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March 2024

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Complications of Vein Disease

By Dr. Lackey

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

Skin Changes

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

Phlebitis

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

Stages of Vein Disease



with fever and fatigue. If phlebitis extends far enough up the leg it can cause a clot in the deep veins, which is a risk for pulmonary embolism, which can be fatal.

Bleeding

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

Swelling

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

Skin Ulcers

One of the most challenging vein complications is a skin ulcer. This is an open sore resulting from trauma to the skin. Trauma and chronic vein disease results in skin breakdown where the area around the open sore becomes red, swollen, tender, and painful.

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

Blood Clots

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

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Advancements in Hip Replacement Surgery Give Patients Their Mobility Back

Hip arthritis is a common ailment that affects many Americans. After exhausting nonsurgical treatments without relief, many decide to have joint replacement surgery of the hip or knee to achieve and maintain an active lifestyle.



David Rubins, MD, BSME, FAAOS, orthopedic surgeon specializing in hip, knee, and shoulder replacements at Manatee Memorial Hospital, provides important information about hip replacement surgery and the benefits to patients.

What makes someone a good candidate for hip replacement surgery?

Individuals may be a good candidate for hip replacement surgery if they have hip pain that:

- Persists, despite pain medication, anti-inflammatory medications, physical therapy, or weight loss.
- Worsens with walking, even with the use of a cane or walker.
- Interferes with sleep.
- Persists in the groin or frontal thigh.
- Interferes with getting dressed.

What conditions can damage the hip joints?

- Osteoarthritis
- Rheumatoid arthritis
- Osteonecrosis

Can someone of any age have a hip replacement? When hip pain begins to interfere with activities and hobbies you enjoy, it makes sense to seek out an orthopedic surgeon who can help determine the available options. Hip replacements in younger patients have increased over the past 10 to 15 years, as the technology has advanced.

What are the types of hip replacement surgeries?

Traditional hip replacement involves making an incision on the side of the hip (lateral approach) or the back of the hip (posterior approach). Both techniques involve detachment of muscles and tendons from the hip in order to replace the joint.

Direct anterior hip replacement is a minimally invasive surgical technique. This approach involves a three- to four-inch incision on the front of the hip that allows the joint to be replaced by moving



muscles aside along their natural tissue planes, without detaching any tendons. This approach often results in quicker recovery, less pain, and more normal function after hip replacement. Because the tendons aren't detached from the hip during direct anterior hip replacement, hip precautions are typically not necessary. This allows patients to return to normal daily activities shortly after surgery with a reduced risk of dislocation.

Do patients go through physical therapy following surgery?

Many patients go home either the same day or the day after their joint replacement surgeries. Rehabilitation follows, and places great emphasis on functionality and post-hospital care. Some patients may need to go to a skilled nursing facility before they are ready to return home or may need to use home health services for additional assistance. Many patients progress from these services to outpatient physical therapy. The interdisciplinary healthcare team will help direct your plan for discharge.

Hip replacement surgery has come a long way since its beginnings, with advances improving both its safety and longevity. As technology continues to evolve, the future of hip replacements holds promise for even better outcomes, providing relief and improved quality of life for those suffering from debilitating hip joint conditions.

Manatee Memorial Hospital has earned The Joint Commission's Gold Seal of Approval® for Total Hip and Knee Replacement Certifications for a second time by demonstrating continuous compliance with its performance standards.

For more information on orthopedic surgery, visit manateememorial.com/ortho.



To make an appointment with a physician, call the Physician Referral Service at 941-708-8100.



Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you. 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.

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LET'S TALK ANKLE SPRAINS

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

A nkle sprains are common injuries that can affect people of all ages or fitness levels. The majority of the population has likely experienced an ankle sprain at one point. When a sprain occurs, most think "no big deal" and prematurely return to their usual routine only to sprain it again. This is a common phenomenon as most people do not seek treatment for ankle sprains, resulting in recurrent sprains or "weak ankles". Hopefully, understanding the potential consequences of ankle injuries will prompt more people to seek medical treatment sooner and prevent long-term consequences such as chronic ankle instability.

Causes of Ankle Sprains

An ankle sprain is defined as an injury to one or more of the ankle ligaments. Ligaments are band-like structures that connect one bone to another and hold joints together. Anyone can be affected including adults, children, athletes, and non-athletes. A sprain can be a result of physical activity, tripping/stepping wrong, direct, or indirect trauma. They often occur after a fall, sudden twist or trauma that forces the ankle joint out of its normal position. This commonly occurs during sports, wearing inappropriate shoes, walking, or running on uneven surfaces.

The severity of the sprain depends on whether the ankle ligament is stretched, partially torn, or completely torn as well as how many ankle ligaments were damaged. It's important to note that ankle sprains are not the same as strains, which affect muscles rather than ligaments.

Symptoms of Ankle Sprains

The symptoms of an ankle sprain can vary depending on the severity of the injury, but common symptoms include:

- Localized pain, especially when putting weight on the affected ankle
- Swelling and bruising
- Limited range of motion
- Instability or feeling like the ankle may give way



In more severe sprains, there may be a popping sound at the time of injury, and the pain and swelling may be more pronounced.

Risk Factors/Prevention

Prevention is always better than dealing with an injury. There are many preventative measures one can take to reduce the risk of an ankle sprain. When beginning a new exercise program, you want to always increase your activity gradually. Do not be a "weekend warrior". When engaging in physical activity, listen to your body. Muscles and ligaments become fatigued at or near the end of a vigorous activity. If you "push through" the fatigue rather than resting, you are more likely to experience injury. Always warm up prior to physical activity. Athletes who go right into vigorous activity without warming up, run a higher risk of ankle sprains and strains. Muscles and ligaments will remain tight, less flexibility and more prone to injury without a warmup period. Appropriate shoe gear is also essential. Shoe gear should be tailored to the specific sport you are engaging in and should not be worn down. Sports like basket, soccer and tennis involve jumping, quick changes in direction, side to side movement. These movements run a high risk of sprains, therefore you may consider taping or bracing the ankles to increase their stability if you engage in activities such as these.

Prompt Medical Attention

If you suffer an ankle injury, it is best to seek medical treatment early. Sometimes ankle fractures can be mistaken for a sprain. Ankle fractures require immediate treatment and can only be diagnosed with

radiographs. Additionally, untreated ankle sprains can lead to the development of chronic conditions such as ankle instability. A condition marked by chronic pain, weakness/instability of the ankle and a sense of the ankle "giving out". An appropriate rehabilitation program will need to start right away after the injury to prevent long term complications and possible requirement of surgery.

If you have suffered an ankle injury, contact your local foot and ankle specialist for more information and proper treatment.

Isin Mustafa, DPM, MSHS, DABPM, FACPM

Isin Mustafa, DPM, is a Podiatrist at Family Foot & Leg Centers in Sarasota, FL. She is a Fellow of the American College of Foot & Ankle Surgeons.

Call 239-430-3668 or visit www.NaplesPodiatrist.com to make an appointment. Visit FootHealthFacts.org to learn more about foot and ankle conditions.



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How to Read a Nutritional Label: A Guide to Making Informed Food Choices

Have you ever looked at a nutrition label on a food item and thought you were reading something in a foreign language? If so, you're not alone. Unfortunately, how to read nutrition labels isn't always the easiest to decipher. They offer a lot of information that is valuable to your diet and wellness goals, but if you don't know what you're looking at, it does you no good.

What Is A Nutrition Label?

The first step in learning how to read nutrition labels is knowing what exactly one is. A nutrition label is a label that the Food and Drug Administration requires to be on most packaged food and beverages. It provides nutrition information, including the number of calories, saturated fat, trans fat, sodium, and added sugars. In addition, it's broken down by nutrient per serving and indicates the serving size and the number of servings per package.

How To Read A Nutrition Label

Reading the nutrition facts on a label can sometimes pose a challenge. The label is usually divided into sections: serving information, calories, and nutrients with daily value percentages.

Serving Information

When looking at a nutrition facts label, you will typically see the number of servings in the package, followed by the single serving size. Serving sizes are usually broken into standard measurements, such as cups or pieces.

All the nutrient amounts you see below the serving size, including the calorie count, refer to the serving size. So, for example, if your serving size is one cup and it lists 100 calories, that's 100 calories for every cup you consume. Serving sizes are not the recommended consumption amount. It is just an easy metric amount to use and what most people typically eat or drink.

Calories

The next number on the nutritional label is the number of calories you get with each serving. Keeping track of calories is vital for managing your weight. Calories measure how much energy you



get from a serving. However, more calories and more energy are not always better for you. If you consume more calories than your body needs and you do not burn those calories, your body turns them into fat. The number of calories you need will vary depending on age, sex, height, weight, and physical activity level.

Nutrients

The biggest section you will see is the nutrients on the nutrition facts label. This section lists some of the main nutrients found in the item that can impact your health. These include dietary fiber, vitamin D, and calcium. However, it's important to note that not all the nutrients listed are good for you, nor do you always want higher values.

Saturated fat, added sugars, and sodium are "nutrients" often listed on nutrition labels that you want less of. These ingredients are usually associated with adverse health effects. They are linked to inflammation and multiple chronic diseases.

Percent Of Daily Value

The following section goes hand-in-hand with the nutrient section. The nutrient section tells you how much of a specific nutrient is in the food or beverage item. Next to that number is a percentage. That is the percent daily value (%DV). The percent daily value shows the amount of a nutrient per serving of a food that contributes to a total daily diet.

Two thousand calories a day is used as a general guide for nutrition advice. Simply put, the percent daily value helps you determine if a serving of food is high or low in a nutrient. It's an excellent tool to help you make dietary trade-offs throughout the day.

Nutrition Label Variations

Some packages that are slightly larger than a single serving and can either be consumed in one sitting or a couple of sittings, such as a bag of pretzels or a pint of ice cream, may provide a dual-column label. A dual-column label is precisely what it says, two columns with nutritional facts. One column indicates the amounts of calories and nutrients per serving, and the second column shows the nutrient facts per unit or entire package.

There Is No One-Size-Fits-All

Learning how to read nutrition labels is a helpful tool for maintaining a healthy diet. But it's important to understand that nutrition is not one-size-fits-all. Your nutritional needs are not the same as someone else. Nutrition labels are for reference and guidance only.

If you're worried about not getting the proper nutrients in your daily diet, contact your local VIPcare primary care provider, Dr. Gerardo Pedroza, at 941-271-7897. Dr. Pedroza can guide you in making the best decisions for your health and nutritional needs.



Gerardo Pedroza, M.D.

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ORTHOPEDIC SPECIALISTS RESPOND TO PICKLEBALL INTEREST

PREVENTION IS KEY | EXPERT CARE IS ESSENTIAL

Did you know that pickleball has become the fastest growing sport in the U.S.? It's a fun sport that requires low-impact aerobic exercise, and the fact that it requires four players makes it an enjoyable, social event. However, with all of this fun-filled activity, injuries are bound to happen. Orthopedic surgeons and sports medicine physicians often report that pickleball and other racket sports result in numerous injuries.

SOME OF THE MOST COMMON INJURIES ARE:

Wrist Injuries

Due to the constant torquing of the arm and wrist in pickleball, wrist injuries are common. Often these are tendonitis issues, which is where the tendons become inflamed and swell.

A wrist sprain happens when stretching or tearing of the ligament occurs. The wrist ligaments are strong bands of connective tissue that connect the end of the hand and wrist bones. Your wrist ligaments stabilize and support the joints. When injured in sports such as pickleball, the sport should be halted and avoided until you are healed. Stabilization, rest and anti-inflammatory medications often help patients recover within a few weeks.

Shoulder Injury

With pickleball, the shoulder is under a great deal of stress. Often, shoulder pain is due to small tears that occur in the rotator cuff. These tears can progress and may require conservative or surgical treatment. Overuse or injury that might dislocate the humerus bone from the socket can be a more severe diagnosis. With overuse or trauma, fractures or hairline fractures can occur in the bones that make up the shoulder. These will typically need to be stabilized in order to heal correctly. Arthritis can also exacerbate shoulder injury and pain.

Ankle Injuries

Ankle injuries are very common in individuals who play pickleball due to the ballistic motions and torquing in the ankle that cause instability and tears. Achilles's tendon tears and ruptures are an example of this type of injury.

Achilles Tendon Rupture

Although the Achilles tendon can withstand great stresses from running, twisting, and jumping, it is extremely vulnerable to injury. A rupture of the tendon is a tearing and separation of the tendon fibers, so that the tendon can no longer perform its normal function. It is a painful injury and often patients describe hearing a popping sound when it happens.



The Achilles tendon is the largest tendon in the body and connected to both the calf muscle and the heel bone and is a fibrous tissue that somewhat resembles twine. It is used when you walk, run, stand, jump, and is especially stressed when you move quickly from side to side. A rupture of the tendon is a tearing and separation of the tendon fibers, so that the tendon can no longer perform its normal function.

Knee Pain

We put constant strain on our knees daily. If you weigh 180 pounds, then 540 pounds of pressure are on your knee joints with every step. When you're doing ballistic or jumping movements the weight and wear and tear on the knees is exacerbated and can lead to pain, injury and osteoarthritis. If you have knee pain, take a break, and give your knees a rest. Wear knee braces or kinesiology tape if necessary, and if your knee pain doesn't get better, you need to see an orthopedic surgeon to alleviate any progressive injuries or wear and tear.

When the feet, ankles, and knees are injured, it's not uncommon for hip and back pain to follow due to the body's misalignment. Don't ignore your pain. Seek help from experienced, board certified and fellowship trained orthopedic surgeons and sports medicine physicians.

PREVENTING PICKLEBALL INJURIES:

Warm Up

Warming up your ankles, knees, hips, wrists, and shoulders is essential before playing pickleball. Taking a pre-pickleball walk is a great way to get your muscles warm. Additionally, doing a few gentle ballistic movements, such as jumping side to side and front to back, or doing an invisible jump rope for a few seconds before stretching can help.

Stretching

Doing rotational exercises and stretching will help to prevent injuries as well. After you are properly warmed up, stretching from your feet up to your neck are critical to avoid injury. Rotating the ankles, hips, wrists, and shoulders is helpful, as are deep runners stretches and side stretches to name a few.

Hydrate

Drinking plenty of water throughout the day is imperative to stay hydrated. If you are thirsty or parched during pickleball or any exercise, you were most likely dehydrated beforehand. Drinking before and after is essential to replenish fluids and electrolytes. Sports drinks and electrolyte enhanced water is important after sweating.

Protective Gear

Wearing supportive gear and clothing such as the correct footwear with good arch support and ankle support. Wearing back supports, knee or wrist braces are also especially important if you have any injuries or need to protect certain areas from reinjury.

To alleviate your pain and get you back to doing what you love, 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.

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Nourishing the Mind

The Crucial Role of Proper Nutrition in Mental Wellness

By Steven Stein, MD - Board-certified Psychiatrist

Proper nutrition can be an underemphasized but essential part of a balanced daily routine that improves, and even optimizes overall mental health. The foods we eat serve as fuel for our bodies and minds and can significantly impact our mood, cognition, and well-being. As we delve into the intricate connection between proper nutrition and mental well-being, it becomes evident that adopting a balanced and wholesome diet is a vital tool for nurturing a healthy and resilient mind and body.

The brain is the most complex organ we have that orchestrates our thoughts, emotions, and actions, and with that requires a constant supply of nutrients to function optimally. The standard American diet often is lacking essential nutrients and instead is high in processed foods, fats, and refined sugars, which unknowingly train the brain to crave more of these nutrient-poor foods. Key components of a well-rounded diet, such as omega-3 fatty acids, antioxidants, vitamins, and minerals, play crucial roles in supporting cognitive function and emotional stability. These are more often found in whole foods, fruits, vegetables, nuts, beans and legumes. For instance, omega-3 fatty acids found in fish, flaxseeds, and walnuts are known to enhance brain health, promoting better concentration and reducing the risk of mental health disorders.

Moreover, a balanced diet rich in antioxidants from fruits and vegetables helps protect the brain from inflammation, which can be damaging to the brain. These antioxidants neutralize free radicals, unstable molecules that can damage brain cells and contribute to cognitive decline. Incorporating a variety of colorful fruits and vegetables into your diet can fortify your mental resilience and promote long-term brain health. A 2019 study in *The American Journal of Clinical Nutrition* also identified that a diet rich in fruits and vegetables has an impact on reducing symptoms in those suffering with clinical depression.

Beyond specific nutrients, the overall composition of our diet can significantly impact mental wellness. Diets high in processed foods, saturated fats, and refined sugars have been linked to an increased risk of depression and anxiety. These dietary patterns not only lack essential nutrients, but also contribute to inflammation in the body, which has been associated with mental health disorders.



Conversely, adopting a Mediterranean-style diet characterized by an abundance of fruits, vegetables, whole grains, and lean proteins, has shown positive effects on mental well-being. The emphasis on these wholesome foods provides the body and brain with a diverse range of nutrients that support overall health, including mental health.

The gut-brain connection further underscores the importance of proper nutrition in mental wellness. The gut microbiome, a community of trillions of microorganisms residing in the digestive tract, plays a crucial role in regulating mood and cognitive function. A diet high in fiber, prebiotics, and probiotics supports a healthy gut microbiome, positively influencing neurotransmitter production and communication between the gut and brain.

Further education about the link between nutrition and mental health is paramount. Incorporating nutrition into mental health discussions can empower us to make informed choices that positively impact our overall well-being. Schools, workplaces, and health-care settings can play a crucial role in promoting nutrition education and creating environments that support healthy eating habits.

It's important to recognize that proper nutrition is not the universal remedy for mental health challenges, but rather one of many vital components included in a comprehensive approach, that when utilized synergistically, can empower individuals in their self-care, allowing for a more meaningful quality of life. Mental health involves a complex interplay of factors, including genetics, environment, and lifestyle that should not be discounted. Other important components of a well-balanced lifestyle include maintaining healthy and meaningful relationships, regular physical activity and exercise, sufficient sleep, healthy stress management practices, avoidance of illicit drugs and excessive alcohol, and in some individual cases, appropriate vitamins, supplements, talk therapy and psychotropic medications. While nutrition is a potent tool, it works synergistically with these and other aspects of self-care to realize the most meaningful state of overall health and well-being.

In conclusion, proper nutrition stands as a vital tool for mental wellness, which can influence cognitive function, emotional resilience, and improve or sometimes prevent

mental health problems. While proper diet is not enough, adopting a balanced and wholesome diet, rich in essential nutrients supports brain health, protects against oxidative stress, has the potential of reducing anxiety and depression and fosters a healthy gut-brain connection. Integrating nutrition education into various settings can empower individuals to make choices that positively impact their mental well-being. As we navigate the intricate relationship between food and the mind, it becomes clear that a holistic approach accomplished by nourishing the body, also nourishes the mind.

Steven Stein, MD

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

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

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

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GUARDING YOUR SKIN:

A Comprehensive Guide to Effective Skin Cancer Prevention

Skin cancer is a prevalent and potentially deadly condition that continues to affect millions of people worldwide. In recent years, the incidence of skin cancer has been on the rise, making it more crucial than ever to prioritize prevention strategies. This article aims to provide a comprehensive guide to safeguarding your skin against the harmful effects of ultraviolet (UV) radiation and minimizing the risk of skin cancer.

Understanding the Threat: Types of Skin Cancer

Before delving into prevention methods, it's essential to grasp the different types of skin cancer. The three primary types are basal cell carcinoma, squamous cell carcinoma, and melanoma. While basal and squamous cell carcinomas are more common and often treatable, melanoma is more aggressive and can spread rapidly. Knowing the types helps in tailoring prevention strategies to address specific risks associated with each.

Sunscreen as Your Shield

One of the most fundamental steps in preventing skin cancer is regular sunscreen application. Opt for a broad-spectrum sunscreen with at least SPF 30, and ensure it protects against both UVA and UVB rays. Apply generously to all exposed skin, even on cloudy days, and reapply every two hours, or more frequently if swimming or sweating. Sunscreen acts as a protective barrier, significantly reducing the risk of harmful UV radiation penetrating the skin.

Clothing Choices Matter

Beyond sunscreen, your choice of clothing plays a pivotal role in shielding your skin from the sun's harmful rays. Long-sleeved shirts, wide-brimmed hats, and sunglasses with UV protection are essential components of a sun-safe wardrobe. Darker, tightly woven fabrics provide better protection than lighter, loosely woven materials. By adopting sun-protective clothing, you create an additional layer of defense against UV exposure.

Seeking Shade Wisely

When outdoors, strategic use of shade can significantly contribute to skin cancer prevention. Limiting direct sun exposure, especially during peak hours between 10 a.m. and 4 p.m., helps minimize the risk of UV radiation. Utilize natural shade from trees or structures, or bring along



portable umbrellas or tents when spending extended periods outdoors. Combining shade with other preventive measures adds an extra layer of protection for your skin.

Regular Skin Examinations: Know Your Skin

Regular self-examinations are crucial for detecting any changes in your skin early on. Familiarize yourself with the moles, freckles, and birthmarks on your body, and take note of any alterations in size, shape, color, or texture. If you notice any suspicious changes or new growths, promptly consult a dermatologist for further evaluation. Early detection is key in successfully treating skin cancer, making self-examinations an integral part of prevention.

Avoiding Indoor Tanning

Indoor tanning beds and booths emit harmful UV radiation that can significantly increase the risk of skin cancer. In fact, the World Health Organization has classified them as Group 1 carcinogens, placing them in the same category as tobacco and asbestos. Opt for sunless tanning options if you desire a tan, as they do not expose your skin to harmful UV rays.

Hydration for Healthy Skin

Maintaining well-hydrated skin is another aspect of effective skin cancer prevention. Adequate hydration helps your skin remain supple and less prone to damage from the sun. Drink plenty of water throughout the day, especially in hot or dry climates, and use moisturizers to keep your skin hydrated. Healthy skin serves as a more robust barrier against environmental stressors, including UV radiation.

Collaborating with Healthcare Professionals

Regular check-ups with dermatologists are essential for maintaining skin health. These professionals can conduct thorough skin examinations, identify any suspicious lesions, and provide expert advice on personalized prevention strategies. Establishing a collaborative relationship with a dermatologist ensures that you stay informed about the latest developments in skin cancer prevention and receive guidance tailored to your individual risk factors.

Educational Initiatives for Community Impact

Preventing skin cancer extends beyond individual efforts; community-wide initiatives play a crucial role. Engage in educational programs and initiatives that raise awareness about the importance of sun safety and skin cancer prevention. Encourage the use of sunscreen, protective clothing, and regular skin examinations within your community to foster a collective commitment to skin health.

In conclusion, protecting your skin from the threat of skin cancer requires a multi-faceted approach. By incorporating sunscreen, appropriate clothing, shade, regular skin examinations, and avoiding indoor tanning, you create a robust defense against the harmful effects of UV radiation. Additionally, staying well-hydrated and collaborating with healthcare professionals for regular check-ups further enhances your skin cancer prevention efforts. Through individual commitment and community initiatives, we can collectively reduce the incidence of skin cancer and promote healthier, protected skin for all.

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A Holistic Approach to Boosting Nutrition During National Nutrition Month

In recent years, cannabidiol (CBD) has emerged as a potential game-changer in the realm of holistic health and wellness. While CBD is renowned for its therapeutic properties, one intriguing aspect gaining attention is its role in enhancing appetite. As we celebrate National Nutrition Month, exploring the link between CBD and appetite becomes particularly relevant in promoting a well-rounded approach to nutrition.

CBD, a non-psychoactive compound derived from the cannabis plant, interacts with the endocannabinoid system in the body. This system plays a crucial role in regulating various physiological processes, including appetite, mood, and sleep. Researchers are delving into how CBD influences these functions, offering potential benefits for those struggling with appetite issues.

One of the primary ways CBD may impact appetite is by interacting with CB1 receptors in the endocannabinoid system. These receptors are found in the brain and play a pivotal role in regulating hunger and satiety. Studies suggest that CBD can modulate the activity of these receptors, leading to potential improvements in appetite regulation.

For individuals facing challenges such as appetite suppression due to medical treatments or conditions, CBD could offer a natural and alternative approach. Cancer patients undergoing chemotherapy, for example, often experience a loss of appetite, impacting their overall nutritional intake. Preliminary research indicates that CBD may help stimulate appetite and mitigate the weight loss associated with these treatments.

Furthermore, for those dealing with stress-related appetite issues, CBD's anxiolytic (anxiety-reducing) properties may come into play. Stress and anxiety can lead to decreased appetite or unhealthy eating habits. CBD, by interacting with receptors in the brain associated with stress response, could potentially alleviate anxiety, thus indirectly promoting a healthier appetite.

National Nutrition Month emphasizes the importance of a balanced and nourishing diet. While CBD may assist in addressing appetite-related challenges, it is crucial to highlight the need for a



comprehensive approach to nutrition. CBD should not be viewed as a standalone solution but rather as a complementary element within a broader framework of healthy lifestyle choices.

Incorporating CBD into a wellness routine requires careful consideration of dosage and product quality. Consulting with a healthcare professional is paramount to ensure that CBD use aligns with an individual's specific health needs and goals, especially during National Nutrition Month, where the focus is on personalized and sustainable nutritional practices.

It's worth noting that CBD is available in various forms, including oils, capsules, and edibles. Choosing a delivery method depends on personal preferences and lifestyle factors. Additionally, opting for high-quality CBD products from reputable sources is essential to guarantee purity and potency.

As we navigate the landscape of CBD and appetite, it is vital to recognize that individual responses may vary. What works for one person might not have the same effect on another. Therefore, an informed and cautious approach is key, ensuring that CBD becomes a positive addition to an individual's holistic health journey.

In conclusion, CBD's potential role in enhancing appetite adds an intriguing dimension to the discussions surrounding National Nutrition Month. While the compound shows promise in addressing appetite-related challenges, it is crucial to emphasize

that a holistic approach to nutrition involves a combination of mindful eating, regular physical activity, and, when appropriate, the incorporation of complementary elements like CBD. As we celebrate the importance of nutrition, exploring innovative avenues like CBD underscores the dynamic nature of the evolving field of health and wellness.

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A New Hip, a New Lease on Life

Melissa Durham thought something was wrong when she had pain in her thigh and hip for over a year.

Durham, 48, of Ruskin, first thought she had pulled a muscle and started taking ibuprofen for the pain. Months passed, and she went from taking two a day to four twice a day.

"I was told by my primary care physician that it was from my long commute to work, so I started working from home a few days a week," she said. "After doing that for five months with no change, I figured I must have really hurt myself, so I started going to a chiropractor who told me it was sciatica and that I needed to stretch and work it out. I started going to a stretch facility to see if that would get the issue corrected, but after a month, it was only getting worse. I was to my breaking point by now, I was only 47, but I was walking like I was 90."

A consult with Dr. Rubins changed everything
Tired of feeling badly, Durham was referred to David Rubins, MD, BSME, FAAOS, an orthopedic surgeon at Manatee Memorial Hospital. Dr. Rubins has a special certification in adult reconstructive surgery, focusing on hip, knee and shoulder replacements.

During the consultation, an X-ray revealed Durham's hip joint was bone-on-bone and full of fluid. Dr. Rubins tried a steroid injection to reduce inflammation in the joint. That relieved pain for only about five days, and it was decided that hip replacement surgery would be the best option.

Successful surgery and rehabilitation

Last spring, Durham underwent a direct anterior hip replacement. After waking from surgery, she was so scared that it had not worked that she didn't even want to get up. "Once I put my feet on the floor and stood up, I started crying because there was no pain at all on either side," she says. "I started walking with a walker at first, but to be honest, I really didn't need it. I felt like I was 16 again and had no pain whatsoever. I was so happy that I just cried!"

Durham began rehabilitation the same day as surgery, and received home care, including nurse visits and therapy, for three weeks.



Highly recommend Manatee Memorial Hospital for orthopedic care

Durham cannot say enough good things about Dr. Rubins and the hospital staff. "I wish I could give a big hug to all the staff that took care of me during that time," she says. "From the staff at Manatee Orthopedics, including Dr. Rubins, Joy and Sherrie, to the staff at the hospital, from admissions, pre-op, post-op, anesthesia, PT, and the nurses on the ortho floor, everyone was so caring and took the time to make sure I was comfortable and understood everything that was going on."

To this day, Durham cannot believe how well the surgery went and how the pain was gone when she woke up. "Dr. Rubins had given me my life back," she says. "I don't know what I would have done had it not been for him taking the chance on a hip replacement for someone my age."



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Nurturing Eye Health During National Save Your Vision Month

George Skopis, M.D.

In March 2024, we embark on National Save Your Vision Month, a crucial annual observance that encourages individuals to prioritize eye health and adopt practices that safeguard their precious gift of sight. As we navigate the demands of the modern world, where screens dominate our daily lives and environmental stressors abound, taking proactive measures to maintain optimal vision becomes paramount.

Our eyes are the windows to the world, allowing us to witness its beauty, colors, and wonders. However, in the hustle and bustle of our fast-paced lives, it's easy to overlook the significance of eye health until problems arise. National Save Your Vision Month serves as a timely reminder to incorporate habits that promote and preserve visual well-being.

One of the key aspects of maintaining healthy eyes is regular eye examinations. Comprehensive eye exams not only assess vision acuity but also screen for a myriad of potential issues such as glaucoma, cataracts, and macular degeneration. In 2024, let's prioritize scheduling these examinations, ensuring that any underlying problems are detected early and addressed promptly.

Digital eye strain has become increasingly prevalent in our screen-centric society. With the majority of work, education, and entertainment occurring on digital devices, prolonged screen time can contribute to eye discomfort, fatigue, and headaches. This National Save Your Vision Month, consider implementing the 20-20-20 rule: every 20 minutes, take a 20-second break, and focus on something 20 feet away. This simple practice can alleviate strain and promote better eye health in the digital age.

The importance of proper nutrition in maintaining healthy eyes cannot be overstated. Nutrients like omega-3 fatty acids, lutein, zeaxanthin, and vitamins A, C, and E play crucial roles in supporting eye function. Include foods rich in these nutrients, such as leafy greens, fish, nuts, and colorful fruits, in your diet. Additionally, stay well-hydrated, as adequate water intake contributes to overall eye health.

In the spirit of National Save Your Vision Month, let's not forget the significance of protecting our eyes from harmful ultraviolet (UV) rays. Prolonged exposure to UV rays can lead to conditions like cataracts and macular degeneration. Invest in quality sunglasses that block both UVA and UVB rays, and make them a staple accessory when outdoors. This small yet impactful measure contributes to long-term eye health.

While physical well-being is crucial, mental health also plays a role in preserving vision. Stress and lack of sleep can contribute to eye strain and other visual issues. Prioritize self-care practices, including sufficient sleep and stress management techniques, to promote overall wellness and support your eyes in the process.

National Save Your Vision Month is an opportune time to reassess lifestyle choices that impact eye health. If you're a smoker, consider quitting, as smoking is a significant risk factor for various eye conditions, including macular degeneration and cataracts. By making positive lifestyle changes, you not only protect your vision but also enhance your overall health and well-being.

In conclusion, National Save Your Vision Month 2024 beckons us to embrace a holistic approach to eye health. From regular eye examinations to mindful digital habits, proper nutrition, UV protection, and overall well-being, the choices we make today can significantly impact our vision for years to come. Let's celebrate this observance by committing to the preservation of our sight, recognizing that the gift of vision is truly worth safeguarding.



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George Skopis, M.D., is a board-certified ophthalmologist and fellowship trained vitreoretinal surgeon. Dr. Skopis specializes in surgical and medical diseases of the retina and vitreous. He strives to utilize the most advanced

imaging, medical and surgical techniques to diagnose and treat patients. Dr. Skopis has expertise in age-related macular degeneration, diabetic retinopathy, retinal vascular occlusions, macular holes, macular pucker/epiretinal membranes, retinal detachments, proliferative vitreoretinopathy, and scleral fixated intra-ocular lenses.

Dr. Skopis grew up in Tarpon Springs, FL and graduated from Tarpon Springs High School. He received his Bachelor of Science Degree in Biology from The University of Florida where he graduated cum laude.

Dr. Skopis earned his medical degree from the FIU Herbert Wertheim College of Medicine in Miami, FL where he was elected to the prestigious Alpha Omega Alpha medical honors society for his academic achievement. While in medical school, Dr. Skopis received multiple teaching awards. He completed his internship in internal medicine at the Mount Sinai Medical Center in Miami Beach, FL where he was voted "intern of the year" by both his co-residents and hospital medical faculty. Dr. Skopis completed his ophthalmology residency at Georgetown University Hospital in Washington, DC where he served as chief resident. During residency, Dr. Skopis volunteered with the Prevention of Blindness Society of DC to perform glaucoma screening examinations and back-to-school eye exams for children in underserved communities. Following residency, he completed a 2 year fellowship in vitreoretinal surgery and medical retina at the combined Illinois Eye and Ear Infirmary of University of Illinois Chicago/University Retina program.

Dr. Skopis is board-certified by the American Board of Ophthalmology and is an active member in the American Academy of Ophthalmology, American Society of Retina Specialists, and Vit-Buckle Society. He has published manuscripts in peer-reviewed medical journals and authored multiple book chapters. During his time in fellowship he participated in clinical trials for the treatment of diabetic retinopathy, diabetic macular edema, retinal vascular occlusions, and age-related macular degeneration.

As a Florida native, Dr. Skopis is thrilled to return to southwest Florida and serve the community. He enjoys watching and playing soccer, cheering on the Florida Gators and grilling anything he can get his hands on. He is fluent in English and Greek.

Do You Need Assisted Living Or Another Level of Care?

Today's older adults have more levels of care to choose from than ever before, and while this variety helps ensure families can find a level of care that meets their needs, there is a lot to learn about each type.

In a Life Plan Community like Freedom Village of Bradenton, you'll find what is referred to as a continuum of care. It's an option that accommodates a senior's current needs while also planning for their future. Because multiple types of care are found on the same campus, residents can seamlessly transition from one type to another if their health changes.

Before you begin making calls and scheduling in-person visits to communities, it might be helpful to learn more about independent living, assisted living, memory care, skilled nursing, and short-term rehabilitation. And to compare assisted living, one of the most popular types of senior living, with other options.

WHAT IS ASSISTED LIVING?

An assisted living community is a senior living option many consider an ideal combination of support and independence. Each resident has their own private apartment or suite to call home that enables residents to maintain a sense of independence and to feel they are still in charge of their own life.

They do so, however, knowing the support of caregivers is nearby 24/7. The caregiving staff can assist with everything from taking a shower to helping with medication. Residents of an assisted living community generally require help with two or three activities of daily living (ADLs), as well as medication management support. This could include personal care tasks such as bathing, grooming, dressing, transferring, toileting, and continence care.

Other services and amenities usually found at an assisted living community are:

- Healthy, chef-inspired meals and snacks
- Transportation program for outings and appointments
- Personal laundry, linen changes, and housekeeping
- Wellness programs, daily activities, and community events
- Utilities, internet access, and cable
- On-site security and emergency call systems



For many, the most popular part of community living are life-enrichment activities. These can vary from one community to another but often include exercise classes, book clubs, art workshops, card groups, happy hours, movie nights, shopping trips, cultural outings and participating in volunteer projects.

WHAT'S THE DIFFERENCE BETWEEN ASSISTED LIVING AND OTHER TYPES OF SENIOR CARE?

The best way to understand how assisted living differs from other senior care options is to learn a little more about each one:

- **Independent living:** Older adults who are looking for maintenance-free living are often attracted to independent living communities. Instead of spending your days mowing the yard, making home repairs, or cleaning the gutters, you'll have time to socialize, travel, and enjoy life. It's a lifestyle that promotes choice, flexibility, and freedom. Independent living residents are generally more active and able to care for themselves than those in assisted living.
- **Skilled nursing:** While residents in an assisted living community typically require help with ADLs, seniors in a life plan community's skilled nursing center tend to have more complex medical needs. Licensed nurses are on-site around-the-clock to assist residents. Many also have nurse practitioners and physicians who oversee care. These residents still enjoy the same amenities as assisted living communities, such as nutritious meals, life enrichment programming, and support with personal care.
- **Memory care:** When a senior loved one has a diagnosis of Alzheimer's or another type of dementia, family caregivers face unique challenges with safety being a leading concern. Because judgment can become impaired, an older adult with dementia might not be safe alone. They may also experience episodes

of wandering from home, agitation, and increased anxiety. Even figuring out what meals to cook can be tough. In a memory care program, you'll find a secure environment designed to be peaceful and comforting. Activities are developed to work around disease-related losses, enabling the resident to feel successful and productive. Every aspect of these specialty programs is focused on protecting dignity.

• **Rehabilitation:** This type of care is short term and typically follows a hospital stay. If an older adult has had a serious illness or injury or a planned surgery, they may transition from the hospital to a rehabilitation center to continue their recovery. In addition to nursing staff, you will usually find physical, occupational, and speech therapists. The goal is to help the senior recuperate and return to whatever setting they call home, whether it is a private residence or an apartment in an independent or assisted living community.

If you are searching for care along the Gulf Coast of Florida, we invite you to consider attending this special luncheon at Freedom Village of Bradenton:

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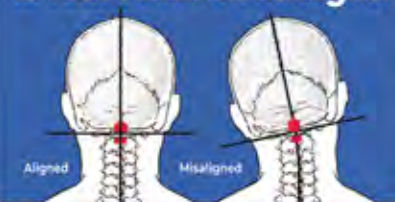
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APRIL: "PARKINSON'S DISEASE AWARENESS MONTH"

By Ramon A. Gil, M.D., Medical Director, Parkinson's Disease Treatment Center of SWFL

Dr. James Parkinson was born on April 11, 1765, in London, England. He was a highly educated man, who not only became a surgeon, but he was also a geologist, apothecary, paleontologist and a political activist. He was the author of "An Essay on the Shaking Palsy", published in 1817, describing the disease that many years ago received his name: "Parkinson's Disease". Honoring his birthday, we celebrate April as "Parkinson's Disease Awareness Month".

Back in the early 1990's, Dupont, makers of Sinemet and Sinemet CR, gave some of us a copy of its famous essay with a note that reads: "For those who search for ways to make life better for people living with Parkinson's Disease. A gift of appreciation". Those words continue to be a simple source of inspiration for many of us. Today, more than ever, we see the fruits of so many years of research leading to remarkable progress in this field, helping to enhance the quality of life of our PD patients and easing the load of the care partners.

Parkinson's Disease Treatment Center of SWFL, in association with the Charlotte County Medical Society proudly presents our 2024 Spring Symposium. It will be held on Friday, April 5th. Admission is FREE, but registration is strongly recommended, as seating is limited. Those attending the program will enjoy four interesting and educational presentations. I will open the program with a lecture to help you with the challenges of being hospitalized. Tips to help you how to survive your hospitalization will be shared with you and your care partners.

Sleep disturbances are part of PD. Sleep Apnea and REM Sleep Disorders (RBD) will be presented by Dr. Ernesto Eusebio, Sleep Medicine specialist from Lee Health. Untreated, Sleep Apnea will cause excessive daytime somnolence and tiredness, tends to worsen depression and most important it will accelerate cognitive decline leading to dementia. RBD (acting your dreams) is associated with injuries sometimes not just to you, but to your bedpartner.



We are delighted to have Dr. Jean Hubble with us. At this point she is a medical consultant, and she is a former medical director of the Parkinson's Disease Center of Excellence & Movement Disorders Clinic at the Ohio State University Medical Center. She has a vast experience in the pharmaceutical industry, since upon retirement from medical practice, she worked in the medical divisions of several companies, participating in the development of new drugs in the field of Neurology, particularly in movement disorders. She will review for us the history of treating PD, highlighting the great progress achieved over the past 5 decades.

Finally, Dr. Adolfo Ramirez Zamora, Associate Professor of Neurology, Program Director and Division Chief of Movement Disorders at the Norman Fixel Institute for Neurological Diseases at the University of Florida in Gainesville will present the surgical treatment of PD, illustrating who, why and when patients should consider surgery (deep brain stimulation) as part of the treatment of PD.

Let's celebrate the special birthday, let's all learn together. Let's quote Dr. Rana in our final line: "Those who fight Parkinson's with knowledge always find solutions."

Parkinson's Disease Treatment Center of SWFL in partnership with Charlotte County Medical Society proudly presents...

2024 SWFL Parkinson's Disease Spring Symposium

April: Parkinson's Awareness Month

Friday, April 5, 2024

**9:00 am to 3:00 pm • The Isles Yacht Club
1780 W. Marion Ave., Punta Gorda, FL**



Ramon A. Gil, M.D.

Diplomate, American Academy of Psychiatry and Neurology
Diplomate, American Board of Internal Medicine
Medical Director, Parkinson's Disease Treatment Center of SWFL

AGENDA

9:00 am to 9:45 am...Registration and Refreshments

9:45 am to 10:00 am...Opening Remarks

10:00 am to 11:00 am...Hospitalizations and PD
Ramon Gil, M.D., Parkinson's Disease Treatment Center of SWFL

11:00 am to 12 noon...Sleep Apnea and REM Sleep Behavior Disorder in PD,
Ernesto Eusebio Morales, M.D., Sleep Medicine Dept., Lee Health

12 noon to 12:45 pm...Lunch Break

12:45 pm to 1:45 pm...The History of Treating PD
Jean Hubble, M.D., former Medical Director of the Parkinson's Disease Center of Excellence & Movement Disorders Clinic, Ohio State University Medical Center

1:45 pm to 2:45 pm...Deep Brain Stimulation: Who, Why and When?
Adolfo Ramirez Zamora, M.D., Movement Disorders Program, UF, Gainesville

2:45 pm to 3:00 pm...Raffle and Closing Remarks



Parkinson's Disease Treatment Center
OF SOUTHWEST FLORIDA

**For more info or to register contact Jennifer at Dr. Gil's Office:
Phone (941) 743-4987 | Fax (941) 743-4486
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Parkinson's Disease Treatment Center of SWFL in partnership with Charlotte County Medical Society proudly presents...

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UNLOCKING RELIEF:

Botox Injections for Neck Tension in Easing TMJ, Tinnitus, and Headaches

By Dr. Jai Grewal

In today's fast-paced world, stress is often held in our bodies, particularly in the neck and shoulders. But what if there was a surprising solution to alleviate not just neck tension but also its ripple effects on common issues like TMJ, tinnitus, and headaches? Enter Botox, typically associated with cosmetic enhancements, now proving to be a game-changer in therapeutic relief.

The neck, a junction of intricate muscles, is a hotspot for tension accumulation. Stress, poor posture, or even physical injury can tighten these muscles, leading to chronic discomfort and triggering various related conditions. However, recent medical studies have uncovered the profound benefits of Botox injections in addressing these issues.

Botox, known for its ability to relax muscles by temporarily blocking nerve signals, has gained attention beyond its cosmetic realm. By strategically injecting Botox into specific points of the neck muscles, practitioners can alleviate tension and offer relief from conditions such as TMJ (temporomandibular joint disorder), tinnitus (ringing in the ears), and headaches, including migraines.

TMJ, often caused by jaw tension or misalignment, can be excruciating, affecting one's ability to chew, speak, or even open the mouth comfortably. Surprisingly, Botox injections into the neck muscles surrounding the jaw have shown promising results in easing TMJ symptoms by releasing the tension responsible for this discomfort, providing welcome relief for sufferers.

Moreover, tinnitus, characterized by persistent ringing or buzzing in the ears, can be associated with muscle tension in the neck. Botox injections, by relaxing these muscles, have displayed potential in reducing the severity or frequency of tinnitus symptoms, improving the overall quality of life for those affected.

The correlation between neck tension and headaches, particularly migraines, has long been acknowledged. Many migraine sufferers experience relief after receiving Botox injections targeted at the neck muscles. This treatment not



only alleviates existing pain but also diminishes the frequency and intensity of future migraines, offering a more sustainable solution than conventional medications.

However, as with any medical procedure, the efficacy and suitability of Botox injections for neck tension-related conditions should be discussed with a qualified healthcare professional. Individual responses to treatment may vary, and thorough evaluation by a specialist is crucial to determine the best approach for each patient.

It's essential to highlight that while Botox injections for neck tension-related issues show promise, they are not a cure-all. Lifestyle changes, physical therapy, and other complementary treatments may be recommended alongside or instead of Botox, depending on the individual's specific condition and needs.

In conclusion, the application of Botox beyond cosmetic enhancements has emerged as a beacon of hope for those battling neck tension-related ailments like TMJ, tinnitus, and headaches. Its ability to relax targeted muscles offers relief and improved quality of life for many, paving the way for a more holistic approach to addressing these common yet debilitating conditions. Consulting with healthcare professionals knowledgeable in this therapy can be a crucial step towards unlocking the relief and reclaiming comfort and well-being.

About Dr. Grewal

Dr. Jai Grewal is a board-certified neurologist specializing in the use of botulinum toxins (such as Botox®) for therapeutic and cosmetic uses. Dr. Grewal completed his neurology residency at the University of Texas, Southwestern in Dallas. He completed his fellowship in cancer neurology at the MD Anderson Cancer Center in Houston. As Dr. Grewal was training in therapeutic uses of Botox, he fell in love with the therapy because he noticed that it was helping patients with their mood and improving how patients felt about themselves. He has been using Botox for over 20 years for a range of FDA approved uses. He has administered over 250,000 units across various indications, and is considered one of the most experienced injectors in the area. He has experience with most botulinum toxins including Botox, Dysport®, Xeomin®, and Myobloc®. When appropriate, Dr. Grewal incorporates cutting edge technology such as infrared vein locators, ultrasound guidance, and EMG guidance to optimize patient outcomes and minimize side-effects and avoid bruising. Precision is at the core of Dr. Grewal's technique. Dr. Grewal also injects dermal filler (Juvederm and Restylane), Kybella for excess fat under the chin, as well as biostimulators (Sculptra and Radiesse). In addition to expertise in standard of care therapies, Dr. Grewal is an experienced researcher and has participated in over 40 clinical trials for various neurological conditions, and has authored over 50 publications. Dr. Grewal has held faculty appointments as an Assistant Professor of Neurology at Stony Brook University and at Hofstra University.

About the Clear Aesthetics Team

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POST-CONCUSSION SYNDROME

How Upper Cervical Chiropractic Can Help

By Dr. Drew Hall

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

Symptoms of Post Concussion Syndrome

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

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

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

How Upper Cervical Chiropractic Can Help

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

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



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

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

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

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

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

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



Dr. Drew Hall

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

By Dr. David S. Zamikoff

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

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

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

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



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

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

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

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

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

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

Natural Healing Arts Medical Center

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

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Multiple Sclerosis Awareness and Breakthrough Treatments

In 2023, Paragon Healthcare emerged as a beacon of hope, administering over 7,500 infusions of cutting-edge treatments for Multiple Sclerosis (MS) patients. This marked a pivotal moment in the ongoing battle against MS, shedding light on the importance of awareness and the strides made in medical advancements.

Multiple Sclerosis, a chronic autoimmune disease affecting the central nervous system, continues to pose challenges for those diagnosed. However, the year 2023 witnessed a remarkable surge in awareness campaigns, spearheaded by organizations like Paragon Healthcare, dedicated to transforming the lives of individuals grappling with this complex condition.

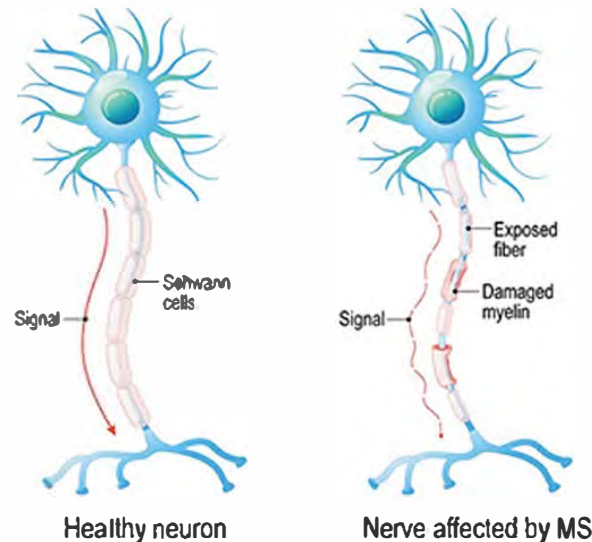
Paragon Healthcare's commitment to MS patients was underscored by the administration of various infusion therapies, including Briumvi, IVIG, Lemtrada, Ocrevus, Rituximab (and biosimilars), Steroids, and Tysabri. These treatments have proven instrumental in managing symptoms, slowing down disease progression, and improving the overall quality of life for MS patients.

Briumvi, a relatively new addition to the MS treatment arsenal, garnered attention for its innovative approach. Paragon Healthcare's administration of Briumvi infusions represented a significant leap forward in providing patients with more options for personalized care, offering a glimmer of optimism for those navigating the challenges of MS.

IVIG (Intravenous Immunoglobulin) infusions have long been a staple in MS treatment, showcasing their effectiveness in modulating the immune system and alleviating symptoms. Paragon Healthcare's dedication to administering these infusions exemplifies a commitment to holistic care and tailored treatment plans for each patient.

The infusion of Lemtrada, known for its disease-modifying capabilities, was another stride in the battle against MS. Paragon Healthcare's involvement in delivering Lemtrada infusions underscored the importance of staying at the forefront of medical advancements, ensuring that patients receive the most advanced and effective treatments available.

Multiple Sclerosis



Source: <https://www.ohsu.edu/brain-institute/understanding-multiple-sclerosis>

Ocrevus, a groundbreaking medication designed to target specific aspects of the immune system, found prominence in Paragon Healthcare's repertoire of MS treatments. Its infusion marked a turning point for patients, providing renewed hope and resilience in the face of a challenging disease.

Rituximab and its biosimilars, administered by Paragon Healthcare, showcased the continuous pursuit of precision medicine. Tailoring treatments to the individual needs of MS patients is essential in mitigating the complexities associated with the disease, and Rituximab infusions symbolized this commitment to personalized care.

Steroids, a conventional yet crucial component in managing acute MS relapses, were administered with precision and expertise by Paragon Healthcare. These infusions played a pivotal role in reducing inflammation and mitigating symptoms, contributing to the overall well-being of MS patients.

Tysabri, renowned for its efficacy in preventing relapses and disability progression in MS patients, further strengthened Paragon Healthcare's comprehensive approach to treatment. The administration of Tysabri infusions reflected a dedication to exploring diverse therapeutic options, ensuring that patients receive the most suitable interventions for their unique circumstances.

In conclusion, the year 2023 witnessed a transformative chapter in Multiple Sclerosis awareness and treatment, with Paragon Healthcare leading the charge. The administration of over 7,500 infusions underscored a commitment to personalized care, groundbreaking treatments, and unwavering support for MS patients. This collective effort serves as a beacon of hope, illuminating the path toward a future where the impact of Multiple Sclerosis is not only understood but effectively managed, offering a better quality of life for those affected by this complex condition.

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EMBRACING IV NUTRITION AND HYDRATION DURING NATIONAL NUTRITION MONTH

By Dr. Pamela Chapman, The Beauty and Wellness Institute

National Nutrition Month serves as a timely reminder for individuals to reevaluate their dietary habits and explore innovative approaches to nourish their bodies. In the pursuit of holistic well-being, an emerging trend gaining traction is the incorporation of Intravenous (IV) Nutrition and Hydration. This revolutionary method offers a direct and efficient way to replenish essential nutrients, providing numerous health benefits.

IV Nutrition and Hydration involve the infusion of a customized blend of vitamins, minerals, and fluids directly into the bloodstream. This method ensures optimal absorption, surpassing the limitations of traditional oral supplementation. As we delve into the significance of this approach during National Nutrition Month, it's crucial to understand the manifold advantages that come with embracing IV nutrition.

One of the primary benefits of IV nutrition is the rapid and direct delivery of nutrients to cells, bypassing the digestive system. This ensures maximum absorption, making it an ideal solution for individuals with malabsorption issues or those seeking quick recovery from nutrient deficiencies. By addressing nutritional gaps efficiently, IV nutrition contributes to enhanced energy levels, improved immune function, and overall vitality.

As we celebrate National Nutrition Month, the IV Membership program emerges as a beacon for those committed to prioritizing their well-being. This membership offers routine access to IV Nutrition and Hydration services at a discounted rate, making it a sustainable and cost-effective solution for long-term health maintenance. Members also enjoy additional perks such as Vitamin B12 injections and Glutathione injections, elevating the overall value of the program.

Vitamin B12, a crucial nutrient for neurological function and energy production, is a cornerstone of the IV Membership bonuses. Regular injections ensure optimal B12 levels, benefiting cognitive health, metabolism, and the nervous system. This aligns seamlessly with the ethos of National Nutrition Month, encouraging individuals to explore comprehensive approaches to fortify their health.



Glutathione, a potent antioxidant naturally produced by the body, is another valuable inclusion in the IV Membership bonuses. Known for its detoxifying properties, Glutathione plays a pivotal role in neutralizing free radicals and supporting the immune system. By integrating Glutathione injections into the membership, individuals receive an extra layer of defense against oxidative stress, aligning with the theme of National Nutrition Month.

Moreover, the IV Membership program promotes consistency in wellness routines. As we focus on nutrition this month, establishing healthy habits is paramount. The regularity offered by the membership encourages individuals to prioritize their health by incorporating IV nutrition into their routine, reinforcing the concept of sustained well-being.

National Nutrition Month emphasizes education and awareness about making informed food choices. IV Nutrition and Hydration, complemented by the IV Membership, aligns with this objective by providing a platform for individuals to actively engage in their nutritional well-being. The educational component of the membership ensures that participants are well-informed about the benefits of IV nutrition, empowering them to make conscious choices for their health.

In conclusion, as we celebrate National Nutrition Month, the spotlight on IV Nutrition and Hydration underscores a progressive shift towards personalized and efficient wellness practices. The IV Membership program emerges as a key player in promoting this trend, offering not only discounted access to IV services but also a range of bonuses

that elevate the overall health impact. By embracing IV nutrition, individuals can revitalize their health, bridging nutritional gaps and fostering a proactive approach to well-being throughout the year.

At **The Beauty and Wellness Institute**, Dr. Chapman offers Functional Medicine and Aesthetics services to help women feel beautiful inside and out. Board Certified in Family Medicine and trained in Functional Medicine through the Institute of Functional Medicine, Dr. Chapman has combined her passion for health, aesthetics and community into a practice bringing women together to enjoy dynamic, youthful lives. She focuses on underlying root causes of chronic illness and encourages a holistic approach to healing through extended one on one visits as well as group visits that can promote support and accountability. Trained in Aesthetics, she also offers non-surgical cosmetic procedures including Botox, Fillers, Kybella, HIFU for skin tightening and targeted fat reduction, Vaginal Rejuvenation, Laser Hair Removal, and more.



DR. PAMELA CHAPMAN

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OBESITY & MEDICALLY ASSISTED WEIGHT MANAGEMENT

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

World Health Organization Fast Facts on Obesity

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

Health effects from obesity

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

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



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

Combating obesity through medically assisted weight management

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

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

What Does a Medically Assisted Weight-Loss Program Monitor?

The best medically assisted weight loss programs monitor things like:

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

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

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

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

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

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

MRI Scan

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

Breast MRI

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

MRA

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



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

CT Scan

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

Ultrasound

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

Nuclear Medicine

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

Digital X-Ray & Fluoroscopy

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

3D Mammography

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

Bone Density/DEXA with TBS

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

PET Scan

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

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



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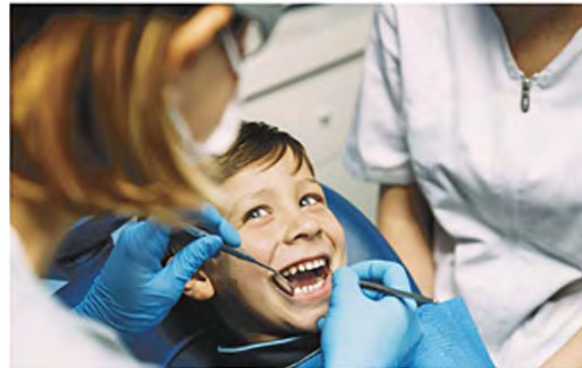
When Should I Take My Child to the Dentist?

By Dr. Amanda Rizner

One of the most common questions we receive from our patients is when to bring their child for their first dental visit. The American Academy of Pediatric Dentistry (AAPD) recommends a dental visit by their first birthday or within six months of the eruption of their first tooth. This may seem early, but it's a critical step in setting the stage for proper dental care from infancy through adolescence. The primary goal of this early visit is to establish a dental home for your child where they can receive ongoing preventive care and treatment as needed. It can also get them accustomed to a routine dental visit, which can help lessen anxiety in the upcoming years.

Another reason for early checkups is to monitor the development of the child's teeth and jaws. By seeing a dentist early, any potential issues can be identified and addressed promptly. This includes such common occurrences as tooth decay, improper bite alignment, and oral habits like thumb sucking or tongue thrusting. Early intervention can often prevent more significant problems from developing later. If the child is too small for the chair, the dentists will often perform a "knee-to-knee" exam for which allows the child to sit in the parents' lap for a more comfortable experience.

Early dental visits also allow the dental team to educate parents about proper oral hygiene practices for their children. Many parents may not be aware of the best ways to care for their child's teeth and gums, including how to clean their teeth effectively and what foods and drinks to avoid to prevent tooth



decay. Dentists can provide valuable guidance and resources to help parents establish good oral hygiene habits at home as soon as the first tooth erupts.

Regular checkups also allow dentists to apply preventive treatments such as fluoride varnish, hydroxyapatite varnish, or dental sealants, which can help protect your child's teeth from cavities. Dental sealants are thin plastic coatings applied to the chewing surfaces of the back teeth to seal off the deep grooves and pits where bacteria and food particles can become trapped.

What You Can Expect During the First Visit

During a child's first visit, the dental team will perform a knee-to-knee exam in order to look for any cavities as well as any issues with the surrounding tissue. The hygienist or dentist will then show both the parents and the child how to properly brush and care for those teeth, depending on what age and stage of development they are at. When a child's first tooth erupts, we recommend brushing before bed and after meals with

something as easy as a washcloth to prevent any debris from sticking and causing dental caries. Your dentist and hygienist can help explain what other instruments or products are useful for your particular situation.

Some infants may need to be seen by a dental specialist or pediatric dentist due to early lip and tongue ties. This is a congenital condition that occurs when the tissue connecting the lips or tongue to the gums or floor of the mouth, respectively, is unusually tight or thick. These conditions can impact an infant's ability to breastfeed effectively and can lead to various complications if left untreated.

Beyond the physical aspects of dental care, early dental visits also play a crucial role in shaping your child's attitudes and behaviors towards dental care. By establishing a positive and comfortable experience at the dentist from an early age, children are more likely to continue prioritizing their oral health as they grow older. This can help reduce dental anxiety and fear of the dentist, leading to better long-term oral health outcomes.

Overall, taking your child to the dentist early and regularly is essential for their oral health and overall well-being. By starting dental visits by their first birthday or within six months of the eruption of their first tooth, you can help ensure that your child receives the necessary preventive care, education, and support to maintain a healthy smile for life. Remember, good dental habits start early, and investing in your child's oral health now can pay dividends for years to come.

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Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

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

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

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

How does VAX-D work?

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



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

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

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

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

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

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

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

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

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

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Dr. Craig S. Aderholdt, BSc, DC



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

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

Dr. Aderholdt also holds certification in chiropractic adjunctive physiotherapy from New York Chiropractic College and completed extensive postgraduate training in therapeutic modalities at National-Lincoln School. He is a member of the Florida Chiropractic Association and American Chiropractic Association and is a certified VAX-D consultant. He was also voted a Bradenton Herald People's Choice Awards Winner for 2008, 2022 and is the Manatee Herald-Tribune Awards winner for 2015, 2016, 2017, 2020 and 2021 and Sarasota Herald-Tribune finalist for 2016, 2017, 2018, 2020, 2021, 2023 and winner in 2019.



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REVOLUTIONIZING HEARING: Unveiling the Earlens Hearing Aid

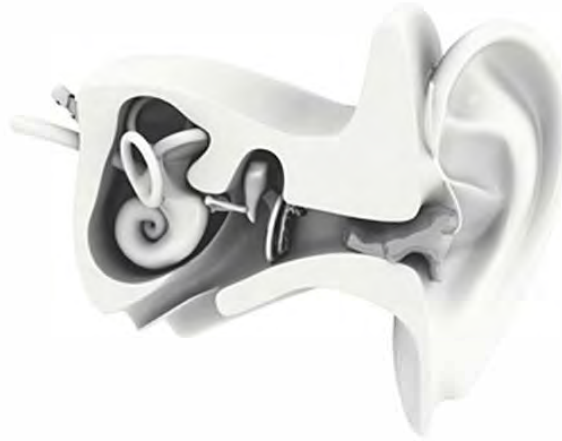
By Dr. Noël Crosby, Au.D.

In the realm of hearing aid technology, a groundbreaking innovation has emerged – the Earlens hearing aid. This cutting-edge device has set a new standard for addressing hearing loss, offering a unique and sophisticated solution that goes beyond traditional hearing aids.

The Earlens hearing aid distinguishes itself with its innovative approach to sound transmission. Unlike conventional hearing aids that use air conduction, the Earlens device utilizes light and a small lens to transmit sound directly to the eardrum. This novel technology marks a significant departure from traditional methods, providing wearers with a more natural and enhanced listening experience.

At the heart of the Earlens system is a tiny lens that rests on the eardrum. This lens receives sound signals converted into light pulses by a processor worn behind the ear. The light then stimulates the eardrum, transmitting the auditory signals directly to the inner ear. This process mimics the natural hearing mechanism, resulting in clearer and more accurate sound perception.

One of the key advantages of the Earlens hearing aid lies in its ability to deliver a broader frequency range. Traditional hearing aids may struggle to replicate high-frequency sounds, impacting the wearer's ability to comprehend speech or enjoy music fully. Earlens, with its direct delivery to the eardrum, overcomes these limitations, allowing wearers to experience a more comprehensive and nuanced auditory spectrum.



Moreover, the Earlens device offers improved feedback management. Many individuals using conventional hearing aids encounter issues such as whistling or squealing sounds caused by feedback loops. Earlens employs advanced technology to minimize these disturbances, ensuring a more comfortable and discreet hearing experience.

Comfort is another area where Earlens shines. Traditional hearing aids can be bulky and uncomfortable, causing irritation or soreness over prolonged use. Earlens, designed with wearer comfort in mind, boasts a discreet and lightweight profile, making it less obtrusive for daily wear.

Furthermore, the Earlens hearing aid is customizable to individual hearing needs. The device undergoes a thorough fitting process, including mapping the wearer's ear and conducting precise measurements. This personalized approach ensures optimal performance, tailoring the device to the wearer's unique hearing profile.

The impact of the Earlens hearing aid extends beyond functionality; it also addresses the social stigma often associated with hearing aids. The sleek and inconspicuous design of Earlens allows wearers to enjoy the benefits of improved hearing without drawing unnecessary attention. This not only enhances the wearer's confidence but also promotes a more positive perception of hearing aid technology in society.

As technology continues to advance, the Earlens hearing aid stands as a testament to the possibilities within the realm of hearing assistance. Its innovative use of light for sound transmission, coupled with a commitment to individualized comfort and performance, positions Earlens as a game-changer in the field of audiology. With the promise of a more natural listening experience, broader frequency range, and reduced feedback issues, the Earlens hearing aid is set to redefine the way we perceive and address hearing loss in the modern era.

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Urgent Care vs. Emergency Room for School and Sports-Related Injuries

By Alfonso L. Espinel, MD

In the realm of healthcare, understanding when to seek urgent care versus heading to the emergency room can make a significant difference in receiving prompt and appropriate treatment. This is particularly true when it comes to school and sports-related injuries, ranging from physical examinations to handling deep cuts, fractures, and more.

Understanding the Basics: Urgent Care and Emergency Room

Before delving into specific scenarios, it's crucial to distinguish between urgent care and the emergency room. Urgent care facilities are designed to handle non-life-threatening conditions that require immediate attention but fall short of being emergencies. On the other hand, emergency rooms are equipped to deal with severe, life-threatening situations.

Routine Physical Examinations: Urgent Care's Domain

For routine physical examinations, such as school or sports physicals, urgent care is often the more suitable option. These facilities are adept at providing quick and thorough exams, ensuring that students and athletes meet the necessary health criteria for participation. Urgent care offers convenience and timely service without the prolonged waits associated with emergency rooms.

Sports Injuries: Urgent Care First, Emergency Room for Severe Cases

In the case of sports injuries, the severity of the injury often dictates where to seek medical attention. Urgent care is well-equipped to handle common sports injuries like minor sprains, strains, and contusions. However, if the injury involves severe pain, dislocations, or signs of a more significant issue, heading to the emergency room is imperative. Prompt intervention in these cases can prevent further complications and expedite the recovery process.

Addressing Deep Cuts and Stitches: Urgent Care Expertise

When it comes to deep cuts and the need for stitches, urgent care is usually the optimal choice.



Urgent care centers have the resources to assess and treat lacerations promptly. From cleaning and disinfecting wounds to administering stitches, these facilities ensure a swift response. It's important to note that if the cut is excessively deep, affecting vital structures, or is associated with severe bleeding, heading to the emergency room becomes necessary for comprehensive care.

Fractures and Sprains: A Tale of Urgent Care and Emergency Room

Fractures and sprains often leave individuals grappling with the decision of where to seek medical attention. Urgent care is proficient in diagnosing and managing minor fractures and sprains, providing necessary splints or braces. However, if the injury involves a visible deformity, severe pain, or the potential for complications, the emergency room is the more appropriate choice. Emergency rooms can conduct comprehensive imaging studies and offer immediate interventions for complex fractures.

X-rays with Immediate Results: A Boon in Urgent Care

One notable advantage of urgent care facilities is their capability to conduct X-rays with immediate results. This proves invaluable in cases of suspected fractures or injuries requiring quick diagnostic confirmation. The swift availability of X-ray

results at urgent care centers facilitates prompt decision-making, allowing for timely initiation of the appropriate treatment.

EKG Testing: Emergency Room for Critical Cases

Electrocardiogram (EKG) testing is exclusively conducted in the emergency room for critical situations related to the heart. Nevertheless, our urgent care facilities offer this service for college athletes undergoing sports physicals and for individuals experiencing symptoms like chest discomfort, rapid heart rate, or other relevant physical issues where an EKG aids in accurate diagnosis. In cases of a suspected heart attack or true cardiac emergency, seeking care in an emergency room is the most appropriate course of action.

In conclusion, understanding when to opt for urgent care versus the emergency room is crucial for timely and effective healthcare. For routine physical examinations, sports injuries, and minor cuts or fractures, urgent care stands as a convenient and efficient choice. However, in cases of severe trauma, deep cuts, or suspected cardiac issues necessitating EKG testing, the emergency room is the definitive destination. Making informed decisions based on the nature and severity of the condition ensures that individuals receive the most appropriate care tailored to their specific needs.

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REVOLUTIONIZING KNEE PAIN RELIEF:

Exploring the Power of Regenerative Medicine and Non-Surgical Treatments

By Physicians Rehabilitation

In recent years, the field of regenerative medicine has emerged as a beacon of hope for those suffering from chronic knee pain, offering innovative alternatives to traditional surgical interventions. One such breakthrough in non-surgical treatments is the application of viscosupplementation and platelet-rich plasma (PRP) therapies.

Viscosupplementation involves injecting hyaluronic acid into the knee joint, aiming to enhance lubrication and reduce friction. Hyaluronic acid is a natural substance found in the synovial fluid, which acts as a lubricant and shock absorber in the joints. By supplementing the joint with this viscous fluid, patients experience improved mobility and diminished pain, often delaying or eliminating the need for surgery.

Platelet-rich plasma therapy, on the other hand, harnesses the body's own healing capabilities. This treatment involves drawing a small sample of the patient's blood, processing it to concentrate platelets, growth factors, and other bioactive components, and then injecting it into the affected knee. The concentrated platelets stimulate tissue regeneration and repair, promoting healing in the damaged joint. This non-invasive approach not only addresses knee pain but also accelerates the body's natural healing processes.

These regenerative therapies signify a paradigm shift in the approach to knee pain, providing patients with effective alternatives to surgery.



Unlike traditional treatments that often focus on symptom management, regenerative medicine aims to address the underlying causes of knee pain and promote long-term healing.

Beyond the medical realm, the economic and lifestyle benefits of non-surgical interventions cannot be overstated. Patients undergoing viscosupplementation and PRP treatments typically experience shorter recovery times, enabling them to return to their daily activities sooner than those opting for surgery. This not only reduces the financial burden associated with prolonged recovery but also enhances the overall quality of life for individuals grappling with knee pain.

Moreover, these non-surgical approaches carry fewer risks and complications compared to invasive procedures. The avoidance of surgery-related complications, such as infections or prolonged rehabilitation, contributes to a safer and more patient-friendly treatment landscape. This makes regenerative medicine an attractive option for those who may be hesitant to undergo surgical interventions or are not suitable candidates for such procedures.

As research in regenerative medicine advances, the synergy between viscosupplementation and PRP therapies continues to show promise in treating a spectrum of knee conditions, including osteoarthritis and ligament injuries. The personalized nature of these treatments, tailored to individual patient needs, underscores the versatility and adaptability of regenerative medicine in addressing diverse knee pain scenarios.

In conclusion, the integration of regenerative medicine, specifically viscosupplementation and platelet-rich plasma therapies, has ushered in a new era in the management of knee pain. By offering non-surgical alternatives that focus on promoting healing and addressing the root causes of pain, these treatments provide a beacon of hope for those seeking effective, safe, and patient-centric solutions. As we embrace the transformative potential of regenerative medicine, we pave the way for a future where knee pain can be managed with precision, compassion, and a commitment to enhancing the overall well-being of individuals.

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We are a leading provider of nonsurgical orthopedic solutions in Florida. We cater to patients of all ages and lifestyles who are at their wit's end with symptoms of osteoarthritis and other debilitating joint conditions. If you're ready to find meaningful relief from your knee pain, we encourage you to consult with our board-certified physicians about your nonsurgical treatment options – even if other doctors have told you that surgery is the only answer.

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Navigating Nutritional Wellness:

A Guide for Individuals with Chronic Kidney Disease During National Nutrition Month

National Nutrition Month serves as a timely reminder for everyone to focus on their dietary choices and overall health. For individuals grappling with chronic kidney disease (CKD), this observance holds even greater significance. CKD necessitates a nuanced approach to nutrition, and understanding how to make informed dietary decisions is crucial for managing the condition effectively.

One of the primary considerations for those with CKD is controlling the intake of certain nutrients, especially phosphorus and potassium. High levels of these minerals can pose challenges for kidney function. National Nutrition Month provides an opportune moment to explore low-phosphorus and low-potassium food options, aiding individuals in crafting a kidney-friendly diet that promotes overall well-being.

Protein consumption is another critical aspect for those with CKD. Balancing protein intake is essential, as too little can lead to malnutrition, while excessive protein can strain the kidneys. National Nutrition Month offers a chance to spotlight lean protein sources such as fish, poultry, and plant-based proteins, empowering individuals with CKD to make informed choices that align with their health goals.

Hydration is paramount for kidney health. Adequate fluid intake helps flush out waste products from the body, easing the burden on the kidneys. During National Nutrition Month, individuals with CKD can focus on incorporating beverages like water, herbal teas, and limited amounts of juice into their daily routine, promoting optimal hydration and supporting kidney function.

The importance of portion control cannot be overstated for individuals managing CKD. National Nutrition Month encourages mindfulness about serving sizes, aiding those with CKD in preventing overconsumption of nutrients that may strain their kidneys. Emphasizing a balanced plate with a variety of colorful fruits and vegetables ensures a well-rounded diet that aligns with both the principles of National Nutrition Month and CKD management.



Educational resources play a vital role in empowering individuals with CKD to make informed dietary decisions. National Nutrition Month serves as a platform for raising awareness about the nutritional needs of those with CKD, fostering a community of support and providing access to reliable information that can enhance their well-being.

Moreover, adopting a personalized approach to nutrition is key for individuals with CKD. National Nutrition Month offers an ideal opportunity for healthcare professionals, dietitians, and individuals to collaborate in creating tailored dietary plans. This personalized guidance can address specific nutritional needs, ensuring that individuals with CKD receive the support necessary to navigate their dietary journey successfully.

In conclusion, National Nutrition Month serves as a timely and significant occasion for individuals with chronic kidney disease to prioritize their health through informed dietary choices. By focusing on low-phosphorus and low-potassium options, balancing protein intake, maintaining proper hydration, practicing portion control, and accessing educational resources, individuals with CKD can actively contribute to their overall well-being. This collaborative effort, involving healthcare professionals and the community, underscores the importance of National Nutrition Month as a catalyst for positive change in the lives of those managing chronic kidney disease.

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Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do NEED friends.

Solomon, the wisest man that ever lived said, "As iron sharpens iron, so one person sharpens another." Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, "A man who has friends must himself be friendly..." Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."

You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

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(From Left) Gregory Farino, MD; Samuel Thomas, DO; Raghu Pulluru, MD; and David Rubins, MD

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