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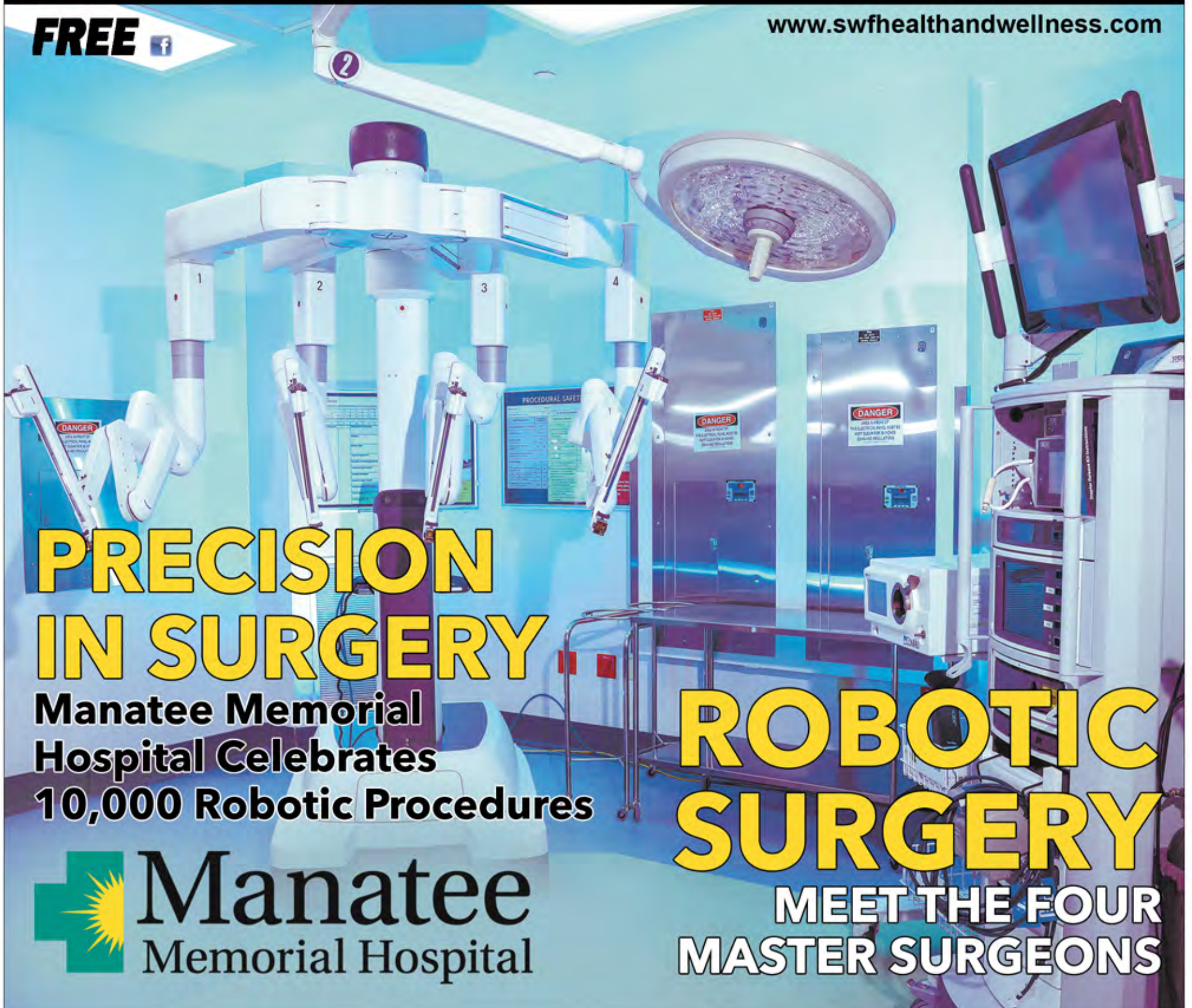
Health & Wellness[®] MAGAZINE

October 2024

Manatee/Sarasota Edition - Monthly

FREE 

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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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Our experienced staff will guide you through a comprehensive fitting process, ensuring a customized and comfortable fit tailored to your unique needs. Achieve optimal compression and support for your lymphedema management.

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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.

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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.

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James Ferrara

Occupational Therapist and
Certified Lymphedema Therapist



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Discoloration

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Spider Veins

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John Massey, Au.D./CCC-A

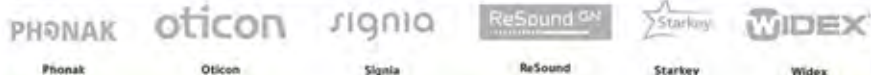
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BREAKTHROUGH NEUROPATHY TREATMENT !!

LEARN HOW TO GET LASTING RELIEF FROM: PERIPHERAL NEUROPATHY



- ✓ Pins and Needles
- ✓ Loss of Balance
- ✓ Burning Sensation
- ✓ Numbness/Tingling
- ✓ Pain in Feet/Hands
- ✓ Can't Feel The Ground

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- The underlying causes of peripheral neuropathy.
- The Nobel prize winning discovery that every neuropathy patient MUST know.
- How neuropathy is diagnosed and when it can be successfully treated.
- A simple home therapy that is used by some of the largest hospitals to treat neuropathy.

- ◆ Graduate of Riverview High School in Sarasota
- ◆ Attended the University of Florida before graduating in 1983 from Palmer College of Chiropractic in Iowa
- ◆ Established Carle Chiropractic Clinic in 1985 + Renewed Life Wellness Center in 2015
- ◆ Highly qualified and experienced practitioner
- ◆ Pursued postgraduate diplomate status in Scoliosis & Thermography and is board-certified in both categories



Presented by:
Dr. Kenneth Carle
Chiropractic Physician



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Varicose Veins vs. Spider Veins

By Dr. TC Lackey II

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.

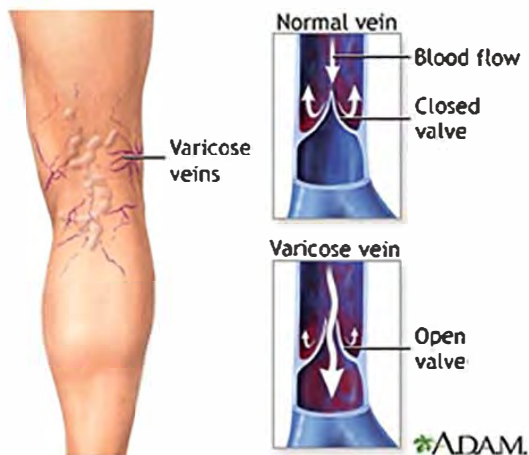
Several patients who suffer from varicose veins often complain of a cramping or aching sensation near the veins. Other typical symptoms include fatigue, itching, throbbing, cramping, burning, and tingling.

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 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. Call **941.866.8989** to schedule your *free vein screening*.



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PRECISION IN SURGERY: Robotics at Manatee Memorial Hospital

The number of robotic-assisted procedures performed at Manatee Memorial Hospital has been continuously rising, from less than 1,000 in 2008 to 10,000 in 2024.

Surgeons use the da Vinci® Xi Surgical System, providing patients with a minimally invasive alternative to open surgery that can reduce complications associated with open procedures, including less blood loss, less pain and quicker recovery. The system uses high-definition, special instruments and computer software that allows the surgeon to operate with enhanced vision, precision, dexterity and control.

To perform minimally invasive spine surgery, for example, surgeons make small incisions and use small cameras designed for viewing internal portions of the body. This inside view of the patient's body is shown on television screens in the operating room to help the surgeon get a clear view of the surgical area during the procedure.

Surgeons use the da Vinci robot to perform the following procedures:

- General surgery
- Gynecologic oncology
- Head, neck and sleep apnea surgery
- Orthopedic and spine surgery
- Thoracic surgery
- Urologic surgery

Minimally invasive techniques can offer several advantages, including smaller scars instead of one large scar, minimal muscle-related injury, a shorter hospital stay (two to three days versus five to six days), reduced postoperative pain, a shorter recovery period and the ability to return to work and daily activities much sooner.

In fact, Manatee Memorial Hospital is designated as a Center of Excellence in robotic surgery by the Surgical Review Corporation (SRC). The hospital has 12 surgical suites in the OR, with three dedicated to the da Vinci® robots, and is a designated training facility for Intuitive and the da Vinci® Xi Surgical System.



EXPERIENCE THE BENEFITS

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Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive, robotic surgery is right for you. Physicians are on the medical staff of Manatee Memorial Hospital, but, with limited exceptions, are independent practitioners who are not employees or agents of Manatee Memorial Hospital. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website.



Dr. Stacey South sits at the controls of the da Vinci® Surgical System, demonstrating the abilities performed in robotic procedures.



Breast Cancer Rehabilitation Program

By James Ferrara - Occupational Therapist and Certified Lymphedema Therapist

At Functional Transformation Clinic, we offer a comprehensive Breast Cancer Rehabilitation Program designed to address the unique challenges faced by breast cancer survivors following surgery and medical treatments. Our team of specialized physical and occupational therapists, each with advanced training in breast cancer rehabilitation and lymphedema management, conducts thorough evaluations to create personalized care plans that cater to each patient's specific needs and goals.

Understanding Lymphedema in Breast Cancer Patients

Lymphedema is a chronic condition characterized by swelling in the affected area, often developing in breast cancer patients as a result of surgery or radiation therapy. Current research indicates that a significant portion of breast cancer survivors may develop lymphedema. Our program offers extensive education, prevention strategies, and treatment options for lymphedema, emphasizing its lifelong management.

Symptoms and Diagnosis

Early signs of lymphedema may include swelling, heaviness, or tightness in the affected limb. Other symptoms can include aching or discomfort, decreased flexibility or range of motion, and recurring infections. We encourage breast cancer survivors to be vigilant about these symptoms and seek prompt medical attention if they occur.

Impact on Quality of Life

Lymphedema can significantly affect both the physical and emotional well-being of breast cancer survivors, impacting daily activities and body image. Our clinic is committed to addressing these concerns and providing comprehensive support.

Our Comprehensive Approach

We address a wide range of potential issues, including:

- Lymphedema prevention and treatment
- Radiation Fibrosis and Scar Management
- Reduced mobility and range of motion
- Difficulties with daily activities and independence
- Pain management and hypersensitivity
- Axillary web syndrome
- Chronic fatigue and decreased endurance



Rehabilitation Process

Our rehabilitation process spans from initial diagnosis through post-treatment recovery, incorporating:

- Pre-operative education and baseline assessments
- Post-operative care focusing on wound healing and gentle mobilization
- Ongoing support during radiation and chemotherapy
- Transition guidance for returning to pre-treatment activity levels

Lymphedema Treatment at Functional Transformation Clinic

We offer a range of conservative treatments for lymphedema management, working closely with your doctors to ensure personalized care. Our treatments include:

- Compression therapy
- Manual lymphatic drainage
- Targeted exercise programs
- Education on self-care techniques and lifestyle modifications

Compression Garments and Devices

We provide expert fitting and ordering of compression garments, which are crucial in lymphedema management. Our services include:

- Proper fitting for sleeves, gloves, and bandages
- Guidance on effective use of compression garments
- Assistance with Medicare coverage for compression garments as durable medical equipment

The Role of Exercise in Lymphedema Management
Our therapists design customized exercise programs to improve lymphatic flow and reduce swelling. These may include:

- Gentle movements like shoulder rolls or ankle pumps
- Targeted exercises for specific muscle groups
- Low-impact, full-body exercises such as walking, swimming, or cycling

Our Commitment

At Functional Transformation Clinic, we are dedicated to empowering breast cancer survivors with the knowledge, tools, and support needed for optimal recovery and long-term well-being. Our goal is to guide each patient on their journey back to their desired level of function and quality of life, providing personalized treatments, precise tracking, fitted garments, and compassionate care every step of the way.



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PERIPHERAL NEUROPATHY: A Breakdown in Communication

Our bodies possess a vital communication network called the peripheral nervous system which is necessary for daily living. Peripheral nerves enable communication between the central nervous system (the brain and the spinal cord) and different areas of the body, as well as its systems. However, like other bodily systems, this communication network can become damaged and significantly affect our quality of life. This damage is referred to as peripheral neuropathy.

"The nerves and surrounding blood vessels of this communication highway are critical in maintaining a healthy, productive life, but like so many of our vital internal systems, they are susceptible to damage," explains Dr. Kenneth Carle, Chiropractic Physician, Renewed Life Wellness Center (RLWC). *"This damage can be caused by traumatic injuries, metabolic conditions such as diabetes, genetic factors, and exposure to toxins such as chemotherapy or certain drugs, like statins. There are more than a hundred known causes of neuropathy but the common denominators in all neuropathies are ischemia, which is the lack of proper blood flow and oxygen, combined with nerve damage to the affected area. As the blood vessels surrounding the nerves are deprived of blood and oxygen, they shrivel up and start to die, preventing the nerves from receiving and sending necessary information. This process results in a communication breakdown."*

Symptoms of peripheral neuropathy can include but are not limited to:

- Loss of balance
- Pain in the feet or hands
- Numbness or tingling
- The feeling of pins and needles
- Burning sensation

Pain, numbness, tingling, and burning sensations are frequently experienced in the feet, but can also occur in the hands. Symptoms can vary from mild to disabling, depending on the nerves affected and the severity of the damage. They may develop over days, weeks, or years.

More than 20 million people in the United States are estimated to have some form of peripheral neuropathy, but this figure may be significantly higher because not all people with symptoms are tested, and tests do not diagnose all forms of neuropathy.



"Like any other disease, without treatment peripheral neuropathy will get worse over time," explains Dr. Carle. *"Simple activities like walking, sleeping, and wearing shoes can become difficult and eventually impossible. The neuropathy may become so severe that a person will experience issues with balance. When this happens, a person may start to fall and have to use a cane, and say "no" to things they really want to say "yes" to,"* like golf, dancing, or walking on the beach."

Gabapentin, Lyrica, and antidepressants are the commonly used medications to treat neuropathy. However, it is important to note these drugs only try to alleviate the symptoms and do not address the root cause – an insufficient blood supply, nerve supply and/or oxygen to the affected areas. Unfortunately, if left untreated, neuropathy can lead to severe complications such as amputation of the toes, feet, or legs.

"Neuropathy doesn't have to put an end to your enjoyment of life. At RLWC, our approach to treatment starts with knowledge, compassion, and understanding," expresses Dr. Carle. *"We take the time to learn more about the patient, their symptoms, challenges, prior treatments, and then conduct a 24-point neuropathy examination with comprehensive testing. We are certified in addressing peripheral neuropathy, and over the past few years, have effectively treated this debilitating condition using a combination of cutting-edge therapies and supplements without resorting to drugs or surgery. This approach has resulted in 100% of our patients feeling better, with each patient usually experiencing a 30-70% improvement."*

Advanced therapies for the treatment of peripheral neuropathy can have a dramatic impact on a person's life. Tim O'Melia, a patient of Dr. Carle, was excited the day he purchased a motorcycle he named "Black Betty." Tim's dream was to add mileage traveling on the bike, but after a whirlwind tour of Florida, Tim had trouble controlling the bike. He was diagnosed with peripheral neuropathy. Tim did not have any idea why he was inflicted with this condition. *"All I know is that the pain and burning was just killing me,"* expressed O'Melia.

At first, Tim experienced mild symptoms that included numbness on the tip of his big toe and the second toe on his left foot. A month-and-a-half later Tim started to feel the burning and tingling common with peripheral neuropathy. He saw his physician and was prescribed medication, but the medication had no effect. It was at that point Tim decided to see Dr. Carle at the RLWC. *"There are four stages to peripheral neuropathy with stage 4 being the most severe,"* explains Dr. Carle. *"Tim was in stage 2 which allowed us to develop a treatment protocol utilizing a variety of breakthrough treatments that had a positive impact on Tim's condition."*

"When I first went to Dr. Carle, I was waking up every morning feeling as if someone had lit a match and set my feet on fire," O'Melia states. *"Now I wake up singing because it's like somebody came along and put the fire out. Dr. Carle gave me my life back."*

The damage to this communication highway can sometimes be severe but effective treatments and therapies can stop further damage and start to reverse many of the symptoms, which will result in getting your life back.

BREAKTHROUGH NEUROPATHY TREATMENT!

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Presented by: Dr. Kenneth Carle
Chiropractic Physician



Breast Health Awareness Month: Exceeding the Standard of Care & Prevention

By Max MacCloud, DO, ND, PhD

The only way to support optimum breast health is to support overall health.

The concept of building & enhancing health is FINALLY starting to catch on. People are realizing that there's more to health than a yearly physical, basic blood work, and some imaging studies. The body is extremely complex, and we live in a very stressful & polluted environment. If you want to be truly healthy and disease proof your body, it requires an investment of time, effort, and money.

Revolutionizing Breast Health: Our innovative 4Ms approach to breast health represents a cutting-edge, comprehensive strategy that addresses the core foundations of cellular health and overall wellness. By focusing on the 4Ms of microcirculation, mitochondria, metabolism, and muscle/metabolic reserve, we're targeting the fundamental aspects of breast tissue health at the cellular level.

Microcirculation: The Foundation of Cellular Health

Recent research has highlighted the critical role of microcirculation in overall health and breast health. Damaged capillaries are now recognized as the starting point for many chronic conditions, including breast pathologies. By improving blood flow through the tiniest capillaries, we ensure optimal delivery of nutrients and oxygen to breast tissue, promoting cellular health and reducing the risk of tissue damage. The microvascular system constitutes 99% of the entire vascular system.

Mitochondrial Function: The Powerhouse of all cells, including Breast Cells

Dr. Otto Warburg's groundbreaking work, which earned him the Nobel Prize in 1931, identified damaged mitochondria as the only primary cause of cancer.

Our approach focuses on supporting mitochondrial health, which is crucial for maintaining cellular energy production and reducing the risk of cellular dysfunction in breast tissue. Recent studies have shown that mitochondrial dysfunction is a key factor in breast cancer development and progression.



Even more interesting, is that in the last 20 years virtually ALL chronic diseases have been causally linked with damaged mitochondria.

Metabolism: Balancing Hormones and Energy
Optimizing metabolic function is essential for maintaining hormonal balance and healthy body composition, both of which are critical factors in breast health. Our approach helps regulate & balance metabolism, promoting efficient energy use and supporting the body's natural detoxification processes. This is particularly important given the established link between metabolic syndrome and increased breast cancer risk.

Muscle and Metabolic Reserve: Building Resilience
Building and maintaining muscle and metabolic reserve is crucial for long-term overall & breast health. Strong muscles not only support proper posture and breast positioning but also contribute to overall metabolic health and resilience. Recent research has shown that higher muscle mass is associated with better breast cancer outcomes.

Whole-Person Approach

Our 4Ms strategy is complemented by a whole-person approach that emphasizes proper nutrition, regular exercise, and optimal body structure. This comprehensive framework aligns with recent findings on the importance of lifestyle factors in breast cancer prevention and management.

By addressing these fundamental aspects of health, we're not just promoting breast health – we're fostering total body vitality. Our approach empowers individuals to take control of their health, starting at the cellular level and radiating outward to every aspect of their body & well-being. We help you to build health, not just fight disease or symptoms.

Embrace the power of the 4Ms and discover a new level of breast health and overall vitality. Your breasts – and your entire body – will thank you!

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Breast Cancer Myths:

WHAT SENIORS NEED TO KNOW

Joseph Sassano, D.O.

Breast cancer is a significant health concern, particularly for older women. As the second most common cancer among women, it's essential to understand the facts and dispel the myths that surround it. Read on to learn about common breast cancer myths so you know the facts.

Myth: If I Don't Have a Family History of Breast Cancer, I'm Safe

One of the most prevalent myths is that only women with a family history of breast cancer are at risk. While having a family history of breast cancer does increase the risk, most women diagnosed with breast cancer do not have a family history of the disease. According to the American Cancer Society, only about five to ten percent of breast cancer cases are linked to inherited genetic mutations. The truth is that every woman, especially as she ages, should be vigilant about breast cancer screening, regardless of family history.

Myth: Breast Cancer Only Affects Older Women

While age is a significant risk factor, breast cancer can occur at any age. However, the risk of breast cancer does increase with age. Women aged 40 and above should be particularly attentive to breast cancer screening recommendations. As women age, especially after 50, the frequency and necessity of screenings may increase due to the heightened risk.

Myth: Small Breasts Lower the Risk of Breast Cancer

The size of a woman's breasts does not determine her risk of developing breast cancer. This myth likely arises from the misconception that smaller breasts have less tissue to develop cancer. In reality, breast cancer occurs in the cells of the breast tissue, and all women, regardless of breast size, have breast tissue. Thus, the risk of breast cancer is present in all women.

Myth: Only Women Get Breast Cancer

While it's true that breast cancer is far more common in women, men can develop breast cancer too. Men have breast tissue, and although their risk is much lower, they are not immune.



Myth: A Lump is the Only Sign of Breast Cancer

A lump in the breast is one of the most common signs of breast cancer, but it's not the only one. Other symptoms can include changes in breast size or shape, dimpling of the skin, nipple discharge that isn't breast milk, and redness or scaling of the nipple or breast skin. Additionally, some women diagnosed with breast cancer may not have any noticeable symptoms, which is why regular breast cancer screening is so vital, especially as you age.

Myth: Mammograms Cause Cancer

Some fear that the radiation exposure from mammograms can increase the risk of breast cancer. However, the level of radiation used in a mammogram is extremely low. The American Cancer Society emphasizes that the small amount of radiation exposure from a mammogram does not significantly increase breast cancer risk.

Myth: If You've Been Diagnosed With Breast Cancer, It's a Death Sentence

Thanks to advances in medical technology, treatment options, and early detection, being diagnosed with breast cancer is not an automatic death sentence. Many women live long, healthy lives after breast cancer treatment. The survival rates for breast cancer have improved significantly over the years, especially when the cancer is caught early.

Myth: Antiperspirants and Bras Can Increase Breast Cancer Risk

There's no scientific evidence that antiperspirants or bras cause breast cancer. These myths have circulated widely, but extensive research has found no link between wearing a bra, especially underwire bras, or using antiperspirants and an increased risk of breast cancer.

Myth: Healthy Lifestyle Completely Eliminates the Risk of Breast Cancer

While maintaining a healthy lifestyle can reduce your risk of breast cancer, it does not entirely eliminate it. Regular exercise, a balanced diet, and limiting alcohol intake can indeed lower the risk, but they cannot guarantee immunity.

Myth: Breast Cancer Always Requires a Mastectomy

A mastectomy, or the removal of the entire breast, is not the only treatment option for breast cancer. Depending on the stage and type of cancer, many women may be eligible for a lumpectomy, which removes only the tumor and some surrounding tissue. This option is often followed by radiation therapy. The treatment plan for breast cancer is highly individualized and should be discussed thoroughly with a healthcare provider.

Understanding the facts about breast cancer is crucial, especially for seniors who are at an increased risk due to age. Dispelling common myths can help you make informed decisions about your health. Schedule an appointment with your local VIPcare provider to discuss your breast cancer risk and the proactive steps you should be taking. Call 941-271-7897.

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Safeguarding Your Sight: Essential Tips for Eye Injury Prevention

George Skopis, M.D.

Our eyes are truly remarkable organs, allowing us to navigate the world and experience its beauty. However, they are also vulnerable to various types of injuries that can compromise our vision and, in some cases, lead to permanent damage. Recognizing the importance of eye safety is crucial, as prevention is the best defense against these preventable occurrences.

One of the most common causes of eye injuries is exposure to hazardous materials or objects. This can include chemicals, debris, or even small particles that become airborne during certain activities. To mitigate these risks, it's essential to wear appropriate protective eyewear, such as safety glasses or goggles, whenever engaging in tasks that may pose a threat to your eyes. This applies not only in the workplace but also in the home, where household chores like yard work or DIY projects can present similar dangers.

Another significant threat to eye health is exposure to ultraviolet (UV) radiation, which can come from various sources, including the sun, tanning beds, and certain types of welding equipment. Prolonged or intense exposure to UV rays can lead to conditions like photokeratitis (also known as "welder's flash" or "arc eye"), which can cause painful inflammation of the cornea. To safeguard your eyes, always wear high-quality, UV-blocking sunglasses or specialized protective lenses when working in environments with elevated UV exposure.

Sports and recreational activities can also pose a risk of eye injuries, particularly in contact sports or those involving fast-moving objects like balls or projectiles. Protective eyewear designed for specific sports can significantly reduce the likelihood of sustaining an injury, so it's crucial to invest in appropriate gear and wear it consistently.

In addition to physical threats, eye health can also be compromised by certain medical conditions or treatments. For example, individuals with diabetes are at an increased risk of developing diabetic retinopathy, a condition that can lead to vision loss if left untreated. Regular eye exams and prompt medical intervention are essential for managing such conditions and preventing further complications.



Ultimately, safeguarding your eye health requires a multifaceted approach that combines awareness, preventive measures, and proactive healthcare. By incorporating the following tips into your daily routine, you can significantly reduce the risk of eye injuries and protect your precious sense of sight:

- 1. Always wear appropriate protective eyewear for tasks that may pose a risk to your eyes.**
- 2. Limit your exposure to UV radiation by wearing sunglasses or other UV-blocking lenses.**
- 3. Use caution and wear protective gear when participating in sports or recreational activities.**
- 4. Maintain a healthy lifestyle and schedule regular eye exams to address any underlying medical conditions.**
- 5. Be vigilant about eye safety and encourage your family and friends to do the same.**

By prioritizing eye injury prevention, you can not only safeguard your own vision but also inspire those around you to take proactive steps toward preserving the health and well-being of their most valuable sense – sight.



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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FGCU Enhancing the Lives of People with Intellectual and Developmental Disabilities

Initiative Aims to Improve and Expand Resources Available

A new Florida Gulf Coast University initiative with a well-known name attached aims to help improve the quantity and quality of resources available to individuals with intellectual and developmental disabilities and their families.

The Golisano Intellectual and Developmental Disability Initiative (GIDDI) was established in FGCU's Marieb College of Health & Human Services through funding by the Golisano Foundation. The foundation's other philanthropy in the region includes Golisano Children's Hospital of Southwest Florida and Golisano Children's Museum of Naples.

The Golisano initiative at FGCU positions the university as a regional conveyor of supports and services related to improving the lives of people with autism and intellectual and developmental disabilities (IDD) on campus and throughout Southwest Florida. It has already begun efforts to increase and amplify communication among the many regional agencies serving intellectually and developmentally disabled individuals of all ages.

The initiative also seeks to identify needs for supports and services for this population. The information gathering includes formal and informal conversations, "think tanks," community visits and surveys with caregivers as well as those living with IDD.

Once needs are identified, FGCU will work with area organizations to assist in building programming, services and infrastructure to improve the quality and amount of services and supports offered to those in need. These regional partners include LARC, God's Protected Harbor, STARability Foundation, Gigi's Playhouse and Special Olympics, as well as on-campus supports and student organizations such as FGCU R.I.S.E., Adaptive Services, Career Services, All Ability Sports and Recreation and Best Buddies.

Marieb College continues to build on its strong relationships with colleagues at Lee Health, as well as the expansive medical community found in Rochester, New York, where the headquarters of the Golisano Foundation is located.

What are intellectual and developmental disabilities?

Intellectual and developmental disabilities are usually present at birth and can affect an individual's physical, intellectual and/or emotional development. Many of these conditions affect multiple body systems, such as the nervous system, the senses and metabolism.

Developmental disabilities include diagnoses that result in impairments in physical, learning, language or behavior areas, according to the Centers for Disease Control and Prevention. Recent estimates show that 1 in 6, or about 17%, of American children 3 to 17 years old have one or more developmental disabilities, such as autism or attention-deficit/hyperactivity disorder. The CDC reports the incidence of children with IDD rose from 7.4% to 8.5% in recent years. Those with IDD are living longer, with many living well into older adulthood.

In Southwest Florida, 24,000 to 27,000 individuals live with IDD, based on 2023 census data, according to Ellen K. Donald, PT Ph.D. She is program director of Golisano Intellectual and Developmental Disability Initiative and assistant professor in the Department of Rehabilitation Sciences in FGCU's Marieb College.

Individuals with IDD and their families face many challenges, Donald says. Barriers to maximizing their independence and success can include affordable housing, appropriate healthcare, learning opportunities beyond K-12 programs, recreation, employment, transportation and, simply, acceptance from the communities in which they live, she says.

The most common reasons for unmet need in healthcare are cost, accessibility and lack of appropriate providers, according to Donald.

"There are excellent programs and services available. There are just not enough of these resources in our rapidly growing Southwest Florida region," she says. "While these issues exist nationally, Southwest Florida is challenged by its relative 'youth' as well as the staggering costs and growth."

Cultivating a welcoming culture

The purpose of FGCU's Golisano Intellectual and Developmental Disability is threefold, according to Donald.

The first is to create a campus community that welcomes and includes individuals with IDD. Existing supports for students with disabilities will be enhanced by offering additional training and support for faculty and staff, as well as developing a culture of inclusion in the student population through engagement activities.

Secondly, faculty within Marieb College and the broader university community will work toward improving students' exposure and training so they graduate better equipped to work with, care for, educate and live alongside individuals with IDD. Students in many academic fields may interact with the IDD community as they pursue careers including social work, occupational therapy, special education, nursing, counseling and physical therapy.

Lastly, GIDDI will partner with on- and off-campus groups and agencies to provide continuing professional and community education related to IDD, as well as partner to develop new programs and services for those with IDD.

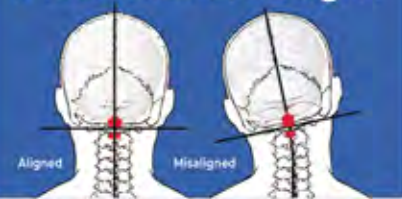
"We hope to contribute to a culture, both on and off campus, where those with disabilities and their families find FGCU and Southwest Florida a desirable place to live, play and learn."

For more information about the Golisano Intellectual and Developmental Disability Initiative or how to support it, visit fgcu.edu/mariebcollege/giddi.



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- Dr. Drew Hall

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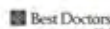
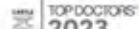
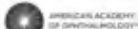
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Jose Erbella, MD, FACS, DipABLM
Breast, General, Master Surgeon

Dr. Erbella received his medical degree from the University of Miami School of Medicine and completed his residency in general surgery at

the University of Florida. He specializes in early recovery, minimally invasive procedures and robotic surgery. Dr. Erbella played a vital role in helping Manatee Memorial Hospital receive the National Accreditation for Breast Centers (NAPBC).

Nikalesh Reddy, MD, FACS
Thoracic, General, Master Surgeon

Dr. Reddy received his medical degree from the Madras Medical College in India. He completed his residency in general surgery at both St. Luke's Roosevelt Hospital Center and Beth Israel Medical Center in New York. A research fellowship was completed in the Liver Transplant Division at Columbia University. Dr. Reddy achieved a clinical fellowship in minimally invasive thoracic surgical oncology at Roswell Park Comprehensive Cancer Center in Buffalo, NY. He specializes in minimally invasive general surgery with a special emphasis on lung cancer surgery.



Stelios Rekkas, MD, FACS, FASMBS
General, Bariatrics, Master Surgeon

Dr. Rekkas received his medical degree from the Florida State University College of Medicine in Tallahassee, Fla. He completed his general residency at Mount

Sinai Medical Center and a fellowship in minimally invasive, bariatric, and robotic surgery at Jackson Hospital, both in Miami, Fla. Dr. Rekkas serves as the director of bariatric surgery at Manatee Memorial Hospital and is a designated robotic surgical proctor on the da Vinci® Surgical Platform for Intuitive, teaching other surgeons from across the United States how to best utilize technology to improve patient outcomes.

Stacey South, MD
Gynecology Oncology, Master Surgeon

Dr. South received her medical degree from Loyola University Chicago Stritch School of Medicine in Maywood, Ill. She completed an obstetrics and gynecology residency at The Western Pennsylvania Hospital, Temple University School of Medicine Clinical Campus in Pittsburgh, Pa. She specializes in women's oncology.



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Dr. Erbella received his medical degree from Quinnipiac University Frank H. Netter M.D. School of Medicine in North Haven, Conn. He completed a general surgery residency at Florida State University/Tallahassee Memorial Healthcare. He specializes in cancer, laparoscopic procedures and robotic surgeries.

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AUDIOLOGY AWARENESS MONTH: CELEBRATING THE GUARDIANS OF OUR HEARING HEALTH

As October ushers in the crisp autumn air, it also brings with it Audiology Awareness Month, a time to shine a spotlight on the vital role audiologists play in maintaining and improving our hearing health. These dedicated professionals are the unsung heroes of the healthcare world, working tirelessly to ensure that we can fully engage with the symphony of life around us.

Audiology, the science of hearing and balance, is a field that touches lives across all age groups and demographics. From newborns to centenarians, audiologists are there every step of the way, offering their expertise to diagnose, treat, and prevent hearing and balance disorders. But what exactly does an audiologist do, and why is their role so crucial in our healthcare system?

At the heart of an audiologist's work is the commitment to improving quality of life through better hearing and balance. These professionals are equipped with extensive knowledge of the auditory and vestibular systems, allowing them to identify and address a wide range of conditions that affect our ability to hear and maintain equilibrium.

One of the primary responsibilities of an audiologist is conducting hearing tests. Using state-of-the-art equipment, they can precisely measure an individual's hearing ability across different frequencies and volumes. This information is crucial for diagnosing hearing loss and determining the most appropriate treatment options, which may include hearing aids, cochlear implants, or other assistive devices.

But the role of an audiologist extends far beyond simply fitting hearing aids. They are also involved in the prevention of hearing loss, educating patients about the dangers of noise exposure and the importance of protecting their hearing. In our increasingly noisy world, this preventive aspect of audiology is becoming more critical than ever.

For those suffering from tinnitus, the persistent ringing or buzzing in the ears that can be so disruptive to daily life, audiologists offer hope and relief. Through a combination of counseling, sound therapy, and other management techniques, they help patients cope with this challenging condition and regain control over their auditory experience.



Audiologists also play a crucial role in the care of children with hearing impairments. Early detection and intervention are key to ensuring that these children develop language and communication skills on par with their peers. Audiologists work closely with parents, teachers, and speech-language pathologists to create comprehensive treatment plans that support a child's overall development.

In the realm of balance disorders, audiologists are instrumental in diagnosing and treating conditions that affect the vestibular system. Using specialized tests and equipment, they can pinpoint the source of dizziness or vertigo and recommend appropriate therapies to improve balance and reduce the risk of falls, particularly in older adults.

As we celebrate Audiology Awareness Month, it's important to recognize the impact that hearing health has on our overall well-being. Good hearing is not just about being able to enjoy music or conversation; it's about maintaining cognitive function, preserving social connections, and ensuring safety in our daily lives.

This October, take a moment to appreciate the audiologists in your community and consider scheduling a hearing check-up if you haven't had one recently. Remember, hearing loss often occurs gradually, and regular screenings can catch potential issues early, leading to more effective treatments and better outcomes.

By raising awareness about audiology and the vital work of audiologists, we can encourage more people to prioritize their hearing health and seek help when needed. After all, in a world full of beautiful sounds, everyone deserves the chance to hear them clearly.

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.



John Massey, Au.D./CCC-A

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

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

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

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

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THE CONNECTION BETWEEN TEMPOROMANDIBULAR DISORDER (TMD) AND NECK PAIN: EXPLORING UPPER CERVICAL CHIROPRACTIC SOLUTIONS

By Dr. Drew Hall

Temporomandibular Disorder (TMD) and its association with neck pain have long been a subject of interest in the field of chiropractic care. This complex relationship between the jaw and the neck can lead to discomfort and reduced quality of life for those affected. In this article, we will delve into the world of TMD, its connections with neck issues, and the promising solutions provided by Upper Cervical Chiropractic care.

Understanding Temporomandibular Disorder (TMD)

Temporomandibular Disorder, commonly known as TMD, is a condition affecting the temporomandibular joint, which connects the jaw to the skull. It often presents with symptoms like jaw pain, clicking or popping sounds when opening or closing the mouth, headaches, and difficulty in chewing. While these symptoms are localized around the jaw, they can have far-reaching effects on other parts of the body, including the neck.

The TMD-Neck Pain Connection

1. Muscle Tension: One of the primary reasons for the connection between TMD and neck pain is muscle tension. When the jaw is misaligned or experiences stress, it can trigger muscle tension not only in the jaw area but also in the neck and shoulders. This tension can lead to chronic neck pain and discomfort.

2. Postural Changes: TMD can also influence a person's posture. In an attempt to alleviate jaw pain, individuals may unknowingly alter their posture by tilting their head or hunching their shoulders. Over time, this can lead to neck strain and pain.

3. Nervous System Interaction: The temporomandibular joint is closely connected to the upper cervical spine and the nervous system. Dysfunction in the jaw can disrupt the delicate balance of the upper cervical region, potentially leading to neck pain and related issues.

The Role of Upper Cervical Chiropractic Care

Upper Cervical Chiropractic care focuses on the relationship between the uppermost vertebrae of the spine (the atlas and axis) and the overall



function of the nervous system. In the context of TMD and neck pain, this specialized form of chiropractic care can offer several benefits:

1. Precise Adjustments: Upper Cervical Chiropractors use gentle, precise adjustments to correct misalignments in the upper cervical spine. By addressing any misalignment in this region, they aim to alleviate not only TMD symptoms but also associated neck pain.

2. Improved Nervous System Function: Upper cervical adjustments can positively impact the nervous system, promoting overall wellness and reducing the likelihood of chronic neck pain.

3. Postural Restoration: Chiropractors specializing in upper cervical care can help patients regain proper posture, reducing the strain on the neck caused by compensatory movements related to TMD.

The relationship between TMD and neck pain is undeniable, with muscle tension, postural changes, and nervous system interactions playing crucial roles in this connection. For those seeking a holistic approach to managing these issues, Upper Cervical Chiropractic care offers promising solutions. By addressing the root cause of TMD and its impact on the upper

cervical spine, individuals can experience relief from both jaw discomfort and neck pain, ultimately enhancing their overall well-being. If you're experiencing the challenges of TMD and neck pain, consider consulting with an Upper Cervical Chiropractor to explore personalized treatment options tailored to your needs.

Dr. Drew Hall

Dr. Drew Hall brings 20 years of practice experience and taking care of 10000 patients from Los Angeles to Sarasota Florida. Dr. Hall recovered from severe chronic health problems 30 years ago after being introduced to Blair upper cervical technique. It's his lasting purpose to help as many people as possible live a life of health and happiness.



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WHY SINGLE SENIORS FLOURISH IN SENIOR LIVING COMMUNITIES

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

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

WHAT IS INDEPENDENT LIVING?

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

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

BENEFITS OF SENIOR LIVING FOR SINGLE SENIORS

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

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

Maintenance-free lifestyle: Independent living communities have a variety of helpful services and thoughtful amenities to give you the freedom to do



more of what you want and less of what you don't. So let our talented staff handle the housekeeping, indoor and outdoor maintenance and even the cooking.

Dating opportunities: For senior singles, the prospect of dating can be intimidating. Moving to a senior living community can provide a variety of ways to put yourself back out into the dating world. From exercise classes to sharing meals with neighbors, going to group activities you enjoy is a low-pressure way to meet new people.

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

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

Lock and leave: In addition to offering residents outings to local attractions and overnight trips, at a senior living community, you can just lock and leave

any time you please. So, take that cross-country road trip or European river cruise. While you're away, your home will be carefully looked after by community associates and neighbors.

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If you're looking for a group of active older adults who share your interest in getting more out of life, contact Freedom Village of Bradenton here. We'll be happy to tell you all about the perks at our community, introduce you to some residents and help set up a personal tour. Have immediate questions you want answered? Use our chat feature.



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Stress is literally a killer. It exacerbates any health issues that you have. Improve your health by de-stressing your finances. In a March 2024 Bank Rate survey, 47 percent of U.S. adults said money has a negative impact on their mental health, including causing stress. Interestingly enough, middle generations are more stressed about money than younger and older generations, with 54 percent of Generation X (ages 44 to 59) and 50 percent of millennials (ages 28 to 43) reporting that money is a source of stress.

The Financial Planning Association offers pro bono (free) planning services, which can be especially helpful for serious medical conditions. Start by scheduling a money "check-in" with your partner and see where you stand.

Meet with your financial representative or, better yet, a Certified Financial Planner, and review your situation with them. Here are some questions which might help:

There are several things you should have a handle on. How much money have you (or you two) saved, and whose name is it in? Am I the beneficiary on the IRA accounts? Another is: where should I be in retirement savings for my age? Will it last through my retirement?

Make a simple list of accounts with their current balances listed and whether it is a TOD (Transfer on Death) account or not. If the accounts are IRAs, are you the beneficiary if it's your partner's account?

A question for you to answer for your Financial Advisor is what income you will need in retirement; it can consist of Social Security and interest or dividend income from your investments. You can find out what you will get from Social Security on SSA.gov. Did you know that if you wait until you are 70 years old to "take" Social Security, you get 30% more?

Ask your advisor to show you how much income you could reasonably get from your investments. A quick and dirty way to calculate it can be to take your principal amount, let's say \$500,000.00, and multiply it by 0.04 (4%). That will yield \$20,000.00 per year or \$1,667 per month.

Sources:
*Bank Rate March 2024 Survey



Knowing these items should help you decide if you need more savings or a plan to downsize in the future.

Many feel that investing in the stock market with a historic return of 10% puts them in a better income situation. Using our example above at 10%, your return would be \$50,000 per year or \$4,167 per month.

Which brings us to our next set of questions, about RISK. To induce you to take a risk, you must demand a higher return. For example, companies with low credit ratings have to offer a higher interest rate to get people to buy their bonds.

The stock market (stock is an ownership share in the company) is a VERY risky investment. You can lose 100% of your money. Bonds are less risky. A bond is a loan to the company, and they pay interest to you on that loan.

Bonds are stable, and in case of bankruptcy, a bondholder may get some of their money back. Prices of bonds fluctuate with changes in interest rates.

Very generally, your portfolio balance between stocks and bonds will change over time as you age and your circumstances change. Young people generally invest the most in stocks and are looking for growth. They can take a loss as they have years ahead of them of earning power.

Middle-agers start to invest a portion in bonds or higher-quality stocks, and when you are at retirement, your portfolio will largely consist of bonds and high-quality dividend-paying stocks. There has been a historic allocation of 60% stock and 40% bonds over time. However, since the pandemic, there has been much discussion if that holds true any longer.

So, the first thing you must do is get an understanding of your risk tolerance. Your advisor has questions to help you understand where your comfort level is, and that will affect your portfolio. Where you are in your investment life stage will play a large role in helping you understand what risk you can tolerate.

If your husband, wife, or partner usually handles all of this, go with them to the next appointment and ask the questions. Advisors would MUCH rather answer questions than have an unhappy client.

An advisor can help mediate between partners with different risk appetites. Investing is a process. Get started and ask questions!

Are you concerned about your debt situation? Ask your advisor to guide you in this matter as well. There may be some options that you can take to better your net worth. Bank credit cards often offer no interest for several months when transferring balances.

Regular small investments of time can keep your financial plan on track and reduce your stress levels!

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7 TIPS for Better Dental Hygiene

By Dr. Amanda Rizner and Maria Guzman, RDH

Maintaining proper dental hygiene is essential for not only oral health, but overall vitality and well-being. A healthy mouth not only helps in preventing cavities, gum disease, and bad breath, but is also linked to a lower risk of more severe health issues such as heart disease and diabetes. Here are the top seven tips for improving dental hygiene and helping you achieve a bright smile with optimal oral health.

Tip #1 - Use an Electric Toothbrush

An electric toothbrush can be more effective at removing plaque than a manual toothbrush, especially if you have difficulty maintaining proper brushing technique. Electric toothbrushes use oscillating or vibrating motions to clean teeth more thoroughly and often come with built-in timers to ensure you brush for the recommended two minutes. They are also easier to use for individuals with limited dexterity such as children, the elderly, or those with certain disabilities. Most of these devices also come with a pressure indicator in order to prevent aggressive brushing and gingival recession. Brushing is recommended twice daily and is best to be done thirty minutes after any meal, especially a meal high in acid.

Tip #2 - Replace Your Toothbrush Regularly

Over time, the bristles of your toothbrush wear out and become less effective at removing plaque. It's important to replace your toothbrush (or toothbrush head, if using an electric toothbrush) every three to four months, or sooner if the bristles are frayed. A worn-out toothbrush not only cleans less effectively but can also harbor bacteria. To maintain optimal brushing efficiency, switch to a new toothbrush regularly, especially after recovering from a cold or infection. It is also essential to use a soft toothbrush head. Hard bristles can traumatize the gingival tissue and lead to unhealthy recession and tooth sensitivity.

Tip #3 - Floss at Least Once Daily

While brushing cleans the surfaces of your teeth, it often misses the tight spaces between them where food particles and plaque can accumulate. Flossing once a day helps remove debris from between teeth and prevents plaque buildup in areas that brushing can't reach. Flossing also helps prevent gum disease, which starts between the teeth and can lead to tooth loss if untreated. To floss effectively, gently guide the floss between your teeth and curve it around the base of each tooth, making sure to go



beneath the gum line. Floss picks are a popular trend that can work on the go, however, they should not replace traditional floss as this gets below the gum tissue more effectively. If you tend to have a high caries risk, it may be beneficial to floss at least twice daily to prevent further decay.

Tip #4 - Drink Water After All Meals

Water is crucial for your overall health, and it plays an important role in maintaining good dental hygiene. Drinking water, especially after meals, helps wash away food particles and neutralizes acids produced by bacteria in your mouth. It also keeps your mouth moist which promotes the production of saliva. Saliva is essential because it helps clean your mouth by dissolving food particles and preventing bacteria from adhering to your teeth. It also is crucial in buffering acidic food and drink. It's best to drink water immediately following meals as well as after any type of acidic or sugary drink.

Tip #5 - Keep Your Dental Cleanings every 6 Months or Shorter

Even with impeccable home dental care, it's essential to visit your dentist at least twice a year for professional check-ups and cleanings. During these visits, your dentist can detect early signs of gum disease, cavities, and other dental issues that may not be noticeable at home. Professional cleanings remove calculus, which is hardened plaque that cannot be eliminated through regular brushing and flossing. Regular visits also allow for early treatment of potential problems, saving you from more complex and expensive procedures

down the line. Patients who suffer from a dry mouth are at an elevated risk of dental caries, so even with good home care, its essential these patients come in for regular visits to prevent further issues. A hygienist is trained to look for early areas of decay during dental cleanings in order to stop major problems from occurring.

Tip #6 Limit Acidic and Sugary Drinks and Meals

Frequent consumption of sugary and acidic beverages, including sports drinks and fruit juices, can lead to enamel erosion and increase the risk of cavities. Acidic drinks can weaken your enamel while sugar feeds harmful bacteria in your mouth which can accelerate the process of tooth decay. If you do indulge in these beverages, try using a straw to minimize contact with your teeth and drink water afterward to rinse your mouth. It's best to wait thirty minutes after consumption of these food and drinks before brushing in order to let your saliva neutralize and reduce the risk of abrading the enamel with direct acid and sugar.

Tip #7 - Use a Remineralizing Toothpaste

Most patients who have a high caries risk can benefit from using a remineralizing type of toothpaste which can aim to make the enamel stronger and less prone to decay. The most popular type of remineralizing toothpastes are those which contain fluoride. Fluoride aims to make the enamel less prone to acid erosion and can reverse early signs of decay. Hydroxyapatite is a rising alternative to fluoride and may also help to remineralize teeth by binding to the teeth and filling in small voids or cracks. It is a naturally occurring mineral and the main component of tooth enamel. Some dental offices are now offering hydroxyapatite varnish as an option for patients at their six month recall appointments.

Conclusion

By following these top seven dental hygiene tips, you can greatly reduce your risk of developing cavities, gum disease, and other dental issues. Developing good oral care habits and making healthy lifestyle choices are key components of a long lasting smile.

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REVITALIZING WELLNESS

UNVEILING THE POWER OF IV THERAPY FOR OPTIMAL HEALTH

In an era where wellness is paramount, individuals are increasingly seeking effective and efficient solutions to enhance their overall well-being. Among the innovative approaches gaining traction is Intravenous (IV) Therapy – a game-changer that goes beyond traditional wellness practices. This article explores the multifaceted benefits of IV therapy, focusing on its ability to reduce inflammation, boost immunity, improve sleep, and foster an unparalleled sense of well-being.

At the core of IV therapy's efficacy lies its unique method of nutrient delivery. Unlike oral supplements, which typically offer a mere 10-15% absorption rate, IV therapy ensures 100% absorption. By directly infusing essential vitamins, minerals, and fluids into the bloodstream, this therapy maximizes the body's ability to receive and utilize these vital nutrients. The result is a rapid and comprehensive impact on overall health.

One of the primary advantages of IV therapy is its potent anti-inflammatory properties. Inflammation is a silent precursor to various chronic conditions, and addressing it is pivotal for long-term wellness. IV therapy delivers a powerful combination of antioxidants and anti-inflammatory agents directly into the bloodstream, mitigating inflammation at its source. This targeted approach not only alleviates existing inflammation but also acts as a preventive measure against its recurrence.

Another key facet of IV therapy is its role in boosting the immune system. The infusion of immune-boosting vitamins and minerals, such as vitamin C and zinc, directly enhances the body's defense mechanisms. This proactive approach equips individuals with the resilience needed to combat seasonal illnesses and chronic health challenges, promoting a robust and resilient immune system.

Beyond physical benefits, IV therapy extends its positive impact to the realm of mental wellness. The link between nutrient deficiencies and sleep disorders is well-established, and IV therapy addresses this connection head-on. By supplying the body with essential nutrients like magnesium and B vitamins, IV therapy supports a healthy sleep cycle, fostering restorative and rejuvenating sleep. This, in turn, contributes to improved cognitive function, mood stability, and an overall sense of well-being.



Hydration, a cornerstone of health, takes center stage in IV therapy. Dehydration can impair bodily functions, leading to fatigue, headaches, and decreased cognitive performance. IV therapy ensures optimal hydration by delivering a balanced blend of fluids and electrolytes directly into the bloodstream. This efficient hydration contributes not only to physical vitality but also mental clarity, reinforcing the interconnectedness of overall wellness.

As individuals increasingly prioritize proactive health measures, the popularity of IV therapy continues to rise. Whether seeking relief from chronic conditions or aiming to optimize their health, people are drawn to the immediacy and comprehensiveness of IV therapy's benefits. The personalized nature of IV therapy allows for tailored solutions, catering to the unique wellness needs of each individual.

In conclusion, IV therapy emerges as a beacon of hope for those seeking a holistic approach to wellness. By addressing inflammation, fortifying the immune system, improving sleep, and ensuring optimal hydration, IV therapy paves the way for individuals to experience an unparalleled sense of overall well-being. As this transformative therapy

gains recognition, it marks a paradigm shift in the pursuit of health, emphasizing not just the absence of illness but the flourishing of vitality at every level of mind and body.

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3D MAMMOGRAPHY

As technology advances, understanding medical exams and procedures becomes more complex. The quality of services provided is an important consideration.

The American Cancer Society endorses mammography, along with yearly physical examinations and monthly self-examinations, as the most effective means of detecting breast cancer at its earliest and most treatable stage. Generally, mammography can reveal benign and cancerous growths before you or your physician can feel them. If detected at the earliest stage, breast cancer has a five-year survival rate of over 95 percent, as small breast cancers are more treatable and can be removed before they spread to other parts of the body.

Breast cancer is the most common form of cancer in American women. Unfortunately, 70% of women have no identifying risk factors. The American Cancer Society recommends mammography as a life saving tool for screening women without symptoms for breast cancer. And 3D Mammography specifically is becoming the preferred choice for physicians in Southwest Florida. With over 30 years of experience and 10 Board Certified Radiologists, Radiology Associates of Venice & Englewood (RAVE) is proud to offer 3D Mammography to our patients.

What is 3D Mammography?

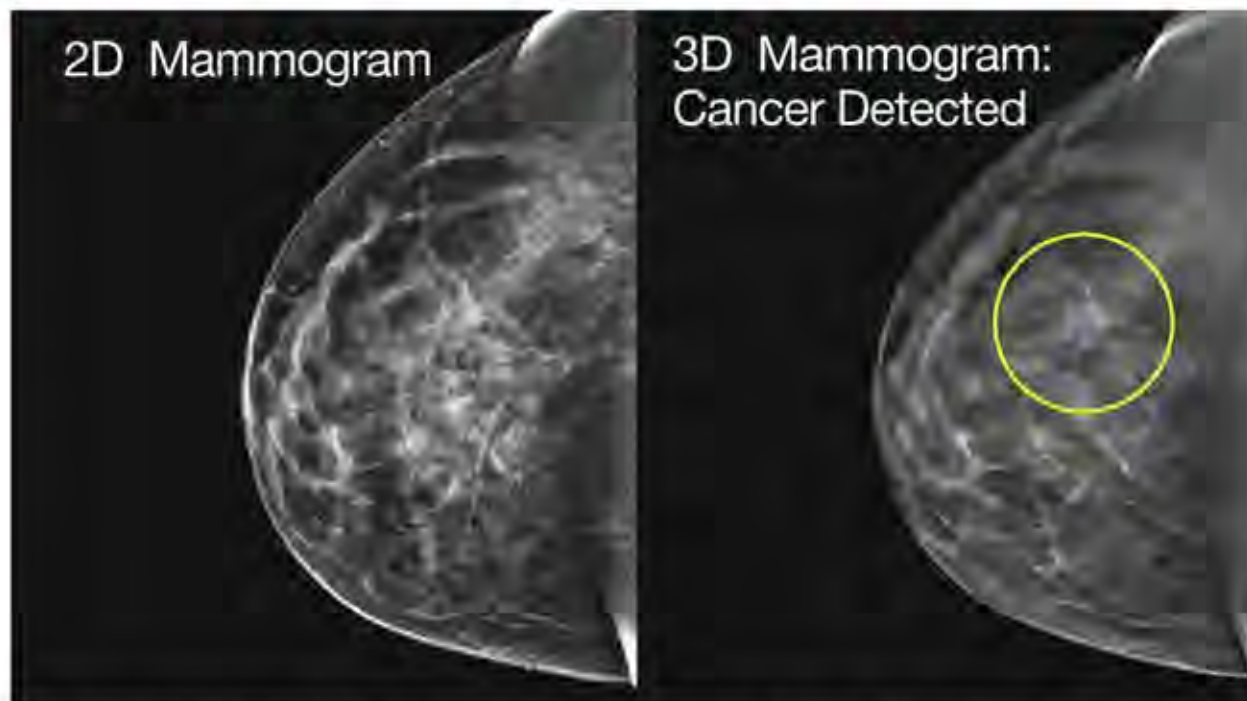
3D mammography is a revolutionary state of the art technology approved by the FDA in February 2011, which gives radiologists the ability to view inside the breast layer by layer, helping to see the fine details more clearly by minimizing overlapping tissue. During a 3D mammogram, multiple low-dose images known as "slices" of the breast are acquired at different angles. With 3D technology, the radiologist can view a mammogram in a way never before possible.

Is 3D a separate exam or part of my usual mammogram?

The 3D exam is a separate procedure that is performed at the same time as your regular mammogram.

What is the cost and will my insurance cover the 3D exam?

Medicare does cover 3D mammography. Even though 3D mammography is FDA approved and covered by Medicare, most private insurance companies are not yet reimbursing for this exam. However, RAVE has never charged the patient the additional 3D portion of the exam if their insurance doesn't cover it.



"The Radiologists of RAVE include the additional 3D imaging regardless of payment because it's in the best interest of patient care, so there is never an additional charge." (Philip Mihm, M.D. RAVE Radiologist)

What are the benefits?

FEWER MAMMOGRAM CALLBACKS for additional mammography – 3D mammography helps distinguish harmless abnormalities from real cancers, leading to fewer callbacks for additional mammography and less anxiety for women. With 3D mammography, RAVE radiologists have reduced patient callback rates by 20-30 percent.

Doctors and scientists agree that early detection is the best defense against breast cancer. 3D mammography has been shown in clinical studies to be more accurate than conventional mammography alone by detecting cancers earlier. This new technology increases breast cancer detection by 38%. It's truly an important component in the screening process.

After 3D Mammography, if continued tests and imaging are needed, RAVE uses state-of-the-art technology, including MRI guided breast biopsies and the Philips 3T wide bore MRI that allows our radiologists to view the breasts in a higher resolution, enabling us to have even more clarity within the breasts. RAVE has been performing MRI breast

imaging for over 15 years and with Wide Bore technology, it allows us to accommodate most any sized patient comfortably. With the Philips 3T wide bore MRI, we are able to cut down on the amount of time it takes for the patient to be scanned. Most Breast MRI's take 30 minutes or less, allowing the patient to go on with their day with little disruption.

How long will it take?

The exam will take about 4 seconds longer per view while in compression than the 2D mammography.

How much radiation will I be exposed to?

It varies from person to person and is roughly equivalent to film/screen mammography. The amount of radiation is below government safety standards.

What if my doctor did not mention 3D Mammography to me?

3D is an optional service at this time and elected by the patient. Many physicians know about our new 3D technology and the feedback we have received has been very positive. If you need additional information to help you make this decision, please visit www.RaveRad.com.

Why is RAVE Radiology offering 3D Mammography?

RAVE prides itself on offering the highest quality care for our patients. Our radiologists believe strongly that 3D mammography will benefit our patients.

We are approaching our 3rd Breast Cancer Awareness month since the COVID pandemic began. Breast Imaging, usually fairly insulated from worldly events, has shared in the challenges over the past few years. Initially concerns regarding post vaccination lymphadenopathy made its way to the nightly news. Confusion set in about whether and when to get a mammogram following vaccination. Luckily this was never a diagnostic dilemma for us at RAVE and we were able to encourage most women to stick to their annual screening schedule. Unfortunately, and for understandable reasons, several women have not come in for mammographic screening since the pandemic began. Because breast cancer detection and management are a primary mission at RAVE, we have risen to the challenge of ensuring safe access to breast cancer screening exams and any additional/follow-up care needed. Please be reassured that we are providing our standard high level of imaging care while maintaining/exceeding current CDC guidelines to ensure patient safety.

Furthermore, it's worth noting that RAVE offers the cutting edge in imaging technology unsurpassed in our region. We utilize the newest mammographic machines, each equipped with 3D Intelligent HD Clarity from Hologic. Tradename aside, the image quality is unparalleled, akin to the highest end Ultra HD television. This is important not only because it allows us to diagnose smaller cancers but also facilitate accurate characterization of benign findings other radiology groups mistake for malignancy.

Our ultrasound equipment is also the highest quality available in the industry which has implications for our breast cancer mission as well as our other imaging services. Finally, our 3 Tesla MRI also

generates extremely high-quality breast images which facilitate screening in our high-risk patients and important staging information in our women diagnosed with breast cancer. Equipped with these tools we recently identified a 3mm cancer via mammography! I would argue this tiny cancer is the earliest and smallest lesion a screening examination could hope to accurately identify.

We do not stop at the detection of breast cancer! Currently we are providing ultrasound breast biopsies at our Venice and Sarasota offices. At RAVE we know biopsy procedures are a scary process. We work hard to inform our patients beforehand regarding what to expect during the procedure. Professional, personalized, warm, and caring treatment is provided during the procedure. Lastly, follow up afterwards ensures nothing falls through the cracks. Most women leave our biopsy suite much more informed and prepared regarding their individual case and the forthcoming steps. For our referring physicians we provide critical radiology pathology concordance following all biopsies to help manage pathological results they may not be familiar with. This ensures suspicious lesions are pursued even if pathology results are not as expected and offers reassurance when benign results match less suspicious findings. In the not-too-distant future we will be offering the newest biopsy method which allows sampling of "3D" or tomosynthetic findings. This system is the final piece in the definitive management of the lesions we can detect and complements our current ability to perform MRI guided breast biopsies. I am very proud to be a part of the comprehensive breast program we offer at RAVE and am very grateful for the opportunity to serve our area's patients and referring physicians.

RAVE is excited to announce that we will be providing a more advanced DEXA Bone Density study at all three locations. DEXA with TBS.

What is the difference between DEXA scan and DEXA scan and TBS?

Bone mineral density measured by DEXA provides information regarding the quantity of the mineral bone only. TBS is a measurement of bone quality. Using both together gives the practitioner a better picture of the bone strength of an individual patient.

Ask your health care provider for DEXA with TBS for a better understanding of your bone fracture risk.

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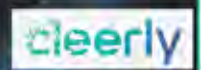
CCTA + Cleerly Analysis – AI-assisted Cardio Imaging Innovation

Radiology Associates of Venice and Englewood (RAVE) has provided the highest level of patient care over the past 50 years. Being first to adopt advanced life saving imaging, RAVE were the first to use 3D mammography in the area, prostate MRI, lung and bone screenings, and much more.

We are excited to now offer Cleerly Analysis (Artificial Intelligence assisted analysis and reporting) in conjunction with your CTA to assist in characterization of plaque buildup in each of the heart arteries. DEXA scans with TBS can assess bone microarchitecture and works collaboratively with BMD measurements for fracture risk prediction.



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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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Second Location: 7345 International Place, Suite 101
Lakewood Ranch, Sarasota 34240

Dr. Craig S. Aderholdt, BSc, DC



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

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

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



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

By Dr. David S. Zamikoff

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

How Can GAINSWave Prevent & Treat ED?

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

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

GAINSWave
THE NEW WAVE IN MALE ENHANCEMENT

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



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

Younger Men Should Seek Treatment Early

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

Men are Preventing ED with GAINSWave

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

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

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

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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ADVANCED URINARY INCONTINENCE PROCEDURES

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

There are several types of urinary incontinence:

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

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

Sacral Neuromodulation

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

Bulkamid—Urethral Bulking

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

What is urethral bulking?

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

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

Short procedure

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

No Incisions

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

Quick recovery

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

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

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

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

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

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

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

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

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



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HUNGRY HEART

By Alex Anderson

The songwriter and performer Bruce Springsteen was right when he wrote,

"Everybody's got a hungry heart..."

Inside of every human is this need or hunger. Sometimes we try to fill it with love for another person, but for some reason...another person is not the answer.

Sometimes the hungry heart destroys the very things we love and want.

Springsteen goes on to sing,

"We fell in love, I knew it had to end...we took what we had and we ripped it apart...everybody's got a hungry heart...don't make no difference what nobody says...ain't nobody like to be alone...everybody's got a hungry heart."

I do believe our hungry heart is about loneliness, not for another human...but for God himself. We were created in the very image of God (Genesis 1:26) but when man left *God*...man missed, and still misses, God. They had a bond that filled man with joy and satisfied his heart like nothing else.

C.S. Lewis calls this the, "Numinous Awe." It seems to be built into mankind, this *ravenous hungry heart to know God*. And it's so strong nothing can fill it but God himself.

Psalms 34:8 says, "*Taste and see that the Lord is good.*"

And the truth is... If you don't get that deep ravenous hunger in your heart satisfied by Jesus you will starve to death spiritually, while eating everything else.

So how do you do that? How do you find the true satisfaction that calms your hungry heart?

If you are a Christ-follower, then you know how to do this. You...'do again'...something that you have already experienced when you asked God to be your Lord and Savior. You "make up" with God and you're back to stay.



You are so glad to be back together. Glad that God owns you and your life. So you decide to be happy because God owns you and is your life partner (Philippians 4:4).

Feel the pleasure, the joy and the delight again about Jesus being your master. Let this fact cause you happiness, pleasure and delight.

Be full of joy because Jesus paid a high price for your life. (1Corinthians 6:19-20).

Let the reality of what He has done sink over you.

Not only are you in His family now, but you can live the life of a victorious and joyful person of God; with all the rights and privileges of a child of rich royalty.

"You are my child says the Lord...my very rich child says the Lord...let the riches of your heart begin to overflow into all of your life." (3 John 2)

You can, should, and must rejoice always in the Lord...way before anything changes physically in your life.

The seed of hope and joy is there if you have become one with Jesus Christ. His seed is within you. If your hope is nonexistent then find the seed once planted deep in your heart by the Holy Spirit.

Like a precious pearl search for it (Matthew 13:45).

When you find it (that small seed), clean it up. Polish it and put it in the center room of your heart, shine the brightest light you can find on it and let its magnificent beauty captivate you. Stare at it with intentional focus as though you are searching and waiting for hope itself.

Its magnificent light will light up your life.

For it will change everything about you as you clearly see and feel the love that God has shed in your heart...that is for you (Romans 5:5).

It is so worthy of your time my friend to mediate and think about Jesus, again.

Whether things in your life are going well or not...you have the power of a Christ-follower to focus on Jesus...the author and finisher of your faith and the centerpiece of your heart.

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