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May 2024

Manatee/Sarasota Edition - Monthly

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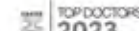
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★ Attended the University of Florida before graduating in 1983 from Palmer College of Chiropractic in Iowa

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# Varicose Veins vs. Spider Veins

By Dr. Lackey

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

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

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

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

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

However, when veins don't function properly, it can cause blood to collect inside your veins. When this happens, the blood pushes



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up against the walls within your vein, creating pressure weakening the vessel wall. Ultimately, this pressure is what causes veins to twist and bulge.

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

### Treatment Options for Vein Disease

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

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

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

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

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

Florida Lakes Vein Center offers convenient appointments in our Lakewood Ranch office Tuesday & Thursday 8am-5pm, Friday 8am-3pm. Call **941.866.8989** to schedule your *free vein screening*.



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# Recognizing the Warning Signs of Possible Stroke

**W**hen it comes to a stroke, it is crucial to recognize the warning signs and act swiftly. A stroke occurs when the blood supply to the brain is disrupted, either by a blood clot blocking an artery (ischemic stroke) or when a blood vessel bursts (hemorrhagic stroke). Immediate medical attention is essential to minimize damage and improve the chances of recovery.



**Ralph Gonzalez, MD**, a neurologist at Manatee Memorial Hospital, identifies six warning signs of stroke to help you recognize and respond promptly in the case of an emergency.

- 1. Sudden Weakness or Numbness:** One of the most common signs of stroke is sudden weakness or numbness, especially on one side of the body. This can manifest as drooping of the face, weakness in an arm or leg, or difficulty in moving one side of the body.
- 2. Trouble Speaking or Understanding Speech:** Stroke can affect speech and language abilities. Individuals may experience slurred speech, difficulty

in finding the right words, or confusion when trying to understand others.

**3. Vision Problems:** Blurred vision or sudden loss of vision in one or both eyes can be indicative of a stroke. Some people may also experience double vision or difficulty in seeing clearly.

**4. Severe Headache:** A sudden and severe headache, often described as the worst headache of one's life, can be a warning sign of a stroke, especially if it occurs without any apparent cause.

**5. Dizziness or Loss of Balance:** Stroke can cause sudden dizziness, loss of balance, or coordination difficulties, making it challenging to walk or stand steadily.

**6. Trouble Walking:** Difficulty walking or sudden loss of coordination, similar to that of intoxication, can be a sign of stroke. Individuals may stumble, feel unsteady, or struggle to maintain their balance.

**Think B.E.F.A.S.T.**

Recognizing the signs of stroke and acting swiftly is crucial for minimizing brain damage and improving outcomes.

- **Balance:** Is the person experiencing dizziness or having trouble walking?
- **Eye:** Is the person having trouble seeing in one or both eyes?
- **Face Drooping:** Ask the person to smile. Is one side of their face drooping?
- **Arm Weakness:** Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- **Time to Call 911:** If you observe any of these signs, it's time to call 911 immediately.

Time lost is brain lost. Stroke is a medical emergency, and every minute counts. Quick action can make a significant difference in the outcome and quality of life for someone who is experiencing a stroke. Educate yourself and others about the warning signs, and remember, acting fast can save lives.

At the Stroke and Cerebrovascular Center at Manatee Memorial Hospital, stroke patients receive specially designed services and treatments which focus on prevention and intervention, as well as rehabilitation and education.

## SPOT A STROKE

LEARN THE WARNING SIGNS AND ACT FAST

B

BALANCE

LOSS OF BALANCE, HEADACHE OR DIZZINESS

E

EYES

BLURRED VISION

F

FACE

ONE SIDE OF THE FACE IS DROOPING

A

ARMS

ARM OR LEG WEAKNESS

S

SPEECH

SPEECH DIFFICULTY

T

TIME

TIME TO CALL FOR AMBULANCE IMMEDIATELY

## CALL 911 IMMEDIATELY

For more information, visit [manateememorial.com/stroke](http://manateememorial.com/stroke)



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

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# AVOID WEIGHT GAIN WHEN QUITTING TOBACCO

**W**hen tobacco users set out to quit using tobacco, they may be faced with the obstacle of weight gain. Although it is possible to gain weight when you quit, it is not inevitable. There are many things you can do to keep the weight gain in check.

When an individual quits tobacco, there may be a slight change in metabolism – how fast the body burns calories. Nicotine in tobacco products is an appetite suppressant which means individuals may feel hungrier when they quit. Food is also going to smell and taste better as the tar that coats the nasal cavity and taste buds starts to break down. Lastly, some individuals may want to eat to keep from using tobacco.

Check out these tips for managing weight gain when you quit:

#### Pay attention to your plate:

- Eat plenty of fruits and vegetables.
- Choose fat-free or low-fat snacks like pretzels.
- Use sugar-free hard candy as an alternative to tobacco.
- Choose foods low in sodium, trans fat and added sugar. Read food labels and choose healthful options.
- Drink lots of water!

#### Incorporate physical activity:

- Physical activity helps to release stress.
- Physical activity can help control your appetite.
- Being active can improve your mood.
- Physical activity burns calories and can help you lose weight if you take in fewer calories than you use up.

#### Find other activities to stay busy or prevent boredom:

- Play with a pencil, stress ball, paper clip or marbles.
- Munch on carrots, apples, celery and sugarless gum.
- Brush your teeth often and keep a fresh taste in your mouth.
- Keep your hands busy — wash the car, garden, knit, do crossword puzzles, write letters, cook.
- Try a new sport.

So, if you are avoiding quitting smoking for good because you are afraid of weight gain, do not let it get in the way of kicking the habit to the curb once and for all! The most important thing you need to remember is that tobacco does not make you thin and quitting does not make you fat. Focus on what you will “gain” when you quit – a healthier body and outlook.



Help quitting tobacco is free! Gulfcoast South Area Health Education Center (GSAHEC), as part of the Group Quit option of Tobacco Free Florida's Quit Your Way program—offers free group quit sessions to help someone quit all forms of tobacco. These group sessions held virtually and in-person, provide information about the benefits of quitting, managing stress and triggers, and will assist you with developing your own customized quit plan. **Free** nicotine replacement therapy in the form of patches, gum, or lozenges (if medically appropriate and while supplies last) is provided with the session. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist. Contact us today at **866-534-7909** or visit [www.tobaccofreeflorida.com/groupquitcalendar](http://www.tobaccofreeflorida.com/groupquitcalendar) to schedule a class or learn more about the program!

#### References:

1. How can I avoid weight gain when I stop smoking? American Heart Association, [http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/YourNon-SmokingLife/How-Can-I-Avoid-Weight-Gain-When-I-Stop-Smoking\\_UCM\\_307852\\_Article.jsp#.V2gwNNjBYU](http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/YourNon-SmokingLife/How-Can-I-Avoid-Weight-Gain-When-I-Stop-Smoking_UCM_307852_Article.jsp#.V2gwNNjBYU). Accessed June 20, 2016.



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# ESSENTIAL FOOT CARE TIPS FOR HEALTHY FEET AND HAPPY BEACH DAYS

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

**A**s temperatures rise in Southwest Florida, millions of Americans will be heading to our beautiful beaches. Beach days translate into watersports, playing or walking in the sand, and lots of sunshine. While enjoying the sand and surf, it's important not to neglect the health of our feet. The combination of hot sand, rough terrain, and exposure to the elements can lead to various foot problems if proper care is not taken.

## HERE ARE SOME ESSENTIAL TIPS FOR KEEPING YOUR FEET HEALTHY DURING YOUR BEACH DAYS:

**Proper Footwear:** Choose footwear that provides adequate protection for your feet, such as water shoes or sandals with good arch support. Avoid going barefoot, as this can expose your feet to sharp objects, hot surfaces, and bacteria.

**Sun Protection:** Just like the rest of your body, your feet need protection from the sun's harmful rays. Apply sunscreen to the tops and bottoms of your feet, and reapply regularly, especially after swimming.

**Hydration:** Dehydration can lead to dry, cracked skin on your feet. Make sure to drink plenty of water throughout the day to keep your skin hydrated and healthy.

**Foot Care:** After a day at the beach, rinse your feet with clean water to remove sand and salt. Dry them thoroughly, especially between the toes, to prevent fungal infections. Moisturize your feet regularly to keep the skin soft and prevent dryness.

**Watch for Signs of Trouble:** Pay attention to any changes in your feet, such as redness, swelling, or pain. These could be signs of a foot injury or infection and should be addressed promptly.

By following these simple tips, you can ensure that your feet stay healthy and happy during your beach days. Remember, taking care of your feet is essential for overall health and well-being. So, lather on the sunscreen, slip on your sandals, and enjoy the sun and surf while keeping your feet in top shape.

If you experience injuries, schedule an appointment with your local foot and ankle specialist. A prompt response can reduce any possible complications.



**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](http://www.NaplesPodiatrist.com) to make an appointment. Visit [FootHealthFacts.org](http://FootHealthFacts.org) to learn more about foot and ankle conditions.



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# Breakthrough Treatments for Peripheral Neuropathy

**P**eripheral neuropathy (PN) is a condition characterized by damage to the peripheral nerves outside the brain and spinal cord, especially in the feet and hands. These nerves transmit signals between the body and the central nervous system, controlling movement, sensation, and organ function.

There are over 100 causes of Peripheral Neuropathy; the most common include:

**1. Diabetes:** High blood sugar levels can damage the nerves over time, leading to numbness, tingling, and burning sensations, typically starting in the feet and gradually progressing up the legs and into the hands.

**2. Trauma or Injury:** Physical trauma, such as car accidents, falls, or sports injuries, can directly damage peripheral nerves and result in neuropathy. The extent of nerve damage and resulting symptoms can vary depending on the severity of the injury.

**3. Toxicity-Related Neuropathy:** Certain medications used in chemotherapy can cause peripheral neuropathy as a side effect. This can damage the nerves and cause symptoms such as numbness, tingling, and weakness in the hands and feet, which can significantly impact the quality of life. Other drugs, such as statins, can cause neuropathy. Statins reduce the fats that build up in your arteries, but they also reduce the fatty myelin sheath of the nerves, which will cause the nerve to die.

The symptoms of peripheral neuropathy can vary depending on the type of nerves affected and the underlying cause. Common symptoms may include:

- Numbness or tingling in the hands or feet
- Burning or shooting pain, often described as pins and needles
- Muscle weakness or difficulty moving the affected limbs
- Sensitivity to touch or temperature changes
- Loss of coordination and balance

These symptoms can range from mild to severe and will worsen over time if left untreated. It's essential for individuals experiencing symptoms of peripheral neuropathy to seek medical attention for proper diagnosis and management. Neuropathy is a progressive degenerative disease, meaning it continues to get worse over time.

Treatments for peripheral neuropathy can include:

**1. Neuro-Electrical Treatment:** These FDA-approved medical devices are designed to repair and regenerate damaged nerves in individuals suffering from peripheral neuropathy. It works by delivering electrical impulses to stimulate the nerves and promote healing. Clinical studies have shown promising results in reducing pain and improving nerve function in patients with peripheral neuropathy.

**2. Red Light Therapy:** Red light therapy, also known as low-level laser therapy (LLLT), is a non-invasive treatment that uses specific wavelengths of light to stimulate cellular repair and reduce inflammation. Research suggests that red light therapy may effectively relieve peripheral neuropathy symptoms by improving nerve function and reducing pain. A study published in the Journal of Diabetes Research found that red light therapy significantly reduced pain and improved nerve function in diabetic patients with peripheral neuropathy.

**3. Vasodilator Supplements:** Vasodilators widen blood vessels, which improves blood flow and oxygen delivery to tissues. Some vasodilator supplements can increase nitric oxide levels in the body, which help dilate blood vessels. Improved blood flow can alleviate peripheral neuropathy symptoms by enhancing nerve function and promoting tissue repair.

It's important to note that while these treatments may offer relief for some individuals with peripheral neuropathy, they may not be effective for everyone. In most individuals, just doing one of the above treatments may not be enough to receive a therapeutic benefit. Neuropathy is a complex disease that requires a multi-faceted approach.



***Patient Testimony:** Bill Watrous had suffered from pain, numbness, and tingling as a result of peripheral neuropathy for several years. His symptoms were getting worse. After receiving the multifaceted neuropathy treatment at Renewed Life Wellness Center, Bill claims, "My neuropathy symptoms haven't gotten worse; they have only gotten better, thanks to Renewed Life Wellness Center with Dr. Carle."*

*Treatments such as the neuro-electrical device, red light therapy, and vasodilator supplements show promise to relieve symptoms and promote nerve regeneration in individuals with peripheral neuropathy. However, individual responses to these treatments may vary, and consultation with a healthcare provider is recommended for personalized treatment recommendations.*



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Presented by:  
**Dr. Kenneth Carle**  
Chiropractic Physician





# The Healing Power of Journaling: A Journey to Mental and Emotional Wellness

Gerardo Pedroza, M.D.

In the hustle and bustle of everyday life, it's easy to feel overwhelmed, stressed, and disconnected from our inner selves. Amidst this chaos, finding a sanctuary for our thoughts and emotions becomes crucial for maintaining overall well-being. Enter journaling – a simple yet profoundly effective tool that offers many health benefits for the mind, body, and soul.

**Mental Clarity and Emotional Release** - Journaling serves as a safe space where you can pour out your thoughts, fears, dreams, and frustrations without fear of judgment or repercussion. Putting pen to paper allows you to untangle the web of thoughts swirling in your mind, bringing clarity to your emotions and experiences. By externalizing your internal dialogue, you gain perspective and insight into your own thought patterns and behaviors, empowering you to make positive changes in your life.

Journaling also acts as a form of emotional release, providing an outlet for pent-up feelings and stress. Research has shown that expressing emotions through writing can reduce symptoms of anxiety, depression, and post-traumatic stress disorder (PTSD), promoting emotional healing and resilience.

**Stress Reduction and Improved Mental Health** - In today's fast-paced world, chronic stress has become a pervasive problem that can wreak havoc on our mental and physical health. However, studies have demonstrated that regular journaling can significantly reduce stress levels by lowering cortisol, the body's primary stress hormone.

Furthermore, journaling has been linked to improved mood, self-esteem, and overall mental well-being. By acknowledging and processing your thoughts and feelings on paper, you cultivate greater self-awareness and self-compassion, fostering a sense of acceptance and inner peace.

**Enhanced Creativity and Problem-Solving Skills** - Journaling isn't just about introspection and self-reflection – it's also a powerful tool for stimulating creativity and innovation. Through free-flowing writing, you unleash your imagination



and tap into your subconscious mind, unlocking new ideas, insights, and perspectives. Whether you're grappling with a creative block or seeking solutions to life's challenges, journaling can serve as a gateway to inspiration and breakthroughs.

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# Shedding Light on Stroke Awareness Month: Unveiling the Link Between Strokes and Vision

George Skopis, M.D.

**M**ay marks Stroke Awareness Month, a crucial time to highlight the importance of understanding strokes and their potential impact on various aspects of health, including vision. While strokes primarily affect the brain, their repercussions can extend to the eyes, often serving as early indicators or resulting in lasting visual impairments. As we delve into the connection between strokes and vision, it becomes evident that raising awareness about this correlation is essential for early detection, prevention, and holistic stroke management.

Strokes, often referred to as "brain attacks," occur when blood flow to the brain is interrupted or reduced, leading to the deprivation of oxygen and essential nutrients. This interruption can result from a blockage in the blood vessels (ischemic stroke) or the rupture of blood vessels (hemorrhagic stroke). While strokes can manifest in various ways, including sudden numbness or weakness in the face, arm, or leg, difficulty speaking, and severe headaches, their impact on vision is less commonly understood.

The eyes serve as windows to the brain, and changes in vision can often indicate underlying neurological issues, including strokes. One of the most common visual symptoms associated with strokes is sudden vision loss or changes, which can range from partial blindness to double vision. These changes may occur abruptly and affect one or both eyes, depending on the location and severity of the stroke. Additionally, individuals may experience visual disturbances such as blurred vision, tunnel vision, or difficulty focusing, all of which warrant immediate medical attention.

The connection between strokes and vision lies in the intricate network of blood vessels that supply oxygen and nutrients to the eyes and the brain. When a stroke occurs, these blood vessels may become compromised, leading to decreased blood flow and potential damage to the optic nerve or retina. The optic nerve, responsible for transmitting visual information from the eyes to the brain, is particularly vulnerable to the effects of strokes, often resulting in vision loss or impairment.

Furthermore, strokes can indirectly impact vision through their effects on cognitive function and mobility. Cognitive impairments resulting from

strokes, such as memory loss or difficulty processing information, can hinder a person's ability to interpret visual stimuli effectively. Similarly, mobility issues stemming from stroke-related paralysis or weakness can limit a person's field of vision and spatial awareness, increasing the risk of falls or accidents.

Early detection and intervention are crucial in mitigating the visual consequences of strokes. Regular eye exams, including assessments of visual acuity, peripheral vision, and eye movement, can help detect subtle changes indicative of underlying neurological issues. Additionally, imaging tests such as magnetic resonance imaging (MRI) or computed tomography (CT) scans can provide valuable insights into the extent and location of brain damage caused by strokes.

Preventive measures play a pivotal role in reducing the risk of strokes and preserving vision. Lifestyle modifications, including maintaining a healthy diet, engaging in regular exercise, managing stress, and avoiding smoking and excessive alcohol consumption, can significantly lower the risk of stroke occurrence. Moreover, managing underlying health conditions such as hypertension, diabetes, and high cholesterol through medication and regular monitoring can further decrease the likelihood of stroke-related complications.

In conclusion, Stroke Awareness Month serves as a poignant reminder of the multifaceted nature of strokes and their potential impact on vision. By understanding the connection between strokes and the eyes, individuals can take proactive steps to safeguard their visual health and reduce the risk of stroke-related visual impairments. Through increased awareness, early detection, and comprehensive stroke management, we can strive towards a future where strokes no longer cast a shadow on vision and overall well-being.



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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.



# Breaking the Silence: A COMPREHENSIVE GUIDE TO MENTAL HEALTH AWARENESS

By Steven Stein, MD - Board-certified Psychiatrist

**M**ental health awareness has become increasingly important in today's society, as individuals and communities strive to break the stigma surrounding mental illness and promote open discussions about mental well-being. By addressing key points such as recognizing signs and symptoms, overcoming stigma, and accessing available services, we can collectively work towards fostering a culture of understanding and support.

## 1. Open discussion of mental health issues:

The first step towards promoting mental health awareness is initiating open and honest conversations about mental health issues. This involves creating a safe space where individuals feel comfortable sharing their experiences without fear of judgment or discrimination. Whether it's through support groups, community forums, or social media platforms, encouraging dialogue helps reduce the stigma associated with mental illness and fosters empathy and understanding among peers.

Additionally, education plays a crucial role in raising awareness about various mental health conditions, their causes, and treatment options. By providing accurate information, we can dispel myths and misconceptions surrounding mental illness, empowering individuals to seek help and support when needed.

## 2. Signs and symptoms:

Recognizing the signs and symptoms of mental health issues is essential for early intervention and treatment. While symptoms may vary depending on the specific disorder, common indicators include persistent feelings of sadness or hopelessness, changes in sleep or appetite, withdrawal from social activities, difficulty concentrating, and mood swings.

It's important to note that mental health issues can affect anyone regardless of age, gender, or background. By familiarizing ourselves with these warning signs, we can offer support to those in need and encourage them to seek professional help.

## 3. Overcoming stigma/why people don't seek help:

Despite growing awareness, stigma remains a significant barrier to seeking help for mental health

concerns. Many individuals may feel ashamed or embarrassed about their symptoms, fearing judgment or discrimination from others. Cultural and societal norms can also perpetuate stigma, leading individuals to minimize their struggles or avoid seeking help altogether.

Additionally, misconceptions about mental illness, such as the belief that it is a sign of weakness or moral failing, further contribute to stigma and deter people from seeking treatment. Addressing these misconceptions through education and advocacy can help break down barriers and encourage individuals to prioritize their mental health.

## 4. The services that can help and what they provide:

Fortunately, there are a variety of services available to support individuals experiencing mental health challenges. These services encompass a range of interventions, from traditional therapy and psychiatry to holistic approaches such as diet, exercise, yoga, meditation, and mindfulness.

Therapy, whether individual, group, or family-based, provides a safe and confidential space for individuals to explore their thoughts, feelings, and behaviors with the guidance of a trained professional. Psychiatric care may involve medication management for conditions such as depression, anxiety, and bipolar disorder, in conjunction with therapy or other forms of support.

In addition to clinical interventions, self-help strategies can also play a valuable role in promoting mental well-being. Engaging in regular physical activity, maintaining a balanced diet, practicing relaxation techniques such as yoga and meditation, and cultivating meaningful connections with others are all effective ways to support mental health.

Furthermore, incorporating spiritual practices into one's routine can provide comfort and guidance during difficult times. Whether through prayer, meditation, or participation in religious rituals, spirituality can offer a sense of purpose and connection to something greater than oneself.

In conclusion, promoting mental health awareness requires a multifaceted approach that addresses various aspects of mental well-being. By fostering open discussions, recognizing signs and symptoms, overcoming stigma, and accessing available services,

we can create a more supportive and compassionate society where individuals feel empowered to prioritize their mental health and seek help when needed. Together, we can break the silence surrounding mental illness and pave the way for greater understanding and acceptance.

## 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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# Understanding Occipital and Trigeminal Neuralgia: Causes, Symptoms, and Treatment Options

By Dr. Drew Hall

**N**euralgia, a condition characterized by intense, stabbing pain along the nerves, can disrupt daily life and cause significant discomfort. Among the various types of neuralgia, two common forms are occipital neuralgia and trigeminal neuralgia. These conditions affect different nerves in the head and face, leading to distinctive symptoms and treatment approaches. Understanding the causes, symptoms, and treatment options for occipital and trigeminal neuralgia is crucial for individuals experiencing these conditions.

## Occipital Neuralgia

Occipital neuralgia is a neurological condition that causes intense, sharp, or shooting pain in the back of the head, neck, and behind the eyes. This pain stems from irritation or injury to the occipital nerves, which run from the top of the spinal cord to the base of the skull. The exact cause of occipital neuralgia can vary, but common triggers include:

- 1. Compression or Irritation:** Compression of the occipital nerves due to tight muscles, injury, or inflammation can lead to neuralgia.
- 2. Trauma:** Head trauma, such as whiplash injuries from car accidents or falls, can damage the occipital nerves and trigger neuralgia.
- 3. Medical Conditions:** Conditions such as arthritis, diabetes, or infections may contribute to the development of occipital neuralgia.

## Symptoms of Occipital Neuralgia

Individuals with occipital neuralgia often experience the following symptoms:

- Intense, shooting pain that radiates from the base of the skull to the back of the head or behind the eyes.
- Sensitivity to light or sound.
- Tenderness in the scalp or neck.
- Pain triggered by neck movements or pressure on the back of the head.

## Treatment Options for Occipital Neuralgia

Treatment for occipital neuralgia aims to relieve pain and manage symptoms effectively. Common treatment options include:

- 1. Medications:** Over-the-counter pain relievers, muscle relaxants, or prescription medications such as anticonvulsants or tricyclic antidepressants can help alleviate pain.
- 2. Nerve Blocks:** Injection of a local anesthetic or steroid medication around the occipital nerves can provide temporary pain relief.
- 3. Physical Therapy:** Techniques such as massage, stretching exercises, and postural correction can help reduce muscle tension and improve neck mobility.
- 4. Nerve Stimulation:** In cases of severe or refractory occipital neuralgia, nerve stimulation therapies such as occipital nerve stimulation may be considered to modulate pain signals.

## Trigeminal Neuralgia

Trigeminal neuralgia is a chronic pain condition that affects the trigeminal nerve, which is responsible for sensation in the face. The hallmark symptom of trigeminal neuralgia is sudden, severe, electric shock-like pain that radiates along one or more branches of the trigeminal nerve. The exact cause of trigeminal neuralgia is often unknown, but potential factors include:

- 1. Compression:** Compression of the trigeminal nerve by blood vessels, tumors, or abnormal brain structures can lead to neuralgia.
- 2. Degeneration:** Age-related changes or damage to the myelin sheath, a protective covering of nerve fibers, may contribute to the development of trigeminal neuralgia.

## Symptoms of Trigeminal Neuralgia

Trigeminal neuralgia is characterized by the following symptoms:

- Sudden, intense facial pain, typically on one side of the face.
- Pain triggered by activities such as chewing, talking, or touching the face.
- Episodes of pain lasting from a few seconds to several minutes.
- Periods of remission followed by recurrent pain attacks.

## Treatment Options for Trigeminal Neuralgia

Managing trigeminal neuralgia involves a combination of medications, procedures, and lifestyle modifications to alleviate pain and improve quality of life. Common treatment approaches include:

- 1. Medications:** Anticonvulsant medications such as carbamazepine or gabapentin are often prescribed to reduce nerve sensitivity and pain intensity.
- 2. Surgical Interventions:** Procedures such as microvascular decompression, gamma knife radiosurgery, or nerve rhizotomy may be recommended to relieve pressure on the trigeminal nerve and disrupt pain signals.
- 3. Alternative Therapies:** Techniques such as acupuncture, biofeedback, or relaxation exercises may help manage pain and reduce stress levels.

In conclusion, occipital and trigeminal neuralgia are neurological conditions characterized by intense, debilitating pain in the head and face. Understanding the causes, symptoms, and treatment options for these conditions is essential for effective management and improved quality of life for individuals experiencing neuralgia. With proper diagnosis and a multidisciplinary treatment approach, individuals with occipital and trigeminal neuralgia can find relief from pain and regain control over their daily activities.

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Dr. Drew Hall



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# Rehabilitation Following Stroke Helps Patients Regain Their Independence

**F**ollowing a stroke, patients can experience difficulties with weakness, speech, understanding and daily tasks. Stroke rehabilitation plays an important role in helping individuals regain lost abilities, adapt to new challenges, and improve their overall quality of life.

At Manatee Memorial Hospital, stroke patients receive rehabilitation during their hospital stay. The rehabilitation program is comprehensive – consisting of physical, speech, and occupational therapies – with the goal being to have patients move to the next level of care, either at home or at a skilled nursing facility.

The program is tailored to individual needs, considering factors like the severity of stroke, overall health and personal goals. Stroke survivors are at risk of developing secondary complications such as muscle weakness, pressure ulcers, and pneumonia. Rehabilitation helps prevent these complications by promoting mobility, proper positioning, and respiratory function.

“The ultimate aim is to maximize recovery and improve overall functioning and quality of life after a stroke,” explained Tim McCarthy, lead occupational therapist, who helps individuals regain independence in daily activities like dressing, cooking, and bathing by adapting tasks and using assistive devices. “We see patients in the emergency room, intensive care unit, and the stroke unit, while following them through the continuum of care.”

Therapists have additional stroke-specific training and certifications in neurodevelopment (NDT) and certified stroke rehabilitation (CSRS). They have all completed continuing education on the latest treatments to help increase the chances for a better recovery for patients.

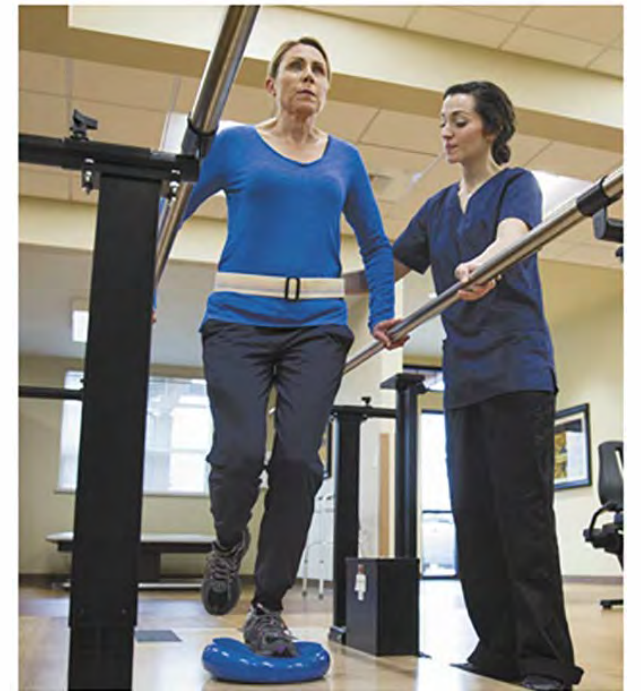
Garlanda Jackson, lead physical therapist, focuses her work on restoring movement, strength, balance, and coordination through exercises tailored to the individual. “The needs are wide-ranging – from sensory, balance, gait, and coordination to return-to-work tasks,” added Jackson. “We work together as a cohesive team of

therapists, which will interact or dovetail treatments for the patient’s optimal benefit. We also have an interdisciplinary approach that includes doctors, nurses, and pharmacists.”

Speech therapy is another important part of the recovery process. It focuses on communication difficulties, such as aphasia, which is the ability to understand and use language, and swallowing problems, often experienced after a stroke.

“We evaluate swallowing function with X-rays and bedside evaluations and have extensive training with speech, language, voice, and cognitive disorders,” explained Karen Turbin, lead speech pathologist. “We also provide assessments for patients with tracheostomies and laryngectomies.”

At Manatee Memorial Hospital, stroke rehabilitation is essential for promoting recovery, enhancing functional independence and improving the quality of life for individuals affected by stroke. By addressing the physical, cognitive, and emotional consequences of stroke, rehabilitation programs empower stroke survivors to rebuild their lives and pursue meaningful goals.



For more information about the Stroke and Cerebrovascular Center, call 941-812-9566 or visit [manateememorial.com/stroke](http://manateememorial.com/stroke).



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# DO YOU HAVE BONE LOSS?

Find Out How You Can Rebuild Bone Density Naturally in Just a Few Short Minutes



**B**one loss or weakening is a common problem associated with aging. The bone minerals can begin to degenerate over time. DXA scans can measure precisely how much bone mineral density you have via a T score. T-scores of -1.0 or above are normal; anything ranging between -1.0 and -2.5 is considered low bone density or osteopenia. T-scores ranging from -2.5 or below are considered osteoporosis.

Bone mineral density begins to weaken gradually, but females tend to show demineralization during the first decade after menopause. Osteoporosis causes an increased risk of height loss, fractures of the hips, wrists, and vertebrae and chronic pain. The symptoms of your osteoporosis are generally not visible unless you have a fracture. You may not even know that you have the disease until you break a bone, or a test shows that you have low bone mineral density. Studies show that after an initial fracture, secondary fractures are common in osteoporosis.

## How OsteoStrong® Can REBUILD Bone Density

A Unique System For Developing Your Skeletal Strength known as OsteoStrong® is not a gym, diet, supplement, pharmaceutical, or medical treatment; however, OsteoStrong® scientifically increases bone mass. Recent research shows that standard exercise isn't nearly as effective as had been traditionally believed at developing muscles and bones. A peer-reviewed study in 2012 found that for a person to increase bone density faster than they are losing it requires high levels of osteogenic loading, which is resistance of at least 4.2 times one's body weight.



This research sent shockwaves because it has been believed for over a century that simply increasing weight on the skeletal system would increase bone strength. For those concerned with osteoporosis, now knowing that a 4.2 resistance of one's own bodyweight might seem daunting, but not with OsteoStrong®.

## The Research

Based on this research, in 2011, Dr. Jaquish designed devices that could create the ideal set of triggers to achieve bone growth and to strengthen muscle development simultaneously. His patented machines take less than 10 minutes per week to use yet are powerful enough to stimulate new bone and muscle growth quickly. Subjects saw an average increase of 14% in bone density with osteogenic loading versus weight-bearing exercise and pharmaceuticals. *(supported by 152 Peer-Reviewed Clinical Studies)*

## The Benefits of OsteoStrong®

- Bone growth
- Muscle growth
- Improves Balance
- Reverses Osteopenia and osteoporosis
- Improved Bone Density
- Improved Posture
- Improved Balance
- Improved Athletic Performance
- Less Joint and Back Pain

## How Does it Work?

There are four OsteoStrong® machines that are specifically designed to work the whole body. Clients are always in control of how much work they want to complete. OsteoStrong® session coaches show each individual how to use each machine correctly and safely, and after each use, there is a computer readout that shows clients in real-time, how much load they are exerting. These high-tech machines tell patients when they've reached the optimal load for bone growth and tracks how their numbers improve over time.

Ten Minute Weekly sessions are all that it takes to build results. OsteoStrong® works for people at all ages and levels of activity to promote skeletal strength, which impacts the entire body in many ways using a process known as Osteogenic Loading. Sessions are quick, painless, and results are measurable and happen quickly.

## No Drugs—Just Results

Many people don't know that osteoporosis can be managed naturally without medications. The machines only require 10 minutes per treatment once people become familiar with using them, and there is no sweating involved. Clients don't even need to change into exercise clothes; they can use the machines dressed right from the office or anywhere. It's a simple process with no frills, just results.

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# The Agony of Arthritis and What You Can Do About It!

By Max MacCloud, DO, ND, PhD aka The Nutrition Ninja  
 Founder & Director of the Age Reversal Technology Center (ARTC.health) & MyBodySymphony.com

**A**rthritis is at epidemic proportions, negatively impacting over 50% of America's seniors and many of the younger generations as well.

What is arthritis, what causes it, what can be done to effectively treat it? These are some of the topics we'll touch on in this relatively brief article.

## What is Arthritis?

According to the Mayo Clinic, that bastion of modern medical knowledge. 'Arthritis is the swelling and tenderness of one or more joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. The most common types of arthritis are osteoarthritis and rheumatoid arthritis. Osteoarthritis causes cartilage to break down. Cartilage is the hard, slippery tissue that covers the ends of bones, thereby protecting them and allowing them to slide with minimal friction. Rheumatoid arthritis is a disease in which the immune system attacks the joints, beginning with the lining of joints.'

When someone has 'arthritis', their joints can feel painful, swollen, and stiff. This can make it hard to move around and do everyday activities like walking, writing, or playing sports. There is often inflammation with signs of abnormal calcium deposits on the ends of the bones.

## What Causes Arthritis?

There are different types of arthritis, amazingly, there are up to 100 different types, and each can have different causes. The common denominators are joint pain, stiffness, and calcium deposits, often with inflammation. The bottom line is that modern, conventional medical science simply has no clear understanding of arthritis!

My 45 years of clinical practice and studies in both conventional and progressive medicine lead me to believe that arthritis is really quite simple to understand. It is simply damage to one or more joints along with the body's incomplete or failed attempts to repair that damage. The initial damage may be due to either a single traumatic injury or multiple, smaller, repetitive motion injuries. Of course, excess body weight, high impact activities, and numerous other factors also contribute to the development and severity of one's arthritic symptoms and joint damage.

Remember, the body is self-healing, or at least it is supposed to be when properly functioning. Injuries are a part of life, and we heal most injuries quite well. Healing efficiency is a function of several things including overall health, nutritional status, BLOOD flow to the damaged area, stem cell health & numbers (all healing is regulated by stem cells), and protein synthesis efficiency. The limiting factor impairing healing of injuries in most cases is simply blood supply to the damaged tissues.

The primary damage in the case of most joint injuries is to the connective tissues that stabilize the joint and those that allow for movement. The ligaments are the strong, dense structures that hold our bones in close proximity to one another while allowing limited movement when acted upon by the tendons that are connected to our muscles. Tendons are the other major connective tissues that become damaged.

Our bodies naturally try to repair the damage to our ligaments and tendons; however, those structures have very poor blood supply due to their dense nature. The research clearly shows that once damaged (sprained or strained, respectively) ligaments and tendons simply do not heal back to the preinjury strength and length.

This leads to the joint being LESS stable than before leading to increased joint 'play' or movement. Nerve sensors send these messages to the brain which in turn sends messages to the surrounding muscles to tighten up in its attempts to protect the joint. Muscles are not meant to stay in such a state of chronic contraction as this further restricts blood flow leading to pain, inflammation, and joint degeneration.

That, my friends, is exactly what arthritis is in a nutshell. Of course, there are additional, contributing factors depending on the type of arthritis, such as an abnormal immune response leading to further damage in rheumatoid arthritis.

Why is it more common in older people? Over time there are more opportunities to inflict damage on the ligaments & tendons of our joints. As we age, we lose viable stem cells which are what regulate ALL healing and repair. Many other things also decline with age including microcirculation, mitochondrial function, metabolic balance, and metabolic reserve. Our body's ability to synthesize protein also declines and proteins are what compose the primary structures of our body including our joints.

## How Many People Are Affected?

Arthritis is very common, and it can affect people of all ages, including kids. In fact, millions of people around the world have arthritis. Even though it's more common in older adults, affecting over 50% of those over 65, young people develop it too.

## What Are the Impacts of Arthritis?

Arthritis can significantly impact one's quality of life. It affects mobility, daily activities, and overall well-being. It often interferes with one's quality of life and begins a steady decline in overall health.

## What are Effective Treatments?

Modern, conventional medicine has no cure or good treatments for arthritis. How could they since they can't agree on what causes it? As is often the case, there are a number of Band-Aid type approaches including medications to reduce pain and inflammation, gentle exercise, physical therapy, healthier eating & reducing weight, and the use of various assistive devices like braces, supports, canes, and scooters.

## Here's Our Approach; It is Very Different!

We begin with a comprehensive history of and physical examination of the affected joint(s). Invariably, there will be findings of damage to key connective tissue structures.

Next, we devise a plan to address the damage, present that plan, then implement it at your agreement and direction.

That plan typically consists of 1. Stimulating your body to repair the damage using Regenerative Injection Therapy. 2. Supporting the repair using our exclusive Wolverine Healing Protocol. This consists of proper nutritional support, joint decompression therapy, shockwave therapy, muscle & joint reeducation, and photo biomodulation therapy (using special frequencies of light).

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# Connecting SWFL to Support Older Adults

## FGCU's Shady Rest Institute on Positive Aging aims to transform opportunities for living well while living long

**T**he Shady Rest Institute on Positive Aging is a regional hub to connect Florida Gulf Coast University with community organizations supporting the older adult community in Southwest Florida.

Faculty, staff and students from FGCU's Marieb College of Health & Human Services and from across the university's academic disciplines pursue this mission through education, service, research and advocacy.

"This is going to be transformative for Southwest Florida," says Shawn Felton, dean of Marieb College. "The region has a vast need to enhance services for older adults. FGCU is committed to providing educational services and research for older adults. We are confident this institute will become the hub to connect seniors to all the services they need."

### What is positive aging?

Positive aging is about a positive view of aging as a healthy, normal part of life.

A Yale University study looked at the long-term health consequences of ageism on seniors. Researchers determined that age discrimination has the potential power to shorten seniors' lives. Among the study group, seniors with more positive views about aging lived 7.5 years longer than people who perceived aging negatively.

Additional studies indicated that positive thinking could result in an 11-15% longer life span and can increase the likelihood of living to age 85 or beyond.

### Investing in eldercare

A group long known for working with older adults made a significant investment in launching this institute. The Shady Rest Foundation, a name synonymous with eldercare in Lee County, pledged \$5 million to Marieb College to aid in the institute's creation and operation. The foundation previously gave \$4.1 million for scholarships to Marieb College undergraduate and graduate students who plan to pursue healthcare careers involving older adults.



**Thomas Felke**, associate dean of Marieb College and the institute's executive director, says while it won't be a brick-and-mortar center at first, he expects its impact to be palpable.

"Something like this is needed here," he says. "We don't want it to be a place where people are coming to us. We want to be able to meet people where they are."

The longtime FGCU social work professor has been active in community efforts to improve the lives of older residents and individuals experiencing food insecurity and homelessness. Through his many community connections and previous research, he knows this about older people: "Despite being the largest segment of the population, they feel like a forgotten segment and have a hard time finding and accessing services."

### An umbrella organization

The Shady Rest Institute will coordinate the many agencies offering help to older adults and aim to form a central clearinghouse through which people can locate and access services. It will also provide educational outreach for those working with older residents or who want to but need additional training; advocate for policies beneficial to this age group; and help develop an adequate workforce to provide services for the burgeoning 65+ population.

The last part is essential since it's expected that this population segment will increase more than 50% in Lee and Collier counties and 37% in Charlotte County by 2040.

### Investigating issues critical to older adults

Felke says the institute will also do what FGCU researchers do best: community-impact research. He envisions it as a multidisciplinary entity, much like The Water School at FGCU, where researchers from various disciplines come together to address problems. This makes sense, he says, in a state that leads the nation in the share of people over 65.

He foresees involving Marieb College experts, such as social workers, occupational and physical therapists and nurses, as well as bringing in the college's Exercise is Medicine program. From the Lutgert College of Business, experts in wills, trusts and estate planning would be valuable. U.A. Whitaker College of Engineering experts could focus on home modifications and livable communities. From the College of Arts & Sciences, music therapy and art therapy could be included.

And that's just the beginning. Felke sees many possibilities for the institute, which he is approaching with this mantra: "Aging is not a disease; it is an opportunity."

### Learn more

Explore FGCU's Marieb College of Health & Human Services and the Shady Rest Institute on Positive Aging at [fgcu.edu/marieb](http://fgcu.edu/marieb).



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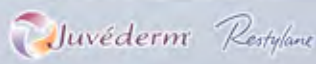
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# WHY SINGLE SENIORS FLOURISH IN SENIOR LIVING COMMUNITIES

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

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

## WHAT IS INDEPENDENT LIVING?

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

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

## BENEFITS OF SENIOR LIVING FOR SINGLE SENIORS

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

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

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



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

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

## DISCOVER THE SINGULAR FREEDOM OF FREEDOM VILLAGE

If you're looking for a group of active older adults who share your interest in getting more out of life, consider attending one of our free luncheons to learn more. Call us today at 941-798-8122 to arrange a personal visit to our beautiful campus and we'll be happy to show you around our beautiful community, where you can meet with one of our residency counselors and some of our residents to learn more.

## Join Us at an Upcoming Event

**May 13 – Falls Prevention Workshop**  
11 a.m. to 1 p.m.  
\*Landings Auditorium

Join us for a Falls Prevention Workshop presented by the Manatee County Falls Prevention Coalition where you'll learn techniques to prevent falls as well as participate in a variety of wellness screenings.

**May 16 - Leadership Roundtable Discussion**  
11:30 a.m. to 1:30 p.m.  
\*Tuscany Dining Room

Our "speed dating" format provides a golden opportunity to learn what makes Freedom Village's Life Plan community unique.

**May 23 – Health & Wellness Fair**  
1 to 3 p.m.  
\*Landings Building

Learn about the many Freedom Village health and wellness programs that are designed to empower you to maintain an active lifestyle by focusing on the eight dimensions of wellness.

**May 30 – Independent & Assisted Living Open House**  
11:30 a.m. to 1:30 p.m.  
\*Tuscany Dining Room

Join us for a trip through our Life Plan Community and experience the lifestyle for yourself. We'll serve lunch and dessert along the way, and you'll see why so many residents landed at Freedom Village for their retirement.

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# AESTHETIC TREATMENTS: How Science and Philosophy Combine to Rejuvenate the Human Body

By Diana De Lorenzo - Corresponded by Dr. Jai Grewal

**T**he Covid-19 pandemic has brought about significant changes in our daily lives, including increased stress and accelerated aging. As we all strive to comfort ourselves and achieve recovery from all these stressors, it's best to make sure we have good self-esteem. One way to achieve this is by presenting ourselves the best way we can. We have new styles of clothing, more gym memberships to keep us healthy, and many cosmetic products to enhance our natural beauty. This era is more appreciative of what we have. But that doesn't mean we all want to accept the aging process that COVID-19 has sped up for many of us. There are ways now to turn back time with aging without surgical procedures or even changing the look of who we are. What are these magical procedures? Well, its neurotoxins (aka Botox, Dysport, Xeomin, and Daxxify), dermal fillers (Restylane, Juvederm), biostimulators (Sculptra, Radiesse) and Microneedling (SkinPen, SkinPen with Platelet-Rich Plasma). These products give consumers control of their aging process without changing their identity.

Aesthetics is a branch of philosophy that is concerned with the principles of beauty, art, and taste. With advances in science and technology, the field of aesthetics has developed state-of-the-art techniques that enable the rejuvenation of the human body, while maintaining a natural appearance. This approach is critical in restoring balance, movement, and proportion to the body without altering one's identity.

The goal of aesthetics is beauty, art, and taste. Combined, they produce a philosophy of capturing what is essential to aesthetics. Aesthetics has a history that goes back to Ancient Greece and is considered one of the main branches of philosophy. This has been held throughout time. We as humans have enjoyed and preserved many things such as art and traditional costumes without changing the true value of the subject. This is also true in today's world.

With the science that we have today, it empowers us to have more control over so many things. The science that has gone into aesthetics is state-of-the-art. We now can rejuvenate an already established art of the human body and make the effects look natural, just as "Mother Nature"



intended. The need to look natural and feel like ourselves is essential for bringing back proportion, movement, and balance to what was already once there. The effects that this can have on us emotionally can bring dramatic improvement to our self-esteem and confidence.

The injection of neurotoxins, such as Botox, Dysport, Xeomin, and Daxxify, relaxes specific muscles in the body to create a smooth appearance on the skin. Originally developed for therapeutic medical use, these products have been approved for aesthetic purposes, including the treatment of moderate to severe frown lines. Dermal fillers, such as Restylane and Juvederm, are made from hyaluronic acid, a natural substance that occurs in the skin. They are used to restore volume, fill in lines, and lift areas to create a youthful and natural appearance.

While some may argue that these injections alter one's appearance, the majority of patients seek to restore their youthful appearance, rather than change it. The use of these products requires skilled injectors who can analyze and compare form and style to achieve the desired results. The primary objective is to achieve a natural look that restores youthfulness without changing one's identity.

Injectors today are very skilled in analyzing and comparing form and style so patients can be themselves. This form of non-surgical rejuvenation has become increasingly popular, as it can achieve significant improvements with minimal downtime and less risk than surgical procedures. Patients who seek aesthetic treatments are no longer limited to celebrities or those with significant financial resources. Advances in technology and techniques have made these treatments more accessible and affordable to the general public. More importantly, the increasing demand for these treatments is driven by the desire to improve one's self-esteem, confidence, and overall well-being.

However, it is essential to note that these treatments are not a substitute for a healthy lifestyle. Proper nutrition, exercise, and stress management are critical for maintaining overall health and well-being. Aesthetic treatments can enhance one's natural beauty, but they cannot replace good health habits.

In conclusion, aesthetic treatments have become an essential part of our daily lives, especially during the Covid-19 pandemic. They offer a non-surgical approach to rejuvenating the human body, restoring balance, movement, and proportion, and enhancing one's natural beauty. With advances in technology and techniques, these treatments have become more accessible and affordable to the general public. However, it is crucial to seek out skilled injectors and prioritize good health habits to achieve the best results and overall well-being. By combining science and philosophy, aesthetic treatments have revolutionized the way we approach aging and beauty, empowering us to take control of our appearance and feel confident in our own skin.

As we continue to navigate the challenges of the pandemic, it's essential to prioritize our mental health and well-being. Aesthetic treatments can play a significant role in this by improving our self-image and confidence. By embracing the philosophy of aesthetics and the science of modern technology, we can achieve a natural and youthful appearance that reflects our inner beauty and vitality. With proper care and attention to our health, we can maintain this appearance for years to come, living our best lives with confidence and grace.

#### About the Clear Aesthetics Team

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# EARLY DETECTION SAVES LIVES:

## WHAT YOU SHOULD KNOW ABOUT THE LATEST LIFE-SAVING TECHNOLOGY

The best way to conquer, fight and overcome any disease state is to have early diagnostic testing at the onset of symptoms, or as a preventative measure. Individuals with high-risk factors for coronary artery disease, or certain cancers are highly encouraged to have annual screenings for their specific disease states potentials.

### RAVE RADIOLOGY

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RAVE is a radiology practice, which has been active for over 30 years. They currently consist of 10 board-certified radiologists, many of which have postgraduate fellowships with subspecialty training, all of whom have years of full-time experience. There are over 90 healthcare professions working with RAVE to provide the best possible radiologic services in Sarasota County. In addition to their personnel, they have some of the best radiologic imaging devices available. Superior visualization makes your diagnoses accurate and timely, preventing potentially dangerous delays in initiation of your therapy. At RAVE, you can have confidence you're getting top-notch professional assistance in your diagnosis and care.

### CRITICAL CARDIAC TESTING

Cardiac Scoring is a Non-Invasive CT Scan of the heart, which calculates the risk of developing Coronary Artery Disease by measuring the amount of calcified plaque in the coronary arteries.

### LEADING LUNG DISEASE DIAGNOSTIC TOOLS

CT Lung Screening: If you have been a heavy smoker, then you are at significantly increased risk of developing lung cancer. CT can find small lung nodules that might be cancer before any other test can detect them. If you are between the ages of 55 and 75, then national experts recommend you undergo low dose CT screening for lung cancer. These recommendations come from many groups of medical experts including the National Lung Screening Trial Research Team, the American College of Chest Physicians, and American Society of Clinical Oncology.

RAVE is committed to you and your family's health. If you wish to undergo a lung cancer screening, you should ask your doctor to order it, or you can contact RAVE directly to schedule an appointment.

### THE DIFFERENCE BETWEEN MRI AND CT SCANS

MRI uses a strong magnetic field, radio waves and a computer. This enables MRI to make very detailed pictures of bone, organs, soft tissues and any other body structures. Differences between normal and abnormal tissue is often clearer on an MRI image than a CT.

CT uses a very thin unique X-ray beam to produce detailed, cross-sectional views of the area being studied. CT is often the preferred method of diagnosing causes of pain and many different forms of cancer.

### KNOW YOUR RISK FACTORS

#### CARDIAC

- Smoking
- Atherosclerosis
- Family History
- Shortness of Breath
- Lethargy
- Chest pain
- Leg pain

#### LUNG

- Smoking
- Pollutants
- Asthma
- COPD
- Frequent Coughing
- Shortness of Breath and more...

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- MRA
- CTA
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- Digital Mammography
- Nuclear Medicine
- Ultrasound
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- Diagnostic Radiology/X-ray
- Non-invasive Vascular Testing



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# EASING ARTHRITIS PAIN:

## The Therapeutic Benefits of Medical Marijuana

**A**rthritis, a prevalent condition affecting millions worldwide, can be a source of chronic pain and discomfort. While traditional treatments like medication and physical therapy offer relief to many, some patients find limited success or undesirable side effects with these methods. In recent years, medical marijuana has emerged as a promising alternative for managing arthritis symptoms, offering a range of potential benefits that extend beyond pain relief alone.

One of the primary benefits of medical marijuana for arthritis is its ability to alleviate pain. Cannabis contains compounds known as cannabinoids, including tetrahydrocannabinol (THC) and cannabidiol (CBD), which interact with the body's endocannabinoid system to regulate pain perception. Research suggests that cannabinoids can reduce pain by modulating neurotransmitters involved in pain signaling, providing relief for arthritis sufferers without the risk of dependence associated with opioid medications.

In addition to pain relief, medical marijuana may also help reduce inflammation associated with arthritis. Chronic inflammation is a hallmark of many arthritic conditions, contributing to joint stiffness, swelling, and tissue damage over time. Studies have shown that cannabinoids possess anti-inflammatory properties, which can help mitigate the inflammatory response and potentially slow the progression of arthritis.

Furthermore, medical marijuana offers a more holistic approach to arthritis management by addressing not only physical symptoms but also associated mental health concerns. Living with chronic pain can take a toll on mental well-being, leading to anxiety, depression, and sleep disturbances. Medical marijuana's anxiolytic and antidepressant effects can help patients cope with the psychological impact of arthritis, improving overall quality of life.

Another advantage of medical marijuana is its versatility in delivery methods. Patients can choose from various consumption options, including smoking, vaporization, edibles, oils, and topical creams, allowing for personalized treatment plans



tailored to individual preferences and needs. This flexibility is especially beneficial for arthritis patients who may have difficulty swallowing pills or have gastrointestinal issues that limit oral medication options.

Moreover, medical marijuana offers a safer alternative to conventional arthritis treatments for certain patient populations. Many arthritis medications, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and opioids, carry risks of adverse effects, including gastrointestinal bleeding, cardiovascular events, and addiction. In contrast, medical marijuana is generally well-tolerated, with fewer severe side effects and a lower risk of overdose.

Despite its potential benefits, it's essential for arthritis patients considering medical marijuana to consult with healthcare professionals knowledgeable about its use. Healthcare providers can help patients navigate legal regulations, dosage considerations, potential drug interactions, and monitor for any adverse effects. Additionally, patients should be aware of the variability in cannabinoid composition among different strains and products and may need to experiment with different formulations to find what works best for them.

In conclusion, medical marijuana holds promise as a therapeutic option for arthritis management, offering relief from pain, inflammation, and associated psychological symptoms. Its diverse delivery methods, safety profile, and potential to reduce reliance on traditional medications make it an attractive alternative for many patients. However, further research is needed to fully understand its long-term efficacy and safety, and individuals should approach its use under the guidance of healthcare professionals. As attitudes and regulations surrounding medical marijuana continue to evolve, it may increasingly become an integral part of comprehensive arthritis care plans, providing hope for improved quality of life for millions worldwide.

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# Why Are My Teeth Sensitive After Dental Work?

By Dr. Amanda Rizner

**D**ental restorations such as fillings, crowns and root canals are common treatments for dental caries commonly known as "cavities." They restore the structure and function of teeth damaged by decay. While these procedures are generally effective in preventing further decay and preserving tooth integrity, some patients may experience sensitivity after the tooth is restored or fixed. This sensitivity is not abnormal and can range from mild discomfort to sharp pain and can occur immediately after or develop over time. Understanding why teeth can be sensitive is essential for both patients and dental professionals to address and manage this common issue effectively.

## Nerve Irritation

One of the primary reasons for sensitivity after a dental work is irritation to the tooth's nerves. During the process of fixing the tooth, the dentist removes decayed tissue and prepares the enamel or dentin for its restoration. This causes movement of the fluid within the dentinal tubules inside the tooth, which causes stimulation of the nerve and can lead to sensitivity. Some decay can be located very close to the tooth's nerve and can cause the nerve to immediately or eventually die. This will lead the tooth to become infected over time and a root canal or extraction will be necessary. Dentists can place medication near the nerve to help lessen the chance of this from occurring but it cannot always be prevented. The patient's age, size of the decay lesion, and size of the pulp (nerve) can all contribute to why a tooth may be sensitive after placement.

## Temperature Sensitivity

Dental restorations, particularly those made of metal amalgam or composite resin, can conduct temperature changes more efficiently than natural tooth enamel. As a result, patients may experience increased sensitivity to hot or cold foods and beverages. This sensitivity is often temporary and should subside as the tooth adjusts to the presence of the restoration. Dentists will normally tell patients that the temperature sensitivity, even if intense, should go away quickly within ten seconds. This type of discomfort should subside weeks after the tooth is fixed. Patients should use sensitive based toothpaste, and eliminate any whitening products to help expedite this process.

## Post-Operative Inflammation

After the procedure, it is not uncommon for the surrounding tissues to become inflamed as part of the

body's natural healing response. This inflammation can cause temporary sensitivity and discomfort in the treated tooth. Inflammation typically resolves on its own within a few days, but patients may experience sensitivity during this healing period. We recommend using warm salt water rinses in order to provide relief from this type of discomfort.

## High Restorations

If the material is not properly contoured or if it extends too far above the surface of the tooth, it can create an uneven bite. This can cause excessive pressure on the tooth when chewing or biting down, leading to sensitivity or discomfort. In such cases, adjustments may be necessary to ensure a proper fit and alignment of the restoration with the surrounding teeth. The sensitivity normally will subside after such adjustments are made.

## Jaw Pain

Some patients may experience jaw discomfort after the procedure that can be due to many reasons. The injection technique used to anesthetize certain teeth requires that dentists place a needle near or through larger chewing muscles. This can cause minor trauma to surrounding blood vessels and can, in return, leave the patient with some discomfort opening or closing their jaw for a few weeks after the procedure. Patients who have had previous issues with their temporal mandibular joint (TMJ) may also have difficulty keeping their jaw open for longer procedures, which can lead to muscle tension. Dentists can provide "bite blocks" for the patient to rest their jaw on, in order to help reduce this tension.

## Microleakage

Some dental restorations, such as clear fillings, will not always create a perfect seal. This could be because the filling material does not adequately bond to the tooth or if there are gaps between the filling and the tooth surface. Bacteria and debris can infiltrate the area, leading to irritation and sensitivity. This phenomenon, known as microleakage, can compromise the integrity of the filling and increase the risk of recurrent decay. For this reason, dentist aim to keep the tooth very dry during its placement, and sometimes will use a rubber dam over the tooth in order to provide ultimate isolation. There also other biocompatible materials that can be used in order to try to eliminate this leakage during filling placement.

## MANAGING SENSITIVITY AFTER DENTAL PROCEDURES

**Use Desensitizing Toothpaste or Prescription toothpaste**  
Specialized desensitizing toothpaste containing ingredients such as potassium nitrate or fluoride can help alleviate tooth sensitivity by blocking nerve impulses and strengthening tooth enamel. For patients who wish to avoid fluoride, there are alternative options such as hydroxyapatite or calcium phosphate. Patients should use desensitizing toothpaste regularly as part of their oral hygiene routine to minimize sensitivity over time. They should also avoid any whitening products, as these can worsen symptoms. Dentists can also prescribe toothpastes with a higher concentration of fluoride.

## Avoid Extreme Temperatures

Patients with sensitive teeth should avoid consuming excessively hot or cold foods and beverages, as these can exacerbate sensitivity. Instead, opt for lukewarm or room temperature items and use a straw to minimize contact with sensitive teeth. Minimizing food concentrated with sugar will also provide benefit.

## Follow-Up with Your Dentist

If sensitivity persists or worsens after receiving dental treatment, it is essential to follow up with your dentist for evaluation. Your dentist can assess the restoration's integrity, address any issues such as high spots or leakage, and recommend appropriate treatment options to alleviate sensitivity. There are also some desensitizing agents the dentist can place on the filling in order to provide relief. However, if sensitivity persists due to a very large cavity or crack present, further evaluation and treatment may be warranted.

## Conclusion

Sensitivity after dental work is not uncommon and can arise from various factors, including nerve irritation, temperature changes, inflammation, and filling defects. Understanding the underlying causes of sensitivity is crucial for implementing effective management strategies and ensuring optimal outcomes for patients. By addressing sensitivity promptly and proactively, dental professionals can help patients achieve lasting comfort and maintain healthy smiles for years to come.

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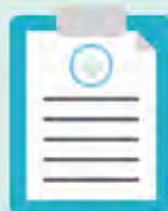
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# ENHANCING MENTAL HEALTH WITH NAD+ INFUSIONS

IV infusions offer advantages over pills due to their rapid absorption, higher bioavailability, precise dosage control, avoidance of gastrointestinal issues, ability to administer higher concentrations, and immediate symptom relief. They deliver substances directly into the bloodstream, bypassing the digestive system and leading to a quicker onset of action.

The IV Infusion method ensures that the total dose of the medication reaches the bloodstream without being affected by stomach acid or liver metabolism. Healthcare providers can adjust infusion rates for precise dosing, which is crucial in emergencies or specific medical procedures. IV infusions are particularly beneficial for individuals with gastrointestinal issues affecting oral medication absorption.

IV infusions offer unique benefits in various medical situations. Nicotinamide adenine dinucleotide (NAD+) infusions have emerged as a powerful tool for promoting mental health and overall well-being.

NAD+ is a coenzyme found in all living cells. It plays a critical role in various cellular processes, including energy metabolism, DNA repair, and cellular signaling. Recent research has highlighted the therapeutic potential of NAD+ in improving mental health through its multifaceted effects on the brain.

## 1. NAD+ and Mental Health Improvement:

- NAD+ plays a crucial role in neuronal function and neurotransmitter synthesis, which is essential for maintaining optimal brain health.
- Studies have demonstrated that NAD+ supplementation can enhance cognitive function, mood regulation, and overall mental well-being. According to a review published in the *Journal of Neuroscience Research*, NAD+ supports neuronal survival and function, thus potentially benefiting conditions such as traumatic brain injury (TBI), post-traumatic stress disorder (PTSD), Parkinson's disease, and brain fog.



- Furthermore, NAD+ infusion therapy has shown promising results in reducing symptoms associated with mental health disorders, including anxiety and depression. A study published in the journal *Neuropsychopharmacology* reported significant improvements in depressive symptoms in individuals receiving NAD+ treatment compared to placebo.

## 2. NAD+ and Brain Health:

- NAD+ is involved in DNA repair mechanisms, crucial for maintaining genomic stability and preventing neuronal damage.
- Research suggests that NAD+ infusion therapy may help the brain recover from injuries such as TBI by promoting neuroplasticity and neuroregeneration. A study published in the *Journal of Cerebral Blood Flow & Metabolism* demonstrated that NAD+ supplementation reduced neuronal death and improved cognitive function in animal models of TBI.
- Additionally, NAD+ has been shown to lower inflammation in the brain, which is implicated in various neurological disorders. By reducing neuroinflammation, NAD+ infusion therapy may alleviate symptoms associated with conditions such as multiple sclerosis (MS), rheumatoid arthritis (RA), and lupus.

## 3. Clinical Applications of NAD+ Infusions:

- NAD+ infusion therapy holds promise as a complementary approach in managing autoimmune disorders, including MS, RA, and lupus. According to a study published in the *Journal of Clinical Investigation*, NAD+ supplementation modulates immune responses and reduces inflammation, potentially benefiting patients with autoimmune conditions.

- Furthermore, NAD+ infusion therapy has been utilized in integrative medicine settings to support overall health and well-being, offering a holistic approach to disease management.

NAD+ infusion therapy represents a groundbreaking approach to enhancing mental health and promoting overall wellness. By supporting neuronal function, reducing inflammation, and promoting DNA repair, NAD+ infusions offer a comprehensive solution for individuals seeking relief from mental health disorders, neurological conditions, and autoimmune disorders. As a medical provider committed to evidence-based care, Prime IV Hydration is excited to offer NAD+ infusion therapy as part of a comprehensive treatment plan to optimize patient health and well-being.

## South Sarasota Prime IV

As a premier IV Hydration Therapy clinic, we formulate IV vitamin therapies that help maximize your overall health and wellness. So whether you are looking to instantly reverse a hangover, boost your immune system through the flu season or are looking for a supplement to other therapies, Prime IV is the answer. We offer a clean, comfortable and relaxed environment and utilize only the latest in cutting-edge IV therapies.

### References:

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

By Craig S. Aderholdt, BSc, DC

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

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

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

### How does VAX-D work?

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



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

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

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

### Is VAX-D Right for Me?

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

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

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

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

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

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

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



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

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

*Dr. Aderholdt also holds certification in chiropractic adjunctive physiotherapy from New York Chiropractic College and completed extensive postgraduate training in therapeutic modalities at National-Lincoln School. He is a member of the Florida Chiropractic Association and American Chiropractic Association and is a certified VAX-D consultant. He was also voted a Bradenton Herald People's Choice Awards Winner for 2008, 2022 and is the Manatee Herald-Tribune Awards winner for 2015, 2016, 2017, 2020 and 2021 and Sarasota Herald-Tribune finalist for 2016, 2017, 2018, 2020, 2021, 2023 and winner in 2019 and 2024.*



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# A FUNCTIONAL MEDICINE APPROACH TO NURTURING MENTAL HEALTH

By Dr. Pamela Chapman, The Beauty and Wellness Institute

In today's fast-paced world, the importance of mental health cannot be overstated. As awareness grows, so does the recognition that traditional approaches often fall short. Enter Functional Medicine, a holistic paradigm that views mental health through a comprehensive lens, addressing root causes rather than just symptoms. By integrating nutrition, lifestyle modifications, and personalized treatment plans, Functional Medicine offers a promising approach to nurturing mental well-being.

At the core of Functional Medicine lies the principle of individuality. No two people are alike, and neither are their mental health challenges. Instead of prescribing a one-size-fits-all solution, Functional Medicine practitioners delve deep into each patient's unique biochemistry, genetics, environment, and lifestyle factors to understand the underlying causes of their mental health issues.

Nutrition plays a pivotal role in mental health, and Functional Medicine recognizes this connection. Research increasingly shows that nutrient deficiencies can exacerbate or even cause mental health disorders. For example, omega-3 fatty acids, found in fish, flaxseeds, and walnuts, are crucial for brain health and mood regulation. Similarly, deficiencies in B vitamins, magnesium, and zinc have been linked to depression and anxiety. A Functional Medicine approach emphasizes a nutrient-dense diet tailored to individual needs, along with targeted supplementation when necessary, to support optimal brain function and emotional well-being.

But mental health is not just about what we eat; it's also about how we live. Chronic stress, poor sleep, sedentary lifestyles, and environmental toxins can all take a toll on mental health. Functional Medicine recognizes the interconnectedness of these factors and emphasizes the importance of addressing them holistically. Stress-reduction techniques such as meditation, yoga, and deep breathing exercises can help rebalance the nervous system and promote emotional resilience. Adequate sleep is essential for mood regulation, cognitive function, and overall well-being. Functional Medicine practitioners work with patients to identify and address lifestyle factors that may be contributing to their mental health struggles, empowering them to make lasting changes for better mental resilience.

Furthermore, Functional Medicine recognizes the gut-brain connection as a key determinant of mental health. The gut microbiome, a complex ecosystem of bacteria residing in our digestive tract, plays a crucial role in regulating mood, cognition, and behavior. Disruptions in the gut microbiome, often due to poor diet, antibiotics, stress, or environmental toxins, have been implicated in various mental health disorders, including depression, anxiety, and even autism spectrum disorders. Functional Medicine practitioners assess the health of the gut microbiome and recommend personalized interventions such as probiotics, prebiotics, and dietary modifications to restore balance and support mental well-being.

In addition to addressing nutritional and lifestyle factors, Functional Medicine offers a range of therapeutic modalities to support mental health. These may include cognitive-behavioral therapy, mindfulness-based interventions, biofeedback, neurofeedback, and mind-body practices such as acupuncture and massage therapy. By addressing the mind-body connection and promoting self-awareness, these modalities can help individuals cultivate greater resilience, emotional regulation, and inner peace.

Crucially, Functional Medicine recognizes the importance of collaboration and integration within the healthcare system. Rather than working in isolation, Functional Medicine practitioners collaborate with other healthcare providers, including psychiatrists, psychologists, nutritionists, and physical therapists, to provide comprehensive care for patients with mental health issues. This multidisciplinary approach ensures that all aspects of a patient's well-being are addressed, leading to more effective and sustainable outcomes.

In conclusion, mental health is a complex and multifaceted issue that requires a holistic approach. Functional Medicine offers a comprehensive framework for understanding and nurturing mental well-being by addressing root causes, optimizing nutrition and lifestyle factors, restoring balance in the gut-brain axis, and incorporating a range of therapeutic modalities. By embracing the principles of individuality, integration, and collaboration, Functional Medicine empowers individuals to take control of their mental health and live vibrant, fulfilling lives.



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.



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# GAINSWave is Making Headlines Due to its Ability to Prevent & Treat ED

By Dr. David S. Zamikoff

**W**ith remarkable outcomes, GAINSWave is growing in popularity in regard to treating erectile dysfunction (ED) and Peyronies Disease, yet it's also used as a preventative treatment. GAINSWave treatment is available for any man looking to enhance sexual health and performance. A medical condition like ED or Peyronies disease does not have to be present for men to benefit. In fact, many healthy men without an issue opt for treatment to "biohack" or optimize their performance as a prevention method.<sup>1</sup>

## How Can GAINSWave Prevent & Treat ED?

The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through soundwaves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. These soundwaves or 'shockwaves' also are beneficial in preventing the buildup of plaque and increasing blood vessel growth and circulation. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of



- ✓ Achieve Harder & Stronger Erections
- ✓ Improve Sexual Performance
- ✓ Increase Sensation
- ✓ Treat ED & Peyronie's Disease



new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronies disease (scar tissue) as well as enhance sexual performance.

## Younger Men Should Seek Treatment Early

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible. The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that GAINSWave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be.

## Men are Preventing ED with GAINSWave

Many men are now understanding the importance of this technology and how it can benefit them in the long term. GAINSWave offers immediate results that are cumulative. Much like living a healthy lifestyle, starting GAINSWave treatments early is another way men can be proactive about their health.

**SEEK EARLY TREATMENT & DON'T JUST MASK YOUR SYMPTOMS—TREAT THE ROOT CAUSE!**

Source: GainesWave  
<https://www.biospace.com/article/releases/mobility-spine-and-sports-is-helping-men-wave-goodbye-to-erectile-dysfunction-with-cutting-edge-gainswave-treatment/>

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# GIVE MOM THE GIFT OF **LIP FILLER** FOR MOTHER'S DAY

By Christine King, PA-C

**L**ip fillers are one of the most popular types of dermal filler. They increase the volume of your lips, giving fullness to thin lips and erasing the lines around the mouth that make us look older. They can be used to smooth out "smoker's lines" or pursed lines produced by age and/or smoking and straw use.

Lip filler injection is a minimally invasive cosmetic procedure that is performed at a doctor's office with minimal downtime. They are injectable treatments that can add volume and definition to the lips, improve lip symmetry and treat vertical lip lines.

Fillers are generally made from natural or biocompatible compounds such as hyaluronic acid (HA), which is a natural substance in the body. Due to their ease of administration and instant results, lip fillers have boomed in popularity over the past few decades. There are many different brands of lip fillers, including Juvederm®, Restylane® and Perlane®.

## Who gets lip fillers and why?

Getting lip fillers is a personal decision. Pursuing your wants and desires for your body can be empowering.

## To be considered for lip fillers, you should:

- Be in good physical health.
- Have realistic expectations.
- Not have an active oral infection, including canker or cold sores.

Many people who get lip fillers want to increase the size of their lips. You might want to enlarge the size of your lips for many reasons, including:

- Restoring a previous lip size. As you age, your lips may get smaller or thinner, your philtrum (the groove between your upper lip and septum) may get longer and flatter and the distance between the corners of your mouth (intercommissural distance) may increase.
- Correcting the shape of your lips. It's common for your lips to be different sizes or shapes (asymmetrical).



- Smoothing wrinkles. When you smile or laugh, wrinkles sometimes develop on the sides of your mouth.
- Boosting confidence. Lip fillers can help improve your self-esteem and body image.

Lip fillers restore or add volume to your lips. Over time, you may lose volume in your lips, which may be a result of genetics, smoking, or sun damage. And although they don't stop the aging process, they might help delay the need for a more invasive surgical lip augmentation, like lip implants or a lip lift.

## What happens during my lip filler procedure?

Lip filler injection is a simple procedure performed at a doctor's office with almost no downtime.

Preparation involves marking the treatment area and applying a topical numbing agent such as lidocaine. Some fillers contain lidocaine premixed in the vial.

Using a very fine needle or cannula, your provider will inject the filler under your skin. You may need multiple injections during the same session to achieve the desired results. The procedure, including preparation time, should take 15 to 30 minutes.

## Aftercare

Following the procedure, you may experience some swelling and bruising for up to two weeks. You should follow some simple instructions and precautions to speed up recovery and avoid any complications:

- Apply an ice pack to the lips to reduce swelling.
- Avoid vigorous exercise and direct sun exposure for 48 hours.
- Avoid massaging or unnecessarily touching of the injection site.

- Avoid aspirin or nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, as they may cause bleeding.

Lip filler injections can help you add volume, plumpness and symmetry to your lips. Most modern lip fillers are temporary and last months and will need to be repeated to maintain the results. More permanent options do exist but they come with additional downsides that make them a less attractive option.

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



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# Navigating Weight Management:

## Prime Health Urgent Care's Medically Supervised Services

**M**any individuals use medically supervised weight management services to pursue a healthier lifestyle. Prime Health Urgent Care stands at the forefront, offering comprehensive programs overseen by board-certified providers. Let's explore the benefits of Prime Health's services and compare semaglutide drugs—Wegovy and Mounjaro.

### Prime Health Urgent Care's Weight Management Services:

Prime Health Urgent Care prioritizes your well-being, providing tailored weight management services supervised by experienced and certified healthcare providers. These services ensure a personalized approach to achieving your health goals. The program combines medical expertise with lifestyle adjustments, fostering a holistic and sustainable approach to weight management.

Individuals may consider semaglutide options, such as Wegovy, Ozempic, or Mounjaro, for weight management for various reasons backed by clinical evidence. One significant factor is the observed significant weight loss demonstrated in clinical trials. This can be particularly appealing for individuals struggling with obesity or overweight conditions.

Semaglutide drugs, including Wegovy and Mounjaro, have received approval for both weight management and glycemic control in individuals with type 2 diabetes. For those managing both conditions, these medications offer a dual benefit. The convenience of once-weekly injections may be attractive to individuals seeking a weight management solution with a less frequent dosing schedule.

These medications are often used with lifestyle modifications, emphasizing a holistic approach to weight management. This may include dietary changes, increased physical activity, and behavioral strategies. Moreover, semaglutide drugs have undergone rigorous clinical testing, and their efficacy in promoting weight loss is supported by scientific evidence, providing individuals with confidence in the potential success of their weight management journey.

Some studies suggest that semaglutide drugs may have additional cardiovascular benefits beyond weight loss. This can be particularly relevant for



individuals with obesity who may also have cardiovascular risk factors. For some individuals, starting a prescribed medication for weight management can serve as a motivating factor. Knowing that they have a medical intervention and support from healthcare providers may encourage adherence to lifestyle changes.

Healthcare providers can tailor the use of semaglutide drugs to an individual's specific health profile, ensuring that the chosen medication aligns with the person's overall health needs and goals. The decision to use semaglutide for weight management should be made in consultation with a healthcare provider. They can assess individual health status, consider potential contraindications, and provide personalized recommendations based on the person's unique circumstances.

### 1. Wegovy (Semaglutide Injection 2.4 mg):

#### CLINICAL TRIALS:

In clinical trials, Wegovy demonstrated remarkable efficacy in promoting weight loss. Participants experienced a statistically significant reduction in body weight compared to a control group. Approximately 75% of participants achieved weight loss of 5% or more, and over 50% achieved weight loss of 10% or more.

### Glycemic Control:

Wegovy has also shown benefits in improving glycemic control, making it a valuable option for individuals with type 2 diabetes. Clinical studies reported reductions in HbA1c levels, contributing to better overall blood sugar management.

### Administration and Adherence:

One of Wegovy's notable features is its once-weekly injection, enhancing user convenience. However, adherence is essential, and users should be aware of potential gastrointestinal side effects, including nausea and diarrhea.

### 2. Mounjaro (Weekly Injection):

Clinical studies have supported its effectiveness in promoting weight loss and improving glycemic control.

### Real-World Data:

While Mounjaro has demonstrated efficacy in clinical trials, its real-world performance is an ongoing study area. Limited real-world data is available compared to the more established injectable semaglutide options.

### Gastrointestinal Effects:

Gastrointestinal side effects, a common theme among semaglutide drugs, may also be observed with Mounjaro.

Wegovy and Mounjaro are all semaglutide drugs that have shown efficacy in weight management and, in some cases, glycemic control. Individual responses may vary, and the choice between these medications should be made in consultation with a healthcare provider. Please see our website to schedule an appointment and see our other services.



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# Compassionate Home Health: Excellence in Promoting, Maintaining, and Restoring Health

In the sphere of home health, a profound dedication to compassion intertwines seamlessly with the pursuit of excellence. It's not merely about administering care; it's a heartfelt commitment to promoting, maintaining, and restoring health for those entrusted to our care. Within this compassionate paradigm lies an unwavering passion for excellence, shaping the very essence of how we serve.

At the core of compassionate home health lies the understanding that each individual's journey toward wellness is unique. It's about recognizing the person beyond the ailment and establishing a profound connection built on empathy and understanding. This approach transcends the mere clinical routine; it cultivates a sense of trust, fostering an environment where individuals feel heard and cared for on a deeper level.

To promote health in the home setting requires a holistic view that extends beyond just physical wellness. It encompasses emotional support, mental resilience, and nurturing an environment that encourages overall well-being. It's about empowering individuals to take charge of their health while providing the necessary guidance and support to navigate the intricacies of their wellness journey.

Maintaining health within the confines of one's home demands a harmonious blend of expertise and personalized care. It involves meticulous planning, where every aspect of care is tailored to suit the unique needs of each individual. Whether it's managing medications, assisting with daily activities, or offering companionship, the goal remains unwavering – to maintain the highest standard of health and comfort.

However, the true essence of compassionate home health shines when restoration becomes imperative. It's during these challenging times that the dedication to excellence truly becomes palpable. Restoring health isn't just about addressing the physical symptoms; it's about instilling hope, inspiring resilience, and guiding individuals through the process of healing with unwavering support and encouragement.



A passion for excellence becomes the cornerstone in every facet of our service. It drives continuous improvement in the quality of care provided, propelling us to seek innovative approaches, staying abreast of the latest advancements in healthcare, and fostering an environment where learning and development are constant companions.

Moreover, this passion transcends individual roles; it becomes a collective commitment ingrained in the ethos of every caregiver, nurse, and therapist member. It's the unwavering dedication to going above and beyond, to not just meet but exceed expectations, ensuring that those we serve receive nothing short of exemplary care.

In the pursuit of excellence, compassion becomes the guiding light that illuminates every decision made and action taken. It's the willingness to listen intently, to hold hands during difficult times, and to celebrate victories – big or small. Excellence isn't just a standard; it's a way of life that echoes in every interaction, every treatment, and every smile shared.

Compassionate home health, driven by a passion for excellence, isn't merely a profession; it's a calling. It's a commitment to humanity, a dedication to making a tangible difference in the lives of those we serve. It's about transforming healthcare into an experience imbued with empathy, respect, and a relentless pursuit of the highest quality care.

In conclusion, the heart of compassionate home health beats in rhythm with the passion for excellence. It's a symphony where empathy, dedication, and expertise harmonize to create a melody of healing and hope. This compassionate pursuit of excellence defines our commitment to promoting, maintaining, and restoring health for those whose lives we touch, leaving an indelible mark of care and compassion.

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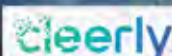
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# Slowing the Pace of Your Life

By Pastor Timothy Neptune

**R**emember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

*<sup>2</sup>In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.*  
Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. *<sup>11</sup>I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup>I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup>I can do everything through him who gives me strength.* Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: *<sup>6</sup>But godliness with contentment is great gain. <sup>7</sup>For we brought nothing into the world, and we can take nothing out of it.* 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things.

Contentment means this: I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.

Jesus said it like this, *<sup>15</sup>Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."* Luke 12:15

If you find yourself making statements like this:

- My life is a rat race.
- I don't know how I'm going to get it all done.
- I am just so exhausted.
- I don't know how much more of this I can take.
- I just want to escape.

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.



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