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August 2024

Manatee/Sarasota Edition - Monthly

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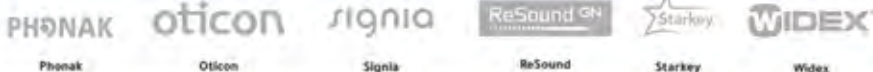
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Varicose Veins vs. Spider Veins

By Dr. Lackey

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

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

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

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

How Varicose and Spider Veins Develop

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

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



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

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

Treatment Options for Vein Disease

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

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

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

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

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

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



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Manatee Health is embracing a new era of healthcare by offering a wide variety of innovative services and convenient access within a robust network of care.

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Our network includes:

- **Manatee Memorial Hospital:** The 300-bed hospital in Bradenton, Florida, has served the citizens of Manatee, Sarasota and surrounding counties for more than 70 years. Part of Manatee Health, the hospital has earned The Joint Commission's Gold Seal of Approval.

- **Three Freestanding Emergency Departments:** ER at Sun City Center*, Manatee ER at Bayshore Gardens* and Manatee ER at Palma Sola* (coming late 2024), all extensions of Manatee Memorial Hospital, are full-service emergency departments offering care 24/7. The departments treat bone breaks, lacerations, stabilize care for chest pains and stroke symptoms and offer imaging and lab services with physician orders.

- **Four Manatee Diagnostic Centers:** Providing a variety of imaging and diagnostic services including mammography, breast biopsy, CT (computed tomography), CT heart score, CT lung screening, DEXA scan (bone densitometry), MRI (magnetic resonance imaging), ultrasounds and wellness screenings.

- **Two Rehabilitation and Sports Medicine Centers:** Services are designed to help both pediatric and adult patients recover from injuries, some surgeries and long-term illnesses. The centers offer speech, occupational and physical therapies for conditions including neck, back and extremity pain, post-surgical conditions, sports injuries, developmental delays and disabilities and neurological conditions.

- **Five affiliated physician practices:** Services include cardiac, orthopedic surgery and sports medicine, surgical oncology and general surgery, and weight-loss services, all provided by physicians who deliver quality care to all age groups.

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FGCU Graduates Are Your Physician Assistants

Marieb College Master's Program Prescribes Rigorous Training

As part of Marieb College of Health & Human Services at Florida Gulf Coast University, the master of physician assistant studies program prepares medical professionals to provide evidence-based patient-centered care as part of a collaborative healthcare team.

The program's curriculum begins with 15 months of instruction in physiology, pharmacology, anatomy, clinical medicine, clinical integration and clinical skills on campus. The remaining 12 months are dedicated to four-week supervised clinical rotations at healthcare sites off campus. Core clinical rotations are in primary-care medicine, internal medicine, pediatrics, behavioral health, women's health, general surgery and emergency medicine.

Marieb College's rigorous program ensures top-quality professionals enter the workforce to provide comprehensive, compassionate care to patients in many settings. They work in hospitals, medical offices, community health centers, nursing homes, retail and workplace clinics, educational facilities and more.

Physician assistants' duties vary depending on where they work, their level of experience and their specialty. They may be the people in your doctor's office or urgent-care clinic entrusted to work with you in some of these ways:

- Taking medical histories
- Conduct physical exams
- Diagnosing and treating illness
- Ordering and interpreting tests
- Developing treatment plans
- Counseling on preventive care
- Performing procedures or assisting in surgery

Demand for physician assistants like those graduating from FGCU is expected to grow 27% by 2032, much faster than the average for all occupations, according to the U.S. Bureau of Labor Statistics. With hands-on learning in state-of-the-art facilities and the individualized attention of dedicated faculty, Marieb College graduates are poised to lead this growing field.

Marieb College a top draw for PAs

When the time came for Allayna Vanderheid to consider physician assistant graduate programs, FGCU topped the list of possibilities. Vanderheid



gained a favorable impression of the program long before she enrolled. Her sister, Zoe, earned her master's degree in physician assistant studies at FGCU in 2021.

"Zoe really loved her program at FGCU," said Vanderheid, who completed her master's in physician assistant studies in December 2023. "It was an easy decision for me to add it to my applications. When I had an admissions interview, they liked me, and I liked them, and it worked out perfectly."

Indeed, her educational journey culminated in the best possible way, by her landing a position at an orthopedics practice in Naples — her hometown.

Smaller class sizes, accessible faculty

At FGCU, students like Vanderheid experience the benefits of close peer cohorts and personal interaction with faculty. Classes of just 20 students are the norm.

Professors are accessible in person and online for questions from class or about homework, research or career paths. As a result, they observe the personalities and learning styles of each student and how they will best absorb and learn the information they are teaching.

Marieb College's students also benefit from the varied teaching methods faculty use. These range from lectures to a mentor-mentee scheme in which

younger students interact with more senior ones on assignments. Professor-led reviews helped students focus on what they should know for their exams.

Many of the professors worked or still work as PAs in addition to teaching. This means they can often illustrate concepts by drawing on their own professional experiences. They may show images of CT scans or chest X-rays of ER patients to classes. After learning a patient's history, the students ask questions and then spell out a course of treatment.

Marieb graduates prepared to excel

Marieb College's PA program has a proven record of success, with all graduating cohorts attaining first-time board certification pass rates above the national average and overall pass rates of 100%.

Our PA graduates enjoy successful careers in a variety of healthcare disciplines, including primary care, emergency medicine, critical care and surgical specialties. Based on alumni communication, most graduates opt to remain in Florida after graduation to practice in their local communities, with many staying here in Southwest Florida. In part, this is due to the experience garnered and connections made during their clinical rotations within FGCU's dedicated community provider network.

Building on the success of the first five graduating cohorts of the master of physician assistant studies, Marieb College of Health & Human Services looks forward to expanding the program to meeting growing demand for healthcare professionals in Southwest Florida and beyond.

For more information about Marieb College's master of physician assistant studies program, go to fgcu.edu/mariebcollege, email paprogram@fgcu.edu or call 239-745-4477.



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Chronic Shoulder Pain - Now, No Surgery is Needed

Shoulder pain can significantly impact one's quality of life, often hindering daily activities and limiting overall mobility. Dr. Ken Carle, a Renewed Life Wellness Center chiropractor, has successfully treated shoulder pain caused by rotator cuff tears and arthritis for over 30 years without drugs or surgery. Dr. Carle says, "Understanding the cause of the shoulder pain is vitally important to treatment."

Understanding Shoulder Anatomy and Common Injuries

The shoulder is a complex joint that allows a wide range of motion. It consists of several key components, including the rotator cuff, a group of muscles and tendons that stabilize the shoulder and allow extensive movement. Injuries to this area, such as rotator cuff tears and SLAP (Superior Labrum Anterior and Posterior) tears, are common causes of shoulder pain.

Rotator Cuff Tears

Causes of rotator cuff tears include:

- **Acute Injury:** A sudden fall or lifting of heavy objects can lead to an immediate tear.
- **Chronic Overuse:** Repetitive motions, often seen in athletes or occupations requiring overhead activities, can wear down the tendons over time.
- **Degeneration:** The tendons naturally weaken as we age, making them more susceptible to tears.

SLAP Tears

A SLAP tear involves damage to the labrum, a ring of cartilage that surrounds the shoulder socket. This type of tear can occur due to:

- **Trauma:** A direct blow to the shoulder, such as a fall onto an outstretched arm.
- **Repetitive Motion:** Activities that involve repeated overhead actions, like throwing a baseball or swimming.
- **Aging:** Degenerative changes in the shoulder joint can also lead to SLAP tears.

Arthritis in the Shoulder

Shoulder arthritis is a condition characterized by the breakdown of cartilage within the shoulder joint. There are several forms of shoulder arthritis, with osteoarthritis being the most common. Causes and risk factors include:

- **Age:** Cartilage naturally wears down over time, leading to osteoarthritis.
- **Previous Injuries:** Past shoulder injuries can increase the likelihood of developing arthritis.
- **Inflammatory Conditions:** Rheumatoid arthritis and other inflammatory diseases can affect the shoulder joint.

Arthritis causes pain, stiffness, and a reduced range of motion in the shoulder, making everyday tasks challenging.

Effective Non-Drug, Non-Surgical Treatments for Chronic Shoulder Pain

Recent advancements offer viable alternatives for those seeking non-drug, non-surgical treatments to correct chronic shoulder pain. These innovative therapies aim to address the root causes and promote healing rather than drugs which merely alleviate symptoms.

This cutting-edge treatment is called regenerative medicine, specifically stem cell therapy. Stem cell therapy is an innovative treatment for chronic shoulder pain and other painful joints. It leverages the body's natural healing processes to repair damaged tissues, offering a non-surgical and non-drug alternative. Stem cells are unique cells that can develop into various types of cells in the body. These cells can regenerate damaged tissues, making them ideal for treating chronic shoulder pain.

How Stem Cell Therapy Works

1. Extraction

- **Source of Stem Cells:** Wharton's Jelly inside the umbilical cord. Usually taken from a C-section delivery of a healthy mother and baby.

2. Processing

- **Concentration:** The harvested stem cells are then processed in a laboratory to concentrate the cells. This ensures a higher number of stem cells are available for injection.
- **Preparation:** The concentrated stem cells are then frozen and shipped for the doctors use.

3. Injection:

- **Pain Relief:** Many patients experience substantial pain relief as the damaged tissues heal and the inflammation decreases.

- **Improved Mobility:** Stem cell therapy can enhance shoulder function and mobility by repairing damaged tissues and reducing pain.

- **Reduced Recovery Time:** Patients typically experience a shorter recovery time than surgical interventions, allowing for a quicker return to daily activities. Targeted Delivery: The concentrated stem cells are thawed and injected directly into the affected knee joint. This targeted delivery ensures the stem cells reach the damaged tissues that need repair.

Benefits of Stem Cell Therapy

- **Tissue Regeneration:** Stem cells promote the repair and regeneration of damaged tissues, including cartilage, tendons, and ligaments. This can lead to significant improvements in joint function and reduced pain.

- **Reduction in Inflammation:** Stem cells also have anti-inflammatory properties that help reduce inflammation in the shoulder joint, alleviating pain and swelling.

- **Pain Relief:** Many patients experience substantial pain relief as the damaged tissues heal and the inflammation decreases.

- **Improved Mobility:** Stem cell therapy can enhance shoulder function and mobility by repairing damaged tissues and reducing pain.

- **Reduced Recovery Time:** Patients typically experience a shorter recovery time than surgical interventions, allowing for a quicker return to daily activities.

Simple Steps to Regain Your Life

In most cases, stem cell therapy significantly improves the quality of life for chronic shoulder pain patients. This cutting-edge treatment offers long-lasting pain relief and enhances joint function by treating the cause of the problem with natural tissue regeneration and reducing inflammation. Patients often experience improved flexibility, allowing them to return to daily activities, sports, and hobbies they love without the limitations of shoulder pain. With its minimally invasive approach and shorter recovery time compared to surgical options, stem cell therapy provides a viable and effective solution for achieving a pain-free, active lifestyle. If shoulder pain has been holding you back, stem cell therapy might be the key to reclaiming your freedom and enjoying life to the fullest. Consult with a specialist to explore how this innovative treatment can help you.

FREE SEMINAR CHRONIC SHOULDER PAIN BREAKTHROUGH!

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Presented by: Dr. Kenneth Carle
Chiropractic Physician

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.

Get A Free Consultation With Our Audiologist, Dr. Massey



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www.hearsarasota.com



IS ACHILLES PAIN AFFECTING YOUR WORKOUT?

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

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

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

Achilles tightness

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

Overuse/Improper shoes

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

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

Prevention: Stretching the Achilles



Band or towel calf stretch

- 1: Laying or sitting, loop a band or towel around the ball of your foot and pull the band/towel towards your chest.
- 2: Make sure to keep your foot straight as well as only a slight bend in the knee or no bend.
- 3: Hold the stretch 30 seconds and repeat 5-6 times daily.



Leg press calf stretch

- 1: Sitting on the leg press machine, lower your feet to the bottom of the leg press platform so your heels are hanging off.
- 2: Lower your heels away from your body and hold this stretch for 30 secs, repeat 5-times.

Heel drop stretch

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



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

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



Foam-rolling calf/myofascial release

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

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

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

For more information about Achilles pain and treatment options contact your local foot and ankle expert.

Isin Mustafa, DPM, MSHS, FACFAS, 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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Disclaimer: This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition.

Focusing on Eye Health: Essential Tips for a Visually Vibrant School Year

George Skopis, M.D.

As the new school year approaches, parents and students alike are bustling with preparations. While much attention is given to new backpacks, supplies, and clothes, it's crucial not to overlook one of the most important aspects of academic success: eye health. Good vision is fundamental to learning, and with the increasing use of digital devices in education, protecting and maintaining eye health has never been more critical.

The digital age has transformed classrooms, with computers, tablets, and smartphones becoming integral to the learning process. While these tools offer numerous educational benefits, they also present challenges to eye health. Extended screen time can lead to digital eye strain, characterized by symptoms such as dry eyes, headaches, and blurred vision. To combat this, students should practice the 20-20-20 rule: every 20 minutes, take a 20-second break to look at something 20 feet away. This simple habit can significantly reduce eye strain and fatigue.

Proper lighting is another key factor in maintaining eye health during study sessions. Ensure that your child's workspace is well-lit, with a balance of natural and artificial light. Avoid glare on screens by positioning light sources to the side rather than directly in front of or behind the display. If necessary, consider using anti-glare screens or adjusting the display settings to reduce eye strain.

Regular eye exams are essential for students of all ages. Vision problems can often go unnoticed, especially in younger children who may not realize they're experiencing difficulties. An annual comprehensive eye exam can detect issues early, allowing for timely intervention. These exams are particularly important before the school year begins, as undiagnosed vision problems can significantly impact a student's academic performance and overall well-being.

For students who wear glasses or contact lenses, the start of the school year is an ideal time to ensure prescriptions are up-to-date. Outdated prescriptions can lead to eye strain, headaches, and difficulty focusing, all of which can hinder learning. Additionally, parents should consider investing in glasses with blue light filtering technology, which can help reduce the harmful effects of prolonged exposure to digital screens.

Nutrition plays a vital role in eye health. Encourage a diet rich in vitamins A, C, and E, as well as omega-3 fatty acids and zinc. Foods such as carrots, sweet potatoes, citrus fruits, leafy greens, fish, and nuts can contribute to better eye health. Staying hydrated is also crucial, as it helps prevent dry eyes, a common issue exacerbated by air conditioning in classrooms and extended screen time.

Physical activity isn't just good for overall health; it's beneficial for eyes too. Regular exercise improves blood circulation, which is essential for eye health. Encourage outdoor activities during breaks and after school, as natural light exposure has been linked to reduced risk of nearsightedness in children.

For students involved in sports, proper eye protection is paramount. Sports-related eye injuries are common but often preventable. Ensure your child wears appropriate protective eyewear during physical activities, especially for high-risk sports like basketball, baseball, and racquet sports.

As the academic workload increases, many students find themselves studying late into the night. However, adequate sleep is crucial for eye health and overall well-being. Lack of sleep can lead to dry eyes, eye strain, and difficulty focusing. Encourage a consistent sleep schedule that allows for 8-10 hours of rest per night.

Lastly, educate your children about the importance of eye health and good habits. Teaching them to be aware of their visual comfort and to take breaks when needed can instill lifelong habits that protect their vision.

By prioritizing eye health as part of back-to-school preparations, parents can set their children up for a successful and visually comfortable academic year. Regular eye exams, proper nutrition, balanced screen time, and good study habits all contribute to maintaining healthy eyes and clear vision. Remember, good eyesight is a key tool for learning, and taking care of it should be at the top of every student's priority list.



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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5 Vaccines Recommended for Adults Age 65 and Older

Joseph Sassano, D.O.

As we begin to wind down on summer, it's the perfect time to schedule your seasonal flu vaccine and make sure you're up to date on other vaccines that help to protect you against respiratory illnesses, such as COVID-19 or pneumonia. These conditions tend to be more common during the fall and winter months, so you want to be sure you take the necessary preventative measures ahead of time.

August is National Immunization Awareness Month (NIAM), an annual observance that highlights the importance of vaccination for people of all ages, especially those 65 and older. During NIAM, take a moment to ensure you're current on all recommended vaccines for your age group.

Recommended Vaccines for Older Adults

Vaccines are an important preventative measure that helps to protect yourself and those around you. As we get older, our immune system undergoes dramatic age-related changes. It becomes slower to respond and is much more easily compromised if and when exposed to disease, resulting in slower recovery from injuries, infection, and illness. This is because your body produces fewer immune cells, including white blood cells, with age.

For this very reason, it is vital that you are current on all recommended vaccines. There are five vaccines adults age 65 and older should consider to prevent certain diseases:

Influenza (Flu)

The flu shot is recommended for everyone six months or older. They usually become available in September, so you're protected during the critical months, typically fall and winter, when influenza is usually common and highly contagious. Influenza is a respiratory virus. For adults over the age of 65, a high-dose flu vaccine is available, which helps create a strong immune response.

Pneumonia

The CDC recommends pneumococcal vaccination for all adults 65 years or older. The pneumonia vaccine is considered a one-time vaccine that offers protection against over 15 types of pneumococcal



bacteria that commonly cause severe infections in adults. The vaccine is 60 to 70 percent effective in preventing serious disease complications and is expected to last throughout your lifetime.

Shingles

Older adults should receive two doses of the shingles vaccine, two to six months apart, to help protect against the viral infection. Shingles is a reactivation of chickenpox that develops on the body as a painful rash with blisters. The shingles vaccine is the only way to protect yourself against shingles and postherpetic neuralgia (PHN), the most common complication of shingles.

Tetanus, Diphtheria, and Pertussis

The Tdap vaccine can prevent tetanus, diphtheria, and pertussis. Tetanus enters the body through cuts and wounds, and diphtheria and pertussis spread from person to person. These three diseases can lead to very serious health problems and can even become life-threatening.

Tetanus causes stiffening in the muscles and can result in difficulty swallowing or breathing. Diphtheria can also cause trouble breathing, in addition to heart failure and paralysis. Pertussis, also known as whooping cough, can cause uncontrollable, violent coughing that makes it hard to breathe, eat, or drink. Adults should receive a booster Tdap vaccine every 10 years.

COVID-19

The older population remains more vulnerable to severe symptoms from COVID-19. There are currently several vaccines available to protect yourself from the virus, including updated booster shots to address new variants. Some vaccines require two doses, while others are single-dose options. You are considered fully vaccinated two weeks after completing the required doses.

Maintain Your Health With Vaccines

Take a proactive role in your health and get the necessary vaccines to ensure your safety. Vaccines are a small price to pay for Better Health. It's important to discuss your vaccine options with your healthcare provider. At VIPcare, we offer all recommended vaccines for adults 65 and older. Your health and safety are important to us. Learn more about vaccines and what preventative measures you can take by scheduling an appointment with a VIPcare provider today! Call 941-271-7897



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Heart Disease is Still the Number One Killer of Americans. What are you doing about it?

By Max MacCloud, DO, ND, PhD

H Heart disease is also called the Silent Killer. Why is that? Because, in 50% of deaths from heart attacks, the FIRST symptom is DEATH. No years of chest pain and diminished physical capacity as a warning, just BAM you're dead.

Unfortunately, most people aren't as afraid of heart disease or a heart attack as cancer or Alzheimer's disease, but guess what? The same underlying mechanism causes ALL of them, as well as every other chronic condition!

Yes, You read that right. The same underlying mechanism(s) cause ALL chronic diseases.

Of course, most doctors have NO IDEA about any of this, although the 'science' is well established. Way back in 1931, Dr. Otto Warburg was awarded the Nobel Prize in Medicine or Physiology for his discovery of, and work on, the enzymes responsible for oxidative phosphorylation that make ATP. Of course, ATP is the energy currency of the body that allows cells to do their jobs. Damage to these enzyme pathways is the result of damaged mitochondria which is now known to be the root cause of all chronic disease. No, your doctor has no idea about this as it is not taught in any medical school. Sadly, medical school is an indoctrination program (brain-washing/polluting) that programs doctors to think in terms of disease entities and drug or surgical interventions to manage the condition. A careful analysis will reveal that 'Modern Medicine' has cures for exactly ZERO chronic conditions.

Many people in 'Progressive medical circles' believe that chronic inflammation is the root cause of all chronic disease, but inflammation is simply a by-product or symptom of damaged mitochondria. Mitochondria are the tiny subcellular organelles that perform many vital functions including being the power houses of our cells (responsible for 90-95% of all cellular energy).

What does that have to do with Heart disease? Heart muscle has one of the highest concentrations of mitochondria in the body. Other top areas are the brain and our muscles. Damaged mitochondria have a disproportionate negative impact on our heart, brain, nervous, and muscular systems.

What can you do about damaged mitochondria to improve the health of your heart (and other organs like the brain)? I've developed a systematic approach to help your body repair, rebuild, and restore mitochondria, it's called the Wolverine Healing Protocol featuring the 4Ms.

The details are more than we can get into here, so if you're interested give us a call to schedule a consultation to learn more. For now, I'd like to share an example of one of our patient's results.

Lou is a dear friend of 40+ years. He's a big guy and he had a heart attack several years ago and developed Congestive Heart Failure. His ejection fraction was down to 17% and declining, it should be 50-70%. This is a measure of how efficiently the left ventricle is pumping blood to the rest of the body.

He has one of the top cardiologists in the world out of San Francisco who told Lou that he likely had just a couple of years to live at the rate of decline he was experiencing. Lou kept asking him if stem cells would help him. His 'expert' said no, they won't help. Lou came to town for a visit to see what I might be able to do to help him. He knew I was working with stem cell therapy and we had discussed the potential benefits for his condition. We gave him a round of stem cells and exosomes intravenously along with some of the additional nutrients I recommend as part of the Wolverine Healing Protocol.

Just 5 weeks later, Lou called me with some exciting news. He had gone in for his 6-month echocardiogram to monitor his condition and his ejection fraction had jumped up to 55% from 17%! This is unheard of. There were no changes in medications or his lifestyle, only the stem cells and new nutrients. His cardiologist didn't believe the results and made them redo the test only to get the same results. CHF simply doesn't reverse itself yet somehow Lou's did!

It has been over a year and a half since that first session, Lou has had two follow up sessions and he just called last week to report that his ejection fraction is now 65%! That's in the upper end of normal! Needless to say, he is ecstatic and has a completely new lease on life.



There are many cases like Lou's that are well documented and available. Lou's testimonial is on our website. We cannot make any claims or promises other than that we will do our best to support your body in healing itself with the Wolverine Healing Protocol. Not everyone needs or can afford stem cells, they are not covered by Medicare or health insurance, however, they are one of the top investments a person can make to enhance their health and increase their healthspan.

People need to break free from the 'Medicare Mentality' that so many people have. This is where they will not do anything to invest in health promotion and only do what Medicare (and supplemental insurance) will pay for. Medicare specifically states that they will not pay for anything that is considered to be 'Regenerative.' They will only pay for things that are considered to be 'Medically necessary.' They will pay to amputate a foot but not to regenerate the blood supply to the foot to prevent the need for an amputation. Crazy stuff, we can't make this stuff up!

Is your health worth the cost of a golf cart or electric bike? What is another 3-5 years of being active worth to you? The medical-industrial complex (Big Pharma) isn't going to save you, it is up to you to do your own research and take action. We're here to help you if and when you decide to take your health into your own hands.

Call today to schedule an initial consultation. 941-806-5511. You'll be glad that you did.

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Celebrating the Next Chapter in our Healthcare Journey!

At Manatee Health, our leadership and board members are proud of the long-standing history we have in our community and remain steadfast in their commitment to improving healthcare quality, offering more options to patients and recruiting top talent in our market.

Here is what members of our Manatee Health team, who make a difference for our patients every day, have to say about our new name and new initiative, Evolving Healthcare, Centered on You.

"As a long-standing advocate for our community and Chairman of the Board of Governors for Manatee Memorial Hospital, I am thrilled by the evolution of Manatee Health. With Manatee Memorial Hospital's rich legacy spanning more than seven decades, Manatee Health represents a pivotal moment in our commitment to advancing healthcare excellence. It reflects our unwavering commitment to enhancing the health and well-being of everyone in Manatee County and beyond. Together, we are shaping a healthier future for generations to come."

Hugh Miller, Chairman, Board of Governors



"I am fortunate to witness the important role that the medical community plays within the newly rebranded Manatee Health network. For many years, Manatee Memorial Hospital has been a leader in healthcare in our community. Now, as part of Manatee Health, they are further enhancing collaboration and innovation across the community's network of care. Their commitment to excellence is evident through their diverse accreditations across multiple service lines, demonstrating dedication to providing the latest in medical care tailored to meet the unique needs of our community. They are advancing patient outcomes and ensuring that every individual receives the highest quality of care possible."

Florida State Senator James E. Boyd, Serving District 20; Member, Board of Governors



"I am incredibly proud of the transformation our network has undergone. For over 70 years, we have been a cornerstone of our community's health, and now, as part of Manatee Health, we are expanding our reach and enhancing our services to better serve our neighbors. Manatee Health signifies our commitment to delivering compassionate care and innovative solutions that meet the evolving needs of our community, while our numerous accreditations across various service lines underscore our dedication to excellence in healthcare. We are proud of our heritage and look forward to continued growth and innovation under the Manatee Health network of care."

Joshua Moore, Chief Operating Officer

"Our teams have embraced the new network concept of Manatee Health. Our commitment to delivering exceptional care remains unwavering and is guided by Manatee Memorial's dedication to our community's health. The new name highlights our focus on patient-centered care and innovation, supported by our strong foundation of nursing excellence. With our hospital staff's dedication and the resources of Manatee Health, we continue to advance our nursing practices to ensure that each patient receives compassionate, personalized care that meets the highest standards of quality and safety."



Katy Wilkens, RN, MBA, BSN, NE-A BC, Chief Nursing Officer



"As House Supervisor, I am thrilled to see the enthusiasm among our hospital staff surrounding the launch of Manatee Health. This innovative network of care not only enhances patient outcomes through streamlined

care and enhanced communication but also fosters a supportive environment that boosts morale for the patient, visitors, and employees."



Bobby Garner, RN, Nursing Supervision

"From my position at the front desk, I've witnessed firsthand the positive impact our hospital has on our visitors. Our commitment to excellence resonates with everyone who walks through our doors. Patients and their families feel more reassured and informed, which makes their hospital experience smoother and more comfortable. It's truly fulfilling to see how this change has elevated the standard of care we provide at Manatee Memorial Hospital."

Janet Perea, Office Assistant

For more information about Manatee Health, visit manateehealth.com



www.manateememorial.com

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HOW TO KNOW IF MEMORY CARE IS RIGHT FOR YOUR LOVED ONE

As your loved one with Alzheimer's or another form of dementia needs more care at home, you might find each day more challenging than the last. While these changes are difficult for everyone, memory care communities can give both you and your loved one the support you need to maintain your bond — but when is the right time for a higher level of care?

Ask yourself these 6 questions about caring for your loved one at home, and learn if memory care is right for your family member.

1. ARE THEY AGITATED OR AGGRESSIVE?

For several reasons, agitation and aggression are common with seniors who have dementia. The two primary reasons are confusion and the inability to articulate or identify the cause of physical discomfort.

For instance, an older adult who used to perform an activity of daily living unassisted may lash out at their caregivers when they can't remember the steps it takes to complete the task. Or a person experiencing discomfort from something like a urinary tract infection may express it through physical aggression.

In the memory care neighborhood at Freedom Village, our staff implements techniques they have learned through our nationally acclaimed Heartfelt Connections program to redirect aggressive behavior with specialized care that reduces frustration, fear and anxiety in your loved one.

2. DOES YOUR FAMILY MEMBER HAVE SAFE LIVING CONDITIONS?

When a senior with dementia is aging in place, they may neglect essential household duties like taking out the trash, cleaning up after a pet, or disposing of spoiled food. Some seniors may also hoard items or wander their neighborhoods.

Other risks may include trip hazards, medical fall risks, kitchen appliances, firearms, or household chemicals. For your loved one to age safely at home, you'll need significant and expensive safety modifications.

The 24/7 security and care in a Memory Care neighborhood provides a secure environment where your loved one can thrive. At Freedom Village, with an above average staff-to-resident ratio of 1:6, we take memory care a step further by including a maintenance-free residence, housekeeping, and personal laundry services.



3. IS YOUR FAMILY MEMBER FEELING SOCIALLY ISOLATED?

While loneliness and social isolation are related, they're a little different. Loneliness is the distressed feeling of being alone, whereas isolation is the lack of social connections to provide regular, positive interaction with people and your environment.

Social isolation can lead to:

- Anxiety
- Depression
- High-blood pressure
- Heart disease
- Lack of energy

Feeling isolated is a common problem for seniors living with dementia. It's difficult to recreate social situations at home, or your loved one may lack the confidence to take part in group activities.

Retirement communities have amenities, services, and a calendar full of events just for memory care residents. From a supportive dining environment to welcoming and secure places to gather, your loved one always stays engaged and socializes with their neighbors and care team.

4. HAS YOUR FAMILY MEMBER'S SLEEP PATTERN CHANGED?

As we age, our bodies produce less melatonin, which is a sleep hormone that helps us get tired when it gets

darker in the evening. Research has shown that as a person's dementia progresses, melatonin production is particularly impaired.

Combined with side effects from medication and other long-term health conditions, like diabetes or high blood pressure, sleep can be difficult for older adults with dementia.

Your loved one may have difficulty getting to sleep, wake up several times during the night, sleep less deeply or sleep less overall.

Poor sleep patterns can lead to waking up at night, resulting in your family member being anxious or confused over what time it is. Instead of going back to sleep, they believe it's time to begin the day. Your loved one may try to return to an old routine, like making breakfast or getting dressed for work.



**Freedom Village
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This is very stressful for family caregivers, especially if you're worried your loved one may do something that is unsafe, like wander, which can lead to a life-threatening fall.

5. ARE THEY NEGLECTING PERSONAL CARE?

Neglecting self-care is a major indicator your loved one needs extra help with activities of daily living. If your family member once wore clean, pressed clothes or was always clean-shaven, and is now wearing ill-fitting, dirty clothes or has unkempt facial hair, it might be time to consider memory support services.

It's important to remember physical symptoms of dementia come in many forms. Here are other signs your loved one might need a higher level of care in a Memory Care neighborhood:

- Dramatic weight loss or weight gain
- Forgetting to eat or take medications
- Loss of mobility
- Neglecting regular baths or showers

At our retirement community in Bradenton, FL, we believe each one of our residents should live according to a personalized routine that reflects their preferences and choices. We offer flexible care in a dementia-friendly environment that promotes a self-directed lifestyle.

For instance, the residents in our Memory Care neighborhood have access to appropriate community amenities like the salon and barbershop, fitness center and pool. We also offer compassionate, personalized help with daily living activities, including dressing, bathing and medication management.

6. DO YOU HAVE CAREGIVER BURNOUT?

Taking care of a loved one with Alzheimer's or another form of dementia is arduous work, and many family caregivers face burnout. You might dedicate too much time to your family member with dementia and neglect other important areas of life like work, friends, and other members of your family who need attention.

Many family caregivers have to take time off work, which may be paid or unpaid, while some have to reduce their work hours altogether. This can lead to feelings of resentment, depression and isolation.

Watch for these other common signs of caregiver burnout:

- Difficulty sleeping
- Drinking, smoking or eating more
- Feeling tired and run down
- Feeling helpless and hopeless
- Neglecting personal needs
- Trouble concentrating or relaxing, even when help is available

LEARN MORE ABOUT THE BENEFITS OF MEMORY CARE AT FREEDOM VILLAGE OF BRADENTON

Choosing the right care for your loved one with dementia is a tough decision. If you are the spouse or partner of a senior whose health is declining, an adult child who is struggling to provide proper care for your parents, or a health care professional who cares for seniors, please join us at our Memory Care and Assisted Living Open House on August 22 from 4 to 6 p.m. to learn more about our monthly caregiver support group and the many resources we provide.



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- ✓ MEMORY CARE
- ✓ IN-HOME CARE
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TOP DOCTORS 2023

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Transform Your Life with Medicare-Covered Lymphedema Therapy Compression Garments

By James Ferrara - Occupational Therapist and Certified Lymphedema Therapist

If you or a loved one is grappling with the debilitating effects of lymphedema, you know how challenging it can be to find effective and affordable treatment options. At Functional Transformation Clinic, we understand the physical and emotional toll this condition can take, which is why we are dedicated to providing comprehensive lymphedema management solutions, including Medicare-covered compression garments from leading brands.

Lymphedema is a chronic condition characterized by the accumulation of lymphatic fluid in the body's tissues, often resulting in swelling, discomfort, and an increased risk of infections. This condition can significantly impact your quality of life, making everyday activities a struggle. However, with the right treatment approach, you can regain control and experience a remarkable transformation.

At our clinic, we believe in empowering our patients to take charge of their health and well-being. Our team of experienced lymphedema therapists is committed to delivering personalized care tailored to your unique needs. We understand that every individual's journey with lymphedema is different, and our approach reflects that.

One of the cornerstones of our lymphedema management program is the use of high-quality compression garments. These specialized garments apply gentle, consistent pressure to the affected areas, facilitating the movement of lymphatic fluid and reducing swelling. By promoting improved lymphatic drainage, compression garments can alleviate discomfort, reduce the risk of complications, and enhance your overall quality of life.

What sets us apart is our commitment to making advanced lymphedema therapy accessible to all. We proudly accept Medicare coverage for our compression garments, ensuring that you can access the top-of-the-line products you need without breaking the bank. Our clinic partners with renowned brands like Medi, Jobst, Sigvaris, Juzo, and Solaris, ensuring you receive the highest quality and most effective compression garments available.

Our dedicated team will work closely with you to select the most suitable compression garments based on your specific needs, body measurements, and lifestyle requirements. We understand that proper fit and comfort are crucial for optimal treatment

outcomes, which is why we take the time to ensure your garments are perfectly tailored to your unique circumstances.

In addition to compression garments, our comprehensive lymphedema management program may also incorporate other therapeutic interventions, such as manual lymphatic drainage, exercise guidance, and lifestyle recommendations. Our goal is to address all aspects of your condition, empowering you to take control and achieve lasting relief.

At Functional Transformation Clinic, we believe that living with lymphedema should not hold you back from embracing life to the fullest. With our Medicare-covered compression garments and personalized care, you can embark on a journey towards improved well-being, increased mobility, and a renewed sense of confidence.

Don't let lymphedema define your life. Take the first step towards transformation by scheduling a consultation with our lymphedema experts today. Discover how our Medicare-covered compression garments and comprehensive care approach can unlock a world of possibilities, allowing you to reclaim your vitality and embrace each day with renewed energy and optimism.

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Crafted with the finest materials and precise measurements, our compression garments deliver superior comfort, durability, and therapeutic benefits. Experience relief from swelling, discomfort, and the risk of complications. We carry Medi, Jobst, Sigvaris, Juzo and Solaris.

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Comprehensive Support

At Functional Transformation Clinic, we offer more than just compression garments. Our team of dedicated healthcare professionals is committed to providing you with comprehensive lymphedema therapy, education, and support every step of the way.

Medicare-Covered:

Our compression garments are Medicare-approved, ensuring that you receive the financial assistance you need to manage your condition effectively. We handle the paperwork, so you can focus on your health.

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.

YOU CAN LEARN MORE ABOUT BLAIR UPPER CERVICAL CHIROPRACTIC AND DR. HALLS OFFICE BY GOING TO:

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Dr. Drew Hall

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When You Have to Pee All the Time: Overactive Bladder and Its Impact on Quality of Life

Overactive bladder (OAB) is a common condition that affects millions of people worldwide. It's characterized by frequent and urgent urges to urinate, often accompanied by involuntary urine leakage. While OAB is not life-threatening, it can significantly impact an individual's quality of life, causing discomfort, embarrassment, and disruption to daily activities.

Understanding Overactive Bladder

Overactive bladder occurs when the bladder muscle contracts involuntarily, even when the bladder isn't full. This results in sudden, intense urges to urinate that can be difficult to control. OAB is not a normal part of aging, although it becomes more common as people get older. It's important to distinguish OAB from other urinary conditions, such as urinary tract infections or prostate problems in men.

Prevalence of Overactive Bladder

OAB is more common than many people realize. It's estimated that about 16% of the adult population experiences symptoms of OAB. The prevalence increases with age, affecting up to 30% of older adults. Despite its prevalence, many individuals with OAB do not seek medical help due to embarrassment or the misconception that it's a normal part of aging.

Impact on Quality of Life

The effects of OAB on an individual's quality of life can be profound and far-reaching. People with OAB often experience:

- 1. Sleep disruption:** Frequent nighttime urination (nocturia) can lead to poor sleep quality and daytime fatigue.
- 2. Social isolation:** Fear of accidents or being far from a bathroom can cause individuals to avoid social situations.
- 3. Emotional distress:** Anxiety, depression, and low self-esteem are common among those with OAB.
- 4. Reduced productivity:** Frequent bathroom breaks can interfere with work and daily activities.
- 5. Relationship strain:** OAB can impact intimate relationships and cause embarrassment with partners.
- 6. Physical discomfort:** The constant urge to urinate can be physically uncomfortable and distracting.



Coping and Support

Living with OAB can be challenging, but there are ways to cope and find support:

- 1. Join support groups:** Connecting with others who have OAB can provide emotional support and practical tips.
- 2. Communicate openly:** Discuss your condition with family, friends, and colleagues to help them understand your needs.
- 3. Plan ahead:** Know the location of bathrooms when going out and consider using absorbent products for peace of mind.
- 4. Seek professional help:** Consult with a healthcare provider or urologist for proper diagnosis and treatment options.

Lifestyle Changes to Manage OAB Symptoms

While medical treatments are available, many people find relief through lifestyle modifications:

- 1. Bladder training:** Gradually increasing the time between bathroom visits can help improve bladder control.
- 2. Pelvic floor exercises:** Strengthening the pelvic floor muscles (Kegel exercises) can improve bladder control.
- 3. Dietary changes:** Avoiding bladder irritants such as caffeine, alcohol, and spicy foods can reduce symptoms.
- 4. Fluid management:** Maintaining proper hydration while avoiding excessive fluid intake, especially before bedtime.
- 5. Weight management:** Maintaining a healthy weight can reduce pressure on the bladder and improve symptoms.
- 6. Scheduled voiding:** Using the bathroom at regular intervals rather than waiting for the urge to urinate.

Educational Resources

Education is key to managing OAB effectively. Patients can benefit from:

- 1. Online resources:** Reputable websites offer information on OAB, its causes, and management strategies.
- 2. Healthcare provider education:** Urologists and continence specialists can provide personalized advice and treatment plans.
- 3. Workshops and seminars:** Many healthcare facilities offer educational sessions on bladder health and OAB management.
- 4. Self-help books:** There are numerous books available that provide in-depth information and coping strategies for OAB.

Solutions, Including Utiva Bladder Health Product

While lifestyle changes are often the first line of defense against OAB, some individuals may benefit from additional support. One such option is the Utiva Bladder Health Product. This natural supplement is designed to support bladder health and may help alleviate some symptoms of OAB.

Utiva Bladder Health Product contains ingredients that have been traditionally used to support urinary tract health. While it's not a cure for OAB, some users report improved bladder control and reduced urinary urgency with regular use. As with any supplement, it's important to consult with a healthcare provider before starting use, especially if you're taking other medications.

It's worth noting that while natural products like Utiva may offer benefits, they should be used as part of a comprehensive approach to managing OAB. This approach may include lifestyle changes, pelvic floor exercises, and medical treatments as recommended by a healthcare provider.

In conclusion, overactive bladder is a common condition that can significantly impact quality of life. However, with proper understanding, support, and management strategies, individuals with OAB can lead fulfilling lives. By combining lifestyle changes, education, and potentially beneficial products like Utiva Bladder Health, many people find relief from their OAB symptoms. Remember, if you're experiencing symptoms of OAB, it's important to seek professional medical advice for proper diagnosis and personalized treatment options.

Sources:

- <https://www.utivahealth.ca/blogs/resources/can-you-treat-overactive-bladder-naturally>
- <https://www.utivahealth.ca/blogs/resources/the-side-effects-of-oab-medication-and-how-they-impact-patient-compliance>

For more information, visit Utiva's webpage.

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

1-888-622-3613

MEMORY MATTERS

By Amy Hoffmann Schenk, RN, BSN, MS Ed, Community Engagement Lead Neuropsychiatric Research Center of SW Florida

There are many reasons to live in southwest Florida. The wonderful weather, beautiful beaches, no state income tax, and many activities to enjoy. And while the weather may be a big draw, we know in the dog days of summer, like August, it is extremely hot and humid. One of the things that can impact our quality of life is becoming dehydrated in the summer heat. As we age, we are at higher risk for dehydration. Our brain can be impacted by dehydration, so we want to ensure we are staying hydrated because a hydrated brain is a happier brain. Let's look at some of the reasons for this, and also identify some tips to stay hydrated.

So how do you know if you are dehydrated? There are a number of ways, but one of the easiest ways to identify if you may be dehydrated is noting the number of times you go to the bathroom. According to Dr. Dana Cohen, the co-author of *Quench*, a book about the science behind hydration, going to the bathroom every two to three hours is an indicator of adequate hydration. Simply stated, if you are not urinating, you are not drinking enough.

That begs the question, well if I drink when I am thirsty, I should be hydrated, right? Unfortunately, that is not the case. Particularly as we get older, not only does our body composition change, but by the time we feel thirsty, we may already be in the early stages of dehydration. Those of us over the age of 65 have less water in our bodies than younger adults or children. Many of us simply do not drink enough fluid, for a variety of reasons.

Water is important and necessary for almost every bodily function. Lubrication of joints, pumping blood through our body and regulating body temperature all need adequate water. According to a report by the National Institute of Health, it's estimated that between 17% and 28% of older adults are hospitalized due to dehydration! Signs of dehydration can go unrecognized, or may be attributed to another condition. A few symptoms of dehydration include fatigue and weakness; dizziness and/or loss of coordination; dry mouth and/or dry cough; headache and muscle cramps and chills or heat intolerance.



Another area of concern is that in some cases, dehydration can cause confusion, memory loss and anxiety. Some studies have shown that dehydration can have an impact on one's ability to perform complex cognitive tasks, as well as challenges with attention, executive function, and coordination. Women tend to be more sensitive to the impact of dehydration, and older women are particularly vulnerable. When our bodies lose more water than is replaced, dehydration will occur, and optimal brain function is affected.

Having a healthy brain is one of the things we care about at NPRC. Here are some tips to help you stay hydrated. Please note if you have other health conditions, be sure you are discussing fluid intake with your health care provider.

- **Keep track of what you are consuming.** 8 – 10 servings of 8 ounces of fluid a day is a good guideline. There are a number of apps you can add to your phone to help you. Keeping track manually works as well.

- **If water is not your favorite beverage, look at other options.** Perhaps water is more palatable with some fresh fruit added in. Or you can add a splash of juice to your water. Be mindful that some fruit juices contain added sugar, which can be a concern if you are pre-diabetic or have diabetes.

- **Enjoy beverages with caffeine in moderation** as they can have a mild diuretic effect.

- **You don't have to just drink, you can eat foods high in water content.** Some examples include watermelon, cucumbers, lettuce, celery, tomatoes, zucchini, strawberries, melon, and bell peppers are all good choices.

Be mindful of your fluid intake here in beautiful and hot southwest Florida to keep your brain in tip top shape. Do you have concerns about your memory or cognitive functioning? To make it easy to get a memory screen, the Neuropsychiatric Research Center of Southwest Florida (NPRC) offers free memory screens at our office. **To schedule your free memory screen, contact us at 239-939-7777.** Please bring a list of your current medications to your appointment. The screening and all services provided at our center are at no cost to you and we do not ask for any insurance information. At the Neuropsychiatric Research center there are many innovative clinical studies that are focused on addressing memory issues. Take charge of your brain health and schedule your free memory screen today! **#Memoriesmatter**

References:

Brainadvance.org: Water and the Brain
nia.nih.gov
ncoa.org



**Contact NPRC at 239-939-7777
today for your free memory screen.**



Dental Care and Pregnancy

By Dr. Amanda Rizner

Dental care during pregnancy is crucial for both the mother's health and the baby's well-being. The changes that occur in a woman's body during pregnancy can have significant implications for oral health, making regular dental check-ups and proper oral hygiene practices essential. Listed below are some common topics and considerations that one should be aware of when going through a pregnancy.

Hormones and the Affects on Gingival Tissue

Pregnancy is often accompanied by hormonal changes, particularly an increase in progesterone levels. These hormonal shifts can contribute to an elevated risk of developing gingivitis which is defined as a inflammation and tenderness of the gums. Commonly known as "pregnancy gingivitis", an increased amount of blood flow can leave the tissue red, inflamed and swollen. If left untreated it can progress to more serious gum conditions such as periodontal disease, which has been linked to adverse pregnancy outcomes. Periodontitis, the proper term for gum disease, can lead to preterm birth and low birth weight babies. Gum disease has also been associated with an increased risk of pre-eclampsia, a potentially serious condition characterized by high blood pressure and protein in the urine. Managing and preventing periodontal disease through regular dental visits and good oral hygiene practices can help mitigate these risks. It is recommended that patients keep their six month cleaning intervals (or shorter if history of periodontal disease in the past) to maintain their gingival health.

Patients can also experience "pyogenic granulomas" on their gingival tissue due to hormonal changes. Also known as "pregnancy tumors," these bumps are noncancerous raised lesions made of abnormal blood vessels. They can bleed very easily and usually last until delivery. Some lesions can be excised during pregnancy if they cause discomfort, however most will disappear after hormonal shifts with delivery.

Beyond the potential complications for the mother, oral health during pregnancy is also important for the baby's health. Research suggests a link between maternal oral health and the risk of preterm birth and low birth weight. Poor oral health, particularly untreated gum disease, may contribute to systemic inflammation that could affect the developing fetus.

Bacteria and Oral Health

Dental care during pregnancy involves more than just routine check-ups and cleanings. It also includes educating expectant mothers about maintaining good oral hygiene habits at home. For example, women with poor oral health may harbor higher levels of certain bacteria (Streptococcus mutan) in their saliva. These bacteria can be transmitted to their infants during common parenting behavior like sharing foods and kissing. Helping to minimize the amount of S. Mutans in the mothers oral cavity can help decreased the spread to the infant and ultimately lowers the caries risk for them later in life. Once established, these bacteria can persist and increase in number over time, especially if conditions in the mouth are favorable for their growth such as frequent sugar exposure or inadequate oral hygiene.

When to Seek Treatment

Some pregnant women may hesitate to seek dental care due to concerns about potential risks to the baby. However, routine dental visits and necessary treatments such as fillings or root canals can generally be performed safely during pregnancy. This is especially true after the first trimester. The second trimester tends to be the safest time period to have dental work completed, as it may become increasingly more difficult to lie reclined in later stages of pregnancy. However, conditions that require immediate treatment due to pain or swelling may be managed at any time during pregnancy. This may include extractions, root canals, or very large cavities which may lead to infection if not treated quickly.

Dentists previously took precautions such as using lead aprons and minimizing exposure to radiation to ensure the safety of both mother and baby. Earlier this year, an expert panel established by the American Dental Association Council on Scientific Affairs determined that it was not necessary to use a lead apron/thyroid collar for dental radiographs regardless of age or health status such as pregnancy. This conclusion came after reviewing multiple studies regarding radiography and stated that modern digital X-ray equipment restricted the beam size only to the area that needs to be imaged, which better protects patients against radiation exposure to other parts of their body.

Another reservation some patients may have about visiting the dentist is the anesthetic which can be used safely. Lidocaine with epinephrine is

the most commonly used anesthetic and can be safely used during pregnancy. It is usually preferred by dentists for its vasoconstrictive effects at the site of injection, which leads to prolonged anesthesia. For those patients who have a previous sensitivity to epinephrine, mepivacaine without epinephrine can be used as an alternative. However, mepivacaine tends to be shorter acting than lidocaine and it may be best to discuss with your dentist which option is ideal for each situation.

Addressing dental issues promptly during pregnancy not only promotes oral health but also contributes to overall maternal well-being. Untreated dental problems can cause discomfort, difficulty eating, and sleeping disturbances, all of which can impact a pregnant woman's quality of life. Most dentists will work quickly to determine a plan that allows the pregnant patient to seek treatment in as quick and as little appointments as possible for optimal comfort.

Nausea and Vomiting in Pregnancy

Women commonly experience morning sickness throughout their pregnancy which can lead to a buildup of acid in the oral cavity. It is recommended to drink or rinse with water directly after vomiting to eliminate as much acid as possible. We recommend waiting thirty minutes after each event before brushing in order to preserve as much enamel as possible. Avoidance of drinks high in sugar as well as acidic drinks such as diet or probiotic sodas is recommended.

Conclusion

In conclusion, dental care during pregnancy plays a crucial role in maintaining both maternal and fetal health. Regular dental visits, proper oral hygiene practices, and a nutritious diet contribute to preventing gum disease and other oral health issues that can potentially affect pregnancy outcomes. By prioritizing oral health during pregnancy, expectant mothers can reduce their risk of complications and promote a healthy start for their babies. Therefore, integrating dental care into prenatal health routines is essential for ensuring overall well-being during this important stage of life.

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Investing in Your Future:

The Power of Basic Financial Techniques for a Better Retirement

By Steve Schneider, MBA - CEO, Securenet Financial, LLC.

Retirement is a phase of life that many look forward to—a time to relax, explore new hobbies, travel, and spend quality time with loved ones. However, achieving a comfortable and secure retirement requires more than just wishful thinking. It necessitates careful planning, disciplined saving, and strategic investing. One of the most critical components to ensuring a successful retirement is obtaining a basic financial education. A fundamental understanding of financial principles, paired with the guidance of a reputable financial planner like Securenet Financial, LLC, can significantly enhance the quality of life in retirement.

The Importance of Basic Financial Techniques

Financial education doesn't need to be extensive to be effective. By focusing on a few key techniques, individuals can make substantial progress towards a secure retirement. Here are several simple yet powerful ways in which basic financial education can directly impact the quality of life in retirement:

- **Understanding Investment Options:** A basic grasp of investment options such as stocks, bonds, and mutual funds can go a long way. Knowing the basics allows investors to build a diversified portfolio that balances risk and return, ensuring steady growth of their retirement savings.
- **Effective Budgeting and Saving:** Knowing how to budget and save effectively is crucial for accumulating a sufficient retirement fund. Basic financial education teaches individuals how to prioritize expenses, reduce unnecessary spending, and set realistic savings goals. This disciplined approach to saving can lead to a more substantial nest egg upon retirement.
- **Tax Efficiency:** Taxes can significantly erode retirement savings if not managed properly. Basic knowledge of tax-efficient investment strategies, such as utilizing tax-advantaged accounts like IRAs and 401(k)s, can help retirees minimize their tax burden and maximize their income.
- **Risk Management:** All investments come with a degree of risk. Understanding simple concepts such as asset allocation and diversification can help retirees manage these risks effectively and protect their portfolios from significant losses during market downturns.

- **Income Strategies:** Generating a reliable income stream in retirement is essential for maintaining one's lifestyle. Basic financial education covers simple income strategies, including annuities and dividends, helping retirees create a sustainable income plan.

The Role of a Financial Planner

While a basic financial education is crucial, navigating the complexities of retirement planning can still be challenging. This is where the expertise of a professional financial planner becomes invaluable. Securenet Financial, LLC, for instance, provides personalized financial planning services that can make a significant difference in one's retirement journey. Here's how a financial planner can be instrumental in achieving retirement success:

- **Simplified Planning:** A financial planner from Securenet Financial, LLC, takes the time to understand your specific goals, needs, and circumstances. They simplify the planning process by breaking down complex financial concepts into easy-to-understand strategies, ensuring that every aspect of your financial life is addressed without overwhelming you.
- **Expert Guidance:** Financial planners possess extensive knowledge and experience in various areas of finance, including investments, taxes, and estate planning. Their expertise allows them to handle the complexities for you, providing sound advice and recommendations that align with your long-term objectives.
- **Continuous Monitoring and Adjustments:** Retirement planning is not a one-time event but an ongoing process. A financial planner regularly reviews your plan and makes necessary adjustments based on changes in your life, the economy, and financial markets. This proactive approach ensures that your retirement plan remains on track, regardless of external factors.
- **Emotional Support and Confidence:** Investing and financial planning can be emotionally challenging, especially during market volatility. A financial planner

offers emotional support and reassurance, helping you stay focused on your long-term goals. This peace of mind can reduce stress and anxiety, leading to a better overall quality of life in retirement.

- **Maximizing Opportunities:** Financial planners are adept at identifying opportunities that can enhance your retirement plan. Whether it's taking advantage of new investment products, tax-saving strategies, or government incentives, their insights can help you maximize your retirement savings and income.

Conclusion

Achieving a comfortable and fulfilling retirement doesn't require an extensive financial education. By mastering a few basic financial techniques and working with a reputable financial planner like Securenet Financial, LLC, individuals can significantly improve their quality of life in retirement. Basic financial education empowers you to make informed decisions, while a skilled financial planner simplifies the complexities and provides continuous support. Together, they form a powerful partnership that can help you navigate the intricacies of retirement planning and secure a bright and prosperous future. Investing in your financial education today, even at a basic level, can lead to a more secure, enjoyable, and stress-free retirement tomorrow.

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Diagnostic Imaging Saves Lives

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

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

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

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

MRI Scan

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

Breast MRI

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

MRA

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



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

CT Scan

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

Ultrasound

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

Nuclear Medicine

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

Digital X-Ray & Fluoroscopy

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

3D Mammography

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

Bone Density DEXA

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

PET Scan

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

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



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COMBATING HEAT STROKE WITH AWARENESS AND IV HYDRATION

As August ushers in the peak of summer heat in Florida, residents and visitors alike face an increased risk of heat-related illnesses. This makes August Heat Stroke Awareness Month particularly crucial for the Sunshine State. With temperatures soaring and humidity levels at their highest, understanding the dangers of heat stroke and the potential benefits of IV hydration becomes essential for staying safe and healthy.

Florida's subtropical climate creates an environment where heat stroke is a constant threat, especially during August. The combination of high temperatures, elevated humidity, and intense sunlight can quickly overwhelm the body's natural cooling mechanisms. Heat stroke occurs when the body's core temperature rises above 104°F (40°C), potentially leading to organ damage, brain injury, or even death if not promptly addressed.

Recognizing the signs of heat stroke is crucial. Symptoms include high body temperature, altered mental state or behavior, nausea and vomiting, flushed skin, rapid breathing, and racing heart rate. In Florida's climate, these symptoms can develop rapidly, making prevention and quick action vital.

While traditional methods of staying cool and hydrated remain important – such as seeking shade, wearing light clothing, and drinking plenty of water – IV hydration has emerged as a powerful tool in both preventing and treating heat-related illnesses.



IV hydration involves the direct administration of fluids, electrolytes, and sometimes vitamins into the bloodstream. This method bypasses the digestive system, allowing for rapid rehydration and electrolyte replenishment. For Floridians battling the August heat, IV hydration offers several advantages:

- 1. Quick absorption:** IV fluids are immediately available to the body, providing faster relief from dehydration compared to oral intake.
- 2. Precise electrolyte balance:** IV solutions can be tailored to replace specific electrolytes lost through sweating, maintaining proper body function.
- 3. Improved recovery:** For those who have experienced heat exhaustion or are at risk of heat stroke, IV hydration can help the body recover more quickly.
- 4. Customized treatments:** IV therapies can include additional vitamins and minerals to boost overall health and resilience to heat stress.

It's important to note that IV hydration should not replace common-sense heat safety measures. Floridians should still prioritize staying in air-conditioned environments when possible, drinking plenty of water throughout the day, and avoiding strenuous outdoor activities during the hottest hours.

During August Heat Stroke Awareness Month, Florida health officials emphasize the importance of community education and preparedness. This includes knowing the locations of local cooling centers, checking on vulnerable neighbors, and understanding workplace rights regarding heat safety.

As climate change continues to drive more extreme heat events, the significance of Heat Stroke Awareness Month grows. By combining traditional prevention methods with innovative approaches like IV hydration, Floridians can better protect themselves against the dangers of heat stroke.

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

By Dr. David S. Zamikoff

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

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

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

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



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

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

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

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

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

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

Natural Healing Arts Medical Center

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

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www.NaturalHealingArtsMedical.com

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 advance 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.

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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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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Dealing With Life's Painful Situations

By Pastor Timothy Neptune

On Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain. I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.

David tells us in the book of Psalms, ¹⁸ *The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18*

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble."*

Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream



of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.

David went on to say in Psalm 142:3 that ³ *"When my spirit grows faint within me, it is you who knows my way..."* God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.

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The 2AM Plan All Caregivers Must Have

By Janice Martin, Owner of Senior Liaison of Central Florida

Anyone would agree that being the full-time caregiver is stressful and exhausting. However, caregivers will usually ignore the effect on their health. Outward appearances are deceiving but the stress from lack of sleep, poor self-care, and the mental exhaustion from being available 24/7 is damaging to anyone's mental and physical health. You may look fine, but you're not.

Even if you have brought care into the home for a few hours to provide some relief, you are never "off duty." If you leave to do some shopping or run errands, you are always waiting for the phone to ring because something has happened. At night, your sleep is often interrupted because one ear is always listening to see if they have gotten out of bed to walk around the house – or worse, out the front door.

If you are the primary caregiver, it is imperative that you have planned for your loved one's care and safety in case something should happen to you. No one has a crystal ball to know when a crisis will occur. Now is the time to make important decisions for everyone's peace of mind.

This is referred to as the 2AM plan. If your loved one cannot be alone, is there a neighbor or friend to initially step in to assist? What if your adult child needs time to plan to leave their family or job responsibilities before being away for an extended amount of time? An advisor such as Senior Liaison will help you to develop a plan based on your wishes. Together you will discuss in-home care options if supervision is needed for several days. They can also assist in selecting an assisted living community for short term or more lengthy stays. There are some preliminary forms that can be completed well in advance. It will be helpful to have something written to communicate your loved ones likes and dislikes such as food, music, movies, etc. Also, share their routine – what time do they get up and go to bed, what time of day do they prefer showers, have they had any prior trauma or triggers to avoid, do they wake up hungry and have to eat right away, or do they generally skip breakfast? These and other important details will allow for a more successful transition to an assisted living. If the goal is that your loved one will move to be closer to family, respite care will be a good alternative while plans are put into place.



Medical and Financial Power of Attorney papers and Advance Directives are required in the event that your loved one is unable to make decisions for themselves. If you do not have these – it is crucial to make this an immediate priority. If your loved one has dementia and you do not have power of attorney for them, things become difficult. An individual can only sign these documents if they understand what they are agreeing to and indicate that they recognize a person as someone they trust. If not and their dementia is advanced, the only option is the costly process of guardianship. Power of attorney is much easier, less time consuming, and less expensive. It's a good practice to assign an adult child or other trusted person as an alternate Power of Attorney in the event of your death or incapacity.

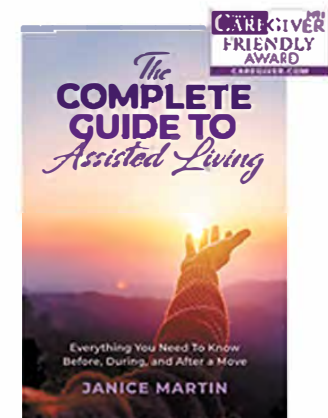
If there is a need to move to memory care in an assisted living community, there must be a power of attorney or guardian. Simply being the spouse or next of kin does not give anyone the authority to sign documents. Someone moving to assisted living may sign their own move in documents, but only the power of attorney or guardian may sign for memory care. Written documentation must be provided – not just someone saying they have it. Make sure these documents are accessible so they may be easily located.

Additionally, you must provide proof of financial power of attorney if access is needed to bank accounts to provide financial resources for payment of any care services, either temporarily or long term. It will also be necessary to obtain access to safety deposit boxes, or to apply for Medicaid or Veteran's benefits.

I have created "In Case of Emergency Documents" to consolidate and communicate important information. It's available as a free download at www.SeniorLiaisonCFL.com. Enter a list of medications, allergies, emergency contact information, and

where to find important documents. It will also indicate if your loved one has dementia or communication deficits so EMTs may recognize any impairment. I suggest you place it in a plastic sleeve and put it on the front of your refrigerator. Also included is a card to put in your wallet indicating that you are the caregiver of someone who may be at home alone and who to contact to provide access to your home.

It has been my experience that far too many people wait for a crisis before making important decisions. If someone else's care is at stake, it is critical that you take some time to work with someone you trust to act on your behalf if and when that crisis occurs. We all hope it never needs to be implemented, but if it does, your loved one will be grateful that you thoughtfully and lovingly took the time to plan for their care and safety.



Janice Martin is an author, educator, and specialist on senior living options and the owner of Senior Liaison of Central Florida Inc. She assists families in locating senior options either at home or to a community and has written "The Complete Guide to Assisted Living: Everything You Need to Know Before, During, and After a Move" available on Amazon.com. For more information, call 352-477-1866 or visit www.seniorliaisoncfl.com.



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