure, high cholesterol, smoking, and diabetes.
- Symptoms may include chest pain (angina), shortness of breath, and in severe cases, heart attacks.

Treatment Options for Coronary Artery Disease:

1. **Lifestyle Changes:** Dietary modifications, regular exercise, and smoking cessation.
2. **Medications:** Drugs to lower cholesterol, control blood pressure, and prevent blood clots.
3. **Angioplasty and Stent Placement:** A procedure to open blocked arteries and place a stent to keep them open.
4. **Coronary Artery Bypass Grafting (CABG):** Surgery to bypass blocked arteries using a graft.

Heart Failure/Cardiac Arrest:

- Heart failure is a chronic condition where the heart can't pump blood effectively, leading to fluid buildup and reduced oxygen delivery to the body.
- Cardiac arrest is a sudden loss of heart function, leading to the stopping of blood circulation.
- Symptoms of heart failure may include fatigue, swelling, and shortness of breath. Cardiac arrest presents as a sudden loss of consciousness.

Treatment Options for Heart Failure/Cardiac Arrest:

1. **Medications:** Drugs to reduce fluid retention, strengthen the heart's pumping action, and control blood pressure.
2. **Implantable Devices:** Devices like pacemakers or implantable cardioverter-defibrillators (ICDs) may be recommended.



CT Heart Score can be done at Manatee Diagnostic Center, call 941-747-3034 to make an appointment.

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3. **Lifestyle Modifications:** Dietary changes, fluid restriction, and salt intake reduction.

4. **Cardiopulmonary Resuscitation (CPR):** For cardiac arrest, immediate CPR is crucial to maintain blood circulation until medical help arrives.

5. **Defibrillation:** An automated external defibrillator (AED) can restore normal heart rhythm during cardiac arrest.

Is This Test for You?

Manatee Diagnostic Center values the appropriate use of medical testing. If you are a male age 35-70 or a female age 40-70 with any of the following risk factors, the CT Heart Score may provide valuable information to your physician about your heart health. Consult with your healthcare provider if you feel a CT Heart Score may be the right option for you.

Heart disease risk factors:

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

It's important to stress that individuals experiencing symptoms or concerned about these conditions should seek immediate medical evaluation and consultation with a healthcare provider. This information is for educational purposes only and should not replace professional medical advice and diagnosis. In an emergency call 911 or get to the nearest emergency room.



American Heart Association.

Heart Walk

2023 Suncoast Heart Walk
Saturday, November 18, 2023

Event Opens 8:00am
Walk Begins 9:00am

Rossi Park Bradenton Riverwalk
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REGISTRATION

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IS ACHILLES PAIN AFFECTING YOUR WORKOUT?

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

Many of you have probably heard the story of Achilles whose mother feared he would die young and dipped his body in the River of Styx, which was supposed to offer powers of invulnerability. However, she was holding him by his heel, so his heel became vulnerable and was not protected by the powers offered by the mystical river. Later during the Trojan war, Achilles was slain by an arrow in his heel shot by Paris.

Like Achilles many people suffer from "Achilles heel" pain most commonly resulting from tightness, various overuse patterns and improper shoe gear during physical activity. When caught early, Achilles pain can be treated successfully with modifications of activity, beginning a stretching program and adjustments in shoe gear and/or orthotics to correct faulty biomechanics.

Achilles tightness

Overtime and with age, the Achilles becomes tight due to less physical activity and/or a sedentary lifestyle. People with a desk jobs, or who wear high heels are also at risk. As well as, people who do not routinely perform stretching after physical activity or athletes who do no stretch or perform myofascial release techniques post training. You may notice when you are walking your heel comes off the floor early, or you have pain performing exercises like squatting or lunging that require a degree of ankle flexibility. You may find it difficult to keep your heels on the ground when performing these types of exercises or experience pain in the back of the ankle while performing them. These are all signs that your Achilles is likely too tight and your ankle does not have adequate flexibility.

Overuse/Improper shoes

"Overuse" disorders refer to people who suddenly begin a new activity or do too much too soon. This rapid change in activity causes too much stress on the tendon, leading to micro-injury. The body is unable to repair the injury. The structure of the tendon is then altered, resulting in continued pain. Athletes are at higher risk of developing disorders of the Achilles. Others with occupations that stress the ankle or feet are also at risk. "Weekend warriors" or individual who are less conditioned and participate in physical activity on the weekends only or infrequently are at risk. Other risks, include

people with excessive pronation or flat feet. These individuals have a tendency to develop Achilles pain due to the increased demands placed on the tendon when walking or engaging in other physical activity. If these individuals wear shoes without adequate stability, their excessive pronation or flat feet can further aggravate the Achilles tendon. Shoe gear is also important; you want to make sure you have the correct type of shoe for your specific activity. You also want to make sure your shoes are not worn down. You may also consider alternating your shoes especially if you are a long distance runner.

Prevention: Stretching the Achilles

Band or towel calf stretch

1: Laying or sitting, loop a band or towel around the ball of your foot and pull the band/towel towards your chest.

2: Make sure to keep your foot straight as well as only a slight bend in the knee or no bend

3: Hold the stretch 30 seconds and repeat 5-6 times daily



Leg press calf stretch

1: Sitting on the leg press machine, lower your feet to the bottom of the leg press platform so your heels are hanging off

2: Lower your heels away from your body and hold this stretch for 30 secs, repeat 5-times



Heel drop stretch

1: Stand on a step with your heels off the step

2: Lower heels while keeping knees straight, you may hold on to something for support



3: Hold this position for 30 secs to a minute, you may have to work up to a minute and repeat 5-6 times daily

Foam-rolling calf/myofascial release

1: Sit on the floor and place the leg you want to stretch on the foam roller. Place the calf muscle directly over the foam roller and keep a slight bend in the leg.

2: Support yourself by placing your hands on the floor slightly behind you. Shift some of your weight from your resting leg to the leg you are stretching. You will be placing more weight on the leg that has the foam roller under it. Now roll yourself forward one or two inches so the foam roller gets closer to your knee.

3: Slowly move the foam roller back to the starting position. When you find a tight spot (area that is more tender) hold pressure for 30 seconds on the trigger point. You may also flex and extend the ankle while holding pressure on the trigger point. Repeat 5-6 time on each leg.



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

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Grief, Loneliness and Depression in Aging

By Steven Stein, MD - Board-certified Psychiatrist

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

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

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

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

Managing loneliness and grief in the older population:

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

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



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

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

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

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

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

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

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

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

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



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Exploring Senior Living Options: 55+ Communities vs. Independent Living

Unless you're one of the rare people who enjoys mowing the lawn, unclogging a drain, or doing other household upkeep and maintenance, you're probably exploring your senior living options. As you've done your research, you have likely come across terms like "active senior living," "55+ communities" and "independent living." While they may all sound similar, there are quite a few differences between 55 plus and independent living communities.

WHAT IS A 55+ COMMUNITY?

55+ communities, also called active adult communities, are like typical residential communities except they have a minimum age requirement and are designed with a retirement-friendly, low-maintenance lifestyle.

This type of community can be made up of single-family houses, duplexes, condominiums, or townhomes, with units that are owned by the residents. Interior maintenance and daily upkeep are the responsibility of the homeowner, but exterior maintenance is usually covered by your monthly Homeowners' Association (HOA) dues. Other than the HOA dues (and possible mortgage payment), there are no other monthly fees required for residents in an active adult community.

PROS AND CONS OF 55+ COMMUNITIES

Since these types of communities are residential neighborhoods designed to attract active adults who want to downsize from a bigger home, they offer an array of opportunities for enjoying life to the fullest.

Pros include:

- **Social life:** You'll live around people close in age with similar interests and goals.
- **Resort-style amenities:** Some outside maintenance may be provided, and community services and amenities — such as a tennis court, golf course, swimming pool, fitness center, etc. — may be available as part of your monthly service fees.

Cons include:

- **Selling your 55+ residence:** Since there's a limited number of people who can buy a home in a 55+ community, it may take you awhile to sell it. Rising interest rates and cost of homeowner's insurance also may contribute to difficulty selling your home in the future.
- **Taxes and utilities:** You're responsible for real estate taxes, insurance, garbage collection, inside maintenance, appliances, utilities, internet service and cable/satellite TV.

- **No on-site healthcare options:** If you or your spouse needs higher levels of care, you could have to move again or pay for both the 55+ community and any needed care.

WHAT IS INDEPENDENT LIVING?

An independent living community is often called a retirement community for the simple reason that most of the people who live there are retired. However, they offer an active lifestyle and freedom from the hassles of home maintenance. You'll find residence options like senior apartments and villas in a variety of floor plans and sizes.

At a senior living community, you'll find helpful services and amenities to make things easier and more convenient. Housekeeping, linen service, dining plans, transportation services and security are common. Amenities often include a fitness center, heated indoor pool, multiple dining venues, full-service salon and barber shop, woodworking shop, arts and craft studio, and more.

PROS AND CONS OF INDEPENDENT LIVING

Independent living that's part of a Life Plan Community is ideal if you're in good health. You can continue to live life as you do now but without the concerns of maintaining a home and the worries about future health care if something were to happen to you or your partner.

Pros include:

- **Maintenance-free lifestyle:** Independent living communities have a knowledgeable team to take care of all your home's needs, inside and out.
- **One and done:** Your monthly fee covers a wide variety of services, amenities, wellness programs, indoor and outdoor maintenance, a calendar full of activities and a dining program.
- **Social opportunities:** Scheduled parties, happy hours, special events, and outings with friends and neighbors who share your interests ensure you're never at a loss for things to do.
- **On-site senior care:** If you or your spouse needs long-term health care, you won't have to make another move, and you'll be close to people you already know.
- **Tax savings:** A portion of your entrance and monthly fee could be tax-deductible. Consult your tax adviser to be sure.

Cons include:

- **Decisions, decisions:** With an activity calendar full of classes, events, committees and clubs, you may find it hard to squeeze everything in.
- **Unneeded care:** You could pay for care you don't end up needing. However, according to the U.S. Department of Health and Human Services, 70% of seniors 65 or older will need some type of long-term care for an average of three years.

WHAT DOES "A CONTINUUM OF CARE" MEAN?

One of the biggest advantages of choosing independent living at a Life Plan Community is not having to move if you need help with daily activities or even round-the-clock care. That's because Life Plan Communities provide access to higher levels of care — assisted living, memory care, skilled nursing and rehabilitation — right on-site. Plus, if you choose a Life Plan Community with Life Care like Freedom Village, you'll have guaranteed access to higher levels of care at predictable monthly rates.

SEE WHY LIFE IS BETTER HERE

You can learn more about why you should choose independent living at Freedom Village by calling us today at 941-798-8122, clicking on FVBradenton.com, or attending our upcoming Gift of Life Care event on Nov. 9 (see below for details).

Gift of Life Care

Thur., Nov. 9 | 11:30 a.m. to 1 p.m.

Life Care is the senior living plan that includes just about everything, including beautiful living accommodations, the assurance of long-term health care, and the priceless gift of peace of mind. With as many senior living options as there are presents under your tree, seniors and their family members are invited for lunch to learn more about the advantages of living at Freedom Village of Bradenton and our comprehensive Life Care Plan. Reservations are required by calling 941-798-8122.



Freedom Village
of Bradenton

www.fvbradenton.com

6406 21st Avenue West, Bradenton, FL 34209



Managed by
Life Care Services®

THE GREAT AMERICAN SMOKEOUT: A CALL FOR QUIT ATTEMPTS

On November 16th of this year, Gulfcoast South Area Health Education Center (GSAHEC) will celebrate the **Great American Smokeout® (GASO)**, a national holiday hosted by the American Cancer Society that provides an opportunity for people who smoke to commit to healthy, smoke-free lives: not just for a day, but year-round. The Great American Smokeout® also provides an opportunity for individuals, community groups, businesses, healthcare providers, and others to encourage people to plan to quit on the GASO date or initiate a smoking cessation plan on the day of the event. **This event not only challenges people to stop smoking, but it also educates people about the many free tools they can use to help them quit and stay quit.¹**

Despite what some may say, it is never too late to quit smoking! In fact, you can experience several benefits of quitting smoking within hours of quitting and can enjoy the benefits of being tobacco free for years to come. As soon as a person quits, his or her body begins to heal.²

- **2 weeks to 3 months after quitting:** risk of heart attack begins to drop, and lung function begins to improve.
- **1 to 9 months after quitting:** coughing and shortness of breath decrease.
- **1 year after quitting:** heart attack risk drops sharply.
- **2 to 5 years after quitting:** stroke risk is reduced to that of a non-smokers.
- **5 years after quitting:** risk of cancer of the mouth, throat, esophagus, and bladder is cut in half.
- **10 years after quitting:** risk of dying from lung cancer is about half of a smoker's, and risk of cancer of the kidney and pancreas decreases.
- **15 years after quitting:** risk of coronary heart disease is back to that of a non-smoker's.

If you or a loved one are looking to quit smoking (or all forms of tobacco), or if you want to promote the Great American Smokeout® to your business, community groups, or patients, **there are many free resources available to help someone quit!** GSAHEC offers free virtual and in-person group quit sessions, which

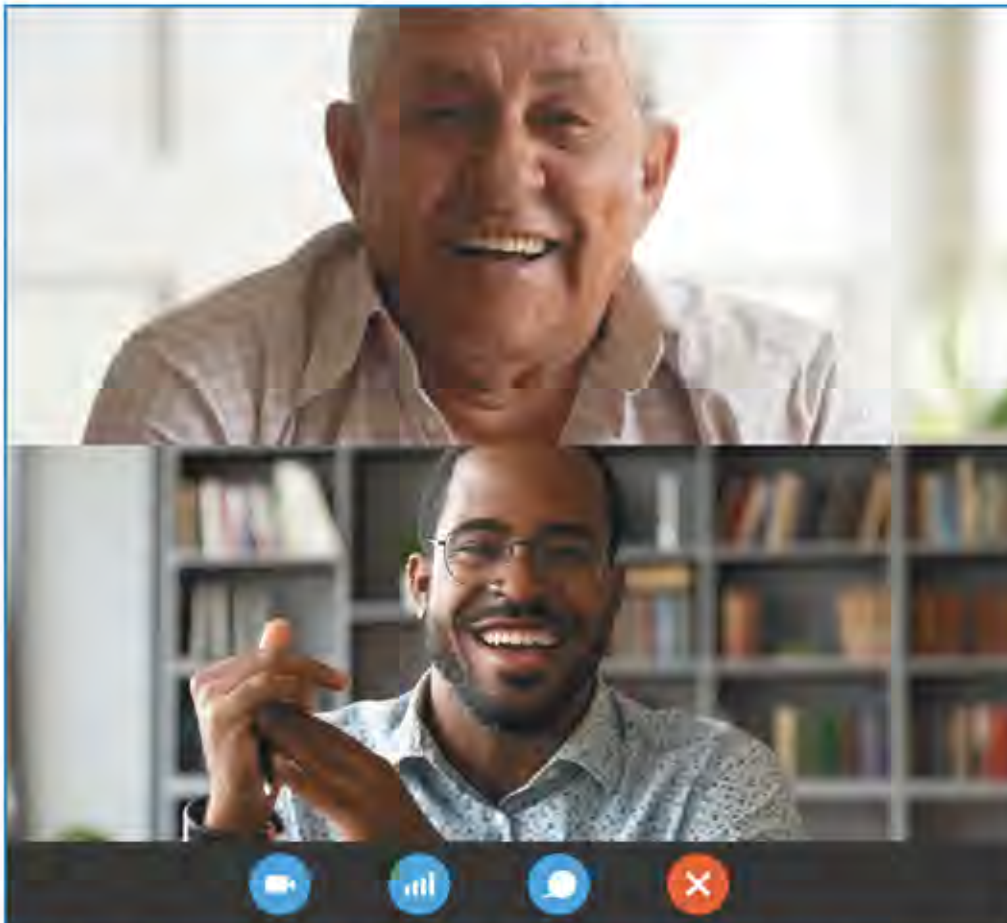


is part of the Florida Department of Health's Tobacco Free Florida program—that is available to help someone quit all forms of tobacco. These group quit sessions provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. **Free** nicotine replacement therapy in the form of patches, gum or lozenges (if medically appropriate and while supplies last) are provided with session attendance. Attendees will also receive a participant workbook, quit kit items, and follow up support from a trained tobacco treatment specialist.

**Contact us today at 866-534-7909 or visit
www.tobaccofreeflorida.com/groupquitcalendar to schedule a session or
learn more about the program!**

References:

- ¹<https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/history-of-the-great-american-smokeout.html>
²<https://tobaccofreeflorida.com/cost-of-smoking/tobacco-effects-quitting-benefits/>



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.*

For more information on virtual
Group Quit classes, contact:

Gulfcoast South AHEC
866-534-7909

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

Learn more about all of Tobacco Free Florida's tools
and services at tobaccofreeflorida.com/quityourway.



GULFCOAST SOUTH
AREA HEALTH
EDUCATION CENTER



Florida
HEALTH

RELIEF FROM DRY EYES

Understanding Ocular Surface Disease

Ocular surface disease (OSD) is a common yet often misunderstood condition that can wreak havoc on your eyes, causing pain, redness, swelling of the eyelids, photophobia, blurred vision, and a perpetual sense of tiredness. Many individuals are quick to dismiss these symptoms as mere dryness and resort to artificial tears, but the truth runs deeper. OSD encompasses various underlying factors, such as meibomian gland dysfunction, blepharitis, rosacea, allergies, and immunological conditions like Sjogren's Syndrome. To find effective solutions, it's essential to delve into accurate diagnoses and treatments that target the root causes of OSD.

Meibomian gland dysfunction is a frequent culprit in OSD, where blocked glands lead to reduced tear production. This can be distressing, but the good news is that LipiFlow, a painless 12-minute treatment, can help unblock the glands and restore normal tear production. It's a game-changer for those suffering from this condition, offering a path to relief.

Blepharitis, on the other hand, arises from an overgrowth of bacteria at the base of eyelashes. This chronic issue demands diligent management with oral antibiotics, antibiotic/anti-inflammatory eye drops, and heat and eyelid antibacterial scrubs. Once stabilized, ongoing maintenance treatment becomes vital to keep blepharitis in check.

Ocular rosacea adds another layer of complexity to OSD. Inflammation of the eyelids and conjunctiva reduces tear production, intensifying discomfort. Fortunately, treatments like Intense Pulsed Light (IPL) and Low Light Level Therapy (LLLT) offer lasting relief and can reduce dependence on medications. These treatments hold the promise of significantly improving the quality of life for those affected.

For individuals who continue to struggle with insufficient tear production, punctum plugs offer a viable solution. These plugs block the drainage system for tears, allowing natural tears to remain in the eyes longer. Many patients find significant relief through this approach.

It's crucial to understand that leaving OSD untreated can lead to corneal compromise, a much more serious issue. The cornea is a critical component of our eyes, and when it's compromised due to a lack of tears, the consequences can be severe. To avoid such complications, early diagnosis and appropriate treatment are paramount.



Ocular Surface Disease is a multifaceted condition with various underlying factors that demand individualized diagnosis and treatment. Once identified and addressed, individuals with OSD can expect not only relief from discomfort but also improvements in their appearance, overall well-being, and vision. By exploring the latest advancements in OSD management and seeking help from eye care professionals, those affected can look forward to a brighter, more comfortable future. ***Don't let OSD leave you in the dark – seek accurate diagnosis and personalized treatment to look better, feel better, and see better.***

Gulf Coast Eye Center, established by Dr. Steven Bovio in 1999, is a trusted provider of primary eye care for individuals of all ages in Sarasota. With over 23 years of dedicated service, our team, including Dr. Cameron Jones, who completed her residency in ocular disease and low vision at the Jesse Brown Department of Veterans Affairs Medical Center and the Edward Hines, Jr. VA Hospital in Chicago, IL, is committed to your eye health. Our practice features a stylish optical offering a wide range of frames and lens customization options, including NeuroLens. We are also experts in contact lenses and low vision solutions, ensuring your eyecare needs are met with precision.



Make an appointment today!
(941) 921-2020
www.gulfcoasteyecenter.com
2940 S Tamiami Trail, Sarasota, FL 34239



Dr. Steven Bovio grew up in Bradenton, Florida. He received his Doctor of Optometry degree from Nova Southeastern University in Miami in 1996. He had internships with Bascom Palmer Eye Institute, St. Luke's Eye Institute, and Bay Pines VA Hospital.

In 1999, Dr. Bovio developed Gulfcoast Eye Center in Sarasota. He loves Sarasota and has always had the goal of practicing in this community. Dr. Bovio treats patients of all ages. Dr. Bovio feels he can help his patients the most by specializing in the following areas: Ocular Surface Disease, Dry Eye Syndrome, Early Detection and Treatment of Retinal Disease, Emergency Eye Care, Specialty Contact Lenses, and Low Vision.

Dr. Bovio is committed to assisting others in the industry and has helped educate and train Optometric Assistants through internships. Dr. Bovio is committed to having his practice give back to those in need. Learn more about how he and his team have supported local and global charities.



Dr. Cameron Jones received her undergraduate degree from the University of Central Florida in Orlando majoring in Molecular Biology and Microbiology. She went on to receive her Doctor of Optometry degree from Nova Southeastern University in Fort Lauderdale in 2014 where she graduated with honors. While attending optometry school she was part of the international honor society, Beta Sigma Kappa, which required a GPA of 90% or better to be a member. After graduating, Dr. Jones went on to complete a residency in ocular disease and low vision at the Jesse Brown Department of Veterans Affairs Medical Center and the Edward Hines, Jr. VA Hospital in Chicago, IL. Dr. Jones is thrilled to be back in Florida after practicing optometry in the DC and northern Virginia area for 7 years. Dr. Jones is passionate about the health of the eye and her specialties include ocular disease, geriatric eye care, dry eye syndrome, contact lenses, and low vision. She enjoys attending optometric conferences hosted by the American Academy of Optometry to continue her education and keep up with the latest ocular technologies. When she is not taking care of eyes, she enjoys spending time with her family including her toddler son and daughter. As a former gymnast, she stays active playing pickleball with her parents and her husband.

Life-Saving Heart Test Reveals Hidden Blockages and a Chance for Survival

Nick Anthony is thankful to be alive. The 45-year-old resident of St. Petersburg has a family history of heart disease. Over the past 18 months, he lost 130 pounds while focusing on a healthy lifestyle. He started to see a primary doctor, who suggested he have a Coronary Artery Calcium (CAC) Score test because of his family history of heart disease.

"I took the calcium test and I received a phone call from my doctor the next morning," explained Nick. "He said the score was concerning, and that I needed to see a cardiologist. A 'bad score' is 400, and my score was 2,100."

Nick was able to get an appointment within a few days to see David C Buck, DO, FACC, a cardiologist with Bradenton Cardiology Center. He ordered a CT scan of the heart, which revealed blockages in the left anterior descending artery. "The only symptom that I was experiencing at the time was a slight tightness in my chest, but I never thought that this was anything serious," Nick said. "I thought I was just sore from working out."

He went to the emergency department at Manatee Memorial Hospital and underwent a cardiac catheterization. Initially, Nick was told that he needed to have one stent put in, but he ended up having four. "It turned out I had an 80% blockage in the LAD artery, which is [called] the widow maker, and a 95% blockage in another artery."

They inserted the stents through his femoral artery, and he was awake during the procedure, but did not feel a thing. He even joked with the staff that it was easier than having a root canal. "I went back to my hospital room and recovered for a few hours. I also had an echocardiogram and EKG to confirm that everything looked good," Nick added. "I went home in a few hours."

Nick rested for two weeks, with no lifting or strenuous workouts. He was able to do a few short walks each day until he could resume normal activities. After a follow-up with Dr. Buck, he was able to return to work and began working out again.



Nick Anthony, and his wife Patty

"Since then, I have ridden my bike 30 miles with no problem. I even lost 15 more pounds during this time," said Nick. "The scariest part is before all of this happened, I felt great, and I didn't realize that there was anything wrong. Now that they have cleared the blockages, I feel even better."

In retrospect, Nick can't help but think that if he didn't originally change his lifestyle, start losing weight and looking out for his health, he may have had a cardiac event. "A month before this, I was traveling in Portugal and Africa. I was hiking mountains and was on an airplane for a lengthy period of time," he said. "What if something happened then?"

Nick added, "I have never really been to the hospital before, but I have no complaints. Everyone at Manatee Memorial made me feel safe and I was never scared while I was there. All the staff members were in a good, positive mood and I had the feeling that I could sit back and relax, and that they were going to take care of me."

Although he lives in St. Petersburg, Nick said he would want to go to Manatee Memorial Hospital again if anything were to happen. "I had top-notch care, and I am so surprised at the procedures they can do," he said.

Because of his experience, Nick has encouraged his friends to get tested, and many say they are going to. "It's better to find out in the doctor's office than to wait and have something bad happen," he said. "Get tested!"

To celebrate his new-found heart health, Nick will be participating in the American Heart Association's Suncoast Heart Walk with a team from Manatee Memorial Hospital on November 18 at Rossi Park along the Bradenton Riverwalk.

To make an appointment with Bradenton Cardiology Center, please call 941-748-2277.



941-748-2277
bradentoncardiology.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.



American Heart Association
Heart Walk

2023 Suncoast Heart Walk
Saturday, November 18, 2023

Rossi Park Bradenton Riverwalk
452 3rd Avenue West,
Bradenton, FL 34205
www.suncoastheartwalk.com

UNLOCKING RESTFUL SLEEP: UPPER CERVICAL CHIROPRACTIC SOLUTIONS FOR INSOMNIA

By Dr. Drew Hall

When it comes to battling insomnia, the solutions often discussed include medication, lifestyle changes, and relaxation techniques. However, one lesser-known approach that has been gaining attention is Upper Cervical Chiropractic care. This specialized branch of chiropractic medicine focuses on the relationship between the uppermost part of the spine and the nervous system, and how it can influence various health issues, including insomnia.

Insomnia is a widespread condition that affects millions of people worldwide. Characterized by difficulty falling asleep, staying asleep, or experiencing restful sleep, it can lead to a host of physical and mental health problems. Traditional treatments for insomnia may involve sleep medications, but these often come with unwanted side effects and can be habit-forming. That's where Upper Cervical Chiropractic care steps in, offering a natural and non-invasive alternative.

Understanding the Upper Cervical Region

The upper cervical region consists of the first two vertebrae in the spine, the atlas (C1) and axis (C2). These vertebrae are unique because they house the brainstem, which plays a vital role in regulating many of the body's functions, including sleep. Misalignments in this area can potentially interfere with the communication between the brain and the rest of the body, leading to various health issues, including insomnia.

Upper Cervical Chiropractors are highly trained in assessing and correcting these misalignments. By using gentle and precise adjustments, they aim to realign the atlas and axis, thereby optimizing the function of the nervous system. This may have a positive impact on sleep patterns and overall health.

The Connection Between Upper Cervical Chiropractic and Insomnia

So, how does Upper Cervical Chiropractic care relate to insomnia? Here are some key aspects to consider:

1. Balancing the Autonomic Nervous System: The autonomic nervous system is responsible for regulating various bodily functions, including sleep.



Misalignments in the upper cervical region can disrupt this balance. Upper Cervical Chiropractic adjustments seek to restore harmony within the autonomic nervous system, potentially leading to improved sleep quality.

2. Reducing Muscle Tension: Misalignments in the upper cervical spine can lead to muscle tension and discomfort, making it difficult to relax and fall asleep. Correcting these misalignments may help alleviate muscle tension, promoting a more restful sleep experience.

3. Enhancing Blood Flow: Proper alignment in the upper cervical region can contribute to improved blood flow to the brain. This can have a positive impact on the brain's ability to regulate sleep patterns and overall health.

4. Stress Reduction: Upper Cervical Chiropractic care can also reduce stress levels. Stress is a common contributor to insomnia. By helping individuals manage stress more effectively, this approach may help improve sleep quality.

Individualized Care

One of the strengths of Upper Cervical Chiropractic care is its emphasis on individualized treatment. Chiropractors assess each patient's specific needs and tailor their adjustments accordingly. This personalized approach ensures that the care provided aligns with the patient's unique requirements and health goals.

It's important to note that Upper Cervical Chiropractic care is not a guaranteed cure for insomnia, and individual results may vary. However, many patients have reported significant improvements in their sleep patterns and overall well-being after undergoing this form of chiropractic care.

Safety and Effectiveness


Upper Cervical Chiropractic care is generally considered a safe and well-tolerated approach. The adjustments are precise, gentle, and do not involve the cracking or popping often associated with traditional chiropractic care. However, it's essential to consult with a qualified Upper Cervical Chiropractor to determine if this treatment is appropriate for your specific case.

Research on the effectiveness of Upper Cervical Chiropractic care for insomnia is ongoing, and while there is anecdotal evidence of positive outcomes, more scientific studies are needed to provide a comprehensive understanding of its potential benefits.

In the quest for better sleep and insomnia relief, many individuals are exploring alternative therapies like Upper Cervical Chiropractic care. This approach offers a non-invasive, individualized, and holistic method to address the root causes of insomnia. While results may vary, it's clear that for some, upper cervical adjustments have been the key to unlocking a more restful night's sleep and a brighter, healthier tomorrow. If you're struggling with insomnia and looking for natural alternatives, it may be worth consulting with an Upper Cervical Chiropractor to see if this approach is the right fit for you.

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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A NEW DAWN IN ALZHEIMER'S TREATMENT: ADUHELM AND LEQEMBI

As we navigate the complexities of modern life, it's easy to overlook the quiet battles fought every day by those living with Alzheimer's and the countless caregivers who stand by their side. Yet, the need for Alzheimer's awareness has never been more urgent. This silent epidemic touches us all, directly or indirectly, and it's high time we brought it into the spotlight.

Alzheimer's disease, a progressive and debilitating neurodegenerative disorder, affects millions of individuals and their families worldwide. Until recently, treatment options for Alzheimer's were limited to managing symptoms, leaving the underlying causes untouched. However, two groundbreaking treatments, Aduhelm and Leqembi, have entered the spotlight, offering hope to those living with Alzheimer's and their loved ones.

Aduhelm: A Turning Point in Alzheimer's Treatment

Aduhelm, also known as aducanumab, has generated significant attention and debate in the medical community and beyond. Developed by Biogen, Aduhelm was approved by the U.S. Food and Drug Administration (FDA) in June 2021, marking the first new Alzheimer's treatment in almost two decades.

Aduhelm works by targeting the amyloid plaques that accumulate in the brains of Alzheimer's patients, contributing to cognitive decline. Amyloid plaques are thought to disrupt normal brain function, and their removal may slow down the progression of the disease.

The approval of Aduhelm, however, was met with controversy due to the limited clinical evidence supporting its efficacy. Critics argue that the drug's benefits are marginal, and that the FDA's decision was hasty. Nevertheless, Aduhelm's approval offers a glimmer of hope for Alzheimer's patients and their families, as it represents a new approach to tackling the disease at its root.

Leqembi: A Promising Newcomer

Leqembi, also known as lecanemab, is another innovative treatment on the horizon. Developed by Eli Lilly, this drug is currently in the late stages of clinical trials. Leqembi functions similarly to Aduhelm by targeting and removing amyloid plaques in the brain.



What sets Leqembi apart from Aduhelm is its rigorous and extensive clinical testing. Researchers have conducted large-scale, double-blind, placebo-controlled trials to evaluate the drug's safety and effectiveness. Initial results from these trials are promising, showing a significant reduction in amyloid plaques and potential improvements in cognitive function among patients.

The hope is that Leqembi will provide a safer and more effective alternative to Aduhelm. The rigorous clinical testing and transparency in research may address some of the concerns raised by Aduhelm's approval.

Future Perspectives

The development of Aduhelm and Leqembi represents a critical step forward in the fight against Alzheimer's. As research progresses, it is expected that the field will become more refined, leading to even more effective treatments in the future. These new drugs may pave the way for innovative approaches to address Alzheimer's at earlier stages and prevent the disease's onset.

In addition to drug-based treatments, there is a growing focus on lifestyle and preventive measures. Adopting a brain-healthy lifestyle that includes regular exercise, a balanced diet, social engagement, and cognitive stimulation is recognized as a complementary strategy for reducing the risk of Alzheimer's.

Paragon and Alzheimer's:

- In 2022, we supported 300+ infusions of Aduhelm.
- In 2023 YTD, we've supported 450+ infusions of Aduhelm and Leqembi; nearly 300 of those infusions are Leqembi.



Take the Next Step



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IV Anywhere in FL

[PARAGONHEALTHCARE.COM](https://www.paragonhealthcare.com)    



6.7 million

Estimated number of Americans aged 65+ that are living with Alzheimer's in 2023¹



12.7 million

Estimated number of Americans aged 65+ that will be living with Alzheimer's by 2050¹



27% slower

Rate of cognitive decline of eligible patients treated with LEQEMBI® in clinical trials than those in a control group, as reported by the manufacturer

1 Alzheimer's Association, 2023 Alzheimer's Disease Facts and Figures, www.alz.org/alzheimers-dementia/facts-figures.

Alzheimer's disease remains a formidable challenge, affecting millions of lives worldwide. While Aduhelm and Leqembi have sparked significant controversy, they represent a new frontier in Alzheimer's treatment, offering a glimmer of hope for patients and their families. The ongoing research and development in the field promises a future with more effective and accessible treatments. As we strive to unlock the mysteries of this devastating disease, we can look forward to a world where Alzheimer's is no longer an inevitable fate, but a condition that can be managed, treated, and, ultimately, prevented.

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.

NOVEMBER: MOVE OVER. HERE COMES MOVEMBER!

By Virginia 'Ginya' Carnahan, APR, CPRC

Movember? Have you heard of it? If not, it is time to get with it. "Movember" is an international campaign, created 20 years ago to raise awareness about men's health issues, and to generate funds to educate men and underwrite greatly needed research in four areas. Those areas are mental health, suicide prevention, prostate cancer, and testicular cancer.

Across the world, one man dies by suicide every minute of every day. (69% of all suicides are men.) 10.8 million men face prostate cancer annually, and testicular cancer is the most prevalent cancer diagnosis in young men. These statistics are a dire reflection of men's health across the globe.

Two decades ago, in 2003, a couple of young "mates" in Melbourne, Australia were sharing a beer and discussing the sad status of men's knowledge about their own health. They thought they might be able to improve this status by joining together with a campaign to focus on awareness and education. Their solution was the campaign now known as Movember, a world-wide effort "to change the face of men's health."

Their unique method of bringing men together from everywhere focused on their individual faces, and the ability of growing a mustache! Over the years mustaches had grown very much out of fashion, and were rarely seen at that time. Movember would use the mustache as a symbol of the quest for better men's health.

The original pair gathered friends and coworkers to form a core membership of 30 "Mo-Bros" and supporting "Mo-Sistas." They set out to research the real conditions of universal men's health, and initially sought a partnership with the Prostate Cancer Foundation, and later Prostate Cancer Canada.

By 2007 (just 4 years), Movember had gathered 134,171 members in 21 countries and contributed to 1,300 men's health projects around the world. Today there are more than 6 million member participants, and Mo donations are funding 30 worldwide research teams.



How did they do it? They created a variety of methods to raise Movember awareness and funds – all of which revolved around growing mustaches, with an element of fun. For instance, many businesses now hold annual Movember challenges. Participants shave clean on October 31 and grow their mustaches for 30 days of Movember. They join the international campaign by registering on the Movember website and encouraging friends, family and coworkers to pledge dollars in support of their mustache growth. Other campaigns have focused on professional sports team to visibly grow a "mo." These sports related programs are shared with young athletes, encouraging them to adopt healthy mental and physical lifestyles that will serve them throughout life. And all kinds of "Mo-ments" are created to celebrate the mighty "Mo."

In addition to supporting prostate cancer and testicular cancer research, the Movember efforts found a point of critical need involving the mental health of first responders. These heroes often come home with huge burdens of stress from the kind of work they are called to do. Programs to help them decompress and relax are vitally important and helpful in the prevention of suicide.



To learn more about this month-long campaign and its year-round activity to change the face of universal men's health, check out their website: www.movember.com. They call "the Order of Mo the World's Least Secret Society."

You fellows who hate to shave, here is a perfect excuse to give it up for a month and do some good in the meantime.

Krishen Greenwell is a software engineer, originally from British Columbia. He moved to Sarasota in 2002 to work with METI, a growing organization known for creating innovative patient simulators. METI was soon purchased by Montreal-based CAE Healthcare, reuniting Krishen with some fellow engineer employees. In 2011 he was invited to join the Mo Team in Montreal as an offsite member. He has participated in the Mo campaign ever since.

Krishen says he is uplifted by his opportunity to personally challenge the status quo, to shake up men's health research, and transform the way health services reach and support men. He is disappointed by the male standard that they don't talk about their health because it is not considered "manly." "That needs to change," he states, "because too many men are dying!"



Photo by Christina Pitchford

Krishen Greenwell, a 13-year veteran Movember participant, has added his own personal commitment to the month-long challenge: he pledges to be physically active, walking or running a total of 60 miles during the month.

If you are unable to participate in Movember, you can choose to support the campaign of any team member by going to the website and search the team roster.

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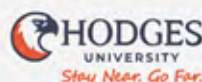
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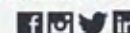


Southwest Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

Thanks
Happy Thanksgiving



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TIS' THE SEASON FOR GIFTING

Often times it may not feel like the holiday season with Florida's toasty temperatures, but don't be fooled. The holidays are here! There's an undeniable sense of anticipation in the air, as many of us are looking forward to reconnecting with friends and family.

With Christmas 2023 just around the corner, the age-old tradition of exchanging gifts and spreading joy takes center stage. This year, however, there's a growing trend that savvy shoppers are embracing – the art of shopping early. Beyond the twinkling lights and bustling holiday markets, the wisdom of starting your Christmas shopping ahead of time becomes evident. As we navigate through a world of ever-changing dynamics, early holiday shopping not only ensures access to the finest gifts but also offers a respite from the last-minute chaos, allowing for a more thoughtful and enjoyable celebration.



2023 Gifting Trends

Everyone is under a lot of stress, so consider gifting something focused around health, wellness and mindfulness. Think self care, aromatherapy, meditation, journaling and even fitness. The great thing about wellness gifts is that they are perfect for people of all ages and enjoyed by both men and women alike.

Young children will enjoy a set of fizzy bath bombs. Your best friend will appreciate a handwritten friendship note on the first page of a gorgeous leather-bound journal. Your co-workers may like an aromatic collection of soaps or essential oils. And, your significant other will love a set of comfy pajamas or workout clothes for the gym.



Avoid the Sweets & Drinks

Traditionally, alcohol and sweets such as chocolate and cookies, have been the "go to" gifts for clients and family members. They're easy to give, but often times they're eaten and forgotten. Or, they're simply trashed when New Year's Day rolls around, and people are purging their kitchens of all the calorie-laden gift sets. Let's face it, many of us have put on some "lb's" over the past few years, so do everyone a favor and skip the sweets and choose health & wellness options.

Give Experiences

Another gift idea that is on trend for 2023 is experiential gifts. This could be a trip to the spa for a relaxing massage, a facial with your local esthetician, a sunset boat cruise or an art class. Experiential gifts are memorable, and they're perfect for the person in your life who already has one of everything.

Shop Local

Although it's tempting to knock-out your list by simply shopping online, consider visiting the locally-owned stores in your community. Many small businesses and restaurants have struggled the past few years. By shopping local, you'll find truly unique gifts with a delightful shopping experience that you can't get online. Plus, you'll be supporting the fabric and diversity of your community by helping to keep local shops in business.

Skip the holiday hustle this year. Make your list. Check it twice. And get your holiday shopping done!



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Naples Soap Company has carefully curated a huge assortment of gift sets to make your gift giving a breeze this holiday season. From our coastal-inspired "Christmas on the Beach Box" to our all-new "Self Care Essentials Sets" to our fan favorite "Soap Stacks," we have something for every budget and for everyone on your list. Naples Soap Company has 14 stores across the state of Florida. Visit us at naplesssoap.com to find a store near you or shop online and ship for free with orders over \$50.

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

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

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

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

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

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

Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine 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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**TOP DOCTORS®
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SURGERY
2022**

Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

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

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

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

How does VAX-D work?

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



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

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

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

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

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

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

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

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

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

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Lakewood Ranch, Sarasota 34240

Dr. Craig S. Aderholdt, BSc, DC



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

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

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



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Managing Arthritis Pain and Discomfort: WHY MITOCHONDRIAL HEALTH MATTERS

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

Osteoarthritis (OA) is the most common form of arthritis, a chronic disease of aging. Effective and safe long-term treatment for most OA patients is not available, creating a large unmet medical need. It is estimated that more than 150 million people globally suffer from OA. Many of the symptoms of OA are often overlooked or shrugged off as merely "getting old". The truth is that Osteo Arthritis of the knee affects roughly 12% of all people 60 years or older, and this is just the tip of the iceberg in both undiagnosed and diagnosed arthritic conditions. As the population ages, the number of people with arthritis is projected to grow substantially. The Center for Disease Control is estimating that by 2030, in the U.S. alone, more than 67 million people will have physician diagnosed arthritis. The majority of these people will have OA.

Osteoarthritis (OA) is a chronic degenerative joint disease that causes progressive pain, loss of function, and in many cases, variable levels of disability. It mainly affects individuals over 60. Notable symptoms of OA include the degradation of cartilage, formation of bone spurs and cysts, loss of joint fluid and local and systemic inflammation. The destruction of cartilage plays the most important role in the course of OA. Articular cartilage is comprised of chondrocytes and extracellular matrix. Preventing these chondrocytes from damage is a key factor to the integrity of articular cartilage. Studies have regarded inflammatory response to be the primary cause of chondrocytes injuries and there is growing evidence regarding the role of mitochondrial dysfunction in OA and rheumatoid arthritis (RA). Joint dysfunction and pain are the most common characteristics of all forms of arthritis. Mitochondria are both targets and sources of inflammation-associated injury in the synovial membrane, hence injury and death of synovocytes trigger the release of pro-inflammatory mediators and the activation of inflammatory cells.

While OA has been viewed as a disease of increased joint stress due to heavy load bearing (excessive weight and obesity), recent scientific progress is pointing towards chronic inflammation as the driving factor in OA disease progression. As many healthy, younger patients are developing OA years after acute sports-related injuries, it became evident that more than simple overweight issues contribute to disease pathobiology.

Current treatments for OA include anti-inflammatories such as corticosteroids; non-steroidal anti-inflammatories (NSAIDs) including Celebrex, ibuprofen (Motrin), and Naproxen (Aleve); pain relievers including acetaminophen (Tylenol) and opioids (Tramadol). While short-term partial relief is achieved with steroidal treatments, diminished long-term benefits and significant adverse events prevent long term dosing. Likewise, currently available NSAIDs offer anti-inflammatory action but have

unacceptable long-term adverse side effects including risks of bleeding, gastric ulcers, liver and kidney damage and cardiovascular events. Pain relievers such as acetaminophen have risks of liver toxicity and opioids, of course, are not suitable for long term administration. Ultimately, effective treatment of OA requires a safer, multi-faceted anti-inflammatory molecule able to affect a multitude of OA-related mechanisms with minimal or no adverse effects when used over long time periods. Astaxanthin (ASTX) is that molecule.

ASTX localizes into the mitochondria significantly decreasing oxidative stress while stabilizing the mitochondrial membranes. This stabilizing effect on the mitochondrial membranes has been shown using electron microscopy. (Dr. Mason Preston of Harvard University discovered this). This leads to decreased pro-apoptotic (cell death) mediators and increased anti-apoptotic (cell death) Stabilization of mitochondria and inhibition of these pathways will prolong cell life and contribute to joint matrix maintenance. Likewise, ASTX has been shown to upregulate PGC-1 α , a master regulator of mitochondrial biogenesis, as well as critical metabolic regulators such as CPT-1. All this scientific evidence, in both humans and animal models, highlight the capacity of ASTX to affect important mechanisms critical to osteoarthritis in humans (oxidative stress, inflammation) and underscores the enormous ability of ASTX to slow disease progression and improve symptoms of arthritis.

Vetirus Pharmaceuticals has developed a Natural Biologic compound to bring the benefits of all of this in one easy to use single dose formula named MitoPak™. In summary, it has the below properties:

- 1. Potent Antioxidant Properties:** Mitopak is a powerful antioxidant, which helps protect joints from oxidative stress and inflammation that can lead to joint pain and degradation.
- 2. Anti-inflammatory Effects:** Mitopak has demonstrated anti-inflammatory properties, which can help reduce joint pain and improve overall joint health by decreasing the production of inflammatory mediators.
- 3. Cartilage Protection:** Mitopak has been shown to protect cartilage from degradation by inhibiting the activity of enzymes responsible for breaking down cartilage, such as matrix metalloproteinases (MMPs).
- 4. Reduction of Joint Pain Symptoms:** Studies have reported that Mitopak supplementation can help reduce joint pain symptoms, such as stiffness and discomfort, in people suffering from conditions like osteoarthritis and rheumatoid arthritis.

5. Improved Joint Mobility: Mitopak can improve joint mobility by reducing inflammation and promoting the health of joint tissues, making it easier for individuals to move and maintain an active lifestyle.

6. Enhanced Synovial Fluid Production: Mitopak has been found to enhance the production of synovial fluid, which lubricates and nourishes the joints, promoting overall joint health.

7. Supports Collagen Synthesis: Mitopak can support collagen synthesis, which is crucial for maintaining the integrity of joint structures such as tendons, ligaments, and cartilage.

8. Slows Age-Related Joint Degeneration: Mitopak's antioxidant and anti-inflammatory properties can slow down the age-related degeneration of joints, helping to maintain joint health and function in older individuals.

9. Complementary to Conventional Treatments: Mitopak can be used as a complementary treatment to conventional therapies for joint pain and inflammation, such as nonsteroidal anti-inflammatory drugs (NSAIDs) or corticosteroids, potentially enhancing their effectiveness or reducing side effects.

10. Sports Performance and Recovery: Athletes and active individuals can benefit from Mitopak supplementation, as it may help to reduce exercise-induced joint pain and reduces inflammation, and speeds up muscle recovery while supporting muscle strength, and improve overall sports performance.

All inflammation starts in your mitochondria. MitoPak™ stops the inflammation where it starts. Over 1200 scientific studies have concluded the safety of the active ingredients and they have a long history of use in both Humans and animals. MitoPak™ fights inflammation without harmful side effects found in NSAIDs. It supercharges your mitochondrial energy production, and its unique proprietary formula contains the most powerful known antioxidant allowing your body to function at peak performance,

MitoPAK™ is nature's most potent anti-inflammatory and is:

- 110x stronger than Vitamin E
- 800x stronger than CoQ10
- 6000x stronger than Vitamin C

and has grown in popularity as more medical evidence supports its benefits. Regardless of your age, MitoPak™ positively influences mitochondrial function and preserves membrane structure while scavenging radicals. It is a natural therapeutic that reduces inflammation and speeds up muscle recovery without compromising muscle strength.

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.

MITOPAK™

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Exploring the Artistry of Aesthetics: Botox and Dermal Fillers

By Christine King, PA-C

In today's world, the pursuit of beauty has become an art form in itself. With the advancement of medical aesthetics, treatments like Botox and dermal fillers have taken center stage, allowing individuals to sculpt their appearance like never before. These non-surgical procedures are not just about vanity; they represent a unique blend of science and artistry, redefining beauty standards and empowering individuals to feel confident in their skin.

The Aesthetics of Expression

Botox and dermal fillers are not merely tools to combat the signs of aging. They offer a canvas upon which skilled practitioners can paint. The art of administering these treatments lies in understanding the intricacies of facial anatomy, as every face is unique. Practitioners assess the nuances of each client's expressions and features, creating a personalized plan that enhances natural beauty rather than masking it.

The Magic of Botox

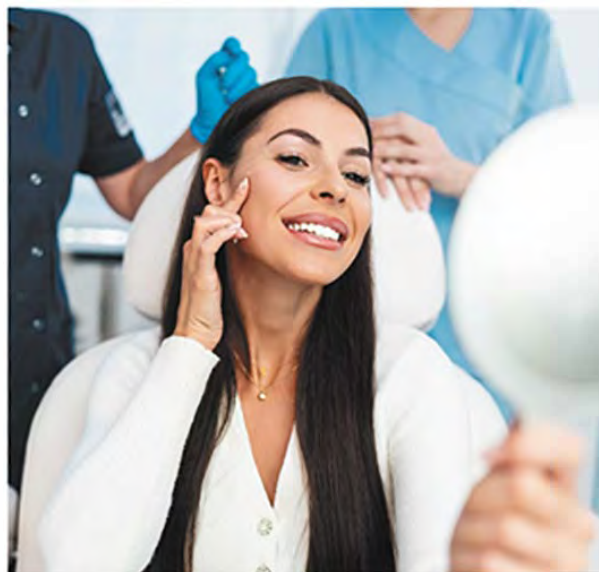
Botox, often referred to as the "miracle toxin," is a neurotoxin derived from *Clostridium botulinum*. It temporarily relaxes facial muscles, softening lines and wrinkles. This technique is akin to a sculptor strategically chiseling away at a block of marble to reveal a masterpiece. Expert injectors carefully target specific muscles, preserving a client's natural expressiveness while eliminating unwanted furrows or crow's feet.

The Sculpting Artistry of Dermal Fillers

Dermal fillers, on the other hand, act as the sculptor's clay, adding volume, contour, and symmetry to the face. These fillers can be composed of various materials, such as hyaluronic acid or calcium hydroxylapatite, each offering a unique texture and malleability. Injectors utilize their artistic sensibilities to strategically place these fillers, enhancing cheekbones, plumping lips, and restoring youthful fullness.

Understanding the Balance

The artistry of Botox and dermal fillers lies in achieving balance and harmony. Overzealous treatment can lead to an unnatural, 'frozen' appearance, which is far from the ideal outcome. Practitioners



skilled in aesthetics understand that less can often be more. They focus on the concept of facial proportion, ensuring that every enhancement complements the client's unique features, resulting in a look that's both youthful and natural.

Preserving Individuality

A skilled injector understands the importance of preserving individuality. While the media may promote certain beauty ideals, true artistry in aesthetics celebrates diversity. Botox and dermal fillers should enhance what's already there, not create a cookie-cutter image. The goal is to empower clients to look and feel like the best version of themselves, rather than someone else entirely.

The Psychological Impact

The artistry of aesthetics isn't just about external transformations; it also has a profound psychological impact. When individuals feel good about their appearance, it boosts their self-esteem and confidence. This newfound confidence can be transformative, influencing various aspects of their lives.

The Intersection of Art and Science

Botox and dermal fillers represent the intersection of art and science in the field of aesthetics. Skilled practitioners seamlessly blend medical knowledge, precise technique, and a discerning artistic eye. This fusion has given rise to a new breed of healthcare professionals who are not just practitioners but artists, shaping the way we perceive beauty.

The Evolution of Aesthetics

The field of aesthetics has come a long way from its early days when surgical procedures were the norm. Botox and dermal fillers have revolutionized the industry, making it more accessible and less intimidating. Clients are no longer required to go under the knife for subtle enhancements, thanks to these noninvasive options.

Empowering Self-Expression

Aesthetics is about more than just vanity; it's about self-expression. Individuals have the freedom to define and redefine their beauty on their terms. Botox and dermal fillers, in the hands of skilled practitioners, offer the power of transformation without compromising authenticity.

The artistry of Botox and dermal fillers is a testament to the evolution of aesthetics. It's a field where science and creativity converge, enabling individuals to become the authors of their own beauty narratives. This art form goes beyond skin-deep changes; it fosters self-confidence, empowerment, and the celebration of individuality. As the world of aesthetics continues to evolve, so too does our understanding of beauty and self-expression.

For more information on this and other aesthetic treatments, contact the office of John Devine 941-457-7700 to set up a free consultation with Dr. John Devine or our new physician's assistant *Christine King, PA-C*.



Devine Aesthetics

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GASTRO HEALTH AND THE BIDET: A Lifesaver for Thanksgiving Indulgence

The holiday season is a time of celebration, joy, and of course, indulgent feasting. Thanksgiving, in particular, is synonymous with bountiful meals that often leave us feeling uncomfortably full. While these occasions are a gastronomic delight, they can take a toll on our digestive health. Thankfully, there's a simple yet effective solution that can aid those with gastro issues or anyone who overindulges during holiday gatherings – the bidet.

Gastrointestinal problems are all too common, and they can be a real nuisance in our daily lives. Conditions like constipation, diarrhea, and irritable bowel syndrome (IBS) can cause discomfort and inconvenience. Furthermore, the aftermath of a hearty Thanksgiving meal can leave you feeling bloated and sluggish. Bidets, often seen as a luxury item, can actually be a secret weapon in promoting gastro health and relieving post-feast distress.

Gentle Cleansing: Bidets provide a gentle and thorough cleansing experience. They use a stream of water to cleanse the perianal area, eliminating the need for abrasive toilet paper. This is especially beneficial for individuals with sensitive skin or those suffering from conditions like hemorrhoids.

Preventing Irritation: Excessive wiping with toilet paper can irritate the skin and exacerbate gastro issues. Bidets help reduce this friction, which is essential for individuals dealing with digestive sensitivities.

Hemorrhoid Relief: Hemorrhoids are a common gastro woe. Bidets can soothe the discomfort associated with hemorrhoids by providing a soothing and cleansing flow of water.

Hygiene Matters: Good hygiene is paramount for gastro health. Bidets ensure thorough cleaning, reducing the risk of infections and promoting overall well-being.

Constipation Aid: Bidets have a gentle massaging effect that can help stimulate bowel movements, providing relief to those suffering from constipation.

Now, let's talk about the post-Thanksgiving scenario. We've all been there – the grand feast leaves you feeling overstuffed and regretful. This is where the bidet can come to the rescue:

Ease of Cleaning: After a Thanksgiving feast, a bidet can be a savior, helping you feel clean and fresh. No need to struggle with the aftermath of an indulgent meal.

Stress Reduction: Overeating can be stressful, both mentally and physically. Using a bidet can alleviate some of this stress by offering comfort and cleanliness.

Promoting Healthy Digestion: Bidets can stimulate circulation and provide a sense of relaxation, which can aid in digestion after a heavy meal.



In conclusion, gastro health is a crucial aspect of our overall well-being. Whether you're dealing with chronic digestive issues or simply indulged a bit too much on Thanksgiving, bidets can be a valuable addition to your bathroom. They offer gentle, hygienic, and effective cleansing, making them an ideal solution for maintaining gastro health. So, this holiday season, consider the many benefits of a bidet and experience the comfort and relief it can provide, especially when faced with the temptations of a hearty Thanksgiving meal.

House of Bidets

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

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

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**HOUSE OF
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Movember is Prostate Cancer Awareness Month

Early Detection of Prostate Cancer Saves Lives

Prostate cancer is a fairly serious blip on the male health radar as the second leading cause of cancer death in American men. Chances are you know someone who has battled prostate cancer because statistically speaking; one in seven men will be diagnosed with prostate cancer during his lifetime. The average age of diagnosis is 65, in fact 60% of those diagnosed are 65 and older.

Prostate cancer – and other prostate issues – can cause considerable discomfort, pain and even death, if they are left undiagnosed and untreated. No man looks forward to the annual prostate exam; but if you're smart, you'll bite the bullet and go anyway because early detection can save your life.

Regular screenings cannot only save you a lot of pain and discomfort – they may just save your life.

What is the prostate – and why does it need to be examined?

The prostate gland is a doughnut-shaped organ that is part of the male reproductive system. A healthy prostate in a younger man is only about the size of a walnut. The prostate sits just under the bladder and is wrapped around the beginning of the urethra. It is surrounded by nerves that control erections and its primary function is to produce a liquid that enriches and protects sperm.

Unfortunately, as men get older this little organ tends to act up. At times, some of the symptoms are simply a sign of aging; however, in many cases prostate trouble is an indication of a more serious problem. Prostate cancer is a primary concern, but other prostate disorders can be just as uncomfortable and a serious concern for male health.

So if you are experiencing symptoms like difficulty or discomfort while urinating, reduced ability to get an erection, blood in your urine or semen, or painful ejaculation, it's important to have your prostate checked out. Even if you aren't experiencing any symptoms, it's still wise to be screened from time to time, as you can pre-empt and prevent problems before they crop up.

Regular screenings ensure that problems are caught quickly. Catching a prostate problem right at the start, means that it can be treated and cleared up with far less difficulty.



So men, don't wait around till you run into trouble. A little momentary discomfort is a worthwhile trade for a long, happy, healthy life surrounded by your family and friends. Do yourself a favor and get your prostate checked out.

If there is concern as a result from the routine annual prostate exam, diagnostic imaging will be ordered. There are different imaging screenings available, the 3T wide bore MRI provides that best image quality in a non-invasive way.

Men travel from across the United States for advanced imaging with our Phillips 3T wide bore MRI.

Radiology Associates of Venice and Englewood is pleased to offer 3T wide bore MRI scans for obtaining superior-quality MRI images for diagnostic accuracy and exceptional comfort in an expanded range of patient scenarios.

What is a 3T MRI?

The term "3T" stands for "3 Tesla." Tesla is the name given to a measurement unit that expresses the strength of the electromagnetic energy field that MRI devices use for generating images. Standard MRI scanners operate in the range of about 1.5 Tesla. This means that our 3T MRI operates at approximately twice the electromagnetic energy level of a standard MRI.

Benefits of 3T MRI

Our wide bore 3T MRI scanner combines the superb diagnostic image quality gained through a stronger electromagnetic field with the exceptional patient comfort of a wide-bore configuration—70 cm in diameter, a full 10 cm larger than standard MRI scanners. The scanner is also shorter in length than conventional MRI scanners. These factors make this scanner less confining to patients, reducing symptoms of claustrophobia. Additionally, large patients who have trouble fitting into conventional scanners can have their scans done in this machine, which can accommodate patients weighing up to 500 lbs.

The stronger magnetic field allows the machine to detect stronger signals from the patient during the imaging. This increased signal strength can be used to generate more detailed pictures or reduce the total imaging time. Often the imaging protocols are designed to generate better pictures while still saving time compared to other types of MRI scanners, giving patients the benefit of a shorter exam without sacrificing diagnostic quality.



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The Facts About Dental Radiation Exposure

By Dr. Amanda Rizner

All of us are receiving radiation everyday whether we like it or not. In today's world, it is important to know about all of our health variables and how the choices we make in our daily lives affect ourselves and our loved ones. Anyone who is up to date with current health literature is aware of the growing concerns with toxins and harmful substances in our environment and how they may affect our well-being. With that being said, dental X-rays or radiographs are one of these variables that is gaining skepticism. Let us unpack the facts and make a possible recommendation on how to think about radiation in regards to all of our needs.

Dental radiographs or x-rays are a type of electromagnetic radiation and are commonly measured by a unit called the Sievert. In dosage norms, the typical individual will receive amounts in the milli Sievert range per year (1/1000 Sievert). On average, each person will receive somewhere between 3-10 millisieverts yearly depending on their circumstances. Factors such as where you live, what your occupation is and how many medical procedures you may undergo can contribute to this dosing. A common recommendation is that radiation is safe when staying below 30-50 millisieverts per year.

The dental dosage of radiation can vary depending on the type of x-ray, but it generally falls in the range of 5 to 10 microSieverts per x-ray (1/1000 of



a millisievert). To further contextualize, consider that a panoramic x-ray (usually taken once every 5 years) will deliver 10 microsieverts and a bite-wing or a periapical x-ray (usually taken at your yearly checkup exam) anywhere from 2 to 5 microsieverts. In contrast, the average annual background radiation exposure from natural sources throughout the year is approximately 2 to 3 microSieverts (1,000x an annual dental x-ray). This background radiation is largely unavoidable. It is a present everywhere on earth meaning that we will all experience it no matter what we do. Consider that a new study from the American Academy of Oral and Maxillofacial Radiology was recently published stating lead aprons are no longer needed on patients, even

those pregnant or with history of thyroid cancer, due to the negligible amount of radiation passed during routine digital dental xrays to the patient.

Furthermore, the location we live and our occupation are often the largest sources of radiation. Flying by airplane can also be a large consideration adding anywhere from 0.1-1 milliSieverts. Medical radiation, including diagnostic and therapeutic procedures like CT scans, can contribute significantly to an individual's annual radiation dose. A single CT can expose a patient to around 10 milliSieverts or more.

Our recommendation is that individuals that are concerned about radiation track how much they are receiving each year. This can be done by estimating their occupational health risks, where they live and how much air travel they do, and how many medical grade CT or other radiation tests they accumulate. These are the largest areas of radiation accumulation. Each individual must weigh the tradeoffs of their radiation accumulation and decide to avoid or decline dental x-rays, which end up being a very trivial amount in the end.

In conclusion, dental, x-rays are a valuable tool in dentistry and their radiation exposure is exceedingly low compared to background natural radiation. While it's essential to minimize unnecessary exposure to radiation, the risk associated with dental x-rays is relatively negligible when used in accordance with professional guidelines. Patients should always communicate their concerns with their healthcare providers to ensure the appropriate use of these diagnostic tools.

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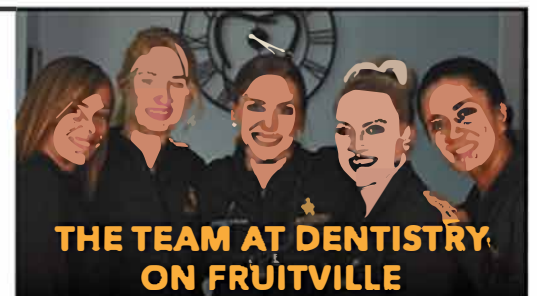


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The Growing Concern: Diabetes and the Soaring Cost of Medications

In recent years, diabetes has become a global health epidemic, affecting millions of individuals worldwide. While the physical and emotional toll of managing this chronic condition is challenging in itself, another significant burden looms large – the escalating cost of diabetes medications. This article explores the ever-increasing financial strain that diabetes medications impose on patients and the healthcare system, shedding light on the causes and potential solutions to this critical issue.

Diabetes, a metabolic disorder characterized by high blood sugar levels, requires ongoing management to prevent complications. Medications play a pivotal role in controlling blood glucose, but their rising costs are creating barriers for patients. Several factors contribute to the increasing expense of diabetes medications, including research and development costs, pharmaceutical company practices, and the complex healthcare system in the United States.

Research and development are essential in creating innovative diabetes drugs, but the cost is often passed on to consumers. Drug companies invest vast sums of money in developing and testing new medications, and these expenses are factored into the final product's price. Unfortunately, these high development costs are disproportionately borne by individuals with diabetes, making it a major challenge for them to access the medications they need.

Pharmaceutical company practices, including pricing strategies and patent protections, also contribute to the soaring cost of diabetes medications. Some companies have been criticized for raising prices without apparent justification, and the lack of competition in the marketplace allows them to maintain high prices. Furthermore, patent protections often prevent more affordable generic versions of drugs from entering the market, further limiting choices for patients.

The complexity of the healthcare system in the United States adds another layer of confusion to the issue of medication costs. Insurance plans, copayments, and deductibles vary widely, making it challenging for individuals with diabetes to predict

their out-of-pocket expenses. This unpredictability leaves many struggling to budget for their medications, leading to skipped doses or medication non-adherence, which can exacerbate their condition and lead to more expensive complications.

To address the growing concern of diabetes medication costs, several potential solutions can be considered. Policymakers can work to promote transparency in drug pricing, enabling patients to make informed choices about their medications. Encouraging competition among pharmaceutical companies through patent reform and price controls could also help to lower costs.

Furthermore, expanding access to affordable healthcare for all, as seen in the implementation of universal healthcare systems in some countries, can alleviate the financial burden on patients with diabetes. These comprehensive healthcare systems often negotiate directly with drug companies, resulting in lower medication prices and ensuring that patients have access to necessary treatments.

On a personal level, individuals with diabetes can explore alternative ways to reduce medication costs, such as switching to generic medications, participating in assistance programs, or seeking out affordable healthcare options. It's crucial for patients to advocate for themselves and become informed about available resources.

In conclusion, the increasing cost of diabetes medications is a pressing issue that affects millions of individuals globally. While the causes of these rising costs are multifaceted, potential solutions exist at the policy and personal levels. By addressing the problem of diabetes medication costs, we can work towards ensuring that individuals with diabetes receive the treatments they need without being financially overwhelmed, ultimately improving their overall health and well-being.

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Apidra SoloStar	\$512.00	\$60.00	\$452.00
Basaglar	\$248.00	\$60.00	\$188.00
Cycloset	\$328.00	\$60.00	\$268.00
Farxiga	\$551.00	\$60.00	\$491.00
Fiasp	\$285.00	\$60.00	\$225.00
Fiasp FlexTouch	\$544.00	\$60.00	\$484.00
Glyxambi	\$577.00	\$60.00	\$517.00
Humalog	\$269.00	\$60.00	\$209.00
Humalog KwikPen	\$412.00	\$60.00	\$352.00
Humalog Mix 50/50	\$217.00	\$60.00	\$157.00
Humalog Mix 50/50 KwikPen	\$325.00	\$60.00	\$265.00
Humalog Mix 75/25 KwikPen	\$217.00	\$60.00	\$157.00
Humulin 70/30 KwikPen	\$506.00	\$60.00	\$446.00
Humulin R U-500	\$1,432.00	\$60.00	\$1,372.00
Humulin R U-500 KwikPen	\$556.00	\$60.00	\$496.00
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Janumet XR	\$533.00	\$60.00	\$473.00
Januvia	\$533.00	\$60.00	\$473.00
Jardiance	\$578.00	\$60.00	\$518.00
Jentadueto	\$460.00	\$60.00	\$400.00
Jentadueto XR	\$460.00	\$60.00	\$400.00
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Ozempic	\$907.00	\$60.00	\$847.00
Synjardy	\$579.00	\$60.00	\$519.00
Synjardy XR	\$579.00	\$60.00	\$519.00
Toujeo SoloStar	\$397.00	\$60.00	\$337.00
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AGING GRACEFULLY

7 STRATEGIES TO AVOID KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

Knee pain can be a debilitating condition that significantly impacts your quality of life. For many, the prospect of knee replacement surgery is a last resort. However, the good news is that there are numerous strategies you can employ to avoid knee replacement surgery and maintain your mobility and independence. In this article, we will explore seven effective ways to keep your knees healthy and strong as you age.

1. Maintain a Healthy Weight

One of the primary risk factors for knee problems is excess weight. Carrying extra pounds puts additional stress on your knee joints, leading to wear and tear over time. By maintaining a healthy weight, you can reduce the strain on your knees and decrease your risk of developing knee issues. A balanced diet and regular exercise are key components of weight management.

2. Stay Physically Active

Regular physical activity is essential for knee health. Low-impact exercises such as swimming, cycling, and walking can help strengthen the muscles that support your knees. Strong muscles provide better stability to the joint, reducing the risk of injury or damage.

3. Strengthen Your Muscles

Strong muscles around the knee joint are crucial for preventing knee problems. Focus on exercises that target the quadriceps, hamstrings, and calf muscles.

A physical therapist can help design a personalized strength training program to improve your knee stability.

4. Proper Footwear

Wearing appropriate footwear is often overlooked but plays a significant role in knee health. Ensure your shoes provide proper arch support and cushioning to reduce the impact on your knees. Consult with a podiatrist to find the right shoes for your specific needs.

5. Manage Knee Injuries Promptly

If you experience a knee injury, it's vital to address it promptly. Ignoring or downplaying knee injuries can lead to long-term damage. Consult a healthcare professional, such as an orthopedic specialist, to receive appropriate treatment and rehabilitation.

6. Physical Therapy and Alternative Treatments

Physical therapy can be highly effective in managing knee pain and avoiding surgery. Therapists can teach you exercises to improve mobility and reduce discomfort. Additionally, alternative treatments like acupuncture, chiropractic care, and massage therapy can provide relief for some individuals.

7. Anti-Inflammatory Diet and Supplements

Inflammation in the knee joint is a common source of pain and discomfort. An anti-inflammatory diet rich in fruits, vegetables, and omega-3 fatty acids can help reduce inflammation. Additionally, supplements like glucosamine and chondroitin have been found to support joint health in some studies.



While knee replacement surgery is a viable option for those with severe knee issues, there are several proactive steps you can take to avoid or delay it. Maintaining a healthy weight, staying active, strengthening your muscles, wearing proper footwear, and addressing injuries promptly are all crucial aspects of knee care. Furthermore, exploring alternative treatments and embracing an anti-inflammatory lifestyle can significantly improve your knee health.

Remember that prevention and early intervention are key in preserving your knees and maintaining your mobility as you age. By following these strategies, you can increase your chances of avoiding knee replacement surgery and continue to enjoy an active and pain-free life.

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By Dr. David S. Zomikoff

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

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

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

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

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



Many causes of neuropathy include diabetes, alcoholism, autoimmune disorders, infections, and exposure to toxins. It's essential to identify your neuropathy's underlying cause so we can develop an effective treatment plan. At our clinic we use a method developed by the Cancer Centers of America to eliminate your neuropathy. A protocol that has 23 published, peer reviewed white papers backing the science and technique. The current numbers reflect a 97% success rate when the protocol is followed. As a matter of fact, 80% of people are 40% improved in the first 90 days. Understand that you are almost 1/2 way back to normal in three months! This could be the biggest breakthrough in actually correcting the underlying problem of neuropathy. We do not focus on only treating the symptoms, once you correct the root cause of the problem you no longer have to deal with the symptoms.

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

At Natural Healing Arts Medical Center, our hybrid at-home/in-clinic program is designed for the patient to have the ability to treat themselves 75% at home, be educated from home, while coming into the office minimally, getting better clinical results with research-backed technologies. Combining neuropathy with other niches such as gut health, weight loss, knee pain, spinal degenerative conditions allow us to offer better clinical programs to our patients.

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

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

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

Natural Healing Arts Medical Center

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

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Unraveling the Intricate Connection Between Hearing Loss and Diabetes

By Dr. Noël Crosby, Au.D.

Hearing loss is a growing health concern that affects millions of people worldwide. Simultaneously, diabetes, a metabolic disorder, has reached epidemic proportions. What many may not realize is that these seemingly unrelated conditions share a significant link. In this article, we explore the intricate connection between hearing loss and diabetes.

The Prevalence of Diabetes and Hearing Loss

Diabetes, particularly Type 2 diabetes, has become alarmingly common. It is characterized by the body's inability to regulate blood sugar levels effectively. In recent years, research has illuminated a strong correlation between diabetes and hearing loss. Studies show that individuals with diabetes are more likely to experience hearing impairment compared to those without the condition.

The Role of Blood Sugar Control

One key factor in the relationship between diabetes and hearing loss is blood sugar control. High blood sugar levels can cause damage to blood vessels and nerves throughout the body, including those in the inner ear. The inner ear is responsible for translating sound vibrations into electrical signals that the brain can interpret. Damage to this delicate system can lead to hearing loss.

Inflammation and Oxidative Stress

Diabetes often triggers inflammation and oxidative stress throughout the body. These factors can have



a detrimental effect on the auditory system. Chronic inflammation and oxidative stress can damage the hair cells in the inner ear, which are vital for transmitting sound signals to the brain. As these cells deteriorate, hearing loss can occur.

Neuropathy and Hearing Loss

Diabetic neuropathy, a common complication of diabetes, can also contribute to hearing loss. This condition affects the nerves throughout the body, including those responsible for transmitting auditory information to the brain. When these nerves are damaged, it can lead to difficulty in hearing and understanding sounds.

Medications and Hearing Loss

Some medications used to manage diabetes may have side effects that affect hearing. While these cases are rare, it's essential to be aware of the potential risks. Individuals with diabetes should discuss their medication options with their healthcare providers, especially if they notice changes in their hearing.

Preventive Measures

Understanding the link between diabetes and hearing loss emphasizes the importance of diabetes management. Proper blood sugar control through diet, exercise, and medication can reduce the risk of hearing impairment. Regular hearing screenings are also advisable for individuals with diabetes to detect any issues early.

The connection between diabetes and hearing loss is a complex web of factors, including blood sugar control, inflammation, neuropathy, and medication side effects. Recognizing this link is crucial for individuals living with diabetes, as it highlights the importance of managing the condition effectively. Through proper diabetes management and regular hearing screenings, the risk of hearing loss can be minimized. Diabetes may impact various aspects of health, but with awareness and proactive care, its impact on hearing can be mitigated, ensuring a better quality of life for those affected.

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Revitalize Your Confidence and Wellness with Viora V-VR Radio Frequency:

A Solution for Urinary Incontinence and Vaginal Rejuvenation

Are you one of the countless individuals who struggle with urinary incontinence and are seeking to rejuvenate your pelvic health? Look no further than the revolutionary Viora V-VR Radio Frequency treatment. In this comprehensive article, we'll delve into how Viora V-VR is changing the landscape of pelvic floor tightening, addressing issues like urinary incontinence and offering a path to vaginal rejuvenation.

Understanding the Pelvic Floor

The pelvic floor, often referred to as the body's "suspension bridge," is a critical system of muscles, ligaments, and connective tissues that supports various organs, including the bladder and uterus. When this network becomes weakened or compromised, it can lead to a range of issues, including urinary incontinence and a decrease in vaginal tightness.

The Challenge of Urinary Incontinence

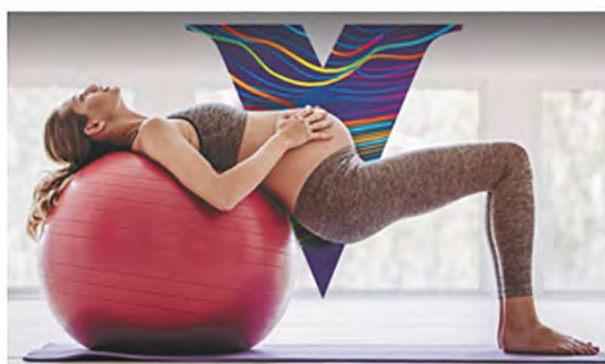
Urinary incontinence, a condition that affects millions of people worldwide, can be embarrassing and disruptive to daily life. Common causes include childbirth, aging, and hormonal changes. The good news is that modern medicine offers solutions beyond pads and lifestyle adjustments.

The Viora V-VR Advantage

Viora V-VR Radio Frequency is a state-of-the-art, non-invasive treatment designed to rejuvenate the pelvic floor. This innovative technology stimulates collagen production, tightens the tissues, and enhances overall pelvic health. Unlike traditional surgical procedures, V-VR offers a safer and more comfortable alternative.

How Viora V-VR Works

V-VR harnesses the power of radio frequency (RF) energy to target the deeper layers of the skin and underlying tissue. The RF energy gently heats the collagen-rich layers, stimulating collagen production and promoting tissue remodeling. This results in increased muscle tone and improved elasticity in the pelvic area.



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Benefits of V-VR Treatment

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- 2. Vaginal Rejuvenation:** Beyond addressing incontinence, V-VR also helps enhance vaginal tightness and sexual satisfaction, restoring self-confidence and comfort.
- 3. Non-Invasive and Painless:** V-VR is a non-surgical and virtually painless procedure with minimal downtime, making it a convenient choice for individuals with busy lifestyles.
- 4. Safe and Effective:** Backed by clinical research, V-VR offers a safe and effective solution for pelvic floor issues.

The Role of Yoga in Pelvic Health

To complement the benefits of Viora V-VR, we also offer yoga as an integral part of our holistic approach to pelvic health. Yoga is renowned for its ability to strengthen the pelvic floor, improve flexibility, and enhance overall well-being. Regular practice of specific yoga poses can help individuals manage urinary incontinence and maintain optimal pelvic health.

Viora V-VR Radio Frequency treatment is a game-changer for individuals looking to address urinary incontinence and achieve vaginal rejuvenation. With its non-invasive approach, safety, and proven effectiveness, V-VR offers a new lease on life for those struggling with pelvic floor issues. Additionally, our commitment to holistic wellness includes yoga, providing an all-encompassing solution to help you regain confidence and well-being.

Say goodbye to the discomfort of urinary incontinence and hello to a more vibrant and confident you with Viora V-VR.

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What's Your Diet?

By Pastor Roger P. Felipe

Weight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living

longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.



McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.



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Manatee Memorial Hospital, and their team of walkers from the Heart and Vascular Center, are celebrating the hospital's 70th anniversary. What better way to honor this platinum jubilee than by joining us at the **2023 Suncoast Heart Walk presented by the American Heart Association on Saturday, November 18 at Rossi Park along the Bradenton Riverwalk.**

We hope to see you there!



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Dr. Jared Collins



Dr. Daniel Friedman



Dr. Brian Holyk



Dr. Bruce Lipskind



Dr. S Jay Mathews



Dr. James Nguyen



Dr. Michelle Nguyen



Dr. Eugene Parent



Dr. Jeffrey Rossi



Dr. Jeffrey Rothfeld

For more information on the walk, visit SuncoastHeartWalk.org



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