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# Health & Wellness<sup>®</sup> MAGAZINE

November 2024

Manatee/Sarasota Edition - Monthly

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- ★ Graduate of Riverview High School in Sarasota
- ★ Attended the University of Florida before graduating in 1983 from Palmer College of Chiropractic in Iowa
- ★ Established Carle Chiropractic Clinic in 1985 + Renewed Life Wellness Center in 2015
- ★ Highly qualified and experienced practitioner
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# THE GREAT AMERICAN SMOKEOUT:

## A Call for Quit Attempts

On November 21st of this year, Gulfcoast South Area Health Education Center (GSAHEC) will celebrate the **Great American Smokeout® (GASO)**, a national holiday hosted by the American Cancer Society that provides an opportunity for people who smoke to commit to healthy, smoke-free lives: not just for a day, but year-round. The Great American Smokeout® also provides an opportunity for individuals, community groups, businesses, healthcare providers, and others to encourage people to plan to quit on the GASO date or initiate a smoking cessation plan on the day of the event. **This event not only challenges people to stop smoking, but it also educates people about the many free tools they can use to help them quit and stay quit.**<sup>1</sup>

Despite what some may say, it is never too late to quit smoking! In fact, you can experience several benefits of quitting smoking within hours of quitting and can enjoy the benefits of being tobacco free for years to come. As soon as a person quits, his or her body begins to heal.<sup>2</sup>

- *2 weeks to 3 months after quitting:* risk of heart attack begins to **drop**, and lung function begins to **improve**.
- *1 to 9 months after quitting:* coughing and shortness of breath **decrease**.
- *1 year after quitting:* heart attack risk **drops sharply**.
- *2 to 5 years after quitting:* stroke risk is **reduced to that of a non-smokers**.
- *5 years after quitting:* risk of cancer of the mouth, throat, esophagus, and bladder is **cut in half**.
- *10 years after quitting:* risk of dying from lung cancer is **about half of a smoker's**, and risk of cancer of the kidney and pancreas **decreases**.
- *15 years after quitting:* risk of coronary heart disease is back to **that of a non-smoker's**.



If you or a loved one are looking to quit smoking (or all forms of tobacco), or if you want to promote the Great American Smokeout® to your business, community groups, or patients, **there are many free resources available to help someone quit!** GSAHEC offers free virtual and in-person group quit sessions, which is part of the Florida Department of Health's Tobacco Free Florida program—that is available to help someone quit all forms of tobacco. These group quit sessions provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing *your own customized quit plan*. Free nicotine replacement therapy in the form of patches, gum or lozenges (if medically appropriate and while supplies last) are provided with session attendance. Attendees will also receive a participant workbook, quit kit items, and follow up support from a trained tobacco treatment specialist. Contact us today at **866-534-7909** or visit [www.tobaccofreeflorida.com/groupquitcalendar](http://www.tobaccofreeflorida.com/groupquitcalendar) to schedule a session or learn more about the program!

References:

<sup>1</sup> <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/history-of-the-great-american-smokeout.html>

<sup>2</sup> <https://tobaccofreeflorida.com/cost-of-smoking/tobacco-effects-quitting-benefits/>



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# MANATEE ER AT PALMA SOLA: Bringing More Emergency Care to Our Community

**M**anatee ER at Palma Sola,\*\* an extension of Manatee Memorial Hospital, is serving the emergency needs of the community. It joins Manatee Memorial Hospital's two other freestanding emergency departments, ER at Sun City Center\*\* and Manatee ER at Bayshore Gardens.\*\*



*(left to right) Ward Two Councilwoman and Vice Mayor for the City of Bradenton Marianne Barnebey, Lieutenant Governor of Florida Jeanette Nuñez, Florida Senator Jim Boyd, District 20, and Manatee Memorial Hospital Board of Governors Chair Hugh Miller listen to speakers at the October 3 ribbon cutting ceremony of the new Manatee ER at Palma Sola freestanding emergency department.*



*Ward Two Councilwoman and Vice Mayor for the City of Bradenton Marianne Barnebey addresses the crowd while Ward One Councilwoman Joyne Kocher listens. Both councilwomen represent the coastal communities the new emergency department will be serving.*



*State and local dignitaries and staff of the new Manatee ER at Palma Sola freestanding emergency department and Manatee Memorial Hospital celebrate the recent ribbon cutting for the soon-to-be open facility.*

## What is a Freestanding Emergency Department (FED)?

Manatee Memorial Hospital's desire to provide more convenient access to healthcare has led to the introduction of freestanding emergency departments. The FEDs are very similar to the emergency department at a hospital. They handle the evaluation and treatment of a wide range of emergent conditions, including stabilizing care for heart attack and stroke. They are staffed with a doctor and nurses on site 24/7. In addition, they offer CT scans as well as X-rays, ultrasounds and there is a comprehensive lab.



*Florida Lieutenant Governor Jeanette Nuñez speaks to the crowd about the importance of emergency care close to the coast communities in west Bradenton, especially in light of the recent Hurricanes Helene and Milton.*

## Freestanding Emergency Department (FED) vs. Urgent Care Center

Urgent care centers have set hours, treat non-emergency issues, including routine cough and cold, nausea and vomiting, mild belly pain, scrapes, simple lacerations, or someone needing a tetanus shot. Some are also capable of treating small fractures and sprains. Most urgent care centers don't have comprehensive labs that can provide answers on site and are limited in radiology services.



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**ER at Sun City Center \*\***  
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Wimauma  
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**Manatee ER at Palma Sola \*\***  
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If you're having a medical emergency, call 911 or go to the nearest emergency room.

For information, visit the hospital website at [manateememorial.com/emergency](http://manateememorial.com/emergency)



**\*\*These emergency departments are part of Manatee Memorial Hospital. They are not urgent care centers. Their services and care are billed at hospital emergency department rates. Wait times may vary.**

*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 the hospital's website.*





# Lymphedema and Vein Disease

By Dr. TC Lackey II

## What is Lymphedema?

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

## What Causes Lymphedema?

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

## How Can I Counteract Lymphedema?

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



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

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



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Florida Lakes Vein Center offers convenient appointments in our Lakewood Ranch office Tuesday & Thursday 8am-5pm, Wednesday 8am-12pm. Call **941.866.8989** to schedule your *free vein screening*.





# Recognizing and Understanding Diabetes

By Dr. Myron Kwan, Board-Certified Internal Medicine Specialist at Millennium Physician Group

In November, we observe American Diabetes Month to raise awareness about the disease and encourage proactive health management. Approximately 38 million people, including teens and children, have diabetes in the United States, which is about 1 in 10 people. However, it's believed that almost 23% of those individuals are undiagnosed.

Understanding the risks and implications of diabetes is imperative because diabetes is the 8th leading cause of death in the U.S. Diabetes is also the leading cause of kidney failure, lower-limb amputations, and adult blindness. Furthermore, the medical costs for people with diabetes can double compared to those without diabetes.

So, what is diabetes, and what can you do to lower your risk? As your primary care physician at Millennium Physician Group, I'm here to guide you through this important topic and help you take steps toward better health.

## Types of Diabetes

Diabetes is a chronic health condition that affects how your body processes insulin, a hormone that helps regulate blood sugar. We learn in school that our bodies use food to create energy. During that process, sugar – or glucose – is released into your bloodstream, signaling your pancreas to release insulin, allowing your cells to use sugar for energy.

With diabetes, your body either doesn't produce enough insulin or doesn't use insulin effectively, causing sugar to build up in your bloodstream. Over time, high blood sugar can lead to severe health complications like heart disease, kidney disease, vision loss, and an increased risk of certain cancers.

There are three main types of diabetes:

- **Gestational Diabetes** develops in pregnant women who have never had diabetes. Doctors typically test women around 24 to 28 weeks of pregnancy. If diagnosed, lifestyle changes or prescribed medications may be recommended to help both the mother and child. A diagnosis of gestational diabetes increases the mother's and baby's risk of type 2 diabetes.



- **Type 1 Diabetes** is an autoimmune condition where the body's immune system mistakenly attacks insulin-producing cells in the pancreas, halting insulin production, which we all need to survive. There is no known prevention or cure for type 1 diabetes, and it is usually diagnosed in children and young adults, accounting for 5 to 10% of diabetes cases.

- **Type 2 Diabetes** is the most common form, impacting 90 to 95% of people with diabetes. With type 2, your body doesn't produce enough insulin or becomes insulin resistant, which prevents blood sugar from being maintained at healthy levels. Type 2 diabetes often develops gradually over many years and is usually diagnosed in adults.

Additionally, it is possible to be diagnosed with Pre-diabetes. About 1 in 3 adults in the U.S. is prediabetic, meaning that their blood sugar levels are high but not high enough for a type 2 diabetes diagnosis. Unfortunately, more than 80 percent of those with prediabetes are undiagnosed, which is why it's important to understand your risk and talk to your doctor about getting tested.

## Risks & Symptoms of Type 2 Diabetes

The risk factors for prediabetes and type 2 diabetes are similar, and include:

- Family history of diabetes
- Age 45 or older
- Being overweight or having obesity
- Physically active less than 3 times a week
- Diagnosed with non-alcoholic fatty liver disease (NAFLD)
- Previously had gestational diabetes

While some risk factors, like genetics or aging, cannot be changed, you can work with a health professional to implement small, gradual changes to lower your risk, like eating a healthy diet and increasing physical activity.

Since prediabetes and type 2 diabetes can take years to develop, symptoms may go unnoticed. However, if you experience any of the following symptoms, I encourage you to talk to your doctor about getting tested:

- Frequent urination, especially at night
- Increased thirst or hunger
- Blurry vision
- Fatigue
- Numbness or tingling in hands or feet
- Dry skin
- Unexpected weight loss
- Sores that are slow to heal

## Testing & Diagnosing Type 2 Diabetes

If you have an increased risk of type 2 diabetes, it's important to consult with your doctor about getting screened. Early detection of prediabetes or type 2 diabetes can help prevent or delay serious health complications. Typically, diabetes is diagnosed through blood tests that measure your blood sugar levels, such as the A1C test, which looks at your average blood sugar over a few months, or a fasting blood sugar test that requires overnight fasting.

If you are diagnosed with prediabetes or type 2 diabetes, it is never too late to be proactive. At Millennium Physician Group, we can create a personalized treatment plan and strategies to help you confidently manage your diabetes. As a partner in your health, I – and the rest of my team – are committed to supporting you with exceptional care, with a goal to exceed your expectations. We are your connection to a healthier life.



**Myron Kwan, MD**

5741 Bee Ridge Road, Suite 250  
Sarasota, FL 34233

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# Medicare Advantage: A POWERFUL ALLY IN MANAGING DIABETES

## Take Control of Your Diabetes with Medicare Advantage

**L**iving with diabetes can be challenging, but you don't have to face it alone. Medicare Advantage plans offer comprehensive support designed to help you manage your diabetes and live a healthier, more fulfilling life.

### Why Choose Medicare Advantage for Diabetes Care?

Medicare Advantage plans are packed with benefits that go beyond Original Medicare. These plans offer personalized care and resources tailored to meet your specific health needs, especially when it comes to managing chronic conditions like diabetes.

### Key Benefits of Medicare Advantage for Diabetes:

#### 1. Coordinated Care for Better Health Outcomes

Medicare Advantage plans focus on coordinated care, ensuring that your healthcare providers are all on the same page. Your primary care physician, specialists, and other healthcare professionals work together to create a personalized care plan that helps you manage your diabetes effectively.

#### 2. Prescription Drug Coverage

Managing diabetes often requires medication, and Medicare Advantage plans typically include Part D prescription drug coverage. This means you'll have access to a wide range of diabetes medications at affordable prices, helping you maintain your health without breaking the bank.

#### 3. Preventative Services at No Extra Cost

Preventing complications from diabetes is key to living a long and healthy life. Medicare Advantage plans cover essential preventative services like blood sugar testing, eye exams, foot exams, and more—often at no extra cost to you. Staying on top of these services can help you avoid serious health issues down the line.

#### 4. Access to Diabetes Education and Support Programs

Knowledge is power when it comes to managing diabetes. Many Medicare Advantage plans offer access to diabetes education programs, where you



can learn about healthy eating, physical activity, and how to monitor your blood sugar. Some plans even include health coaching to provide you with personalized support and guidance.

#### 5. Additional Benefits to Keep You Healthy

Beyond diabetes care, Medicare Advantage plans often include extra benefits that can help you stay healthy overall. These may include vision, dental, and hearing care, gym memberships, and wellness programs—all designed to support your health and well-being.

#### 6. Convenience and Affordability

Medicare Advantage plans combine your Medicare Part A (Hospital Insurance), Part B (Medical Insurance), and Part D (Prescription Drug Coverage) into one convenient plan. Many plans offer lower out-of-pocket costs than Original Medicare, making it easier to manage your healthcare expenses.

### Take the Next Step Toward Better Diabetes Management

If you're living with diabetes, a Medicare Advantage plan could be the right choice for you. With

comprehensive coverage and a focus on coordinated care, these plans provide the tools and support you need to manage your condition effectively. Contact your agent to discuss your options and find a plan that fits your needs.

### Put Your Health First with VIPcare!

If you're managing diabetes or another chronic condition, VIPcare is here to help you every step of the way. Our compassionate care team, combined with the comprehensive support of Medicare Advantage plans, offers personalized solutions to keep you healthy and thriving. Don't wait—call VIPcare at 941-271-7897 and discover how we can help you better manage your diabetes and enjoy a more fulfilling, healthier life!



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

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# INGROWN TOE NAIL

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

**A**n ingrown toenail is defined by a nail growing into the skin. Typically, the sides of the nail begin to curve or grown into the skin at one or both sides of the nail border. Mostly commonly seen in the big toe, but it can occur in other toes as well. Once the nail begins to dig into the skin pain, swelling and redness will soon follow. These are early symptoms of an ingrown that should be aware of. Other symptoms include worsening pain when in closed toed shoes. Overtime, the nail can pierce the skin creating an open wound and possible infection if not treated. Signs of infection are worsening pain, redness, swelling and foul smelling drainage or pus.

Ingrown toe nails can be genetic meaning it runs in your family (hereditary). Trauma can also be a cause. An example of trauma includes stubbing your toe, having something fall on it, and activities that cause repeated pressure on the toes like kicking or running. One of the most common causes is improper trimming of the toe nails. You don't want to cut your nails too short as this allows the skin next to the nail to fold over the nail. Another common cause is improper shoe size or socks that are too small/tight. Furthermore, nail fungus can also contribute to the development of ingrown nails. If you develop pain at the sides of the nail with redness, swelling and drainage you should seek treatment. The ingrown nail can progress into an infection if the ingrown nail is not removed. If you have diabetes, nerve damage or poor circulation you should not attempt to self-treat and seek professional treatment right away.

If you are not high risk or do not have an infection you can try to soak the foot in room-temp water with Epsom salt. Do not attempt to cut the nail yourself as repeated cutting of the nail can cause it become worse over time. If you pain continues, than seek treatment by a foot and ankle specialist. Your physicians will exam your toe and determine the best treatment based on the severity of your condition. If an infection is present you will require oral antibiotics. A minor procedure is often required for treatment of an ingrown nail. The procedure is performed in the office. First local anesthetic will be used, followed by cleaning the toe and removal of the portion of the nail that has become ingrown. In order to prevent recurrence a chemical may be used to kill the root of the nail so the ingrown portion of



the nail does not return. The entire nail is not removed but only the corner that has become ingrown. A bandage will then be applied that will remain in place for 24 hours. You may experience mild soreness on the 2nd or 3rd day but you are able to walk right away.

Some methods for prevention include proper trimming. Cut your nails straight across and do not cut them too short. Make sure to wear properly fitting shoes and socks. Do not use shoes that are too big/loose as this can cause pressure to the toe when engaging in physical activity as well. Avoid trying to trim the nail border or having a pedicurist trim the border as this can make the condition worse and does not change how the nail grown. Over the counter treatments do not typically work as they do not address the underlying cause. If you have signs of ingrown nail, contact your local foot and ankle specialist who can treat the underlying issue.

## Isin Mustafa, DPM, MSHS, FACFAS, DABPM

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

Call 239-430-3668 or visit

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



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



# NEUROPATHY CAN'T KEEP A GOOD MAN DOWN

**N**europathy, a chronic and often debilitating condition affecting the nerves, can drastically change a patient's quality of life. This is the case for Darren Hall, a patient under the care of Dr. Kenneth Carle. Darren's story reflects the profound impact that neuropathy can have on an individual's physical abilities and mental health, but it also showcases the potential for recovery with advanced treatments.

Darren's journey with neuropathy began in 2011, when the condition forced him to stop working as an HVAC contractor and stop driving. The loss of independence, combined with the constant pain, led to deep depression, culminating in two suicide attempts. For years, Darren relied on a walker and became progressively dependent on others. However, thanks to the comprehensive treatment plan offered by Dr. Carle, Darren's life is beginning to change.

## The Role of Advanced Neuropathy Treatments

At Renewed Life Wellness Center, Darren has undergone a multi-faceted treatment plan designed to repair damaged nerves, improve circulation, and halt the progression of neuropathy. A combination of home devices and in-office therapies has been pivotal in his recovery.

At home, Darren uses three FDA-approved devices:

- 1. Electrical Nerve Stimulation Device** – This helps regenerate and repair damaged nerves.
- 2. Low-Level Light Therapy** – This device enhances circulation, allowing blood to flow more freely to the extremities.
- 3. Vibration Plate** – By increasing circulation, this device stimulates nerve function and promotes healing.

In addition to these home therapies, Darren applies specific creams and takes supplements daily, targeting inflammation and nerve health. While these tools have been critical in his day-to-day improvement, in-office treatments have accelerated his recovery significantly.

## In-Office Treatments: Acoustic Wave Therapy

The cornerstone of in-office treatment at Renewed Life Wellness Center is **Acoustic Wave Therapy**. This therapy addresses one of the primary causes of nerve damage in neuropathy: scar tissue. Over time,

scar tissue builds up around damaged nerves, constricting them and worsening symptoms. Acoustic Wave Therapy works to break up this scar tissue, allowing healthy tissue to replace it. This process not only helps to stop the progression of neuropathy but can also reverse some of the symptoms such as numbness, tingling, burning, and pain.

For Darren, who had been unable to feel his feet for years, the ability to break up this scar tissue has been life changing. After just a few months of treatment, Darren took a major step forward in his recovery: he drove a car for the first time in 13 years. While it was a short, cautious drive around his neighborhood, it represented a significant milestone.

## Understanding Neuropathy and Its Progression

Neuropathy is a progressive, degenerative disease that worsens over time without intervention. It can be caused by a variety of factors, including:

- **Diabetes** 50% of diabetics develop neuropathy
- **Injury or trauma** to the nerves, especially the lower back
- **Medications** like statins cause neuropathy
- **Heredity**
- **Toxins or chemotherapy**

The progression of neuropathy is divided into four stages, with stage four being the most severe. At this stage, the damage is often too advanced to be reversed. As Dr. Carle explains, stage four neuropathy is like "a house on fire that can't be extinguished." However, patients in earlier stages still have the potential for significant recovery.

At Renewed Life Wellness Center, a comprehensive 24-test evaluation is conducted to determine the stage of neuropathy each patient is in. These tests measure sensitivity to hot and cold, sharp and dull, vibration, and touch. In addition, thermography—a heat map of the body—is used to visualize circulation and identify areas of impairment.

## The Limitations of Traditional Neuropathy Treatments

In conventional medicine, neuropathy is often managed with medications like gabapentin, Lyrica, or Neurontin. While these medications can help mask the pain, they do not address the underlying cause of the nerve damage. Moreover, these medications can come with side effects, one of the most common



being memory loss. This makes it difficult for many patients to adhere to a long-term medication regimen, especially when the drugs do little to stop the progression of the disease.

## A Path to Recovery

For patients like Darren Hall, who are committed to following through with the treatment protocol, there is hope. Dr. Carle's approach not only aims to stop the progression of neuropathy but also focuses on reversing its symptoms.

Darren's story is a testament to the power of combining cutting-edge therapies and patient dedication. With the support of Dr. Carle and his team, Darren has gone from relying on a walker to using just a cane, and now he's driving again—something that seemed impossible for more than a decade.

If you or a loved one are experiencing symptoms of numbness, tingling, burning, or pain in their extremities, it's essential to consult with a healthcare provider. Dr. Kenneth Carle and the team at Renewed Life Wellness Center is ready to help.

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



# Diabetic Wound Care:

## Harnessing the Power of Amniotic Membrane Technology

**T**he management of diabetic wounds remains one of the most challenging aspects of modern healthcare, with complications potentially leading to severe outcomes including amputation. However, innovative treatments like amniotic membrane therapy from RxWound are revolutionizing the approach to diabetic wound care, offering new hope for patients struggling with chronic wounds.

### Understanding the Power of Amniotic Membrane Technology

Amniotic membrane grafts represent a groundbreaking advancement in wound care treatment. Derived from the innermost layer of human placenta, these grafts are ethically sourced from planned cesarean section donations, ensuring both moral integrity and clinical excellence. The procurement process involves rigorous screening and testing for communicable diseases, maintaining the highest standards of safety and quality.

The impressive 95% success rate of patients attaining full wound closure within a six-week period, along with a minimal risk of negative side effects, establishes amniotic membrane therapy as a transformative advancement in wound care. This natural approach not only accelerates healing but also aligns with sustainable medical practices, making it an ideal choice for advanced wound management.

### The Five Pillars of Healing Process

Amniotic membrane technology works through five fundamental mechanisms that synergistically promote optimal wound healing:

**1. Reduced Inflammation:** The membrane's natural anti-inflammatory properties help control excessive inflammation, which is particularly crucial for diabetic patients who often experience prolonged inflammatory responses. This regulation creates an optimal environment for healing to begin.

**2. Powerful Antibacterial Properties:** The inherent antibacterial characteristics of amniotic membrane provide a natural defense against pathogens, reducing the risk of infection without relying solely on conventional antibiotics. This is especially valuable given the rising concerns about antibiotic resistance.



**3. Enhanced Tissue Growth Support:** Rich in growth factors and essential proteins, the membrane actively promotes tissue regeneration and cellular proliferation. This support is vital for diabetic wounds, which typically struggle with delayed healing due to compromised cellular function.

**4. Creation of Optimal Wound Healing Environment:** The membrane maintains ideal moisture levels and provides necessary nutrients, creating a perfectly balanced environment for wound healing. This microenvironment supports cellular migration and proliferation, essential components of the healing process.

**5. Effective Biological Barrier:** Acting as a natural protective shield, the membrane creates a physical barrier against external contaminants while maintaining the wound's optimal healing environment. This dual-action protection is crucial for preventing complications in diabetic wounds.

### Clinical Impact and Future Implications

The implementation of RxWound's extensive array of amniotic membrane solutions marks a significant advancement in diabetic wound care. Traditional treatments often struggle with the complexity of diabetic wounds, but this innovative approach addresses multiple aspects of wound healing simultaneously. The therapy's success rate demonstrates its potential to reduce healing time, decrease the risk of complications, and improve patient outcomes.

Healthcare providers report that patients receiving amniotic treatment experience faster healing rates and reduced complications compared to conventional treatments. The therapy's natural composition and lack of adverse effects make it an attractive option for patients who may be sensitive to synthetic treatments or those with compromised immune systems.

The sustainable and ethical sourcing of amniotic membranes, combined with their remarkable healing properties, positions RxWound as a leader in modern wound care solutions. As the medical community continues to seek effective treatments for diabetic wounds, the role of amniotic membrane therapy grows increasingly significant, offering hope for improved outcomes in this challenging aspect of healthcare.

### About RxWound

Founded in 2015, RxWound is a team of dedicated wound care professionals serving seniors with advanced care solutions across all 50 states.

The company mission is to improve the outcomes of wound healing and elevate the quality of life for each patient, while respecting the precious gift of donated human tissue. It is dedicated to upholding standards of excellence, integrity, and compassion, with the goal of setting new standards in care and promoting a healthier, more vibrant future.

RxWound looks forward to serving you and making a positive difference in your healthcare journey.

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- Chronic Wounds
- Vascular Ulcers
- Diabetic Ulcers
- Pressure Ulcers
- Trauma Wounds
- Mohs Surgery
- Incision Wounds

### LOCATIONS WE SERVE

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- Independent Living
- Assisted Living
- Long Term Care
- Mobile Wound Care
- Home Health Care



**813-765-8804**  
[www.RxWound.com](http://www.RxWound.com)



# American Diabetes Month: Focusing on Eye Health

George Skopis, M.D.

**N**ovember marks American Diabetes Month, a time to raise awareness about diabetes and its impact on millions of lives. While many associate diabetes with blood sugar levels and insulin, its effects extend far beyond, particularly to eye health. This often-overlooked aspect of diabetes management deserves our attention, as diabetic eye diseases are leading causes of vision impairment and blindness among working-age adults.

Diabetes can significantly affect eye health through various conditions collectively known as diabetic eye disease. The most common of these is diabetic retinopathy, which occurs when high blood sugar levels damage the blood vessels in the retina. This can lead to vision problems and, if left untreated, blindness. Other diabetes-related eye conditions include diabetic macular edema, cataracts, and glaucoma.

The risk of developing these eye problems increases the longer a person has diabetes. However, the good news is that with proper management and regular check-ups, many of these issues can be prevented or their progression slowed. This is why American Diabetes Month serves as a crucial reminder for those with diabetes to prioritize their eye health.

For individuals living with diabetes, maintaining good eye health starts with managing blood sugar levels. Keeping glucose levels within the target range can significantly reduce the risk of developing diabetic eye diseases or slow their progression. This involves following a balanced diet, regular exercise, and taking medications as prescribed by healthcare providers.

Regular comprehensive dilated eye exams are another critical component of preserving vision for people with diabetes. The American Diabetes Association recommends that adults with type 1 diabetes should have a comprehensive eye exam within five years of diagnosis. Those with type 2 diabetes should have an exam at the time of diagnosis. After that, everyone with diabetes should have annual eye exams, or more frequently if recommended by an eye care professional.

During these exams, an eye care specialist can detect early signs of diabetic eye disease before noticeable symptoms occur. Early detection is crucial because many treatments are most effective when started in the early stages of the disease. These treatments may include laser therapy, injections of anti-VEGF drugs, or in some cases, surgery.

It's important to note that diabetic eye diseases often develop without early warning signs. When symptoms do appear, they may include blurry vision, dark or empty areas in your vision, difficulty perceiving colors, or vision loss. If you experience any of these symptoms, it's crucial to seek immediate medical attention.

Beyond medical interventions, lifestyle choices play a significant role in maintaining eye health for people with diabetes. Quitting smoking, controlling blood pressure, and maintaining a healthy weight can all contribute to better eye health and overall diabetes management. Additionally, protecting your eyes from UV rays by wearing sunglasses and maintaining good overall hygiene can help prevent eye infections.

Nutrition also plays a vital role in eye health for people with diabetes. Foods rich in vitamins C and E, zinc, lutein, zeaxanthin, and omega-3 fatty acids can support eye health. These nutrients are found in green leafy vegetables, fish, nuts, and citrus fruits.

This American Diabetes Month, let's shine a spotlight on the importance of eye health in diabetes care. By raising awareness about the link between diabetes and eye health, we can encourage more people to take proactive steps in preserving their vision. Whether you have diabetes or know someone who does, spread the word about the importance of regular eye exams and comprehensive diabetes management.

Remember, vision loss from diabetes is often preventable with early detection and proper care. By focusing on eye health this November, we can help ensure that those living with diabetes maintain clear vision for years to come.



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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# EMERGENCY CARE AT MANATEE MEMORIAL HOSPITAL

**M**anatee Memorial Hospital's Emergency Care Center (ECC) plays an essential role in caring for the emergent health needs of our community, treating more than 80,000 children and adult patients each year. The expanded center was opened in 2018 to help accommodate Manatee County's growing population. It is just under 33,000 square feet, making it the largest ECC in the county.

### Sensory Suite wins Chamber award

The ECC's Sensory Suite received the Champions of Healthcare Innovation Award for Innovation/

Research at the 10th Annual Champions of Healthcare Awards Breakfast presented by the Manatee Chamber of Commerce.

Knowing an emergency visit can be overwhelming to the senses and have a negative impact on the overall healing process, the Sensory Suite for Autistic Patients hosts a soothing sound machine, tranquil lighting and a calming array of colors and furnishing for patients and loved ones.

This suite is the first of its kind in Manatee County.



(From left) Diane Aubrey and David Simms

### Diane's Closet offers clothing to patients in need

The staff in the Emergency Department saw a need for basic clothing for patients, including tops, bottoms, undergarments and shoes. Patients can be discharged with fresh, clean clothing, providing them with a sense of respect and comfort during a challenging time. The idea originated with David Simms, and is named for Diane Aubrey, APRN, ECC nurse, who gifted the closet with a mobile wardrobe to keep it organized.

The Emergency Care Center at Manatee Memorial Hospital  
206 Second Street East  
Bradenton  
Phone: 941-746-5111

If you're having a medical emergency, call 911 or go to the nearest emergency room.

For information, visit the hospital website at [manateememorial.com/emergency](http://manateememorial.com/emergency)



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 the hospital's website.



(From left) David Simms, paramedic; Jill Ruff, nurse manager; and Gust Bages, Jr., director of Nursing





# What is the Root Cause of Diabetes and ALL Chronic Disease?

By Max MacCloud, DO, ND, PhD

Read this article to learn more about the factors involved and what you can do about them.

**N**ovember is American Diabetes Month but rather than just talking about diabetes I thought it more valuable to discuss the common factors that cause ALL chronic disease and what can be done to reverse them.

*"Building Your Body's Dream Team: A Holistic Approach to Health"* Imagine your body as a bustling metropolis, where every system plays a crucial role in maintaining overall health. Just as a city needs a strong foundation & infrastructure, efficient energy production, smooth transportation, and a robust workforce, your body requires similar elements to thrive. Let's explore how we can build a dream team to combat chronic diseases like diabetes and promote overall wellness.

## The Foundation: Sound Body Structure and Joint Integrity

Every great city needs a solid foundation, and your body is no different. Proper joint health is the bedrock of your physical well-being. Appropriate, regular exercises can help maintain this crucial foundation, however, once a joint is damaged this can be challenging. Joint injuries are extremely common, the primary tissues damaged are ligaments. Ligaments simply do not heal completely due to poor blood supply. For those dealing with diabetes and many other chronic conditions, blood supply is even more compromised.

**The Power Plants: Mitochondria and Metabolism** Mitochondria are your body's power plants, converting nutrients into energy. In diabetes, these cellular powerhouses often struggle to keep up with demand. Here's where innovative treatments like Exercise with Oxygen Therapy (EWOT) and Hyperbaric Oxygen Therapy (HBOT) come into play. These therapies flood your cells with oxygen, supercharging your mitochondria and potentially improving insulin sensitivity AND everything else.

## The Transportation System: Microcirculation

A city needs efficient roads, and your body needs healthy blood vessels. Microcirculation is crucial for delivering nutrients and oxygen to every cell of the body. It is the ONLY place where nutrient exchange takes place. For diabetics, poor circulation can lead



to numerous complications. Treatments like red light therapy, EWOT, hot and cold therapies, including rapid cryo (freeze) therapy, can help improve blood flow, potentially reducing the risk of diabetic neuropathy and promoting healing.

## The Workforce: Muscles

Muscles are the hardworking citizens of your body's metropolis. They're not just for show – they play a vital role in regulating blood sugar, energy production, and much more. Enter the ARX (Adaptive Resistance Exercise) equipment. This cutting-edge technology provides a safe, efficient way to build muscle strength in the shortest amount of time possible. This can significantly improve insulin sensitivity and glucose metabolism in addition to building overall metabolic reserve.

## The Fuel: Proper Nutrition

Just as a city needs a steady supply of resources, your body requires proper nutrition. We create customized nutritional protocols tailored to individual needs. For diabetics, this might include specific supplements to support blood sugar regulation, microcirculation, mitochondrial function, and overall cellular health.

## The Maintenance Crew: Regular Exercise

Exercise is your body's maintenance crew, keeping all systems running smoothly. It improves circulation, boosts mitochondrial function, enhances metabolism, and strengthens muscles. Our programs incorporate a mix of cardiovascular exercise, strength training, and flexibility work, all tailored to individual capabilities and goals.

Integrating the Dream Team The key to optimal health lies in addressing all these components simultaneously. For instance, while managing diabetes and most other chronic conditions:

- EWOT or HBOT sessions can boost cellular energy production and help to open and reset the microvascular system to more youthful levels.
- ARX strength training builds muscle and improves insulin sensitivity, strength, vitality, mobility, and overall quality of life.
- Red light therapy enhances circulation, ATP & collagen production while promoting healing.
- Customized nutrition plans provide the right fuel & regenerative nutrients for your body.

This holistic approach isn't just for diabetes – it's a blueprint for tackling any chronic condition while promoting overall wellness. By supporting all aspects of your body's function, we create a resilient, adaptable system capable of facing any health challenge. Remember, your body is a complex, interconnected system. By addressing structure, nutrition, exercise, and the 4 M's (Microcirculation, Mitochondria, Metabolism, and Muscle), we're not fighting disease – we're building health from the ground up.

At our center, we don't believe in one-size-fits-all solutions. We create customized programs that take into account your unique needs, challenges, and goals. Whether you're managing diabetes or some other chronic health challenge, recovering from an injury, or simply aiming for optimal wellness, our comprehensive approach ensures that every aspect of your health is supported.

So, are you ready to assemble your body's dream team? Let's work together to build a healthier, more vibrant you – from the cellular level up!

To learn more and schedule an initial consultation, call 941-806-5511 or visit us at [ARTC.health](http://ARTC.health).

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# UNLOCKING RESTFUL SLEEP: UPPER CERVICAL CHIROPRACTIC SOLUTIONS FOR INSOMNIA

By Dr. Drew Hall

**W**hen it comes to battling insomnia, the solutions often discussed include medication, lifestyle changes, and relaxation techniques. However, one lesser-known approach that has been gaining attention is Upper Cervical Chiropractic care. This specialized branch of chiropractic medicine focuses on the relationship between the uppermost part of the spine and the nervous system, and how it can influence various health issues, including insomnia.

Insomnia is a widespread condition that affects millions of people worldwide. Characterized by difficulty falling asleep, staying asleep, or experiencing restful sleep, it can lead to a host of physical and mental health problems. Traditional treatments for insomnia may involve sleep medications, but these often come with unwanted side effects and can be habit-forming. That's where Upper Cervical Chiropractic care steps in, offering a natural and non-invasive alternative.

## Understanding the Upper Cervical Region

The upper cervical region consists of the first two vertebrae in the spine, the atlas (C1) and axis (C2). These vertebrae are unique because they house the brainstem, which plays a vital role in regulating many of the body's functions, including sleep. Misalignments in this area can potentially interfere with the communication between the brain and the rest of the body, leading to various health issues, including insomnia.

Upper Cervical Chiropractors are highly trained in assessing and correcting these misalignments. By using gentle and precise adjustments, they aim to realign the atlas and axis, thereby optimizing the function of the nervous system. This may have a positive impact on sleep patterns and overall health.

## The Connection Between Upper Cervical Chiropractic and Insomnia

So, how does Upper Cervical Chiropractic care relate to insomnia? Here are some key aspects to consider:

**1. Balancing the Autonomic Nervous System:** The autonomic nervous system is responsible for regulating various bodily functions, including sleep.



Misalignments in the upper cervical region can disrupt this balance. Upper Cervical Chiropractic adjustments seek to restore harmony within the autonomic nervous system, potentially leading to improved sleep quality.

**2. Reducing Muscle Tension:** Misalignments in the upper cervical spine can lead to muscle tension and discomfort, making it difficult to relax and fall asleep. Correcting these misalignments may help alleviate muscle tension, promoting a more restful sleep experience.

**3. Enhancing Blood Flow:** Proper alignment in the upper cervical region can contribute to improved blood flow to the brain. This can have a positive impact on the brain's ability to regulate sleep patterns and overall health.

**4. Stress Reduction:** Upper Cervical Chiropractic care can also reduce stress levels. Stress is a common contributor to insomnia. By helping individuals manage stress more effectively, this approach may help improve sleep quality.

## Individualized Care

One of the strengths of Upper Cervical Chiropractic care is its emphasis on individualized treatment. Chiropractors assess each patient's specific needs and tailor their adjustments accordingly. This personalized approach ensures that the care provided aligns with the patient's unique requirements and health goals.

It's important to note that Upper Cervical Chiropractic care is not a guaranteed cure for insomnia, and individual results may vary. However, many patients have reported significant improvements in their sleep patterns and overall well-being after undergoing this form of chiropractic care.

## Safety and Effectiveness

Upper Cervical Chiropractic care is generally considered a safe and well-tolerated approach. The adjustments are precise, gentle, and do not involve the cracking or popping often associated with traditional chiropractic care. However, it's essential to consult with a qualified Upper Cervical Chiropractor to determine if this treatment is appropriate for your specific case.

Research on the effectiveness of Upper Cervical Chiropractic care for insomnia is ongoing, and while there is anecdotal evidence of positive outcomes, more scientific studies are needed to provide a comprehensive understanding of its potential benefits.

In the quest for better sleep and insomnia relief, many individuals are exploring alternative therapies like Upper Cervical Chiropractic care. This approach offers a non-invasive, individualized, and holistic method to address the root causes of insomnia. While results may vary, it's clear that for some, upper cervical adjustments have been the key to unlocking a more restful night's sleep and a brighter, healthier tomorrow. If you're struggling with insomnia and looking for natural alternatives, it may be worth consulting with an Upper Cervical Chiropractor to see if this approach is the right fit for you.

## 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.



Dr. Drew Hall



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# TIS' THE SEASON FOR GIFTING

Often times it may not feel like the holiday season with Florida's toasty temperatures, but don't be fooled. The holidays are here! There's an undeniable sense of anticipation in the air, as many of us are looking forward to reconnecting with friends and family.

With Christmas 2024 just around the corner, the age-old tradition of exchanging gifts and spreading joy takes center stage. This year, however, there's a growing trend that savvy shoppers are embracing – the art of shopping early. Beyond the twinkling lights and bustling holiday markets, the wisdom of starting your Christmas shopping ahead of time becomes evident. As we navigate through a world of ever-changing dynamics, early holiday shopping not only ensures access to the finest gifts but also offers a respite from the last-minute chaos, allowing for a more thoughtful and enjoyable celebration.



## 2024 Gifting Trends

It seems many friends and family have been under a lot of stress from the recent hurricanes, the election season and the economy. So this year, give something they can really use that is around improving wellness and mindfulness. Think self care, aromatherapy, meditation, journaling and even fitness. The great thing about wellness gifts is that they are perfect for people of all ages and enjoyed by both men and women alike.

Young children will enjoy a set of fizzy bath bombs. Your best friend will appreciate a carefully curated bath set. You can't go wrong with an aromatic collection of soaps or essential oils for a coworker. And, your significant other will love a set of comfy pajamas or muscle massagers for after a workout at the gym.



## Avoid the Sweets & Drinks

Traditionally, alcohol and sweets such as chocolate and cookies, have been the "go to" gifts for clients and family members. They're easy to give, but often times they're eaten and forgotten. Or, they're simply trashed when New Year's Day rolls around, and people are purging their kitchens of all the calorie-laden gift sets. Let's face it, many of us have put on some "lb's", so do everyone a favor and skip the sweets and choose health & wellness options.

## Give Experiences

Another gift idea that is on trend for 2024 is experiential gifts. This could be a trip to the spa for a relaxing massage, a facial with your local esthetician, a sunset boat cruise or an art class. Experiential gifts are memorable, and they're perfect for the person in your life who already has one of everything.

## Shop Local

Although it's tempting to knock-out your list by simply shopping online, consider visiting the locally-owned stores in your community. Many small



businesses and restaurants have struggled the past few years. By shopping local, you'll find truly unique gifts with a delightful shopping experience that you can't get online. Plus, you'll be supporting the fabric and diversity of your community by helping to keep local shops in business.



*Skip the holiday hustle this year. Make your list. Check it twice. And get your holiday shopping done!*



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# Wound Care and Lymphedema: The Transformative Power of Compression Garments

By James Ferrara - Occupational Therapist and Certified Lymphedema Therapist

**N**avigating the complexities of wound care and lymphedema can be a daunting challenge, but the dedicated team at Functional Transformation Clinic is here to guide you through the process with compassion and expertise. By leveraging the power of compression garments, they are helping patients reclaim their quality of life and achieve remarkable results.

Wound care is a delicate and intricate process, requiring a personalized approach to address the unique needs of each patient. The experts at Functional Transformation Clinic understand that proper wound management involves more than just dressing the affected area. They take a holistic approach, considering the underlying factors that contribute to the development and healing of wounds. This includes evaluating factors such as circulation, nutrition, and overall skin health, which can all play a crucial role in the healing process.

One of the key tools in their arsenal is the strategic use of compression garments. These specialized garments apply targeted pressure to the affected limbs, promoting proper circulation and facilitating the efficient drainage of excess fluid. This, in turn, helps to reduce swelling, alleviate pain, and create an optimal environment for wound healing. Additionally, the compression provided by these garments can help to prevent the formation of new wounds by improving overall skin health and reducing the risk of further complications, such as skin breakdown and the development of pressure ulcers.

Lymphedema, a chronic condition characterized by the accumulation of fluid in the body's tissues, is another area where compression garments shine. Left untreated, lymphedema can lead to a host of complications, including increased risk of infection, reduced mobility, and a diminished quality of life. The clinicians at Functional Transformation Clinic understand the profound impact of this condition and are dedicated to providing comprehensive care.

Through a personalized assessment, the team at Functional Transformation Clinic works closely with each patient to identify the underlying causes of their lymphedema and develop a tailored treatment plan. By incorporating custom-fitted compression



garments into the regimen, they empower patients to take an active role in managing their condition and achieving long-term success. These garments not only help to reduce swelling and improve circulation, but they can also prevent further progression of the condition, minimizing the risk of infections and other complications. The team at Functional Transformation Clinic also educates patients on proper self-management techniques, ensuring they have the knowledge and tools to maintain their progress even after the initial treatment.

The transformative power of compression garments extends beyond just wound care and lymphedema management. These versatile tools can also be employed to address a wide range of other circulatory and vascular issues, such as deep vein thrombosis, chronic venous insufficiency, and even the prevention of further complications in individuals with diabetes. By promoting proper blood flow and reducing the buildup of fluid, compression garments can play a crucial role in managing these conditions and improving overall cardiovascular health. In some cases, the use of compression garments can even help to delay or prevent the need for more invasive interventions, such as surgery or the use of pharmaceutical medications.

At Functional Transformation Clinic, the patient's well-being is at the heart of everything they do. Their team of dedicated healthcare professionals collaborates seamlessly to ensure that each individual receives the personalized attention and

support they deserve. From registered nurses and physical therapists to certified lymphedema therapists and wound care specialists, the experts at Functional Transformation Clinic work together to develop a comprehensive treatment plan that addresses the unique needs of each patient.

By combining the latest advancements in compression therapy with a compassionate, patient-centered approach, the team at Functional Transformation Clinic is transforming the lives of those they serve. If you or a loved one are struggling with wound care, lymphedema, or any other circulatory or vascular condition, they are here to help. Schedule a consultation today and unlock the life-changing benefits of compression garments, where specialized care and compassion converge to empower you on your journey towards optimal health and wellness.



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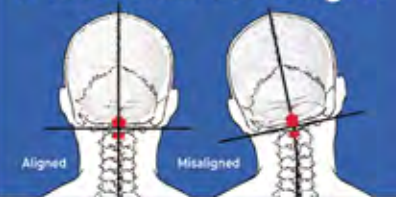
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# THE HIDDEN LINK: UNDERSTANDING THE CONNECTION BETWEEN DIABETES AND HEARING LOSS

**M**any people are familiar with the common complications of diabetes, such as vision problems, kidney disease, and nerve damage. However, one lesser-known but significant connection is emerging between diabetes and hearing loss. Research indicates that hearing impairment is twice as common in people with diabetes compared to those without the condition, making it an important health consideration for the millions affected by this metabolic disorder.

The relationship between diabetes and hearing loss stems from the condition's impact on the body's small blood vessels and nerves. The inner ear, crucial for sound processing, contains thousands of tiny hair cells and blood vessels that depend on proper blood flow and nerve function to work effectively. When diabetes affects these delicate structures, it can lead to gradual hearing deterioration.

High blood glucose levels, characteristic of diabetes, can damage blood vessels throughout the body, including those in the inner ear. This damage, known as diabetic microangiopathy, reduces blood flow to the cochlea, the snail-shaped part of the inner ear responsible for converting sound waves into electrical signals that the brain interprets as sound. Without adequate blood flow, these vital structures can become damaged or die, resulting in permanent hearing loss.

Additionally, diabetes can damage the auditory nerves that carry sound signals from the ear to the brain. This type of damage, called diabetic neuropathy, can interfere with the proper transmission of sound information, leading to difficulty understanding speech, especially in noisy environments. The combination of vascular and nerve damage creates a perfect storm for hearing problems in diabetic patients.

Age is another significant factor in this relationship. As both diabetes and hearing loss become more common with age, older adults with diabetes face an even higher risk of developing hearing problems. This makes regular hearing screenings particularly important for this population. Studies show that by



age 65, adults with diabetes are more than twice as likely to experience hearing loss compared to their non-diabetic peers.

Prevention and management strategies play crucial roles in protecting hearing health for people with diabetes. Maintaining good blood glucose control through proper medication, diet, and exercise can help minimize damage to the small blood vessels and nerves throughout the body, including those in the ears. Regular medical check-ups should include hearing assessments, especially for those over 50 or who have had diabetes for several years.

#### Warning signs of hearing loss may include:

- Frequently asking others to repeat themselves
- Difficulty following conversations in noisy environments
- Turning up the volume on televisions or phones higher than usual
- Ringing in the ears (tinnitus)
- Feeling that others are mumbling when they speak
- Struggling to hear high-pitched sounds
- Having trouble locating where sounds are coming from

Healthcare providers recommend that people with diabetes have their hearing tested every year, just as they undergo regular eye examinations. Early detection of hearing loss can lead to more effective management through hearing aids or other interventions, helping maintain quality of life and social connections. Modern hearing aids are increasingly sophisticated, with many featuring bluetooth connectivity and smartphone integration for easier management.

The impact of hearing loss extends beyond just difficulty in communication. It can lead to social isolation, depression, and cognitive decline, particularly in older adults. For people with diabetes, who may already be managing multiple health conditions, addressing hearing loss early can prevent these additional complications and maintain overall well-being. Research suggests that untreated hearing loss may also increase the risk of falls and accidents, making early intervention even more critical.

As research continues to explore the connection between diabetes and hearing loss, one thing remains clear: awareness and proactive management of both conditions are essential. By understanding this link, people with diabetes can take steps to protect their hearing health while managing their blood glucose levels, ensuring better overall health outcomes for the future. Working closely with healthcare providers, including both endocrinologists and audiologists, can help create a comprehensive care plan that addresses both conditions effectively.



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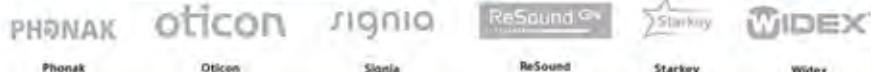
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# Innovative Teaching is Integral to FGCU's Mission

## Marieb College of Health & Human Services Employs Cutting-Edge Educational Technology

Innovative teaching is one of the keys to preparing the next generation of highly skilled healthcare professionals. At Florida Gulf Coast University, Marieb College of Health & Human Services is pioneering a new era in healthcare education with immersive learning experiences and cutting-edge technology that ensure graduates are ready to excel in the rapidly evolving health professions.

Imagine stepping into a classroom where a holographic image isn't just Hollywood special effects but tangible reality. That's the vision realized by Marieb College, where seven state-of-the-art units from Proto Hologram have been integrated into the curriculum. The college has one EPIC Hologram, about 4.5 feet wide and a little over 7 feet tall, that can deliver a life-size holographic-style image. Using 2D images or video, the unit creates a 3D-like experience. The other six units in Marieb College are tabletop models, making them easy to transport from classroom to classroom.

All seven units have the same capabilities; each has a smart camera enabling two-way communication and projects 4k images and video. Eventually, the units will be housed in a new center planned for FGCU's next academic building. With the help of such advanced technology, students experience realistic scenarios and develop skills needed to provide better patient care.

With the click of a button, they are transported into a telepresence healthcare technology known as Dr. Hologram. This innovative tool allows students to engage with virtual patients in a safe and controlled environment, honing their diagnostic and empathetic skills.

The possibilities are endless. Whether it's presenting pre-recorded cases or beaming in standardized patients or guest speakers, Dr. Hologram bridges the gap between theory and practice. In healthcare simulations, the idea is to create realistic environments to increase the ability of the learner to suspend disbelief.

### Putting theory through its paces

By immersing nursing, social work and health sciences students in lifelike scenarios, Marieb College is cultivating a new generation of healthcare professionals equipped to tackle real-world challenges with confidence. Nursing students perfect



their skills in labs that emulate operating rooms, intensive care units and other patient care environments that are equipped with state-of-the-art mannequins that talk, bleed and present like humans. Exercise science students get hands-on experience using anti-gravity technology and gold-standard equipment such as Bod Pod body composition analysis systems.

With such experiences complementing rigorous classroom instruction, Marieb College maintains 100% graduate employment rate within six months of degree completion.

But Marieb College's educational innovation doesn't stop there.

The "Nursing Escape Room" at FGCU was designed to reinforce nursing fundamentals in an adrenaline-fueled setting. Picture a hospital room transformed into a labyrinth of clues and puzzles, where students race against the clock to diagnose a simulated patient's condition.

In this high-stakes game, every decision matters. Guided by faculty, teams of nursing students embark on a quest to unravel the mystery of "Mr. Jones," a lifelike human patient simulator. With each clue discovered and problem solved, they inch closer to the correct diagnosis, reinforcing classroom learning along the way.

In the safe confines of simulation, students are empowered to make errors and learn from them, ensuring they're better prepared for the realities of patient care. These simulations not only sharpen clinical skills but also instill confidence and resilience

in Southwest Florida's future healthcare professionals. All of this contributes to FGCU's ranking among the top-10 registered nursing education programs in Florida.

But the Nursing Escape Room isn't just about solving puzzles. It's about fostering teamwork, communication and critical thinking skills essential for success in the field. In an era where healthcare delivery is increasingly team-based, students are encouraged to work alongside peers from diverse backgrounds, gaining invaluable insights into the interconnected nature of modern healthcare systems.



Marieb College fosters such collaboration and interdisciplinary learning through its innovative approach to education. With cutting-edge tools like hologram technology and immersive simulation, graduates of the college's seven bachelor's and 12 graduate programs are poised to embark on a transformative journey toward becoming the next generation of healthcare leaders.

Compassion. Skill. Discipline. Critical thinking. Professionalism. The healing professions require all in equal degrees. Marieb College creates well-rounded, 360-degree practitioners through hands-on learning, intensive clinical experience and personalized attention.

For more information about Marieb College's programs, go to [fgcu.edu/mariebcollege](http://fgcu.edu/mariebcollege).



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# Exploring Senior Living Options: 55+ Communities vs. Independent Living

**U**nless you're one of the rare people who enjoys mowing the lawn, unclogging a drain, or doing other household upkeep and maintenance, you're probably exploring your senior living options. As you've done your research, you have likely come across terms like "active senior living," "55+ communities" and "independent living." While they may all sound similar, there are quite a few differences between 55 plus and independent living communities.

## WHAT IS A 55+ COMMUNITY?

55+ communities, also called active adult communities, are like typical residential communities except they have a minimum age requirement and are designed with a retirement-friendly, low-maintenance lifestyle.

This type of community can be made up of single-family houses, duplexes, condominiums, or townhomes, with units that are owned by the residents. Interior maintenance and daily upkeep are the responsibility of the homeowner, but exterior maintenance is usually covered by your monthly Homeowners' Association (HOA) dues. Other than the HOA dues (and possible mortgage payment), there are no other monthly fees required for residents in an active adult community.

## PROS AND CONS OF 55+ COMMUNITIES

Since these types of communities are residential neighborhoods designed to attract active adults who want to downsize from a bigger home, they offer an array of opportunities for enjoying life to the fullest.

### Pros include:

- **Social life:** You'll live around people close in age with similar interests and goals.
- **Resort-style amenities:** Some outside maintenance may be provided, and community services and amenities — such as a tennis court, golf course, swimming pool, fitness center, etc. — may be available as part of your monthly service fees.

### Cons include:

- **Selling your 55+ residence:** Since there's a limited number of people who can buy a home in a 55+ community, it may take you awhile to sell it. Rising interest rates and cost of homeowner's insurance also may contribute to difficulty selling your home in the future.
- **Taxes and utilities:** You're responsible for real estate taxes, insurance, garbage collection, inside maintenance, appliances, utilities, internet service and cable/satellite TV.

- **No on-site healthcare options:** If you or your spouse needs higher levels of care, you could have to move again or pay for both the 55+ community and any needed care.

## WHAT IS INDEPENDENT LIVING?

An independent living community is often called a retirement community for the simple reason that most of the people who live there are retired. However, they offer an active lifestyle and freedom from the hassles of home maintenance. You'll find residence options like senior apartments and villas in a variety of floor plans and sizes.

At a senior living community, you'll find helpful services and amenities to make things easier and more convenient. Housekeeping, linen service, dining plans, transportation services and security are common. Amenities often include a fitness center, heated indoor pool, multiple dining venues, full-service salon and barber shop, woodworking shop, arts and craft studio, and more.

## PROS AND CONS OF INDEPENDENT LIVING

Independent living that's part of a Life Plan Community is ideal if you're in good health. You can continue to live life as you do now but without the concerns of maintaining a home and the worries about future health care if something were to happen to you or your partner.

### Pros include:

- **Maintenance-free lifestyle:** Independent living communities have a knowledgeable team to take care of all your home's needs, inside and out.
- **One and done:** Your monthly fee covers a wide variety of services, amenities, wellness programs, indoor and outdoor maintenance, a calendar full of activities and a dining program.
- **Social opportunities:** Scheduled parties, happy hours, special events, and outings with friends and neighbors who share your interests ensure you're never at a loss for things to do.
- **On-site senior care:** If you or your spouse needs long-term health care, you won't have to make another move, and you'll be close to people you already know.
- **Tax savings:** A portion of your entrance and monthly fee could be tax-deductible. Consult your tax adviser to be sure.



### Cons include:

- **Decisions, decisions:** With an activity calendar full of classes, events, committees and clubs, you may find it hard to squeeze everything in.
- **Unneeded care:** You could pay for care you don't end up needing. However, according to the U.S. Department of Health and Human Services, 70% of seniors 65 or older will need some type of long-term care for an average of three years.

## WHAT DOES "A CONTINUUM OF CARE" MEAN?

One of the biggest advantages of choosing independent living at a Life Plan Community is not having to move if you need help with daily activities or even round-the-clock care. That's because Life Plan Communities provide access to higher levels of care — assisted living, memory care, skilled nursing and rehabilitation — right on-site. Plus, if you choose a Life Plan Community with Life Care like Freedom Village, you'll have guaranteed access to higher levels of care at predictable monthly rates.

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# November is Prostate Cancer Awareness Month Early Detection of Prostate Cancer Saves Lives

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

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

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

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

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

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

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

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



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

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

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

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

### **What is a 3T MRI?**

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

### **Benefits of 3T MRI**

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

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



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# MEMORY MATTERS

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

**N**ovember is Alzheimer's Awareness month and national family caregiver's month. Family caregivers play a critical role in providing support, physical and emotional care for those living with Alzheimer's disease or another dementia. The majority of individuals who have Alzheimer's disease or another dementia live at home.

According to the Alzheimer's Association, there are over 6.9 million Americans living with Alzheimer's disease. That is about the size of the total population of the state of Indiana.

That number projected to increase to 13 million by the year 2050. In the state of Florida, it is estimated that the number of individuals living with Alzheimer's disease is around 580,000. Alzheimer's disease does discriminate, with women and individuals of color having a higher risk:

- Approximately 2/3 of individuals with Alzheimer's are women
- Black Americans are about twice as likely as White Americans to have Alzheimer's disease or another dementia
- Hispanic individuals are one and a half times more likely to have Alzheimer's disease or another dementia

As mentioned previously, the vast majority of those providing care and support for those with Alzheimer's disease are family members, friends and neighbors. Anyone who has ever been a caregiver understands that while caregiving can be rewarding, it can also be challenging.

Caregiving can lead to stress and burnout. Caregiving, particularly for those caring for individuals with cognitive impairment can be especially stressful. The Alzheimer's Association lists signs to watch out for if you are a caregiver:

**Denial** about the disease and its effects on the person who has been diagnosed. "I know my wife is going to get better."

**Anger** at the person with Alzheimer's and/or frustration that he or she can't do the things they used to be able to do. "He knows how to get dressed, he is just being stubborn."



**Social withdrawal** from friends and activities that used to make you feel good. "I don't care about visiting with the neighbors anymore."

**Anxiety** about the future and facing another day, "What happens if he needs more care than I can provide?"

**Depression** that breaks your spirit and affects your ability to cope. "I just don't care anymore."

**Exhaustion** that makes it nearly impossible to complete necessary daily tasks. "I am too tired for this."

**Sleeplessness** caused by a never ending list of concerns. "What if she wanders out of the house or falls and hurts herself?"

**Irritability** that leads to moodiness and triggers negative responses and actions. "Just leave me alone!"

**Lack of concentration** that makes it difficult to perform familiar tasks. "I was so busy, I forgot my appointment."

**Health problems** that begin to take a mental and physical toll. "I can't remember the last time I felt good."

According to the NIH, caregivers report lower levels of physical activity, poorer nutrition and sleep. In addition, sleep disturbances, as well as heart disease, anxiety, depression and challenges with memory and paying attention have all been reported in research.

What do caregivers need? They need to know what resources are available. Caregivers need emotional support and hands on assistance with caregiving. They need to be acknowledged and appreciated for their role in caregiving. They need time for self-care and breaks from their caregiving responsibilities.

Here are some tips from the NIH for caregivers:

- Do your best to get organized, make notes, keep important caregiving information in one place, and create a daily routine
- Accept help. Many times, caregivers hear "let me know if I can help" or "call me if you need anything". Create a list of things that you can let others do for you. If they ask, you will have your list ready. Things like picking up prescriptions groceries, helping with household tasks, spending time with your loved one when you run errands may be places to start. Create a running list of things that if you did not have to do, would make your life easier. Let others help!
- Follow up on your own health needs with your primary care provider
- Consider joining a support group to connect with others in your situation. Groups can provide solutions, support and a sense of community
- Do the best you can to eat healthy and get in some moderate exercise
- Take a break to do something you enjoy. Call a friend, read a book, sit outside to enjoy nature, keep up with a fun hobby. Invest in yourself

Most importantly, give yourself grace and forgiveness. You are doing the best you can. Know that your efforts are appreciated.

If you are concerned about your memory, connect with the experienced team at the Neuropsychiatric Research center at 239-939-7777. We have a proven track record of helping individuals and families navigate memory related challenges. Remember, you're not alone on this journey. #MemoriesMatter.

References:  
Alzheimer's Facts and Figures Report | Alzheimer's Association  
Caregiving | National Institute on Aging (nih.gov)



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# ENHANCING MENTAL HEALTH WITH NAD+ INFUSIONS

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

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

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

## 1. NAD+ and Mental Health Improvement:

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



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

## 2. NAD+ and Brain Health:

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

## 3. Clinical Applications of NAD+ Infusions:

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

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

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

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# Advances in Digital Dentistry

By Dr. Amanda Rizner

**D**igital dentistry has transformed the field of oral health in recent years, bringing numerous advancements that enhance both patient experience and clinical outcomes. This technological evolution has integrated digital tools and techniques into almost every aspect of dental care, improving precision, efficiency, and accessibility. Here's a detailed look at some of the most significant advances in digital dentistry.

## Digital Radiography

Digital radiography represents a significant advancement over traditional film-based X-rays. Digital sensors capture images of the teeth and surrounding structures with less radiation and in real-time. The radiation on most of the digital x-rays is so low, the ADA (American Dental Association) recently published a statement saying lead vests are no longer needed in order to capture these images, even on pregnant patients. The images are immediately available for review on a computer screen, allowing for quicker diagnosis and treatment planning. Digital radiographs can be enhanced, adjusted, and shared easily, improving communication with patients and other health-care professionals. Additionally, the ability to store and access digital images electronically contributes to better record-keeping and continuity of care.

3D scans or "digital CT scans" are also a major advancement in dental technology. Dentists now use these scans in order to visualize the teeth, bone, and sinuses in the "third dimension." This allows for a more accurate view of caries, infection, and bone loss which we were unable to determine with traditional x-rays. 3D scans have revolutionized how dentists treatment plan for implant placements and



other surgeries, allowing for much high accuracy and predictability. This technology is also used while doing endodontics (root canal therapy) in order to accurately find and treat all the nerves in each tooth.

## Digital Impressions

Traditional impressions that were used for years in dentistry involved messy, uncomfortable molds and were prone to numerous inaccuracies. This type of procedure was very time consuming for both the patient and dentist. Digital impressions, however, have revolutionized this process. Using intraoral scanners, dentists can now capture highly accurate, three-dimensional images of a patient's teeth and gums quickly and comfortably. The entire scan of patient's dentition usually takes less than two minutes. After a scan is taken, the patient's file is easily emailed to a dental laboratory in seconds. This eliminates the need for physical molds which reduce the chance of errors, and improve the fit and function of restorations. Some of the intraoral scanners now have advanced technologies which can help the lab see the exact shade of the teeth or any changes or wear patterns of the dentition throughout time. The data collected can

be used for a variety of purposes. Initially digital dentistry was used to help fabricate dental crowns which would fit more accurately and be fabricated in shorter time frame. This field has rapidly expanded throughout the years and now digital impressions can be used to fabricate orthodontic aligners, nightguards, denture and partials. This real life simulation produced by these scanners helps the patient better understand their oral health as they can visually see all aspects of their dentition up close.

## 3D Printing

3D printing is becoming popular as technology advances. It enables the production of highly customized dental appliances and models including orthodontic aligners, crowns, surgical guides, and prosthetics such as denture and partials. 3D printers use digital files from previously taken intraoral scans to create physical objects layer by layer, which allows for intricate designs and complex geometries that were previously difficult or impossible to achieve. This technology not only speeds up the manufacturing process but also enhances the customization and accuracy of dental devices. Most dental labs have printers and are currently using this technology. Some dentists are now offering 3D printing services directly from their office instead of having to send the files to a dental laboratory. This allows for restorations to be manufactured and delivered in the same day, offering a convenient service to the patient.

## Conclusion

Digital radiographs, impressions and 3D printing have become very popular in dental offices throughout the world. These major advancements aim to improve accuracy in the dental profession as well as comfortability for the patient, making the trip to the dentist more enjoyable for years to come.

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## INTIMACY: A Guide to Maintaining Sexual Wellness After Menopause

By John B. Devine, MD

As women transition through menopause, maintaining sexual wellness and intimacy becomes a vital aspect of overall well-being. Embracing this new phase involves understanding the physical and emotional changes while exploring strategies to keep the flames of intimacy alive.

Menopause brings hormonal shifts that can affect libido and vaginal health. To counteract these changes, prioritize communication with your partner. Openly discussing desires, concerns, and expectations fosters understanding and strengthens the emotional connection.

Regular exercise plays a crucial role in promoting sexual wellness post-menopause. Engaging in physical activity increases blood flow, enhances mood, and boosts confidence, all of which contribute to a satisfying intimate life. Aim for a mix of cardiovascular exercises and strength training to promote overall health.

Nutrition is another key factor. A balanced diet supports hormonal balance and overall well-being. Incorporate foods rich in antioxidants, omega-3 fatty acids, and vitamins that benefit sexual health. Staying hydrated is equally important for maintaining vaginal moisture.

Cultivate a positive mindset towards aging and embrace the changes your body undergoes. Self-acceptance and self-love play a significant role in boosting confidence and fostering a healthy body image, contributing to a fulfilling sexual life.

Educate yourself about menopause-related sexual issues. Understanding common concerns like vaginal dryness and loss of libido enables you to explore solutions. Consult with healthcare professionals to explore hormone therapy or other treatments that can address specific concerns and improve overall sexual health.

Experimentation in the bedroom can revitalize intimacy. Explore new forms of stimulation, engage in sensual activities, and prioritize emotional connection. Intimacy is not solely about physical satisfaction; emotional closeness enhances the overall experience.

Invest in sexual wellness products designed for menopausal women. Lubricants, moisturizers, and devices specifically created for this stage of life can

alleviate discomfort and enhance pleasure. Consult with a healthcare professional to find products suitable for your individual needs.

Regular health check-ups are crucial during menopause. Addressing any underlying health issues contributes to overall well-being, including sexual health. Discuss your sexual concerns openly with your healthcare provider to explore tailored solutions.

Prioritize stress management. Chronic stress can negatively impact sexual desire and function. Incorporate relaxation techniques such as meditation, yoga, or deep breathing exercises into your routine to mitigate stress and promote a positive mindset.

Engage in open communication with your partner about changing desires and preferences. Both partners should be willing to adapt and explore new ways to connect intimately. This mutual understanding fosters a supportive and satisfying sexual relationship.

In conclusion, navigating sexual wellness after menopause involves a holistic approach that combines physical, emotional, and relational aspects.

By embracing open communication, prioritizing self-care, and seeking professional guidance, individuals can cultivate a fulfilling and satisfying intimate life.

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.

Center for Urogynecology and  
Female Pelvic Health  
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# GAINSWave is Making Headlines Due to its Ability to Prevent & Treat ED

By Dr. David S. Zamikoff

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

## How Can GAINSWave Prevent & Treat ED?

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

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

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

## Younger Men Should Seek Treatment Early

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

## Men are Preventing ED with GAINSWave

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

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

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

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

By Craig S. Aderholdt, BSc, DC

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

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

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

### How does VAX-D work?

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



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

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

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

### Is VAX-D Right for Me?

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

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

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

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

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

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

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



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

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

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



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# What's Your Diet?

By Pastor Roger P. Felipe

**W**eight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living

longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.



McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.

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# November is Lung Cancer Awareness Month: Key Insights from an Oncologist on Prevention, Detection, and Treatment Advances

By Mohammad Jahanzeb, MD, FACP, FASCO - Medical Oncologist at Naples Cancer Advisors

As lung cancer oncologists, we have seen the profound impact that early detection and innovative treatments can have on patient outcomes and their families. Lung cancer, long considered one of the most challenging cancers to treat, takes more lives than the second, third, and fourth causes of cancer death combined. However, recent advancements in early detection, improved treatment options, and a growing understanding of prevention are offering new hope to patients.

In this article, we will explore key insights into lung cancer prevention, the importance of screening, and how emerging treatments are changing outcomes for patients. We will also highlight the philanthropic mission of Naples Cancer Advisors to provide free second opinions and invite the community to support our upcoming Wine Women and Shoes event.

## Understanding Lung Cancer: A Preventable Disease?

Lung cancer remains the leading cause of cancer deaths worldwide, but it's also one of the most preventable cancers. Smoking remains the single largest risk factor, responsible for about 80-90% of cases. Quitting smoking significantly reduces the risk of developing lung cancer, even after years of smoking. In fact, within 10 years of quitting, the risk of lung cancer drops by 50%.

However, lung cancer isn't just a smoker's disease. Exposure to secondhand smoke, radon gas, asbestos, and air pollution are also significant contributors. Only about 12% of lung cancer cases occur in individuals who never smoked. Preventive measures, such as improving air quality and reducing exposure to harmful substances, are crucial to lung health.

For Florida residents seeking to quit smoking, Tobacco Free Florida offers various free tools and services, including nicotine patches, gum, or lozenges, as well as Group and Web Quit programs, which provide personalized coaching and support.

## The Importance of Early Detection

One of the greatest challenges in treating lung cancer is that it often remains undetected until it has reached an advanced stage. Symptoms such as persistent coughing, shortness of breath, and unexplained weight loss are frequently mistaken for less serious conditions, leading to delayed diagnoses.

Fortunately, lung cancer screening has become a game-changer. The introduction of low-dose CT (LDCT) screening allows for earlier detection, particularly among high-risk individuals such as smokers and former smokers aged 50-80 with a heavy smoking history of 20 pack-years or more. According to the National Lung Screening Trial, LDCT screening reduces lung cancer deaths by about 20%.

At Naples Cancer Advisors, we emphasize the importance of lung cancer screening for eligible patients. Early detection increases the chances for successful treatment, and we encourage at-risk individuals to discuss screening with their healthcare providers. Additionally, we strongly encourage smokers to enroll in smoking cessation programs, many of which are free.

## Advances in Lung Cancer Treatment

Over the past decade, lung cancer treatment has progressed significantly. Once limited to chemotherapy, treatment options now

include targeted therapies and immunotherapy, which have transformed the landscape for both early and advanced stages of the disease.

Targeted therapies are designed to attack specific mutations within cancer cells, offering a more personalized and effective treatment approach. For example, therapies targeting mutations in genes such as EGFR, ALK, and ROS1 have led to dramatic improvements in outcomes for certain patients.

Immunotherapy, which harnesses the body's immune system to fight cancer, has also emerged as a breakthrough treatment. Drugs like pembrolizumab (Keytruda) improve survival rates by reactivating the immune system to recognize and destroy cancer cells. Clinical trials continue to uncover new ways to treat lung cancer, with many patients benefiting from access to the latest treatment options.

At Naples Cancer Advisors, we help patients navigate the clinical trial landscape, ensuring they have access to the most promising treatments. Our commitment to personalized care and cutting-edge treatment offers hope to patients facing lung cancer.

**Naples Cancer Advisors: A Mission of Compassion and Care**  
Naples Cancer Advisors (NCA) is dedicated to providing platinum-level consultative oncology services to patients in Southwest Florida, completely free of charge. Our mission is to ensure that all patients have access to expert second opinions, clinical trial navigation, genetic testing, and financial assistance.

We do not offer treatment directly, allowing patients to remain under the care of their oncologists while benefiting from our expertise. Our services are fully funded by donations and philanthropic events like our upcoming Wine Women and Shoes event.

Cancer can be overwhelming both emotionally and financially. Naples Cancer Advisors exists to bridge the gap in care, ensuring that no patient has to face this journey alone.

## JOIN US FOR THE 2025 WINE WOMEN AND SHOES EVENT

On **February 8th, 2025**, Naples Cancer Advisors will host our annual Wine Women and Shoes event at the Naples Yacht Club. This event brings the community together for a day of fun, fashion, and philanthropy. Attendees can shop for unique finds with our vendors, participate in our silent and live auction, purchase a mystery shoe box, pick up a raffle ticket for a chance to win our Keys to the Destination valued at over \$10,000, and much, much more! VIP guests will have exclusive access to a private yacht and wine tasting.

We invite you to join us in supporting this cause. Whether by sponsoring the event, purchasing tickets, or making a donation, every contribution makes a difference. Together, we can offer hope to cancer patients and their families.

**Naples Cancer Advisors Partners with Donatos Pizza**  
Donatos Pizza Naples (6434 Naples Blvd) is excited to support Naples Cancer Advisors through a special partnership. Customers can round up their total to donate to Naples Cancer Advisors when ordering online at [www.donatos.com](http://www.donatos.com) now through 12/30/24.

Locally owned and operated, Donatos Pizza opened in Naples in February 2024, and is committed to giving back to the local community and such a great cause.

## Looking Ahead: Hope for the Future

While lung cancer remains a significant challenge, advancements in screening, treatment, and prevention have dramatically improved outcomes. As we observe Lung Cancer Awareness Month this November, I encourage you to take action—whether it's getting screened, quitting smoking, or supporting organizations like Naples Cancer Advisors that are on the frontlines of cancer care.

There is hope for those diagnosed with lung cancer, and together, we can make a difference in the fight against this disease.

For more information on lung cancer, screening options, or how to get involved with Naples Cancer Advisors, visit [www.naplescanceradvisors.org](http://www.naplescanceradvisors.org) or call 239-846-2273. To learn more about the Wine Women and Shoes event, please visit <https://www.winewomenandshoes.com/event/naples/>.

*Dr. Jahanzeb joined the Naples Cancer Advisors practice in 2024 to provide no-cost second opinions to the SWFL community. Dr. Jahanzeb is the Co-Founder and President of OncAdvisor and also co-founded PrecisCo. His most recent practice sites were Florida Cancer Specialists and Florida Precision Oncology. He was formerly a Professor of Clinical Medicine, Hematology/Oncology at University of Miami's Miller School of Medicine, where he also served as the Associate Director of Community Outreach and Medical Director of the Deerfield Campus for the Sylvester Comprehensive Cancer Center for about nine years. He received his oncology training at Washington University/Barnes-Jewish Hospital in St. Louis, MO, where he subsequently served on Faculty. He has practiced and led clinical research in lung and breast cancer medical oncology for about 30 years.*

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**239-846-2273 (CARE)**  
3201 Tamiami Trail N, Suite 112, Naples, FL 34103  
[naplescanceradvisors.org](http://naplescanceradvisors.org)



# Transform Your Life with Medicare-Covered Lymphedema Therapy Compression Garments at Functional Transformation Clinic

## Unlock Superior Comfort and Support with Our Lymphedema Therapy Compression Garments

At Functional Transformation Clinic, we understand the challenges of living with lymphedema. Our mission is to provide effective, high-quality compression garments that are covered by Medicare, making advanced lymphedema management accessible and affordable for you.

### Why Choose Our Compression Garments?

#### Exceptional Quality

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.

#### Personalized Fitting

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.

#### Comprehensive Support

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

#### Medicare-Covered:

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

*Transform your life* and reclaim your confidence with our Medicare-covered lymphedema therapy compression garments. Contact us today to schedule a consultation and experience the Functional Transformation Clinic difference.

#### James Ferrara

Occupational Therapist and  
Certified Lymphedema Therapist



Custom Made Compression  
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# Your Health IS OUR PRIORITY

Unexpected accidents and injuries can happen at any time. At Manatee Memorial Hospital, we will be there, ready to care for you around the clock.



**Manatee ER**  
at Bayshore Gardens  
An Extension of Manatee Memorial Hospital

5506 14th Street West  
Bradenton, FL 34207



**ER at Sun City Center**  
An Extension of Manatee Memorial Hospital

16504 U.S.301  
Wimauma, FL 33598



**Manatee ER**  
at Palma Sola  
An Extension of Manatee Memorial Hospital

633 75th Street West  
Bradenton, FL 34209

Manatee ER at Bayshore Gardens, ER at Sun City Center and Manatee ER Palma Sola (NOW OPEN) are extensions of Manatee Memorial Hospital that are full-service emergency departments with skilled physicians and nurses who provide care to those in need 24 hours a day, seven days a week.

- Shorter Wait Times
- 24/7 Emergency Physicians and Nurses
- Radiology and Laboratory Services
- Care for all ages
- Evaluation/treatment of a wide range of conditions, including stabilizing treatment for chest pain and stroke symptoms
- Broken bones, lacerations and pediatric care

 **Manatee**  
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206 2nd Street East, Bradenton, FL 34208 | 941-746-5111

These emergency departments are part of Manatee Memorial Hospital. They are not urgent care centers. Their services and care are billed at hospital emergency department rates. Wait times may vary. 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. 242119070-2300150 10/24