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June 2024

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**Presented by:
Dr. Kenneth Carle
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- ◆ Graduate of Riverview High School in Sarasota
- ◆ Attended the University of Florida before graduating in 1983 from Palmer College of Chiropractic in Iowa
- ◆ Established Carle Chiropractic Clinic in 1985 + Renewed Life Wellness Center in 2015
- ◆ Highly qualified and experienced practitioner
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Lymphedema and Vein Disease

By Dr. Lackey

What is Lymphedema?

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

What Causes Lymphedema?

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

How Can I Counteract Lymphedema?

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



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

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



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The Rehab and Sports Medicine Center: THERAPIES TO GET YOU FEELING BETTER AGAIN

Manatee Memorial Hospital offers outpatient rehabilitation services for patients across the lifespan.

Elizabeth A. Brown, M.S., CCC-SLP, Director of Outpatient Therapy Services for The Rehab and Sports Medicine Center, a service of Manatee Memorial Hospital, talks about the benefits of outpatient therapy in a patient's recovery and what the Center offers.

Q: What is outpatient physical therapy?

A: Outpatient physical therapy involves rehabilitation services provided to individuals on an outpatient basis, typically in a clinic or healthcare facility, rather than as part of an inpatient hospital stay.

Q: Who can benefit from outpatient physical therapy?

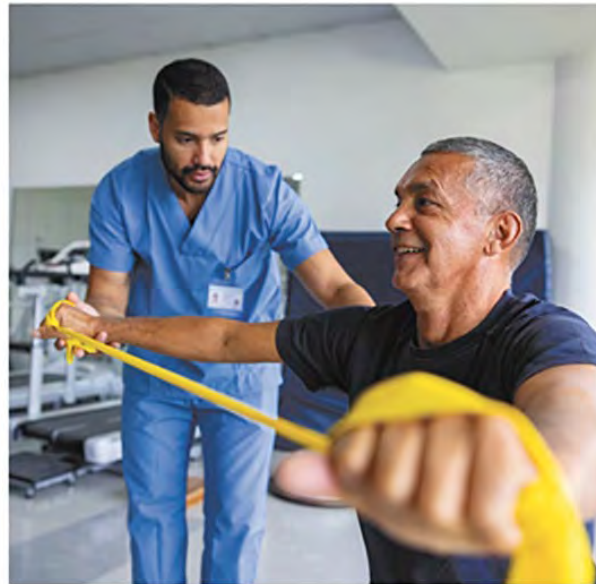
A: Outpatient physical therapy can benefit individuals of all ages and abilities who are recovering from injury, surgery, or medical conditions affecting their mobility, strength, balance, or function. It can also be beneficial for those seeking preventive care, performance enhancement, or management of chronic pain or disability. Additionally, outpatient therapy may be suitable for athletes looking to rehabilitate sports-related injuries and return to play safely.

Q: What are the advantages of outpatient physical therapy?

A: Outpatient rehabilitation programs provide patients with the flexibility to schedule appointments around their daily routines. This flexibility is particularly advantageous for individuals who wish to maintain their work, school, or family commitments while undergoing rehabilitation. By eliminating the need for overnight stays, outpatient rehab allows patients to receive essential care without disrupting their lives significantly.

Q: Why should patients come to The Rehab and Sports Medicine Center for their care?

A: Our patients enjoy a 1-to-1 patient ratio with their therapist for every session. Some clinics have a therapist seeing multiple patients at one time and overlapping treatment sessions, but our center uses a service model of 1-to-1 direct care for a more intensive program with exercises tailored to the patient and their life goals. Therapy sessions range from 45 to 60 minutes.



Q: Do pediatric patients require a different level or method of rehab compared to adults going through therapy?

A: Our pediatric outpatient therapy provides development and orthopedic services for ages birth to 16 years in a transdisciplinary team approach. This means that the patient and family are cared for by occupational therapy, physical therapy, and speech therapy team members who are specially trained in the neurotypical patterns of growth and development of children and can identify the areas of concern that are impacting the development of a child. With sports-related injuries for the pediatric patient, the key to successful rehab is all about making the exercises fun, safe, easy to remember, and carry over to the sport that the child loves to do.

Q: How are sports-related injuries treated at the center?

A: Sports injuries are an inevitable part of the game. Athletes often face physical setbacks that require specialized care to recover and return to peak performance. Our rehab programs are designed to address not only the immediate effects of injury, but also underlying imbalances, weaknesses, and movement issues that may predispose athletes to future injuries. Through targeted exercises, corrective techniques, and performance training, our therapists help athletes improve strength, flexibility, agility, and endurance.



The Rehab and Sports Medicine Center has two locations to serve our community:

8770 East State Road 70, Bradenton, FL 34202 in the Ranch Lake Plaza
206 Second Street East, Bradenton, FL 34208, on the campus of Manatee Memorial Hospital



www.manateememorial.com



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Post-Traumatic Stress Disorder (PTSD)

You Are Not Alone

By Steven Stein, MD - Board-certified Psychiatrist

Post-traumatic stress disorder (PTSD) is one mental health condition that falls under a category of conditions that develop in response to life stress or traumatic events called Trauma and Stressor Related Disorders. It can occur at any age and any person who experienced or witnessed a traumatic event. Other similar disorders arguably on a spectrum with PTSD include Acute Stress Disorder and Adjustment Disorder. The management of these disorders can be similar, but often vary depending on the severity of symptoms, duration of time and impact on daily life. Identifying there is a problem is the first step in developing a solution and then the healing process can begin. Treatment typically involves a combination of therapy, medication, self-help strategies, and support from friends and family. The goal of this article will be to raise awareness of traumas/microtraumas, PTSD and similar Trauma and Stressor Related Disorders, identify some of the common triggers and traumatic events, and offer guidance on what may help the healing process and overall management.

As mentioned, Post-Traumatic Stress Disorder (PTSD) can develop after an individual experiences or witnesses a traumatic event. These events may include sexual or physical assault, natural disasters, combat, accidents, or any real or perceived life-threatening situations. Symptoms can arise immediately or soon after the event, but for some can be more insidious and even delayed months, if not years, after a trauma or series of traumas. Just like every individual is a unique person, there are no identical presentations of this disorder, but there are characterological similarities. Some of these include:

1) **Intrusive thoughts**, where the person often experiences disruptive and uninvited thoughts, memories, or nightmares related to past trauma. They may also have intense emotional or physiological reactions when exposed to reminders of the trauma, called triggers. These thoughts often come unannounced and are involuntary but can even be so severe that the person falls into a state where they relive or re-experience the traumatic event emotionally, physically and/or with the senses like sight and sound. These often-horrific events are called flashbacks.

2) **Avoidant behaviors**: People with PTSD may actively avoid reminders of the traumatic event such as places, people, activities, or conversations that could trigger distressing memories. They may

withdraw from social interactions and isolate themselves to prevent further distress. This can further lead to other mental health conditions like depression and anxiety.

3) **Negative Alterations in Cognition and Mood**: A person with PTSD often has changes in their thoughts and feelings after the trauma which may include a more pessimistic attitude/more negative thoughts, distorted thoughts about oneself or the world, feelings of guilt or shame, and a loss of overall pleasure or enjoyment in life.

4) **Hyperarousal**: Those with PTSD often exhibit heightened arousal, which can manifest as difficulty sleeping, irritability, hypervigilance, exaggerated startle response, and problems with concentration. They may feel constantly on guard and have trouble relaxing.

It's important to mention that not everyone who experiences a traumatic event will develop PTSD. The risk factors for PTSD can vary among individuals, including the severity of the trauma, inherent personal factors, social support, and pre-existing mental health conditions. Some may not meet criteria also based on severity of symptoms or the duration of time the symptoms have occurred. This can apply to the following two similar but separate diagnoses 1) **Acute Stress Disorder**: also known as acute stress reaction, is a psychological condition that can occur immediately after a traumatic event. It shares similarities with PTSD, but the main distinction is that ASD occurs within a shorter timeframe, typically within three days to one month after the traumatic event, whereas PTSD symptoms may persist for months or years. 2) **Adjustment Disorder** is another similar diagnosis that develops in response to a change in life considered stressful, where the person develops a change in emotions or behaviors that cause impairment in overall functioning. This can be seen or experienced as decreases in mood/depression, increases in anxiety, disturbances to conduct, emotional instability or often a combination.

Some common triggers for trauma reactions, adjustment difficulties and PTSD include:

1. **Survivors of physical or sexual assault**: Individuals who have experienced physical or sexual assault, whether in childhood or adulthood, are more likely to develop PTSD.

2. **Victims of domestic violence or abuse**: People who have been subjected to ongoing domestic violence or abuse may develop PTSD because of the trauma they have endured.

3. **Natural disaster survivors**: Those who have lived through natural disasters like hurricanes, earthquakes, floods, or wildfires may experience symptoms of PTSD.

4. **Accident survivors**: People who have been involved in severe accidents, such as car crashes or plane crashes, can develop PTSD.

5. **Medical trauma**: Individuals who have undergone major surgeries, life-threatening illnesses, or medical procedures can develop PTSD due to the traumatic nature of their experiences.

6. **Military personnel**: Soldiers and veterans who have experienced combat or other traumatic events during their service are at higher risk for developing PTSD.

7. **First responders and emergency personnel**: Police officers, firefighters, paramedics, and other first responders who frequently witness traumatic events may be at increased risk of developing PTSD.

8. **Witnesses of violence or traumatic events**: Individuals who have witnessed violent acts, terrorist attacks, or other traumatic events may experience symptoms of PTSD.

Here are some key approaches to manage PTSD and the other discussed Trauma and Related Disorders: For starters, seek professional help. It's important to consult a mental health professional experienced in treating PTSD. They can provide an accurate diagnosis and develop a tailored treatment plan based on your specific needs. This may include:

1. **Psychotherapy**: Trauma-focused therapies, such as Cognitive-Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), and Dialectical Behavior Therapy (DBT), are effective in addressing traumatic experiences, managing symptoms, and promoting healthy coping strategies.

2. **Medications** such as selective serotonin reuptake inhibitors (SSRIs) or other psychiatric medications may be prescribed to manage specific symptoms like depression, anxiety, or sleep disturbances.

3. **Self-Care and Support**: Engaging in self-care practices, building a strong support network, and seeking support from friends, family, or support groups can be beneficial in the healing process.

If you or someone you know has experienced a traumatic event and is struggling with symptoms of PTSD, please know that you don't have to be alone in this struggle. There are things you can do and steps you can take to start feeling better, improve your symptoms and start living life the way you want to live it on your terms. Learning more about PTSD and understanding its effects can empower you to better manage your symptoms. Remember, managing PTSD is a gradual process, and it may take time, but it is effort well spent.

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BREAKTHROUGH TREATMENTS IN WOUND CARE

By Dr. Isin Mustafa, DPM, MSHS, DABPM

Advanced therapies in the treatment of complicated diabetic and non-diabetic foot wounds are helping save limbs and improve the quality of life for individual plagued by wounds that just won't heal. Specifically, for the diabetic population, impaired healing of wounds often leads to frequent hospitalizations, increased health care costs and limb loss. Advanced wound healing therapies are now offered at Family Foot and Leg center.

Foot ulcers develop in about 15 % of the 25 million American's living with diabetes. These foot ulcers can lead to serious complications including infection, osteomyelitis (bone infection), decreased quality of life and limb loss. Today's advanced treatment options help stimulate wound healing in people who would likely not be able to heal these wounds on their own. These advanced treatments are critical in the diabetic population who frequently have poor circulation, nerve damage and impaired immune response which all negatively affect the body ability to heal wounds.

One ground breaking therapy is the use of stem cells. Stem cells are undifferentiated cells found in blood, bone marrow and other human tissue. Stem cells have the ability to develop into many different types of cells. When applied directly to a wound, stem cells can help the body grow new tissue in order to heal the wound. The use of stem cells in diabetic related foot wounds has shown favorable results when looking at time to wound closure, number of treatments needed, and number of adverse events related to the wound. Other advanced wound healing therapy is the use of negative pressure wound therapy (NPWT). This consists of a wound dressing with an air tight seal and a drainage tube connected to a suction device. The suction enables healthy new tissue to grow. This device can also be combine with stem cells and other types of grafts.

If you or someone you know has a wound that has been present for a long time or is showing slow progress make sure to schedule an appointment with Family Foot and Leg center immediately. The longer you wait for treatment, there is a greater risk of limb loss. Your physician will evaluate you and determine why your wound is not healing. They can then develop a treatment plan with advanced wound healing therapies if indicated.



Isin Mustafa, DPM, MSHS, DABPM

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

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



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Stem Cell Therapy: A Paradigm Shift in Joint Pain Treatment Without Drugs or Surgery

Regenerative medicine, particularly stem cell therapy, has emerged as a transformative treatment for a spectrum of joint conditions, including knee, hip, wrist, shoulder, back, neck, and osteoarthritis. Unlike conventional approaches reliant on drugs or invasive procedures, stem cell therapy leverages the body's innate capacity for self-repair, marking it as a revolutionary breakthrough in natural medicine.

Over the past decade, medicine has witnessed remarkable strides in treating serious health disorders. However, stem cell therapy has revolutionized treatment paradigms by offering a fourth approach beyond medications, surgery, or physical therapy. Stem cell therapy harnesses the body's regenerative potential, facilitating tissue and joint repair without the need for invasive interventions or prolonged medication use.

Clinical evidence strongly supports the efficacy of stem cell therapy in promoting tissue regeneration and joint repair. A landmark study conducted by Centeno et al. (2011) published in the *Journal of Bone and Joint Surgery* demonstrated significant improvements among patients with knee osteoarthritis treated with stem cell therapy. The study reported a remarkable reduction in pain and a 61% improvement in function scores among participants, highlighting the therapeutic potential of stem cell therapy in managing knee osteoarthritis.

A study by Hernigou et al. (2016) published in the *Journal of Orthopaedic Research* investigated the efficacy of stem cell therapy in treating rotator cuff tears. The study found that patients who received stem cell therapy experienced a substantial decrease in pain scores and a significant improvement in shoulder function compared to those who underwent traditional treatments. In fact, pre and post MRI have shown full or partial repair of these rotator cuff tears from the stem cell injections. These findings underscore the promising role of stem cell therapy in enhancing outcomes for patients with rotator cuff tears and tears in the knee or hips.

The rapid proliferation of stem cells, with cells dividing approximately every 28 hours for about 65 cycles, enables effective tissue regeneration and repair. Stem cells have the remarkable ability to



differentiate into specialized cells, such as cartilage, ligaments, or tendons, depending on the site of injection. This versatility allows stem cell therapy to target specific areas of damage, promoting targeted tissue repair and joint restoration.

Stem cell therapy represents a paradigm shift in joint pain treatment, offering a natural and effective approach to tissue and joint repair. Supported by robust clinical evidence, stem cell therapy holds promise for improving outcomes and quality of life for individuals with joint damage or degeneration. By harnessing the body's regenerative potential, stem cell therapy heralds a new era in natural medicine, providing hope for enhanced healing and long-term joint health.


References:

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***Patient Testimony:** Dan states, "I had 2 rotator cuff tears preventing me from doing simple tasks. Daily I was dealing with debilitating pain. Surgery was prescribed, but at my wife's suggestion, I decided to try stem cell therapy instead. I received a stem cell injection in my shoulder. My recovery was gradual and at times I was very frustrated. I was told optimal healing starts to occur between 3 and 6 months, so I realized I had to be patient. Six months later, the MRI showed one tear was totally healed and the other was "significantly" better. And best of all, the pain is gone. Thanks to Renewed Life."*

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Presented by:
Dr. Kenneth Carle
Chiropractic Physician



BE WELL WITH DR. MESA

A COMPREHENSIVE APPROACH TO WEIGHT LOSS

If you're looking to lose weight and improve your health, a comprehensive approach that combines multiple evidence-based methods can be extremely effective. By combining the ketogenic diet, intermittent fasting, the weight loss medication Wegovy (semaglutide), and routine lab testing, you can supercharge your weight loss efforts while ensuring your body is staying on track.

The Ketogenic Diet

The ketogenic or "keto" diet is a low-carb, high-fat eating plan that shifts your body into a metabolic state called ketosis. In ketosis, your body burns fat for fuel instead of glucose from carbohydrates. This can lead to accelerated weight loss, in addition to benefits like reduced appetite, more stable energy levels, and improved markers for conditions like type 2 diabetes and heart disease.

On a keto diet, you'll be eating plenty of healthy fats like avocados, olive oil, nuts and seeds while restricting your carb intake - usually to under 50 grams per day. The diet is very effective for weight loss but requires careful planning and tracking to maintain nutritional ketosis.

Intermittent Fasting

Intermittent fasting (IF) is an eating pattern that cycles between periods of fasting and eating. Popular IF methods include 16/8 (fasting for 16 hours, eating in an 8 hour window) or alternate day fasting.

When combined with keto, intermittent fasting can accelerate weight loss by further regulating hormones like insulin and increasing fat-burning mechanisms like autophagy. The appetite suppression from being in ketosis also makes the fasting periods easier to stick to.

Wegovy

Wegovy is a once-weekly injectable medication containing semaglutide, a glucagon-like peptide-1 (GLP-1) receptor agonist. Semaglutide works by mimicking a hormone that regulates appetite, causing you to feel fuller while eating less. It also affects areas of the brain involved with regulating food cravings.



In clinical trials, patients taking Wegovy lost on average 15% of their body weight over 68 weeks when combined with a reduced-calorie diet and increased physical activity. It's the first FDA-approved weight loss medication since 2014.

There is no definitive "best" weight loss medication, as the optimal choice depends on the individual's medical history, conditions, previous treatments, potential side effects, and cost considerations. As a healthcare provider, I personalize my approach to weight loss management for each patient, taking these factors into account.

Lab Testing

No weight loss plan is complete without regular lab testing to monitor your key health metrics. Important tests include checking your:

- Metabolic panel to track electrolytes, blood sugar, and kidney function
- Lipid panel for cholesterol and triglyceride levels
- Thyroid hormones, which play a key role in metabolism
- Inflammation markers like C-reactive protein (CRP)
- Nutrient levels like vitamins D, B12, iron and more

By combining a ketogenic diet with intermittent fasting, the medication Wegovy, and routine lab testing, you'll be attacking weight loss from multiple angles while keeping close tabs on your overall health. Be sure to work closely with your doctor or a medical provider experienced with this multipronged approach.

While challenging, sticking to a clean keto/fasting regimen, taking medications as prescribed, getting regular bloodwork, and making lifestyle adjustments can lead to transformative, long-lasting weight loss and health improvements. Stay consistent and your hard work will pay off!



Dr. Nathalia Mesa

I am Dr. Nathalia Mesa. I am a board-certified Family Physician originally from Colombia, with more than 20 years of experience. I am delivering care in Bradenton and Sarasota areas, Florida. I attended medical school at CES University in Medellin, Colombia, and graduated in 2003. I did my specialty at SJGH, and graduated from UC Davis as a Family Physician in 2015. I am a member of the American Academy of Family Physicians, American Medical Association, Florida Medical Association, Florida Obesity Society, IAPAM, Empire Medical Training, National Hispanic Medical Association. I have been trained in Medical Weight Management and Aesthetic Medicine. I am fluent in Spanish and English. Medicine is a calling knowing that patient-physician relationship is paramount. I was trained to meet my patients' health needs with a culture of caring, professionalism, and compassion. I am here to provide excellent care with the time you need. Your health is my purpose. BE WELL WITH DR. MESA!



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Shedding Light on Cataracts: Understanding and Addressing the Impact

George Skopis, M.D.

Cataract Awareness Month: A Call to Action

Every June, a spotlight shines on one of the most prevalent yet often misunderstood eye conditions: cataracts. Cataract Awareness Month serves as a crucial reminder of the importance of vision health and the need for proactive measures to address this common ailment. With an aging population and increasing prevalence worldwide, understanding cataracts and promoting awareness about prevention and treatment options are more critical than ever.

Understanding Cataracts: Unveiling the Cloudiness

Cataracts occur when the clear lens of the eye becomes cloudy, leading to blurred vision, sensitivity to light, and difficulty seeing at night. While age-related changes are the primary cause of cataracts, other factors such as genetics, injury, and certain medications can also contribute to their development. Over time, untreated cataracts can significantly impair vision, impacting daily activities and diminishing quality of life.

The Global Impact: A Growing Concern

According to the World Health Organization (WHO), cataracts are the leading cause of blindness worldwide, responsible for approximately 51% of all cases. With the global population aging rapidly, the prevalence of cataracts is expected to rise significantly in the coming years. This increase underscores the urgent need for awareness campaigns, early detection, and access to affordable treatment options.

Prevention Is Key: Nurturing Vision Health

While cataracts cannot always be prevented, several lifestyle choices can help reduce the risk of developing them. Protecting the eyes from excessive sunlight by wearing sunglasses and hats, maintaining a healthy diet rich in antioxidants, and avoiding smoking are all beneficial practices for preserving vision health. Regular eye examinations, especially for individuals over the age of 40, can also aid in early detection and timely intervention.

Empowering Communities: Promoting Awareness and Education

Cataract Awareness Month provides an invaluable opportunity to engage communities, healthcare professionals, and policymakers in dialogue about vision health. Educational initiatives, outreach programs, and media campaigns play a vital role in dispelling myths, raising awareness about risk factors, and promoting the importance of regular eye exams. By empowering individuals with knowledge and resources, we can encourage proactive steps towards preserving vision and preventing avoidable blindness.

Breaking Barriers: Access to Care

Despite significant advancements in cataract treatment, access to care remains a challenge for many communities, particularly in low- and middle-income countries. Limited resources, inadequate infrastructure, and cultural barriers can hinder individuals from seeking timely diagnosis and treatment. Addressing these barriers requires a multi-faceted approach, including increased investment in healthcare infrastructure, training of local healthcare providers, and greater collaboration between government agencies, non-profit organizations, and the private sector.

Innovations in Treatment: Restoring Clarity

Fortunately, cataract surgery remains one of the most successful and cost-effective medical procedures, with a high rate of success in restoring vision. Technological advancements, such as phacoemulsification and intraocular lens implants, have revolutionized cataract surgery, making it safer, more efficient, and more accessible to a broader population. Moreover, initiatives aimed at reducing the cost of surgery and improving post-operative care are instrumental in ensuring equitable access to treatment for all individuals affected by cataracts.

Looking Ahead: A Vision for Change

As we observe Cataract Awareness Month, let us recommit ourselves to the fight against preventable blindness and vision impairment. By raising awareness, advocating for equitable access to care, and embracing innovation in treatment, we can make significant strides towards eliminating the burden of cataracts on individuals and communities worldwide. Together, let us work towards a future where everyone has the opportunity to enjoy clear vision and a brighter tomorrow.

Conclusion

Cataract Awareness Month serves as a poignant reminder of the importance of vision health and the need for concerted efforts to address cataracts. By understanding the impact of this common eye condition, promoting prevention strategies, and advocating for improved access to care, we can make meaningful progress towards eliminating preventable blindness and preserving vision for generations to come. Let us join hands in spreading awareness, fostering education, and championing innovation to ensure a world where clarity of vision is within reach for all.



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.



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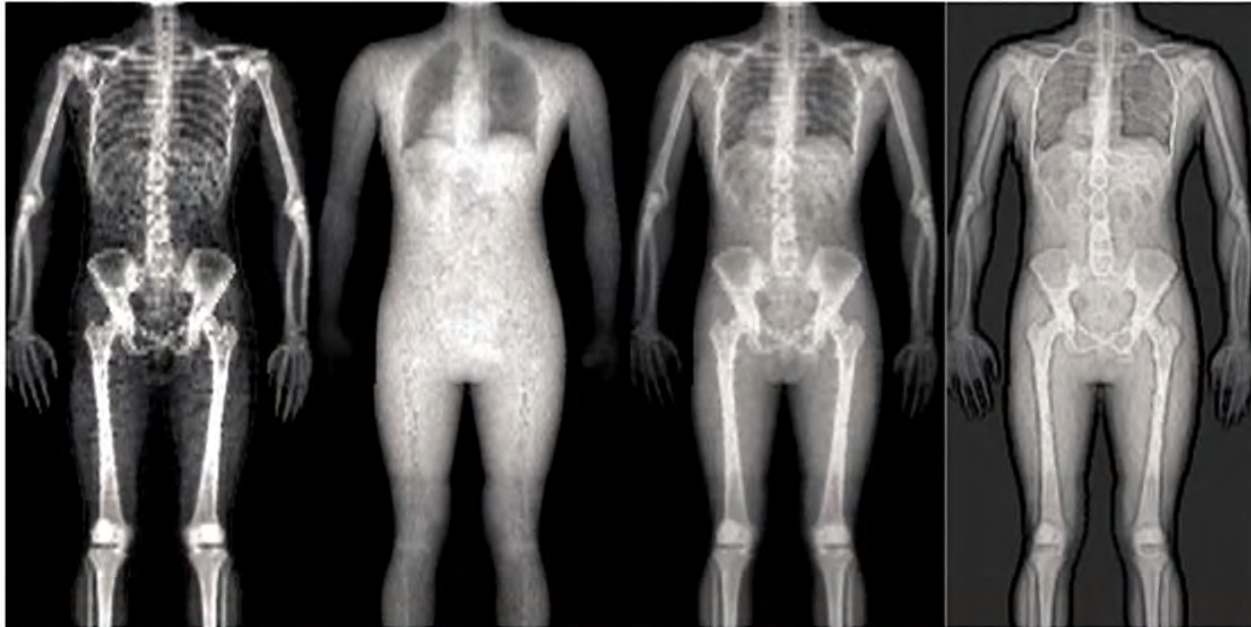
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DO YOU HAVE BONE LOSS?

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



Bone 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.

If you or someone you know is suffering from a bone disorder or would like to find out more about OsteoStrong®, please call 941-210-3832 to schedule your OsteoStrong consultation.

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Dr. Joseph Sassano:

A Compassionate Practitioner with a Passion for Medicine

Joseph Sassano, D.O.

Dr. Joseph Sassano embodies the essence of a dedicated primary care physician. With a robust background in osteopathic medicine and a wealth of experience, Dr. Sassano has become a pillar in the healthcare community.

Originally from Akron, Ohio, Dr. Sassano graduated from Northeast Missouri State University and completed medical school at Kirksville College of Osteopathic Medicine. His journey into medicine was driven by a childhood fascination.

"I thought the doctors on TV were the coolest people and had the best gadgets and tools around," he said.

Inspired by the doctors portrayed on television, he embarked on a path fueled by a passion for science and a desire to make a meaningful impact on people's lives.

Throughout his illustrious career, Dr. Sassano has held various positions. However, it's his commitment to serving his community that truly sets him apart. As the current president of the Florida Osteopathic Medical Society District 7, he tirelessly works to ensure the well-being of patients in the region.

Despite receiving accolades, including the Physician of the Year Award from the Florida Osteopathic Medical Association, Dr. Sassano remains humble, preferring to stay behind the scenes and focus on the core of his work—providing exceptional care to his patients.

"I take my Hippocratic Oath to heart," he said. "...to preserve the health and the life of my patients and retain their confidence and respect both as a physician and as a friend."

With each patient encounter, Dr. Sassano not only treats ailments but also fosters hope, comfort, and optimism—a testament to his remarkable commitment to the art of healing. Schedule an appointment with Dr. Sassano and experience his compassionate care and expertise firsthand. Call 941-271-7897, or visit www.getvipcare.com to learn more.



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Local Soccer Enthusiast Is Back in the Game Following Achilles Rupture

June 20, 2023, is a day Shannon Cucci will never forget. The 38-year-old from Bradenton was participating in a soccer game in Sarasota when she was injured.

"I would like to say that it involved a collision or that someone kicked me, but I just simply took a step backwards after trapping the ball with my thigh and dropped to the ground," Cucci said. "It was as if someone had kicked me in the back of the ankle, but when I turned and didn't see anyone there, I knew it was bad."

Cucci, who played soccer in college at Illinois State University, had never had a major injury before. "I grew up playing soccer and went on to play in college, but took a break when I started my family," she said. "My kids are older now, so I decided to join a co-ed league to get back into the game."

Getting the care she needed

Cucci was referred to Manatee Physician Alliance Orthopedic Surgery and Sports Medicine and orthopedic surgeon Samuel Thomas, DO. During the visit, it was confirmed that the Achilles tendon in her lower right leg was torn, and she opted to have surgery to repair it.

"Shannon ruptured her Achilles tendon, which is common in recreational athletes, especially the 'weekend warriors,'" said Dr. Thomas.

Dr. Thomas answered all of Cucci's questions and was honest and open about the long road to recovery. "He was optimistic about my surgery and rehab, and that made me feel like I had come to the right place," she said.

On June 28, 2023, Cucci had open repair surgery. "The torn ends of her tendon were tied back together directly using very strong sutures," explained Dr. Thomas. "In some cases, the rupture can be treated without surgery, but that wasn't the case with Shannon."

Cucci couldn't have asked for a better experience at Manatee. "Everyone was personable and friendly during my surgery," she said, "and I felt like they were truly invested in my recovery."



For two weeks following surgery, Cucci wore a soft cast on her ankle and had limited mobility. After that, she wore a boot on her right foot. "When I was first given the boot, I was still using crutches to get around with limited-weight-bearing on my right leg and was not able to drive," she said.

Rehab helped in recovery

Beginning that August, Cucci participated in outpatient rehabilitation at the Manatee Rehabilitation and Sports Medicine Center, a service of Manatee Memorial Hospital.

With the aid of her physical therapist, Jeremy Berger, Cucci participated in a personalized exercise plan that included joint mobility, strengthening, flexibility, and proprioceptive training.

"Recovery from an Achilles injury is not difficult, but it is lengthy due to precautions, starting with non-weight-bearing, then progressing to partial-weight-bearing per protocol," explained Berger. "Getting full range of motion and strength back takes a long time as precautions are followed to protect the surgically repaired tendon."

Dr. Thomas added that "studies show that professional soccer players are able to return to their previous level of competition once they are fully healed. For the recreational player, we expect an even greater percentage of patients to return to the sport and regain full function."

"Jeremy was great with my recovery," Cucci said. "He was always optimistic and celebrated the small wins along the way. Being able to walk without crutches, then without the boot, being able to drive again, and to walk without a limp, were great achievements."

Following 20 physical therapy sessions, Cucci was able to continue her rehabilitation exercises at home because of the time commitment and the need to work and care for her three children.

"I am able to walk with no pain now, and can get back to playing soccer," she added. "I have no restrictions."

To find a physician, visit Manatee Physician Alliance at manateephysicianalliance.com.



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NICOTINE'S EFFECT ON THE BRAIN

Mark Twain once said “quitting smoking is easy. I should know, I have done it a thousand times.” Many tobacco users may be able to relate to this statement as it often requires multiple attempts to kick the habit for good.

There are several reasons quitting smoking is challenging. First, it is legal for adults to use tobacco products; therefore, there is less legal risk with tobacco than with other illegal substances. Second, nicotine is available for purchase at many convenient locations. The third and most significant reason is due to nicotine's effect on the brain. In fact, research has shown that nicotine is as addictive as alcohol, heroin, and cocaine and is often more difficult to quit.¹

When an individual smokes a cigarette, nicotine is delivered to the brain within seven seconds. Once in the brain, nicotine activates seven different neurotransmitters – many of which are responsible for pleasure, appetite suppression, reduction of tension and anxiety and increased focus. These outcomes can be perceived as positive and rewarding which strengthens the addiction to nicotine. It is important that individuals find other ways to get these same benefits without the tobacco products when quitting. Quitting tobacco involves “retraining” the brain's reward pathway as nicotine levels are reduced during the quit process.

The addiction to nicotine itself accounts for the biological component of addiction; however, addiction can happen on the psychological and cultural level as well. Tobacco can be used as a coping mechanism during challenging situations and as self-medication. Developing a dependence on tobacco during the tough times can make quitting even harder. Tobacco may also be promoted as part of social activities and norms.

Although quitting tobacco can be challenging, it can be done! According to the Center for Disease Control and Prevention, more than three out of five adults who have ever smoked cigarettes have quit. It is important to seek out support when quitting tobacco as those that attempt to quit on their own have a success rate of about 5-7%. **Group sessions** through Gulfcoast South AHEC and Tobacco Free Florida address all aspects of nicotine addiction, in addition to helping you develop a quit plan and identify your quit date. Studies have shown that group sessions plus the use of Nicotine Replacement Therapy can more than double your chances of quitting and staying quit.²

Quitting tobacco for good comes with many benefits to your **physical** and **psychological** health. These benefits are numerous and will greatly improve the quality of life for individuals who quit for many years to come.



*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 to schedule a class or learn more about the program!*

References:

1 https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/smoking-cessation-fast-facts/index.html

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



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

By Dr. Drew Hall

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

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

Tracy Shaw - Verified Google Review

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

Upper Cervical Spine Anatomy

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



Figure 1

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

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

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

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

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

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

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

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ALZHEIMER'S AWARENESS MONTH

Who's Afraid of Alzheimer's Disease?

By Max MacCloud, DO, ND, PhD aka The Nutrition Ninja

Founder & Director of the Age Reversal Technology Center (ARTC.health) & MyBodySymphony.com

FEAR can be useful; in fact, it can be very useful if you use it to your advantage.

FEAR can and should be a major motivator. It mostly motivates us to avoid certain things; however, it can also be used to motivate us to do more positive things.

When it comes to health and disease, what scares you? What motivates you?

Two of the strongest fears when it comes to potential diseases are Cancer & Alzheimer's disease.

This article will hopefully help to educate and motivate you about several things you can do to proactively avoid both, as well as virtually every other chronic health condition. These are things that your doctor will likely never tell you about because they simply weren't taught about them.

The only way to avoid and prevent a disease process is to **BUILD** health. A 'disease' is just a name given to a set of signs & symptoms that show up to let you know that something is wrong. Think of it like the oil light on your car dashboard. When it turns on, you know your car needs oil. The body isn't quite as simple, and we don't have red flashing lights labeled with what we need.

Instead, when something isn't working properly, our body sends us a variety of messages like pain, inflammation, stiffness, fatigue, weakness, brain fog, weight gain or loss, etc. Modern medical care is more about pacifying and applying band-aids than getting to the route of the problem. Doctors are generally ill-equipped to determine what is wrong with you until things go very wrong. As a result, most people continue to mask the signs and symptoms of their health problems with medications that simply don't fix anything (and often make things worse in the long run).

I'm here to tell you that there is a new breed of doctors out there that are much better equipped to find and reverse the underlying problems before things degenerate too far. Generally, we are not appreciated by the 'powers that control' the so-called healthcare (actually disease care) system.

We use more progressive, functional tools to assess your health and innovative approaches to rebuild it. Sadly, most of what we do is not covered by conventional health insurance because it doesn't fit the current medical-industrial complex economic model. Don't shoot the messenger, that's just the way it is. If you truly want to be healthy, you're going to have to foot the bill and do the work.

"There is only one way of seeing things rightly, and that is to see the whole of them." - John Ruskin

We have to evaluate the whole person to properly understand the dysfunction. Conventional medicine is too disjointed with specialists who only look at one area or system of the body. It is similar to the story of several blind men examining an elephant and describing the part that they are touching. It is simply dysfunctional and inaccurate.

Once we properly evaluate the whole person, we can develop a comprehensive plan of action to reverse the damage and help the body heal. This is as true of various brain issues as it is for anything else.

The brain is part of the body and must be addressed as part of the body.

Alzheimer's disease is a progressive neurological disorder that leads to the degeneration and death of brain cells, causing memory loss, cognitive decline, and ultimately, the inability to carry out simple tasks. It is the most common cause of dementia among older adults.

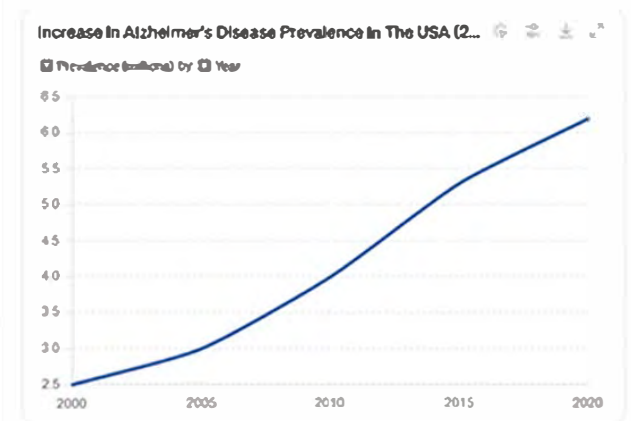
Prognosis: Alzheimer's disease progresses over several years and can vary greatly among individuals. The typical progression involves:

- 1. Early Stage:** Minor memory loss and confusion.
- 2. Moderate Stage:** Increased memory loss, confusion, difficulty recognizing people, and changes in behavior.
- 3. Severe Stage:** Loss of ability to communicate, recognize loved ones, and perform basic activities of daily living.

The average life expectancy after diagnosis is 4 to 8 years, but some people can live up to 20 years with the condition.

The incidence of Alzheimer's disease has been skyrocketing over the last 20 years.

2000: 2.5 million; **2005:** 3.0 million; **2010:** 4.0 million; **2015:** 5.3 million; **2020:** 6.2 million



What causes it? They don't know... (but we have a really good idea).

Conventional medicine attributes it to some combination of the following:

- **Genetic Factors:** Family history and specific genes, such as the APOE-e4 gene, increase the risk.
- **Age:** The risk increases significantly after the age of 65.
- **Plaques and Tangles:** Alzheimer's is characterized by the accumulation of amyloid plaques and tau protein tangles in the brain, which disrupt cell function.
- **Lifestyle and Heart Health:** Factors such as poor diet, lack of exercise, and cardiovascular conditions may also contribute.

There is currently **NO EFFECTIVE** treatment or cure. Let that sink in a bit. Conventional medicine doesn't know what causes it, they have nothing effective to offer for treatment, yet they criticize those who have come up with logical, safe, progressive treatments that definitely appear to help.

The actual causes of the increased incidence of Alzheimer's Disease in my humble opinion include:

• **A Variety of lifestyle factors, including things like:**

- **Consumption of a high-carbohydrate diet**, which activates strong insulin release and eventual insulin resistance and metabolic syndrome.
- **Consumption of highly processed foods** that contain high amounts of refined carbohydrates/sugars, rancid oils, trans fats, and hundreds of toxic additives.
- **High-stress levels** that likewise spike blood sugar and insulin independently of diet.
- **Lack of consistent, effective exercise and activity.** This is why we lose muscle mass, strength, and endurance as we age. It can be prevented and reversed.
- **Increased, regular exposure to a wide range of toxins** from our polluted air, water, food, and things like toxic electromagnetic radiation from screens, phones, cell towers, and improperly grounded wiring, etc. The list of probable toxins is huge.
- **Mold, yeasts, fungi, and mycotoxins** are of particular concern for those living in Florida and other places where these microbes are known to thrive. Exposure could have been decades before, once they gain entry and overgrow these microbes and their mycotoxins can be with us for life without proper, aggressive treatment. They have absolutely been correlated with Alzheimer's disease as well as other neurodegenerative conditions.

• **These factors and others lead to the following:**

- **Poor oxygenation and nourishment of the trillions of cells that make up the body due to damage to the microvascular system.** We lose 40-90% of our capillaries as we age due to the above-mentioned factors. This happens to everyone but can be prevented and reversed.
- **Reduced mitochondria numbers and function.** These are the energy powerhouses of our cells in addition to several other vital functions. We lose 50-90% of our mitochondria as we age. This also happens to everyone but can be prevented and reversed.
- **Reduced metabolic efficiency,** including insulin dysregulation, adrenal fatigue, thyroid damage, sex hormone and neurotransmitter imbalances for starters.
- **Reduced metabolic reserves.** This includes reserve capacities of each and every organ and system of the body. Loss of muscle is a prime example.



- **Reduced stem cell numbers and viability.** Stem cells are what repair all damage in the body, they also decline dramatically as we age. That's why younger people heal faster and easier than older people. We can also boost stem cell numbers and activity, so even this is modifiable.

All of these things impact all the cells, tissues, organs, and systems of the body. That obviously includes the brain.

There is no simple medication that can, or ever will, fix all of these issues. However, all of them can be dramatically improved with the right plan and action.

Your brain is part of your body. Brain health is a function of your overall physical health. Neurofibrillary tangles and amyloid proteins don't happen for no reason. They are simply the manifestation of cumulative damage resulting from disruption of optimal physiology and biochemistry.

Alzheimer's disease has been referred to as Type III Diabetes. That assessment is right on point. Excess blood sugar causes disruption to optimum physiology which negatively impacts all the tissues of the body including the brain. To properly nourish the brain, you must properly nourish the body. High intake of refined, high carbohydrate, sugar, and damaged fats leads the way to metabolic dysfunction. A whole-body approach is needed, not a magic pill.

Diabetes and obesity are two of the most prominent metabolic dysfunctions there are. Heart disease and cancer are still the top two killers with Big Pharma running a close third. Premature death and debility are associated with all of these chronic conditions including Alzheimer's.

We spend more on our 'disease care' system than the next five countries combined, yet our health is among the worst in the world. What's wrong with this picture? Do you know the definition of insanity? Doing the same thing over and over and expecting a different outcome.

Please wake up, take responsibility for your own health, seek advice and coaching from a health expert rather than a disease expert.

That is exactly what we do; we use different tools to assess the damage to your microvascular system, your mitochondria, metabolism, and metabolic reserve. Then we design a program that includes a comprehensive approach to begin reversing the damage and enhancing your health.

Here are just a few of the innovative things that we can do to assist you in building health:

1. The **Glycocheck** assesses the health of your microvascular system.
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6. The **4M approach** supports the restoration of your microvascular, mitochondrial, metabolic, and metabolic reserves.
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10. **Regenerative Injection therapy & even Regenerative Aesthetics.**

It would take an entire book to provide sufficient details about these and the additional tools we use to help people and that goes way beyond what we can cover here. **If you find this information helpful and motivational, please reach out to let us know how we can assist you. Call 941-806-5511; learn more at www.ARTC.health**

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TINNITUS: FINDING RELIEF FOR THE PERSISTENT RINGING

If you suffer from a constant ringing, buzzing, hissing, whistling, or other noise in your ears, you are among the millions who experience tinnitus. This frustrating condition can range from mild to debilitating, interfering with sleep, concentration, and overall quality of life. While there is no cure, there are several treatments that can help provide relief.

Tinnitus is a condition that causes people to hear noises in their ears. The noises are not caused by an external source, and other people cannot hear them. It affects about 15% to 20% of people. It is especially common in older adults.

One common approach is the use of hearing aids. For those with hearing loss along with tinnitus, properly fitted hearing aids can make external sounds more accessible, reducing the prominence of the internal ringing or buzzing sounds. By better controlling outside noise levels, hearing aids can make the tinnitus less noticeable.

For milder cases of tinnitus, tabletop sound generators may provide the answer, especially for relaxation and sleep. These devices can be programmed to play soothing nature sounds like waves, waterfalls, or rain to help mask the tinnitus noises and lull you into peaceful slumber.

A more advanced treatment is acoustic neural stimulation. This uses a handheld device and headphones to deliver a broadband acoustic signal embedded in music. Over time, this stimulates changes in the neural circuits of the brain, desensitizing the patient to their tinnitus perception.

Counseling is another important component of tinnitus management. Through educational programs, counseling helps patients understand the brain mechanisms behind tinnitus. Cognitive behavioral therapy can also teach coping strategies to change thought patterns and reactions to the condition.



Wearable sound generators, similar to hearing aids, provide masking sounds directly into the ear canal. The level can be adjusted to slightly exceed the volume of the tinnitus sounds, using white noise, tones, or even music to override the internal ringing or buzzing.

In severe cases where tinnitus is accompanied by profound hearing loss, cochlear implants may be an option. These devices bypass damaged portions of the inner ear and directly stimulate the auditory nerve with electrical signals. In addition to improving hearing, this neural stimulation can help mask tinnitus sensations.

While there is no one-size-fits-all solution, a multidisciplinary approach using a combination of the above treatments can significantly improve tinnitus symptoms for many patients. Along with sound therapy, counseling on coping mechanisms empowers patients to better manage the impacts of tinnitus on their daily lives. With patience and the right treatment plan, that persistent ringing can be silenced or at least faded into the background.

At **Hear Sarasota Audiology** we are dedicated to providing quality hearing healthcare services to our patients. Dr. Massey designed the clinic to combine the best elements of a sound studio, audiology clinic, and research facility to create the most accurate testing and fitting facility in the state. We offer a wide range of services, including hearing assessments, hearing aid fittings, and rehabilitation services. We are committed to providing our patients with the best possible care and helping them to improve their quality of life.

Approximately 10 percent of the U.S. adult population — over 25 million Americans experience tinnitus.



John Massey, Au.D./CCC-A

Following the completion of his Doctoral Externship, Dr. John Massey came to the Silverstein Institute in 2019. He is proficient in providing a wide array of services including diagnostic hearing testing, vestibular evaluations, electrophysiology, hearing aid evaluations and tinnitus evaluations and treatment.

Dr. Massey received a scholarship to perform research in the field of psychoacoustics and speech perception during an apprenticeship at the Boystown National Research Hospital. With a background as a professional audio engineer and producer, he brings a unique knowledge of acoustics and signal processing to the practice.

“When I decided to start this clinic, I wanted to use my sound engineering background to design a fitting and programming model that exceeds the status quo of reading words out loud in a sterile medical office. Part of the beauty of this clinic is the accuracy we achieve in our fitting and programming methods by performing said testing and programming in acoustically proofed spaces.”

Dr. Massey is passionate about bringing his unique set of skills to the world of audiology in order to achieve the best outcomes for his patients. His goal is for his patients to hear their best and improve the quality of their lives.

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WHY SENIORS ARE CHOOSING LIFE PLAN COMMUNITIES OVER AGING IN PLACE

Where do you see yourself in retirement? Will you be busy at home or branching out as part of a larger community? How will you spend your free time? If you're considering the options of aging in place at home or moving to a Life Plan Community – also known as a continuing care retirement community (CCRC) – it pays to look closely at the costs and benefits of each option. Keep in mind that perspectives may evolve and priorities may shift as you make plans for your future.

THE REALITIES OF AGING IN PLACE

The idea of aging in place in your home may sound appealing, but modifying your home with age-friendly features and/or potentially hiring in-home care can be expensive, labor-intensive, and stressful. Most private homes have to be modified to accommodate the needs of seniors, such as wider hallways, wheelchair-accessible bathrooms, and entryway ramps. People often assume the option of staying in their home will be less costly than moving to a Life Plan Community. However, you may be surprised to see how the costs add up in the long run.

Instead of living with the burden of home maintenance and the uncertainty of how to handle future health care needs, you can live in luxury and comfort when you choose a Life Plan Community. Plus, you'll enjoy the peace of mind that comes with having a solid plan for the future.

WHAT IS A LIFE PLAN COMMUNITY?

A Life Plan Community, also called a continuing care retirement community (CCRC), provides an exceptional value for older adults who want financial protection from the rising costs of senior care and guaranteed care for life. The entrance fee, which is paid upfront to secure your place in the community, ensures you'll have priority access to health care services offered by the community, such as assisted living, memory care and skilled nursing care ... and that you can receive these services at prices well below market rates. If you're on the fence about moving to a Life Plan Community, here are some compelling reasons to choose a community like Freedom Village of Bradenton for your next home:

Maintenance-free Living

Owning and maintaining a home is a lot of work, and there may come a time in life when you'd rather be relaxing or spending time with loved ones instead of doing chores around the house. When you move to a Life Plan Community, you can let the professionals



take care of lawn mowing, housekeeping, meal preparation, home repairs and more. You'll have more time to enjoy what you've earned, and more freedom to travel without worrying about who will take care of your home while you're away.

Financial Security

Choosing a Life Plan Community with a Life Care contract can save you money by protecting you from the rising costs of senior care. Life Care gives you guaranteed access to higher levels of care at predictable monthly rates with little to no increase above the cost you pay for independent living.

Resort-like Lifestyle

With distinctive homes and floor plans to fit every lifestyle, you can customize your senior living residence to match your preferences. Plus, you'll enjoy a host of amenities and services that make each day fun and fulfilling. You can choose to be as active as you'd like, with an array of wellness activities, educational lectures, social events and more. Experience the benefits of a Gulf Coast retirement lifestyle at Freedom Village of Bradenton.

Social Engagement

Maintaining social connections as you age is one of the best ways to protect your health and well-being. It's easy to expand your social circle when you choose to be part of a community filled with friendly and like-minded peers. Seniors who age in place at home are often at risk for social isolation, especially if they aren't driving places to visit friends and socialize. Learn more about how senior living combats social isolation.

Peace of Mind for Your Loved Ones

You can't predict the future, but you can take control of your options now so your loved ones don't have to worry. Moving to a Life Plan Community means they won't have to rush to find health care if the unexpected happens and you suddenly need help with

activities of daily living or round-the-clock care. Your family will have peace of mind knowing you'll have access to advanced levels of care, if needed, along with the safety of having staff available 24/7 should an emergency occur.

DISCOVER TRUE FREEDOM

It's normal to feel hesitant about giving up the space you have at home to move into a senior living community. However, once you experience the expansive lifestyle waiting for you at Freedom Village of Bradenton, you'll see how your living space opens up to a whole world of opportunities that you don't want to miss.



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WHO SHOULD DO YOUR BOTOX?

By Diana De Lorenzo - Corresponded by Dr. Jai Grewal

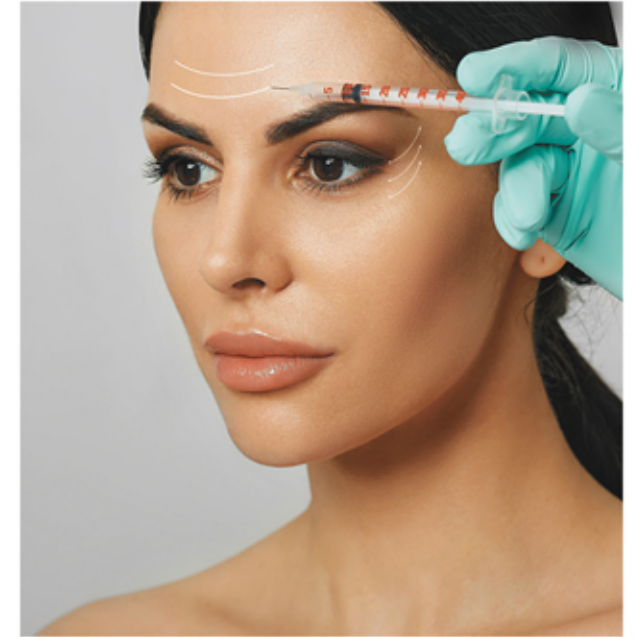
Botox is now done everywhere. No matter where you go you can find a place that does Botox. So how do you know who should do YOUR Botox? When considering Botox treatment, choosing an injector with extensive experience and expertise is crucial. Many med spas offer heavily discounted prices, but it's essential to remember that quality matters. Botox treatment involves the intricate movements of muscles, and it's highly recommended to seek out an injector with significant experience in the field. Neurologists have been utilizing Botox since 1989 to treat various neurological conditions, demonstrating a deep understanding of its therapeutic applications as well as cosmetic uses. This is because Botox and other botulinum toxins are considered neurotoxins, and Botox works at the interface between the nerve and the muscle (the neuromuscular junction), thereby reducing muscle contraction. The FDA approved this amazing medication for therapeutic use in neurological disorders, and since then, neurologists have been utilizing Botox to treat many neurological conditions such as cervical dystonia, blepharospasm, chronic migraines, and spasticity from stroke, trauma, cerebral palsy, or spinal cord injury. After about 10 years of neurological use, cosmetic uses were eventually discovered and FDA-approved such as Crow's feet, forehead lines, and glabellar (frown) lines.

Here at Clear Aesthetics, Dr. Jai Grewal is a board-certified neurologist experienced in the use of botulinum toxins (such as Botox®) for therapeutic and cosmetic uses. Dr. Grewal completed his neurology residency at the University of Texas, Southwestern in Dallas. He completed his fellowship at the MD Anderson Cancer Center in Houston. As Dr. Grewal was training in Botox he fell in love with the procedure because he noticed that it was helping patients in many ways, including their mood, and improving how patients felt about themselves. He has been using Botox for over 20 years for a range of FDA-approved uses (both therapeutic and cosmetic). He has administered over 250,000 units across various indications and is considered one of the most experienced injectors in the area. He has experience with a variety of products including Botox, Dysport®, Xeomin®, Daxxify®, and Myobloc®. When appropriate, Dr. Grewal incorporates cutting-edge technology such



as infrared vein locators, ultrasound guidance, and EMG guidance to optimize patient outcomes and minimize side effects. This takes the Botox injection to the next level. Dr. Grewal is known to address our client's needs through attentiveness, understanding, and carefully reviewing the medical history to ensure the best possible outcome for therapeutic or cosmetic uses.

In most cases, Botox treatments are safe and low-risk for clients. Many issues that occur with Botox are related to inexperience or poor medical judgment. Dr. Grewal is often asked to provide a second opinion and retreat patients who have had a poor outcome from other (often non-physician) injectors. You can minimize risks and optimize your outcome by doing some research and choosing a physician who has been thoroughly trained and has experience. Unlicensed non-physician injectors and black-market or over-diluted Botox can lead to serious harm and unsatisfactory results. By doing thorough research and selecting a professional with comprehensive training, you can minimize the risks and achieve the results you desire.



In conclusion, when considering Botox treatments, it's essential to prioritize safety and quality. Choosing a practitioner with extensive experience and expertise, such as a board-certified neurologist is crucial. This ensures that the procedure is performed with precision and care, minimizing the risk of complications and unsatisfactory results. By doing thorough research and selecting a professional with comprehensive training, you can achieve the desired results while prioritizing your safety and well-being.

Make an appointment today!



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FGCU Unlocking Cognitive Health Through Innovative Technology

Marieb College of Health & Human Services is on the cutting edge

In the world of healthcare, staying at the forefront of innovation isn't just a choice; it's a responsibility. At Florida Gulf Coast University, Marieb College of Health & Human Services embraces this ethos wholeheartedly. Recently, the college made a significant investment in cutting-edge technology by acquiring five Cognivue units to transform cognitive assessment education at FGCU.

Early detection is paramount in healthcare. Regular health checkups and screenings — such as blood pressure checks, cholesterol tests, colonoscopies and mammograms — enable early detection of conditions like high blood pressure, high cholesterol and cancer. Identifying issues early allows for prompt intervention and management, potentially preventing more severe health complications.

Like those screening tools, cognitive health assessments can help identify symptoms of dementia. Cognivue evaluates four cognitive domains, leveraging a staggering 130,000 data points to provide customized assessments tailored to each patient's unique profile. This empowers individuals to recognize signs of cognitive decline early on, prompting them to seek guidance from their healthcare provider.

Such technology isn't just another assessment tool; it's a game-changer in the field of cognitive health. Traditional cognitive assessments can be susceptible to human bias and environmental distractions, potentially affecting the accuracy of results. Cognivue eliminates these concerns by offering a self-administered assessment using a computerized system with built-in safeguards to minimize distractions.

Patients are tested on memory retention, executive function or attention to detail, visuospatial awareness and their ability to identify letters, words, shapes and motions. The noninvasive, interactive assessment takes about 10 minutes and produces immediate results.



Addressing the healthcare needs of tomorrow

The significance of this investment by Marieb College extends beyond the university's campus. Through clinical internships, rotations and research opportunities, more than 2,500 Marieb College students annually are immersed in real-world experiences. FGCU students collaborate with healthcare providers at institutions like Naples Comprehensive Health (NCH), Lee Health and beyond. With this new cognitive assessment tool, FGCU students, under the guidance of experienced faculty, will administer tests at health clinics in Southwest Florida, reaching out to older adults who may be at risk of dementia.

The older adult population in Southwest Florida is increasing, creating opportunities for Marieb College to be at the forefront of innovation. In the five-county area FGCU serves, 30.1% of the population is 65 and older and population projections for Southwest Florida through 2050 predict the highest growth in this age group.

With an aging population and an ever-evolving technological landscape, staying ahead of the curve is essential. Faculty in Marieb College stay abreast of advancements and trends in health and human sciences. Spearheaded by Marieb College's

dean, Shawn Felton, the acquisition of Cognivue represents a proactive approach to addressing the healthcare needs of tomorrow.

A broad range of healthcare applications

The impact this new assessment tool provides doesn't stop with older adults. It opens doors for other populations, including athletes with traumatic brain injuries.

Graduates of FGCU's Marieb College pursue diverse paths in nursing, physical therapy, occupational therapy, exercise science, health sciences, social work and counseling. The curriculum exposes students to a spectrum of assessment tools, from standard practices to cutting-edge technologies, ensuring they're equipped to meet the evolving demands of the healthcare landscape. Students who learn to use the Cognivue units will have a leg up in any field where early detection of cognitive decline is important. Their exposure to cutting-edge technologies positions them as leaders in their respective fields.

By embracing innovation and fostering a culture of continuous learning, Marieb College isn't just a learning environment; it's a living laboratory where innovation thrives and the future of healthcare is shaped. With a commitment to excellence, Marieb College ensures that students are not just prepared for the challenges of today but are equipped with the skills and knowledge to navigate the complexities of healthcare in the future.



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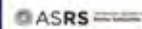
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OPTIMIZING MEN'S HEALTH: THE ESSENTIAL ROLE OF KEY NUTRIENTS AND PRIME IV CUSTOM DRIPS

Men's health is a multifaceted journey that encompasses physical, mental, and emotional well-being. While regular exercise and a balanced diet are fundamental pillars, ensuring adequate intake of essential nutrients is equally crucial. Among the array of vitamins and minerals that support men's health, Vitamin C, B complex, B12, magnesium, zinc, calcium, CoQ10, and Vitamin D stand out as essential components for overall vitality and longevity.

Vitamin C, renowned for its immune-boosting properties, plays a pivotal role in men's health by supporting collagen formation, which is vital for skin elasticity and wound healing. Additionally, Vitamin C acts as a potent antioxidant, neutralizing harmful free radicals that can damage cells and contribute to chronic diseases such as cardiovascular issues and cancer.

The B complex vitamins, including B12, are indispensable for maintaining energy levels, supporting brain function, and promoting a healthy nervous system. These vitamins are involved in numerous metabolic processes, including the conversion of food into energy. For men leading active lifestyles, ensuring sufficient intake of B vitamins is essential for optimal performance and cognitive function.

Magnesium, often dubbed the "relaxation mineral," is crucial for muscle function, nerve transmission, and maintaining a healthy heart-beat. In addition to its role in muscle relaxation, magnesium supports bone health by aiding in calcium absorption. For men engaged in strenuous physical activities or experiencing muscle cramps, ensuring adequate magnesium intake is imperative for preventing deficiencies and promoting overall well-being.

Zinc is another essential mineral that plays a vital role in men's health, particularly in supporting immune function, testosterone production, and reproductive health. Low levels of zinc have been associated with impaired immune response, decreased libido, and fertility issues. Incorporating zinc-rich foods or supplements into one's diet can help optimize overall health and vitality.



Calcium is often synonymous with bone health, but its benefits extend beyond skeletal strength. Adequate calcium intake is essential for maintaining optimal blood pressure, supporting muscle function, and ensuring proper nerve transmission. For men at risk of osteoporosis or bone fractures, prioritizing calcium-rich foods or supplements is essential for preserving bone density and reducing the risk of fractures.

Coenzyme Q10 (CoQ10) is a powerful antioxidant naturally produced by the body, with its highest concentrations found in organs with high energy demands, such as the heart, liver, and kidneys. CoQ10 plays a crucial role in energy production within cells, supports cardiovascular health, and helps counteract the effects of oxidative stress. For men looking to support heart health and overall vitality, incorporating CoQ10-rich foods or injections are beneficial.

Vitamin D, often referred to as the "sunshine vitamin," is essential for calcium absorption, immune function, and maintaining healthy bones and teeth. However, many men may be deficient in Vitamin D due to limited sun exposure or inadequate dietary intake. Injections or fortified foods can help bridge this gap and ensure optimal Vitamin D levels for overall health and well-being.

Prime IV offers a customized approach to men's health with personalized IV drips tailored to individual needs. By combining key nutrients such as Vitamin C, B complex, B12, magnesium, zinc, calcium, CoQ10, and Vitamin D, Prime IV custom drips provide a convenient and efficient way to replenish vital nutrients, optimize health, and enhance overall well-being. Whether aiming to boost immune function, increase energy levels, or support athletic performance, Prime IV custom drips offer a holistic solution to men's health challenges.

In conclusion, prioritizing essential nutrients such as Vitamin C, B complex, B12, magnesium, zinc, calcium, CoQ10, and Vitamin D is paramount for men looking to optimize their health and vitality. Whether through dietary modifications, supplementation, or customized IV drips from Prime IV, investing in one's health today lays the foundation for a vibrant and fulfilling tomorrow.

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Early Detection of Prostate Cancer Saves Lives

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

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

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

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

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

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

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

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

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

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

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

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

What is a 3T MRI?

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

Benefits of 3T MRI

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

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

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Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

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

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

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

How does VAX-D work?

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



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

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

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

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

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

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

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

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

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

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Dr. Craig S. Aderholdt, BSc, DC



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

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

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



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The Impact of Vitamins on Dental Health

By Maria Guzman RDH and Dr. Amanda Rizner

While oral hygiene practices like brushing and flossing play a pivotal role in maintaining dental health, the role of nutrition, particularly vitamins, should not be overlooked. Deficiencies in certain vitamins can lead to various oral health problems ranging from gum disease to impaired wound healing. In this article we explore how vitamin deficiencies can affect the mouth and the importance of addressing nutritional gaps for optimal oral health.

Vitamin C

Vitamin C, also known as ascorbic acid, is essential for maintaining healthy gums and oral tissues. Deficiency in vitamin C can lead to bleeding gums and impaired wound healing in the mouth which increasing the risk of developing periodontal disease. Without an adequate supply of vitamin C, collagen production is compromised thus weakening the connective tissues that support the teeth and gums. Symptoms of a vitamin deficiency can include bleeding and inflamed gums, loose or shifting teeth, and delayed wound healing which occurs after dental procedures or trauma.

Vitamin D

Vitamin D plays a crucial role in calcium absorption and utilization, which is essential for maintaining strong bones and teeth. A deficiency in vitamin D can contribute to weakened tooth enamel, increased susceptibility to tooth decay, and impaired mineralization of the jawbone. Additionally, vitamin D deficiency has been linked to an

increased risk of periodontal disease and oral infections. Symptoms of this can include weak or brittle teeth, discolored teeth, increased tooth sensitivity, delayed tooth eruption in children, bone pain or muscle weakness, and greater susceptibility to gum disease and oral infections.

Vitamin B

Various B vitamins, including B2 (riboflavin), B3 (niacin), B6 (pyridoxine), and B12 (cobalamin), play essential roles in maintaining oral health. Deficiencies in these vitamins can manifest as oral symptoms such as cracked lips, mouth sores, and a burning sensation in the mouth. Specifically, a deficiency in vitamin B12 can lead to a condition called "Burning Mouth Syndrome" which exhibits as a very painful/burning sensation on the tongue and palate and usually appears on normal appearing tissue. It can usually last for weeks to months and can be difficult to diagnose. Vitamin B deficiencies can also contribute to glossitis, an inflammation of the tongue, which can cause discomfort and difficulty in eating and speaking.

Magnesium

Magnesium plays a crucial role in maintaining oral health influencing various aspects of the oral cavity. Magnesium helps the body absorb calcium by activating vitamin D, which is an essential nutrient in building strong enamel. It helps specifically with the remineralization process of enamel, making it more resistant to decay and less

prone to damage from bruxism. This vitamin is also responsible for neutralizing acid in the oral cavity which can help reduce tooth decay as well as aiding in digestion. The neutral pH promoted by magnesium can also help reduce the acid erosion of teeth. It has anti-inflammatory properties that can also help reduce gingival inflammation and prevent gum disease. Some studies have even shown that taking magnesium at night may help reduce anxiety, which can in turn lead to less bruxism (grinding) by some patients. Symptoms of a magnesium deficiency include muscle twitching, muscle weakness, numbness, sleep deficiency, and osteoporosis.

Conclusion

Vitamin deficiencies can have profound effects on oral health impacting the integrity of the gums, teeth, and oral tissues. Recognizing the signs and symptoms of vitamin deficiencies is essential for early detection and intervention. Incorporating a balanced diet rich in nutrient-dense foods can help prevent vitamin deficiencies and support optimal oral health. However, for individuals at risk of or experiencing vitamin deficiencies, supplementation may be necessary under the guidance of a healthcare professional. By addressing nutritional gaps and maintaining good oral hygiene practices, individuals can safeguard their oral health and enjoy a vibrant smile for years to come.

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REVOLUTIONIZING MEN'S HEALTH: A Functional Medicine Approach to Hormone Monitoring and Replacement Therapy

By Dr. Pamela Chapman, The Beauty and Wellness Institute

In the realm of healthcare, men's health often takes a backseat to more prominently discussed topics. However, the importance of addressing men's health and wellbeing, particularly concerning hormone levels, cannot be overstated. Recognizing this gap, a revolutionary approach emerges through Functional Medicine, emphasizing personalized care and hormone monitoring to optimize men's health, with hormone replacement therapy (HRT) as a vital component where indicated.

Functional Medicine diverges from the conventional one-size-fits-all approach, focusing on identifying and addressing the root causes of health issues rather than just alleviating symptoms. Central to this approach is the recognition that hormone balance plays a critical role in men's overall health, influencing everything from energy levels and mood to libido and muscle mass.

Hormones act as messengers in the body, regulating various physiological processes. Testosterone, for instance, is often associated with male characteristics but is also essential for maintaining bone density, muscle mass, and cognitive function. However, as men age, testosterone levels naturally decline, leading to a myriad of symptoms collectively termed as andropause or "male menopause."

Functional Medicine practitioners employ advanced hormone monitoring techniques to assess a patient's hormonal profile comprehensively. Through saliva, blood, or urine tests, these experts can pinpoint imbalances and deficiencies, providing invaluable insights into an individual's health status. Unlike traditional medicine, which may only focus on total testosterone levels, Functional Medicine delves deeper, examining the ratios of various hormones and their metabolites to obtain a holistic understanding of hormonal health.

Once imbalances are identified, Functional Medicine practitioners tailor interventions to rebalance hormones and restore optimal function. This personalized approach may include lifestyle modifications, nutritional interventions, stress management techniques, and, where necessary, hormone replacement therapy.



Hormone replacement therapy, or HRT, involves supplementing deficient hormones to achieve physiological levels. While HRT has garnered controversy in the past, particularly in relation to women's health, advancements in the field have led to safer and more effective protocols, benefiting men as well.

In men with clinically significant testosterone deficiencies, HRT can yield profound improvements in quality of life. From increased energy and libido to enhanced mood and cognitive function, the benefits of restoring testosterone levels extend far beyond mere symptom relief. Moreover, emerging evidence suggests that optimizing testosterone levels may confer cardiometabolic protection, reducing the risk of cardiovascular disease and diabetes.

However, it's crucial to emphasize that HRT is not a one-size-fits-all solution. Functional Medicine practitioners prioritize individualized treatment plans, carefully considering each patient's unique physiology, medical history, and preferences. Moreover, ongoing monitoring is essential to ensure the efficacy and safety of hormone replacement therapy, with adjustments made as needed to maintain optimal hormone balance.

Beyond testosterone, Functional Medicine also addresses other hormones integral to men's health, such as cortisol, thyroid hormones, and DHEA. Chronic stress, poor sleep, nutritional deficiencies,

and environmental toxins can all disrupt the delicate balance of these hormones, contributing to a host of health issues. By identifying and addressing these underlying factors, Functional Medicine empowers men to reclaim their health and vitality.

In conclusion, the paradigm of men's health is undergoing a transformative shift, thanks to the emergence of Functional Medicine and its emphasis on hormone monitoring and replacement therapy. By taking a personalized approach to care and addressing hormonal imbalances at their root, Functional Medicine practitioners offer new hope for men seeking to optimize their health and wellbeing. With tailored interventions and ongoing support, men can embark on a journey towards vitality, longevity, and a life lived to its fullest potential.

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



DR. PAMELA CHAPMAN

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

By Dr. David S. Zamikoff

With 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.¹

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



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-helpingmen-wave-goodbye-to-erectile-dysfunction-with-cutting-edge-gainswave-treatment/>

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EASING ARTHRITIS PAIN:

The Therapeutic Benefits of Medical Marijuana

Arthritis, 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 longterm 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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ADVANCED URINARY INCONTINENCE PROCEDURES

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

There are several types of urinary incontinence:

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

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

Sacral Neuromodulation

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

Bulkamid—Urethral Bulking

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

What is urethral bulking?

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

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

Short procedure

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

No Incisions

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

Quick recovery

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

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

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

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

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

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

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

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

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

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Urgent Care for Common Injuries During the Summer Months

In the realm of healthcare, understanding the appropriate time to seek urgent care versus heading to the emergency room (ER) can significantly impact the speed and effectiveness of receiving medical treatment. This is especially pertinent during the summer months, a time often filled with school activities, sports events, and outdoor adventures, all of which can lead to various injuries. Knowing the difference between urgent care and the ER, and recognizing the appropriate scenarios for each, can ensure prompt and suitable medical intervention.

Understanding the Basics: Urgent Care and Emergency Room

Before diving into specific situations, it's essential to distinguish between urgent care and the ER. Urgent care facilities are designed to manage non-life-threatening conditions that require immediate attention but do not qualify as emergencies. They are equipped to handle a wide range of injuries and illnesses quickly and efficiently. Conversely, emergency rooms are prepared for severe, life-threatening situations requiring immediate and comprehensive medical attention.

Routine Physical Examinations: Urgent Care's Domain

For routine physical examinations, such as those required for school or sports participation, urgent care centers are often the most practical choice. These facilities can provide quick and thorough exams, ensuring students and athletes meet the necessary health criteria for participation in their activities. The convenience and prompt service offered by urgent care centers eliminate the prolonged waits often associated with ER visits, making them ideal for such non-emergency needs.

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

Sports-related injuries are common during the summer, and the severity of the injury typically dictates where to seek medical attention. Urgent care centers are well-equipped to handle minor sports injuries, including sprains, strains, and contusions. These facilities can provide appropriate

treatments such as splints, braces, and basic wound care. However, if an injury involves severe pain, visible deformity, dislocations, or signs of a more serious condition (such as difficulty breathing or severe swelling), a visit to the ER is imperative. Immediate intervention in these cases can prevent further complications and ensure a smoother recovery process.

Addressing Deep Cuts and Stitches: Urgent Care Expertise

Deep cuts and the need for stitches are scenarios where urgent care centers excel. These facilities have the resources to assess and treat lacerations promptly, from cleaning and disinfecting wounds to administering stitches. Urgent care ensures a swift response, minimizing the risk of infection and promoting faster healing. Nevertheless, if a cut is excessively deep, affects vital structures, or is associated with severe bleeding, a trip to the ER is necessary. The ER provides comprehensive care for such serious injuries, including advanced imaging and potential surgical intervention if required.

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

Fractures and sprains often leave individuals pondering whether to visit urgent care or the ER. Urgent care facilities are proficient in diagnosing and managing minor fractures and sprains, offering necessary splints, braces, and advice for at-home care. However, if an injury involves a visible deformity, intense pain, or the potential for complications, the ER is the more appropriate choice. Emergency rooms can conduct comprehensive imaging studies, such as CT scans or MRIs, and provide immediate interventions for complex fractures, ensuring that all necessary steps are taken for proper healing.

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

One significant advantage of urgent care centers is their ability to perform X-rays and provide immediate results. This capability is particularly beneficial in cases of suspected fractures or other injuries requiring quick diagnostic confirmation. The swift availability of X-ray results at urgent care centers facilitates prompt decision-making, allowing for

timely initiation of the appropriate treatment plan. This efficiency can be crucial in managing injuries effectively and reducing patient anxiety by providing quick answers and a clear path to recovery.

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

In summary, understanding the appropriate context for visiting urgent care versus the ER can greatly enhance the treatment process during the busy summer months. For routine examinations, minor sports injuries, deep cuts needing stitches, and minor fractures, urgent care centers provide efficient and timely care. However, for severe injuries, visible deformities, or life-threatening conditions, the ER is the necessary destination. This knowledge helps ensure that individuals receive the right level of care promptly, aiding in quicker recoveries and better overall health outcomes.

PrimeHealth Urgent Care has Board Certified physicians and providers with 20+ years' experience to provide you with efficient, quality and affordable healthcare. PrimeHealth offers a wide range of services to provide treatment for both routine and complex illnesses and injuries. PrimeHealth accepts appointments and welcomes walk-in patients. We participate with most major insurances and offer affordable discounted rates to self-pay patients. PrimeHealth has both English and Spanish speaking providers and staff.



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Alzheimer's Awareness Month: The Link between dementia and UTIs

UTIs and Dementia: An Overlooked Connection
Urinary tract infections (UTIs) are a common yet often overlooked issue among individuals living with Alzheimer's disease and other forms of dementia. While UTIs can affect anyone, the risk is heightened in those with dementia due to various factors, including decreased personal hygiene and challenges in communicating symptoms.

At the root of this problem lies the reduced ability of people with dementia to maintain proper hygiene and personal care. As cognitive function declines, tasks such as regular cleaning and staying hydrated become increasingly difficult, creating an environment conducive to the growth of harmful bacteria that can lead to UTIs.

Compounding the issue is the challenge in detecting UTIs in individuals with dementia. Many individuals with dementia experience communication difficulties, making it challenging for them to express discomfort or symptoms clearly. Additionally, the symptoms of UTIs can overlap with those of dementia, further complicating the diagnosis.

The signs of a UTI in someone with dementia can be diverse and may include sleeping issues, anxiety, depression, confusion, aggression, delusions, hallucinations, and paranoia. Physical symptoms such as pain or a burning sensation when urinating, frequent urination, cloudy or bloody urine, lower abdominal pain, urinary incontinence, and mild fever may also be present.

The connection between UTIs and dementia is multifaceted, with symptoms from both conditions often intertwining. This overlap can lead to misdiagnosis or a delayed response, exacerbating the situation and potentially causing further complications.

Early detection and prompt treatment of UTIs are crucial for individuals with dementia, as untreated infections can worsen cognitive function and contribute to an overall decline in health. Caregivers and healthcare professionals play a vital role in recognizing the signs and advocating for appropriate medical attention.

IS IT A UTI OR IS IT ALZHEIMERS? WHY IT CAN BE HARD TO TELL

Common Symptoms Shared by UTIs and Dementia

- Confusion
- Agitation
- Hallucinations
- Unusual behavior changes
- Dizziness
- Falling
- Frequent need to pee

Getting Help

When UTIs wreak havoc, we sometimes see message threads in which caregivers are in a state of panic about the symptoms. And for good reason — the symptoms are powerful and can actually mimic the end of life for some people. Getting a urine test may not be the first thing you think of when your loved one starts behaving so differently, but these changes often occur with a UTI due to fever and increased pain. When you see sudden behavioral changes, it is important to rule a UTI out and consult with a doctor.

How can people with dementia prevent UTIs?

Preventing UTIs in people with dementia is crucial for their overall well-being. Here are some tips to help reduce the risk:

- **Stay Hydrated:** Encourage regular fluid intake to promote proper urinary function.
- **Frequent Bathroom Breaks:** Prompt people with dementia to use the bathroom regularly to prevent urinary retention.
- **Proper Hygiene:** Do your best to help with maintaining personal hygiene, including wiping techniques. Women especially need to wipe front to back after using the bathroom to avoid bacteria spread.
- **Cranberry Pills:** Take a daily cranberry pill to prevent bacteria from sticking to the urinary tract lining.
- **UTI Test Strips:** Keep Utiva UTI Test Strips on hand to diagnose UTIs early and start treatment right away.

Utiva Cranberry PACs: A Clinically Effective Prevention: Utiva Cranberry PACs offer a promising solution for UTI prevention without contributing to antibiotic resistance. Cranberry proanthocyanidins (PACs) have been extensively studied for their ability to inhibit bacterial adhesion to the urinary tract, preventing the colonization and proliferation of UTI-causing bacteria. A urogynecologist, Dr. Emily Rutledge emphasizes, "There is a lot of evidence that cranberry supplements are safe and effective. You can find all sorts of cranberry supplements but if they don't have that 36 mg PAC and are measured by DMAC/A2 then they are a waste of money." Utiva Cranberry PACs, with a standardized dose of 36 mg PACs measured by DMAC/A2, provide a clinically effective option for individuals seeking to reduce their risk of recurrent UTIs.

Recurrent UTIs pose a significant health concern, exacerbated by the growing threat of antibiotic resistance. Healthcare providers and patients play a vital role in addressing this challenge by adopting preventive strategies and exploring alternative approaches to UTI management. Dr. Colleen McDermott, another urogynecologist, recommends, "Antibiotics are the

first-line treatment, but there are clinically proven options to help prevent. When considering cranberry supplements, I recommend my patients select a product with 36 mg of PACs." Utiva Cranberry PACs offer a safe, evidence-based option for UTI prevention, empowering individuals to take proactive steps towards better urinary health and reduced reliance on antibiotics.



Sources:

- https://www.alz.org/blog/alz/october_2011/sudden_change_in_behavior_urinary_tract_infection
- <https://www.utivahealth.ca/blogs/resources/the-link-between-dementia-and-utis-spotting-the-signs-and-preventing-infection#:~:text=People%20with%20dementia%20are%20twice,keep%20infections%20away%E2%80%9494for%20good>

For more information, visit Utiva's webpage.

<https://www.utivahealth.com> or call:

1-888-622-3613

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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When You Are At Your Wits End

By Pastor Timothy Neptune

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

The first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."



Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.

Tim Neptune is the lead pastor of Venture Church in Naples, Florida. Venture Church meets on the campus of FSW State College on Lely Cultural Blvd. in East Naples. For times and directions, visit www.venturenaples.com.



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

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