

S O U T H W E S T F L O R I D A ' S

Health & Wellness[®] MAGAZINE

December 2024

Manatee/Sarasota Edition - Monthly

www.swfhealthandwellness.com

 **FREE**

HORMONAL HARMONY

Balancing Body & Mind Through a Holistic Approach

THE HEALING POWER OF HOLIDAY TRADITIONS

STAY AHEAD THIS FLU SEASON

With Prevention and Care

UNLOCKING BETTER SLEEP



THE INSIDE SCOOP:
NAPLES SOAP COMPANY



Join others
who have
healed
their **legs.**



Do you suffer from any
of the following leg
symptoms?

Varicose Veins

Discoloration

Achy Legs

Spider Veins

Bruising

Fatigue

Swelling

Ulcers

Restless Legs

If you said **“YES”** to any of the above, you may have vein disease.



FLORIDA LAKES
VEIN CENTER

FloridaLakesVeinCenter.com

Call for a **FREE** vein screening. **It's a no veiner!**SM

19790 Wellen Park Blvd., Ste 201B,
Venice, FL 34293

941-777-7771

1217 Jacaranda Blvd.
Venice, FL 34292

941-257-0765

9114 Town Center Parkway, Ste 101,
Lakewood Ranch, FL 34202

941-866-8989

FAMILY FOOT & LEG CENTER

SARASOTA COUNTY'S
TOP PODIATRIST



Isin Mustafa

DPM, MSHS, DABPM, FACPM



SERVING YOU

WOUND CARE
HEEL PAIN
BUNIONECTOMY
HAMMERTOE
INGROWN TOENAIL

SINCE 2005

PLANTAR FASCIITIS
NEUROMA
SPORTS INJURY
ANKLE SURGERY
ACHILLES TENDONITIS

SAME DAY / NEXT DAY APPOINTMENTS



(239) 430 - 3668 (FOOT)

www.NaplesPodiatrist.com

Sarasota

3110 Fruitville Commons Blvd,
Suite 102,
Sarasota, FL 34240

**Next to
Coopers Hawk**

Maximize Your Healthcare Benefits with vipcare

At VIPcare, we specialize in primary care for Medicare beneficiaries, helping you get the quality, comprehensive care you need.

Take control of your health today!

Call (941) 271-7897

www.getvipcare.com



8620 S Tamiami Trl, Ste F&G
Sarasota, FL 34238



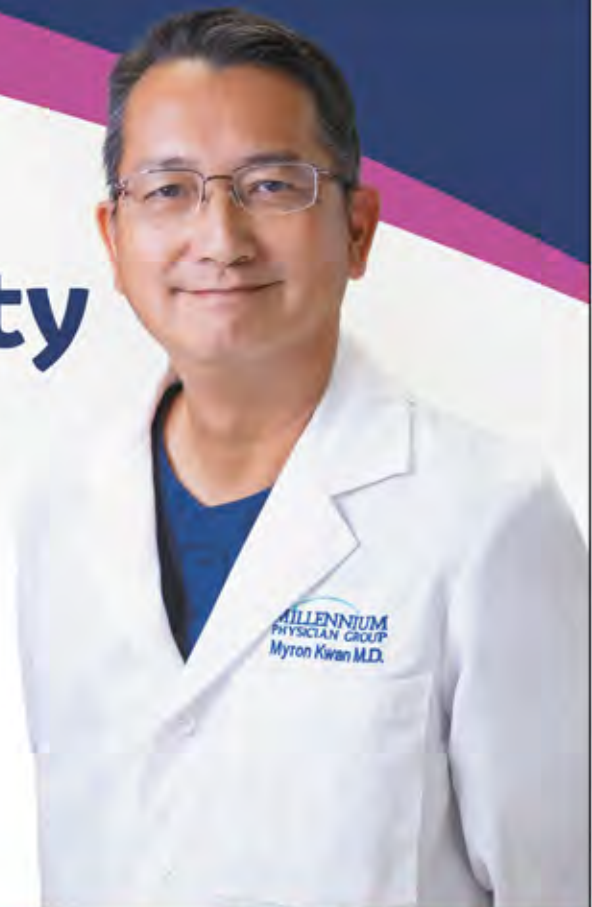
MILLENNIUM
PHYSICIAN GROUP
Your Connection to a Healthier Life

Your Health, Our Priority Meet Myron Kwan, MD

Schedule your appointment
for primary care today!

941.205.9577

MillenniumPhysician.com



5741 Bee Ridge Rd, Suite 250, Sarasota, FL 34233

CONTENTS DECEMBER 2024

- 6** The Inside Scoop:
Naples Soap Company
- 7** Evolving Healthcare,
CENTERED ON YOU
- 8** Breakthrough Treatments for
Peripheral Neuropathy
- 9** Stay Ahead This Flu Season
With Prevention and Care
- 10** The Healing Power of
Holiday Traditions
- 11** Plantar Fasciitis
- 12** Hormonal Harmony:
Balancing Body and Mind through
a Holistic Approach
- 13** Stem Cell Awareness
- 14** Holiday Travels:
How You Can Prepare Your Eyes
- 15** Celebrating Success...
Recognizing the Impact of
Employees
- 18** Lymphedema and
Vein Disease
- 20** Confronted with a
Non-Healing Wound
- 22** Upper Cervical Care Beneficial
for Children
- 23** Moving Can be Stressful,
Freedom Village Makes it Easy
- 24** FGCU Addresses Growing
Demands of Medical Device Industry
- 25** Wound Care and Lymphedema:
The Transformative Power of
Compression Garments
- 26** TBS: Osteo - Because Bone
Structure Matters
- 27** GAINSWave is Making Headlines
Due to its Ability to Prevent & Treat ED
- 28** Unlocking Better Sleep:
How Prime IV Hydration & Wellness
Can Revolutionize Your Rest
- 29** Oral Care for Infants & Toddlers
- 30** Effective & Proven Chronic Pain
Relief with VAX-D®
- 31** Spiritual Wellness:
It's a Wonderful Life

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
sonnygensing@yahoo.com



Publishing • Advertising • Web Design • Graphic Design

Southwest Florida's Health & Wellness Magazine can be found in over 600 Southwest Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Southwest Florida's Health&Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239.588.1200
Cristan@gwhizmarketing.com

G WHIZ Marketing, LLC | 1630 Caxambas Court | Marco Island, Florida 34145

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2024. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTHWEST FLORIDA'S Health & Wellness Magazine. SOUTHWEST FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTHWEST FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

BREAKTHROUGH NEUROPATHY TREATMENT !!

**LEARN HOW TO GET LASTING RELIEF FROM:
PERIPHERAL NEUROPATHY**





✓ Pins and Needles

✓ Numbness/Tingling

✓ Loss of Balance

✓ Pain in Feet/Hands

✓ Burning Sensation

✓ Can't Feel The Ground

WITHOUT THE USE OF DRUGS OR SURGERY!

Clinical studies reveal:

The debilitating pain, numbness and tingling experienced by patients suffering from Peripheral Neuropathy can be **SUCCESSFULLY TREATED WITHOUT THE USE OF DRUGS AND SURGERY.**

In this cutting edge FREE Seminar you'll learn:

- Why many treatments for neuropathy don't work.
- The underlying causes of peripheral neuropathy.
- The Nobel prize winning discovery that every neuropathy patient MUST know.
- How neuropathy is diagnosed and when it can be successfully treated.
- A simple home therapy that is used by some of the largest hospitals to treat neuropathy.

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



Presented by:
Dr. Kenneth Carle
Chiropractic Physician



**RENEWED LIFE
WELLNESS
CENTER**

**To Schedule An Appointment,
Call Us Today:**
Office: (941) 371-6779
Cell: (941) 376-1488
www.renewedlifewellnesscenter.com
5664 Bee Ridge Rd., STE 100, Sarasota, FL 34233

The Inside Scoop: Naples Soap Company

**Skin & Hair Care
formulated to
stimulate the senses,
soothe skin and
pamper the soul.**

We leave out the harmful additives - we've dubbed as **Badditives™** - and replaced them with clean ingredients, highlighted by subtle, delightful scents that even the most sensitive skin users can enjoy.



My Story

See a problem. Solve a problem. I suffered from psoriasis and eczema for much of my life. My daughter was born with eczema as well. I tried many prescriptions and over-the-counter products on the market to relieve our itchy skin, but none were effective.

8 million
people in the U.S. have **psoriasis**

31 million
Americans have
some form
of **eczema**

16 million
suffer from the signs
and symptoms
of **rosacea**

millions
of people are just
like Deanna



Deanna Wallin,
Founder & CEO

As a former Registered Nurse with a background in healthcare and wound care, I started researching what we were putting on our skin that could be causing our skin irritations. I read product labels and researched ingredients used in many beauty products. It was a real eye opener. I was shocked to learn about the negative effects of ingredients like propylene glycol, parabens, hardening agents, phthalates and much more.

**15
Years &
Counting**

naturally better
skin care

Today, we operate 13 locations in Florida with over 600 different products. It has been a pleasure to meet and help so many people. I hope we can help you, too!

I knew there had to be a better alternative, so I started experimenting with natural skin care products made with coconut oil, shea butter and olive oil. Soon after, my daughter and I started to see real results. I was on to something life-changing and decided to use my skin care journey to help others as well.

In 2009, I opened Naples Soap Company in a 300 sq. foot shop in Naples, Florida. I created my own line-up of products for people just like me with sensitive skin.

Deanna

Sincerely,
Deanna Wallin
Founder & CEO, Naples Soap Company



Evolving Healthcare, CENTERED ON YOU

Manatee Health offers a wide variety of innovative services and convenient access within a robust network of care.

From our advancements in robotics, cardiac care, emergency services and the expansion of other specialty areas, we are committed to continuing Manatee Memorial Hospital's proud, seven-decade legacy of service.

Our network includes:

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



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



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



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



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

DISCOVER THE FUTURE OF INNOVATIVE HEALTHCARE WITH US.

For more information, please visit manateehealth.com



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. 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 facilities shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website.*

Breakthrough Treatments for Peripheral Neuropathy

Peripheral neuropathy (PN) is a condition characterized by damage to the peripheral nerves, especially in the feet and or hands.

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

- Numbness or tingling in the hands or feet
- Burning or shooting pain, often described as pins and needles
- Muscle weakness or difficulty moving the toes or fingers
- Sensitivity to touch, especially while trying to sleep
- Loss of coordination and balance

These symptoms can range from mild to severe and will worsen over time if left untreated. It's essential for individuals experiencing symptoms of peripheral neuropathy to seek medical attention to determine the cause and properly manage this condition.

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

- 1. Diabetes:** High blood sugar levels can damage the nerves over time, typically starting in the feet and gradually progressing up the legs and into the hands.
- 2. Trauma or Injury:** Physical trauma, such as car accidents, falls, or sports injuries to the lower back or neck, can directly damage peripheral nerves and result in neuropathy.
- 3. Toxicity-Related Neuropathy:** Certain medications used in chemotherapy can cause peripheral neuropathy as a side effect. Other drugs, such as statins, can also cause neuropathy. Statins reduce the fats that build up in your arteries, but they also reduce the fatty myelin sheath of the nerves, which causes the nerve to die.

Treatments for peripheral neuropathy can include:

- 1. Neuro-Electrical Treatment:** These FDA-approved medical devices are designed to repair and regenerate damaged nerves in individuals suffering from peripheral neuropathy. Clinical studies have shown promising results in reducing pain and improving nerve function in patients with peripheral neuropathy.
- 2. Red Light Therapy:** Red light therapy, also known as low-level laser therapy (LLLT), is a non-invasive treatment that uses specific wavelengths of light to stimulate cellular repair and reduce inflammation.



A study published in the *Journal of Diabetes Research* found that red light therapy significantly reduced pain and improved nerve function in diabetic patients with peripheral neuropathy.

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

In most individuals, just doing one of the above treatments may not be enough to receive a therapeutic benefit. Neuropathy is a complex disease that requires a multi-faceted approach.

Patient Testimony: Sue Brown, Sarasota, FL

"In the spring of 2021, I entered a recovery center to break free from a three-year dependency on prescription opioids, specifically oxycodone, which I had been taking to manage the stinging pain in my feet and toes. Over time, my need for the medication kept increasing—a clear sign of addiction.

It wasn't until January 2022 that I discovered Dr. Ken Carle. By then, I had been off opioids for nine months. Since starting treatment with Dr. Carle, I've noticed a significant improvement in my quality of

life. His innovative neuropathy treatments have helped me manage my symptoms day by day, right from the comfort of my home. These treatments include circulation enhancement, red light therapy, foot massage, and a nerve electric modality. In addition, I visit his office twice a month for further nerve therapy.

I've even attempted to play Pickleball once or twice, but the stinging pain caused by wearing tennis shoes still is limiting my participation. At the onset of my condition, I lost my job of 38 years as a microbiologist because I could no longer wear close-toed shoes. Nowadays, I typically wear sliders, which allow me to keep my toes uncovered and more comfortable.

I've just returned from a two-week adventure that included a visit to Seattle, a seven-night Alaskan cruise, and three additional nights in Vancouver. I brought some of my treatment modalities with me as I don't want to be without them. Although I still experience stinging pain, especially in my toes, I am managing it much better now.

Back in 2011, when I was first diagnosed with severe idiopathic neuropathy in my feet and toes, I never would have imagined that I could embark on a journey like this. Thanks to Dr. Carle, I've regained a sense of freedom and the ability to enjoy life again."

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



Dr. Kenneth Carle
Chiropractic Physician



**RENEWED LIFE
WELLNESS CENTER**

(941) 376-1488

www.renewedlifewellnesscenter.com

5664 Bee Ridge Rd., STE 100,
Sarasota, FL 34233



Stay Ahead This Flu Season With Prevention and Care

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

As we approach winter, flu season is upon us. The holidays are a time for family, friends, joy, and celebration. Unfortunately, it is also the time of year when flu activity tends to peak. Understanding the cause of the flu, how it spreads, and how to protect yourself and your family is essential to staying healthy during this time of year.

At Millennium Physician Group, we believe in the importance of flu prevention and educating our patients on how to stay healthy all year round. Whether you are thinking about getting a flu shot, trying to understand your symptoms, or looking for ways to avoid the flu, here's what you need to know.

What is the Flu and How Does it Spread?

Flu is a contagious respiratory illness caused by influenza viruses. The disease can infect the nose, throat, and sometimes the lungs, causing a range of mild to severe symptoms that typically come on suddenly. For some people, the flu can be debilitating, leading to serious complications and even death.

The flu spreads mainly through minuscule droplets released when someone infected coughs, sneezes, or speaks. These droplets can then land in the mouths or noses of people nearby, with close contact as a primary method of transmission. Flu viruses can also survive on surfaces for 24 to 48 hours. This means touching a contaminated surface and then touching your nose, mouth, or eyes is a possible method of infection.

Flu Prevention Matters

Flu season typically peaks between December and February, but it is possible to have outbreaks anytime during the year. Staying current on flu cases in your community can help you know if and when you should get your flu vaccine. Each year, the vaccine is created to protect against the most common strains of influenza expected during that particular flu season.

Even if you've had the flu or received a flu shot before, it's crucial to get vaccinated each year. The flu vaccine is recommended for everyone 6 months and older. It's important to note that the flu shot does not stop you from getting the flu. If you do get the flu after being vaccinated, it can reduce the severity of symptoms and the duration of the illness.



Additional flu prevention tips include:

- **Wash your hands frequently** with soap and water for at least 20 seconds.
- **Cover your mouth and nose** when you cough or sneeze to avoid spreading germs.
- **Avoid close contact** with people who are sick, and stay home if you're not feeling well.
- **Avoid touching your face** and disinfect solid surfaces that may carry germs, like your cell phone.

What to Watch For: Common Flu Symptoms

While anyone can get the flu, certain groups are at higher risk for developing serious flu-related complications. This includes children under 5 years old and adults 65 years and older, as well as pregnant women and people with a body mass index (BMI) of 40 or higher. Additionally, people with chronic medical conditions like asthma, diabetes, or heart and lung disease should take preventative measures during flu season. If any high-risk individuals develop flu symptoms, they should seek medical attention immediately.

Flu symptoms can seem like they appear out of nowhere and include:

- Fever or Chills (although not everyone experiences a fever)
- Cough
- Sore Throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Fatigue
- Vomiting and diarrhea (commonly in children)

If you or a loved one experiences these symptoms, it's important to talk to your doctor about treatment and take steps to prevent spreading the disease.

What to Do if You Get Sick

Flu symptoms can be similar to the common cold. While both are respiratory illnesses, the flu is more likely to cause fever, body aches, fatigue, and severe respiratory symptoms. Colds are usually milder with fewer severe symptoms.

If you're unsure whether you have the flu or cold, it's best to consult with your healthcare provider. They may recommend you get tested or prescribe antiviral medications. Antiviral medications are only available as a prescription and may reduce the severity and length of symptoms and prevent serious complications. Rest and drinking plenty of fluids can also help you recover quickly.

Take Control of Your Health with Millennium Physician Group

Flu season can bring about serious health problems, but by being aware and practicing preventative measures, you can better protect yourself and your family.

If you have questions or concerns about flu prevention and how you can take control of your health, Millennium Physician Group is here to help guide you. Reach out anytime, and we can work together to create a plan that prioritizes your health.



Myron Kwan, MD

5741 Bee Ridge Road, Suite 250
Sarasota, FL 34233

941.552.8808 | MillenniumPhysician.com

The Healing Power of Holiday Traditions

The holiday season is a time of celebration, warmth, and connection. Beyond the festive decorations, delicious treats, and gift-giving, holiday traditions have a profound impact on our emotional and physical well-being. For many, they provide a sense of continuity, comfort, and joy that can be incredibly healing.

The Joy of Familiar Rituals

Whether it's decorating the tree with family ornaments or baking your favorite holiday cookies, the familiarity of these rituals brings a sense of comfort and security. Holiday traditions often bring people together, creating special moments with loved ones that reinforce emotional bonds. These shared experiences help reduce feelings of loneliness or stress, promoting mental health and emotional resilience.

Stress Relief Through Fun and Creativity

The holidays are also a time to let go and have fun. Whether you're hanging up holiday lights, listening to your favorite holiday tunes, or crafting homemade gifts, these activities can reduce stress and spark creativity. Engaging in playful, low-pressure activities can give you a break from the daily grind and improve your mood.

These festive moments don't just benefit your mental health. Participating in holiday traditions can lower cortisol levels, helping to reduce stress and its harmful effects on the body. Activities like decorating, cooking, and gift-wrapping allow you to be present in the moment, providing a mental break and boosting overall well-being.

Reflecting on Gratitude and Giving

Holiday traditions often encourage us to reflect on the past year and express gratitude for the people and blessings in our lives. This practice of gratitude can have powerful benefits for both mental and physical health. Studies have shown that people who regularly practice gratitude experience lower blood pressure, improved immune function, and better sleep.

Traditions that focus on giving, such as volunteering or exchanging thoughtful gifts, can also foster a sense of purpose and joy. Acts of kindness, whether big or small, have been shown to reduce stress, increase happiness, and even boost life expectancy.



The holiday season reminds us that giving is often just as rewarding as receiving.

A Sense of Continuity and Comfort

For many, holiday traditions offer a sense of continuity, providing comfort through their familiarity. No matter how much life changes, these rituals remain, grounding us in what really matters—family, friends, and love. These traditions become the threads that connect generations, preserving memories and creating new ones.

Even simple traditions like watching holiday movies, going caroling, or visiting a local tree farm can anchor us during the often hectic holiday season, reminding us to pause and enjoy the present moment.

As you embrace the joy and healing power of holiday traditions this season, don't forget to prioritize your health. At VIPcare, we are committed to helping you feel your best all year long. Schedule an appointment with your local VIPcare provider today by calling 941-271-7897 and take the first step toward a healthier, happier you this holiday season!

vipcare 

941-271-7897

www.getvipcare.com

8620 S Tamiami Trl, Ste F&G
Sarasota, FL 34238



PLANTAR FASCIITIS

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

The dreaded Heel Spur Syndrome or Heel Pain is a term that many are unfortunately familiar with. It sidelines elite and novice athletes, alike. Many want to know if their heel pain will ever go away and when they will be able to return to their prior activity level without the recurrence of this offending heel pain?

First, let's start with a basic understanding of plantar heel pain also known as plantar fasciitis (PF). Contrary to what a majority of people believe, it is not the bone spur that causes the pain. Rather, it is caused by damage to the plantar fascia. The plantar fascia is a thick-band in the bottom of your foot that provides arch support and shock absorption. Pain associated with PF is typically isolated to the plantar heel (where the plantar fascia inserts on the heel bone) and can occur in the arch region as the plantar fascia travels from the heel to the ball of your foot. Pain can be severe with your first step in the morning or after being seated for an extended period of time. The pain may improve with movement only to return again. If the pain has been present for a short time, it is mainly inflammatory and a strain of the fascia (acute phase). If the pain has been present longer than six months, it is no longer inflammatory but related to degenerative changes. Chronic scar formation is seen with micro-tears of the fascia in this latter stage.

As an active person or athlete there are many factors that you can control to prevent PF. For instance, your training program plays an integral role. You want a program that gradually increases your activity level. This includes both the length and intensity of your program. For example, if you are a long distance runner your weekly mileage should gradually increase. Sudden increases greatly increase your risk of developing PF. In addition, one should consider the environment he or she is training in. Athletes should avoid or limit training on hard surfaces like asphalt or uneven terrain. Hills or other steep inclines should also be gradually incorporated rather than sudden changes in one's routine. When training, an individual's exercises should be strategically planned. Activities that are very demanding or have a higher risk of injury (if performed incorrectly) should be performed early in your workout. For example, box jumps have a high risk of Achilles injury and/or plantar fascia injury if done improperly. They are a great example



of an exercise that should be performed early in your workout. Footwear is another important factor. A person's footwear should be the appropriate size and be specific for that sport or activity-taking place. Worn down shoes or insoles must never be used during any activity or sport related activity. My recommendation for athletes, especially long distance runners, is to alternate shoes and/or insoles, as well as, changing your footwear or insoles every 6 months (this can vary depending on your activity level, sport, and how often a user alternates their insoles).

Incorporating recovery into one's training program is a preventative measure to aid in the prevention of PF. This include various myofascial release techniques like foam-rolling, hyper-volt, and massage. Stretching is another key component. A tight Achilles tendon directly contributes to developing heel pain. Routinely performing Achilles stretching exercises can significantly reduce the chances of developing heel pain and prevent recurrence. Finally, consideration of one's foot type is essential. For example, someone with flat feet should use some type of orthotics for arch support.

Awareness of potential causes of heel pain and the ability to manage the risks can greatly reduce the likely hood of developing PF and prevent recurrence. If you or someone you know develops heel pain, I highly recommend seeking professional

treatment as soon as possible. A professional medical provider will be able to determine the exact cause of the heel pain. Once the etiology of the heel pain is determined, an appropriate treatment plan will be initiated specific to the patient's lifestyle, foot type, and designed around any sport related activity the patient is engaging in. The sooner professional treatment is given; the sooner the patient can return to their prior activity level.

Isin Mustafa, DPM, MSHS, FACFAS, DABPM

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

Call 239-430-3668 or visit

www.NaplesPodiatrist.com to make an appointment. Visit FootHealthFacts.org to learn more about foot and ankle conditions.



**3110 Fruitville Commons Blvd,
Suite 102**

Sarasota, FL 34240

(Next to Cooper's Hawk restaurant)

(239) 430 - 3668 (FOOT)

www.NaplesPodiatrist.com

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.



HORMONAL HARMONY: Balancing Body and Mind through a Holistic Approach

BY DR. KAROLINA BAKER, MD

In the intricate dance of human physiology, hormones play a crucial dual role - both physiological and psychological. These powerful chemical messengers are the conductors of our most fundamental bodily experiences, simultaneously regulating critical functions like metabolism and growth while profoundly influencing our mood, behavior, and overall mental well-being.

The Complex World of Hormonal Interaction

Many patients arrive at our clinic unaware that hormonal imbalances could be the root cause of their health concerns. These invisible conductors of our body's symphony can trigger a wide array of symptoms, from persistent fatigue and unpredictable mood swings to unexplained weight fluctuations and sleep disturbances.

The endocrine system operates as an intricate, interconnected network where each hormone potentially impacts our mental state in nuanced and profound ways. Consider cortisol, often dubbed the "stress hormone" - when chronically elevated, it can cascade into a complex web of physical and mental health challenges:

- **Physical manifestations:** Fatigue, weight gain, high blood pressure, digestive problems
- **Mental health impacts:** Irritability, anxiety, depression, impaired memory

Similarly, thyroid hormone imbalances can create a perfect storm of symptoms affecting both body and mind. Reproductive hormones like estrogen and testosterone further demonstrate this intricate dance, with their fluctuations potentially triggering mood swings, anxiety, and cognitive difficulties.

The Aging Factor: Hormonal Decline

As we age, hormone levels naturally decline, increasing our vulnerability to degenerative diseases and systemic inflammation. This process typically begins during menopause but can start earlier. The consequences of hormonal deficiency are comprehensive:

- **Physical changes:** Decreased muscle mass, reduced bone density, skin transformations
- **Cognitive impacts:** Forgetfulness, potential cognitive decline
- **Long-term health risks:** Heart disease, osteoporosis, decreased libido

Rebalancing Hormones: A Holistic Approach

Addressing hormonal imbalances requires a multifaceted strategy. Hormone Replacement Therapy (HRT) represents one approach, but it's not a one-size-fits-all solution. Comprehensive hormone management involves:

1. Lifestyle modifications
2. Stress management techniques
3. Nutritional optimization
4. Targeted medical interventions

Bioidentical vs. Synthetic Hormones: Understanding the Difference

Not all hormone replacement therapies are created equal. Bioidentical hormones, derived from plant sources like soy or yam, are molecularly identical to human hormones. Unlike synthetic alternatives, they are designed to restore normal physiological function with potentially reduced side effects.

The key differences lie in molecular structure and metabolic interaction. Bioidentical hormones are crafted to mimic the body's natural hormonal processes, potentially offering a more harmonious approach to hormone replacement.

The Evolving Landscape of Hormone Replacement

Historical perspectives on HRT have been complex and sometimes controversial. The landmark Women's Health Initiative study in 2000 initially raised concerns about increased health risks. However, subsequent research has refined our understanding, highlighting the importance of:

- Personalized treatment approaches
- Using natural, bioidentical hormones
- Considering individual patient profiles
- Employing appropriate delivery methods

A Holistic Well-being Framework

True hormonal harmony extends beyond medical intervention. It encompasses:

- Nutrition that supports endocrine function
- Regular physical activity
- Stress reduction techniques
- Quality sleep
- Emotional well-being practices

Mindfulness practices like meditation and yoga have demonstrated remarkable ability to regulate stress hormones and enhance emotional resilience. Regular exercise helps balance hormones like insulin and growth hormone while simultaneously releasing mood-enhancing endorphins.

ABOUT AVEN CLINIC

By using a combination of integrative medicine and functional medicine, we strive to give our patients a better understanding of the beautiful ecosystem that occurs within our bodies. When our bodies are not functioning optimally, this ecosystem is compromised. It is our mission to provide accurate knowledge on how to improve their health and lifestyle choices by identifying the root cause of "dis-ease" and healing the body with a balance of science and holistic modalities.

Aven Clinic is an Integrative Primary Care and Functional Medicine clinic. We specialize in addressing a full spectrum of health conditions, including: sexual health, aging, weight gain, hormone imbalance, chronic viral illness, immune system regeneration, autoimmune conditions, Lyme disease, chronic fatigue, fibromyalgia, and more. Our treatment services help to promote healthier cells and tissues for a better quality of life. We achieve this by improving energy and promoting overall well-being.

The functional Medicine approach addresses the underlying causes of disease by using a systematic approach while engaging both patients and practitioners in a therapeutic partnership. It is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st century.

Functional Medicine addresses the whole person and sets out to treat the root cause of disease, not just mitigate symptoms with medication. This patient-centered approach involves a more thorough health evaluation, factoring in one's history, lifestyle, environment, genetic components, and emotional state, which is important to properly diagnose and treat. In this way, functional medicine supports the unique expression of health and vitality for each individual.

Our goal is to offer personalized and accessible functional medicine strategies for motivated, coachable, and committed individuals seeking to restore their health.



AVEN CLINIC
FUNCTIONAL MEDICINE

1219 S. East Avenue, Ste 308, Sarasota, Florida 34239
(941) 500-2093 | avenwellness.com



Stem Cell Awareness

By Max MacCloud, DO, ND, PhD

December represents many things, now it is also recognized as Stem Cell Awareness month. It does make sense to stop and marvel at stem cells, the body's marvel of repair and regeneration.

All healing, repair, and regeneration are carried out by stem cells. Aging is associated with a decline in many things including stem cells, capillaries, digestive capabilities, immune system integrity, muscle & strength, physical performance, metabolic efficiency and many other functions.

The reality is that these declines do not have to be. Every one of those things can be mitigated and largely reversed with the right tools & strategies.

December presents a great opportunity to learn more about how stem cells might help you with virtually ANY health challenge. Stem cells are being used around the world for over 70 different conditions although they are only approved for a half a dozen types of cancer in the US. We are, however, allowed to use them in the US, contrary to what many people believe.

All stem cells and stem cell clinics are NOT the same.

As with everything, there are right ways and wrong ways to provide stem cell therapies. Here are a few things to consider.

Who is promoting and doing the treatments? Is it someone that is properly trained in the area as opposed to a chiropractor or nurse practitioner? While both can be extremely capable in their areas of expertise, neither are trained to perform such services as part of their profession. That typically means an online course or weekend training.

What type of stem cells are they using? Many still use bone marrow as it costs them significantly less to harvest than it does to purchase high quality stem cells from the top stem cell labs. Umbilical stem cells and related factors harvested from Wharton's Jelly are by far the best stem cells to use.

Is the treatment being delivered in one session or spread out over several? Most do a single injection session which is not optimal. Our bodies heal best with repeated stimulation and support; think singles and doubles vs. homeruns.

What kind of support do they provide? Most of the 'stem cell mills' do not provide any support. It's basically wham, bam, thank you mam; shots, out the door,

and see you in a few months for a follow up. Our bodies heal best with proper, repeated stimulation and support over several weeks.

Should you consider going out of the country to get treated? Here's what you should know about offshore stem cell clinics. Although some are very good, they all use 'expanded cells' which means that the cells used are put in a bioreactor/bio incubator and stimulated to reproduce. The problem is that these bioreactors create a stressful environment that leads to increased amounts of DNA mutations. The point is that you may get more stem cells, but they will have some issues that may reduce their benefits.

Now, let's dive into a cutting-edge approach that's turning science fiction into reality: The Wolverine Healing Protocol.

Unleashing Your Inner Superhero

Most people know Wolverine, the X-Men character with his astonishing ability to heal from almost any injury. Well, we might not be able to give you adamantium claws, but our Wolverine Healing Protocol aims to supercharge your body's natural regenerative powers. Here's how we're combining stem cell science with a holistic approach to healing:

The Stem Cell Supercharge

At the heart of our protocol are advanced regenerative injection therapies. We're talking stem cells, exosomes, and other innovative solutions that make your cells say "Oh yeah, it's healing time!" These tiny powerhouses can help:

- Revive & Supercharge you own stem cells to repair damaged tissues
- Reduce inflammation & modulate the immune response
- Promote the growth of new, healthy cells via your body's natural healing process

But we don't stop there. Like any good superhero, we're bringing in some powerful allies.

Nutrition: Fuel for Your Cellular Superheroes

Our elite nutrition program isn't just about eating your veggies (though that's important too). We're talking about a scientifically designed diet & supplementation regimen that provides your body with the building blocks it needs for optimal cellular function and regeneration. Think of it as premium fuel for your inner Wolverine.

Shockwave Therapy: Good Vibrations for Healing

No, we're not talking about the Beach Boys. Shockwave therapy uses acoustic waves to stimulate blood

flow and cellular activity including collagen production. It's like giving your tissues a wake-up call, telling them it's time to kick healing into high gear.

Light Therapy: Illuminating the Path to Recovery

Basking in the glow of specific wavelengths of light can stimulate cellular energy production and promote healing. It's not quite like Wolverine's healing factor kicking in, but it's pretty close!

Joint Decompression: Enhancing joint space & fluid exchange

As a joint degenerates the joint space and fluid exchange decline. Decompression therapies have been known to help for over a century but few 'stem cell clinics' provide proper joint decompression, we do.

The Wolverine Healing Protocol in Action

Imagine you're recovering from an injury or managing a chronic condition. Here's how our protocol might work:

1. Targeted regenerative injections to kickstart the healing process
2. Customized nutrition plan to fuel your cellular repair crew
3. Regular shockwave therapy sessions to keep those cells on their toes
4. Light therapy to boost energy production and reduce inflammation
5. Ongoing monitoring and adjustments to optimize your healing journey

Join the Regenerative Revolution

This Stem Cell Awareness Month, we're not just talking about the potential of regenerative medicine – we're putting it into action. The Wolverine Healing Protocol is our way of combining cutting-edge science with a holistic approach to health and healing. Remember, while we can't promise you'll be able to survive an adamantium bonding process, we can help you tap into your body's incredible capacity for healing and regeneration. Who knows? With the power of stem cells and our comprehensive approach, you might just feel like a superhero after all. So, are you ready to unleash your inner Wolverine? Let's heal, regenerate, and thrive – no mutant genes required!

Take action and call us today. We offer a brief free phone consultation and a discounted live consultation to see if you are a good candidate for what we do. This month we are opening our new, expanded facility at 6968 Professional Parkway in Lakewood Ranch; it is just around the corner from Ruth's Chris's Steak House (University & LWR Blvd). We have expanded services including **Hyperbaric Oxygen therapy**, the latest **Aesthetic Laser therapy**, **Focused, rapid cryotherapy (helps with joint regen and body sculpting)**, and state of the art **ARX (Adaptive Resistance Exercise)**. We are one of, if not **THE TOP Regenerative Wellness facilities in the world** and we're right in your backyard.

Make an appointment today!
Age Reversal Technology Center, LLC
(941) 806-5511
ARTC.HEALTH

3226 Clark Rd. Sarasota, FL 34231

Holiday Travels: How You Can Prepare Your Eyes

George Skopis, M.D.

The holiday season is a time of joy, reunions, and travel. Whether you're driving over the river and through the woods or flying across the country to visit loved ones, your eyes face unique challenges during this busy season. From dry airplane cabins to long hours on the road, travel can take a significant toll on your visual health. Understanding how to protect and care for your eyes can make your holiday journey more comfortable and enjoyable.

Understanding Travel-Related Eye Stress

Traveling exposes your eyes to multiple stressors that can cause discomfort and potential long-term issues. Air travel, in particular, presents unique challenges. Airplane cabins have extremely low humidity levels, often below 20%, which is significantly drier than most indoor environments. This dry air can quickly lead to eye fatigue, irritation, and increased tear evaporation.

Road trips bring their own set of eye challenges. Long hours of driving, especially during winter when daylight is limited, can cause eye strain from constant focus and potential glare from snow or oncoming headlights. The combination of artificial lighting, digital screens, and extended periods of concentrated visual work can lead to significant eye fatigue.

Practical Preparation Strategies

- **Hydration is Key:** The first line of defense for travel eye care is proper hydration. Before your trip, increase your water intake and consider using preservative-free artificial tears. These lubricating drops can help maintain moisture and provide relief during long journeys. Pack a small bottle in your carry-on or travel bag for easy access.

- **Protection from Environmental Factors:** Invest in quality sunglasses that block 100% of UV rays. During winter, sun glare can be intense, especially when reflecting off snow or ice. Wraparound styles offer additional protection from wind and environmental irritants. If you wear contact lenses, consider bringing your glasses as a backup and to give your eyes periodic breaks.



- **Digital Screen Management:** Modern travel involves significant screen time. Whether you're navigating with your smartphone, watching in-flight entertainment, or working during transit, digital screens can cause significant eye strain. Follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds. This simple technique helps reduce eye fatigue and provides necessary breaks for your visual system.

- **Comfort and Comfort Accessories:** Consider packing eye-specific travel accessories. A good sleep mask can help protect your eyes during flights or in unfamiliar sleeping environments. Noise-canceling headphones can also indirectly benefit your eyes by reducing overall stress and tension.

Special Considerations for Different Travelers

Individuals with pre-existing eye conditions should consult their optometrist before traveling. Those with diabetes, dry eye syndrome, or wearing contact lenses might need additional precautions. Always carry your current prescription and extra contact lenses or glasses.



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.



Retina Group
of Florida™

2601 Cattlemen Road, Sarasota, FL 34232

941-924-0303

www.retinagroupflorida.com

CELEBRATING SUCCESS...

Recognizing the Impact of Employees

At Manatee Memorial Hospital, staff are at the heart of what makes the hospital beat for the community. We are proud to highlight some truly exceptional members of our team who have demonstrated outstanding dedication to patient care and service. At Manatee Memorial, we believe in recognizing those who go above and beyond, and we're excited to announce the newest honorees of the Heart of the Hospital award. These individuals have exemplified the values of compassion, excellence, and teamwork that are the foundation of our care community.



Julie Brooks, Senior Employment Coordinator, 27 years

Julie loves this hospital so much that she goes out of her way to ensure our staff has what they need, feels heard and is appreciated. She coordinates every Employee of the Month award, CARES Awards and goes above and beyond to meet the needs of our staff each and every day. She comes in early, stays late and drops what she's doing at a moment's notice to address any human resources issue. She is the go-to for any hospital or HR questions.



For more information, visit manateehealth.com

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.



Ryan Wilson, Supervisor, Clinical Lab, 15 years

Ryan maintains a great attitude, even during challenging times, and is always willing to help anyone in need. He strives for excellence and serves with a big heart in all that he does. He embodies the qualities of leadership valued at the hospital.



Lara Alexander, Nurse Manager, Cath Lab, 25 years

In her day-to-day operations of managing the cardiac cath lab and cath lab holding, Lara works hard to help ensure that patients, staff and physicians are happy. "She loves to make our patients smile and laugh when they are in some of the toughest times of their lives," says Divisional Director of Invasive Cardiology Amy Kimball. "She will always do the right thing, even when no one is looking, and her passion for our emergency patients and our cardiac patients never ceases to amaze me."



Shontel Whitfield, Food and Nutrition Supervisor, 16 years

Patient Services Manager Jen James says Shontel has a true passion for her job, taking patient satisfaction quite seriously. If concerns arise during rounds with her patients, she remedies them immediately to help ensure a quality patient experience. Shontel also completes rounding with the nursing staff to see how Food and Nutrition Services can improve for staff and patients alike. "She is truly the heart of the hospital's kitchen," says Jen.



Darrell Lubben, Senior Data Architect, 29 years

"Over the last 29 years, Darrell has done so much for our healthcare network, providing employees with the resources they need to care for our patients," says Ward Rosen, Assistant Director of Information Services. "He has worked diligently to ensure our infrastructure is sound and works to establish consistent uptime of our network for everyone associated with the Manatee Health network of care."

Their commitment to excellence and tireless work in ensuring the highest quality patient care does not go unnoticed. We are proud to have them as part of our Manatee Memorial family.



Your Holiday Headquarters
for gifts, stocking stuffers & more

NAPLES SOAP COMPANY

Naples • Estero • Fort Myers • Venice
Punta Gorda • Lakewood Ranch
Kissimmee • Mount Dora • The Villages
Plantation • Santa Rosa Beach • Miramar Beach

Visit NAPLESSOAP.COM
& ship for free on orders \$50+

WOUND THAT WON'T HEAL?

Advanced In-Home Wound Care Providers



Treating Chronic and Complex Wounds

**95% of Patients
Achieve
Full Wound Closure
in under 6 weeks**

**CONTACT US
TODAY FOR
A FREE
CONSULTATION**

At **RxWound**, tailored treatment plans are designed to address the unique requirements of each patient's wound, maximizing the potential for optimal results. The extensive selection of wound grafts are safe, FDA-approved, and covered by Medicare Part B, giving seniors access to cutting-edge wound healing solutions.



Phone or Text: (813)765-8804
Email: Rick@gulfstream-med.com
Website: www.rxwound.com

EMBRACE A BALANCED, HEALTHIER LIFE



AVEN CLINIC
FUNCTIONAL MEDICINE

Discover the power of functional medicine at Aven Clinic, where we believe in healing the body by treating the root cause of illness, not just masking symptoms. Learn how we address a wide variety of health conditions with a personalized, integrative approach.

- Integrative Family Medicine
- Holistic Integrative Psychology
- Weight Loss
- Concierge Nutrition
- Hormone Therapy
- Vitamin IV Therapy
- Vitamin Injections
- Peptides

DR. KAROLINA BAKER, MD

1219 S. East Avenue, Suite 308, Sarasota, Florida 34239
(941) 500-2093 | avenwellness.com

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 Garments



941-371-1185
5957 Cattlemen Lane, Sarasota, FL
www.ftsarasotaclinic.com



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.



FLORIDA LAKES
VEIN CENTER

[FloridaLakesVeinCenter.com](https://www.FloridaLakesVeinCenter.com)

941-777-7771

19790 Wellen Park Blvd., Ste 201B
Venice, FL 34293

941-257-0765

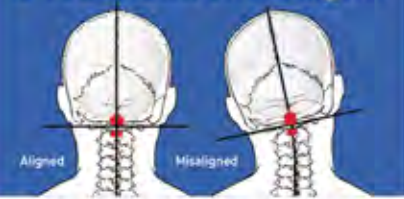
1217 Jacaranda Blvd.,
Venice, FL 34292

941-866-8989

9114 Town Center Pkwy, Ste 101,
Lakewood Ranch, FL 34202

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*.

Is Your Head on Straight?



We Put Your Head on Straight!

If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.

If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.



Free Consultation for All New Patients.

- Auto Accidents
- Fibromyalgia
- Lower Back Pain
- Meniere's Disease
- Neck Pain
- Sciatica
- Post-Concussion Syndrome
- TMJ
- Trigeminal Neuralgia
- Vertigo
- Whiplash

"I have over 20 years of practice experience and taking care of 10,000 patients from Los Angeles to Sarasota Florida. I recovered from severe chronic health problems 30 years ago after being introduced to Blair upper cervical technique. It's my lasting purpose to help as many people as possible live a life of health and happiness".

- Dr. Drew Hall

ACCEPTING NEW PATIENTS!

3920 Bee Ridge Rd, Bldg D, Sarasota, FL 34233
(941) 259-1891 • sarasotauppercervical.com

We're Open and Serving the Sarasota Community



ARE YOU READY TO TAKE THE NEXT STEP TOWARD TRUE HEALTH?

True Health is more than the absence of disease or symptoms, it is about living with vitality, free of physical limitations and pains. This level of health requires more than any standard doctor is trained to do. It requires a positive approach to build health from the ground up.

That means a sound Body Structure (joints), Proper Nutrition & Exercise, plus attention to the 4Ms of Microcirculation, Mitochondria, Metabolism, and Muscle/Metabolic reserve.

If you are ready to explore what it takes to truly build health, you owe it to yourself to visit us at the Age Reversal Technology Center.

We offer a wide range of programs and services to build health, including:

- Non-Surgical Regenerate Therapies to Heal Damaged joints
- Specialized Exercise including EWOT to Restore & Reset Microcirculation & Mitochondria
 - Elite Nutritional Support including IV Nutrition
 - Stem Cell & Exosome Therapies
- The Wolverine Healing Protocol and so much more

New Office Opening Late October in Lakewood Ranch at 6968 Professional Parkway.

Dr. Maximus MacCloud

D.O. N.D. PhD
Age Reversal Technology Center, LLC

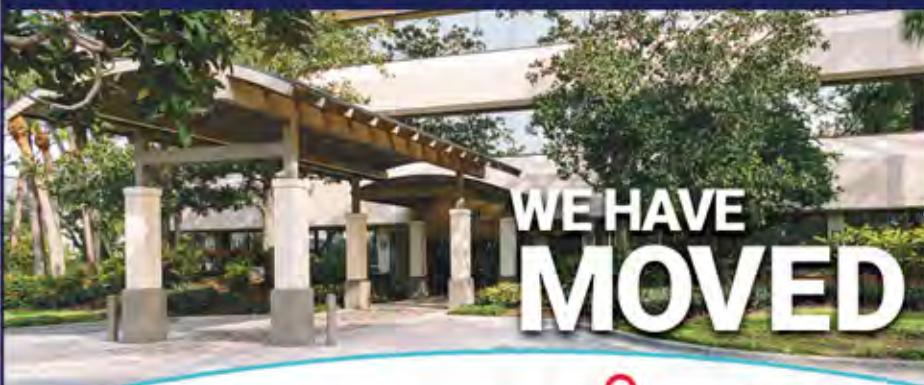
Call 941-806-5511

See ARTC.HEALTH

3226 Clark Rd. Sarasota, FL 34231



SUPERIOR TREATMENT, PERSONALIZED CARE



retinagroupflorida.com

Macular Degeneration / AMD • Diabetic Retinopathy
Flashes & Floaters • Artery & Vein Occlusions
Macular Conditions • Uveitis

For over 40 years, Retina Group of Florida has provided state-of-the-art retinal care with unsurpassed superior service to patients throughout South Florida. Using the most advanced methods, we diagnose and treat the full spectrum of retinal disorders.

NEW ADDRESS

2601 Cattlemen Road
Sarasota, FL 34232

941-924-0303

CALL TODAY!

5985 Silver Falls Run, Ste 102
Lakewood Ranch, FL 34211

941-269-4150

A Team of Experts:
Experience You Can Trust

Jesse T. McCann, M.D., Ph.D.
John Niffenegger, M.D.
Elizabeth Richter, M.D., Ph.D.
George Skopis, M.D.
Keye Wong, M.D.

Experience the Gulf Coast's Premier Life Care Community

Providing a complete array of healthcare services, living accommodations and activities for seniors.



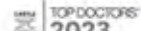
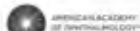
Freedom Village
of Bradenton

- ✓ INDEPENDENT LIVING
- ✓ REHABILITATION
- ✓ ASSISTED LIVING
- ✓ SKILLED NURSING
- ✓ MEMORY CARE
- ✓ IN-HOME CARE
- ✓ HOSPICE

Call 941-798-8122 to schedule a tour today!

6406 21st Ave. West, Bradenton, FL 34209

www.fvbradenton.com



CONFRONTED WITH A NON-HEALING WOUND?

A chronic wound is a type of wound that fails to heal in a timely manner, typically lasting for more than 12 weeks despite appropriate and consistent treatment. Chronic wounds can occur for various reasons, such as diabetes, venous insufficiency, arterial insufficiency, pressure ulcers, and other underlying conditions. These wounds often result from a disruption in the normal healing process due to factors such as poor blood circulation, inflammation, infection, and impaired immune response. The key characteristic of chronic wounds is the body's inability to progress through the normal stages of wound healing, including hemostasis, inflammation, proliferation, and remodeling.

This delay in healing is often caused by a combination of factors, such as impaired blood flow, excessive inflammation, bacterial infection, and tissue necrosis. Chronic wounds are typically classified based on their underlying causes, with the most common types being diabetic ulcers, pressure ulcers, venous ulcers, and arterial ulcers. To prevent chronic wounds from developing, it is essential to address the underlying risk factors and promote optimal wound healing.

This includes maintaining good hygiene, managing underlying health conditions such as diabetes and vascular diseases, avoiding prolonged pressure on vulnerable areas, ensuring adequate nutrition, and implementing appropriate wound care techniques. Additionally, regular monitoring and prompt intervention are crucial in preventing acute wounds from progressing into chronic wounds. In recent years, advancements in medical technology have revolutionized the treatment of chronic wounds, with amniotic technology emerging as a promising approach.

Amniotic technology utilizes the human amniotic membrane, a biological material derived from the placenta, to promote wound healing and tissue regeneration. The amniotic membrane is rich in growth factors, cytokines, and extracellular matrix proteins that have been shown to enhance the healing process and reduce inflammation. One of



the key benefits of amniotic technology is its ability to modulate the inflammatory response, reduce pain, promote angiogenesis, and stimulate tissue regeneration.

By applying amniotic membrane products to chronic wounds, healthcare providers can create a conducive environment for healing and accelerate the closure of non-healing wounds. Clinical studies have demonstrated the efficacy of amniotic technology in treating various types of chronic wounds, including diabetic ulcers, venous ulcers, and pressure ulcers. These products can be applied topically to the wound site or used in conjunction with other therapies to enhance their effectiveness.

In-home wound care is becoming more popular because it is a cost-effective and convenient way to treat chronic wounds. This method allows trained healthcare professionals to provide care in the patient's home. There are many advantages to in-home care, including a lower chance of infections from hospitals, increased comfort for patients, and a better quality of life for those with chronic wounds. Additionally, recent modifications to Medicare eligibility allow seniors to access amniotic technology and enjoy the benefits of these advanced wound care solutions from the convenience of their own homes.

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. RxWound offers an impressive range of tissue alternatives and tailored treatment plans that cater to the unique needs of each wound and patient. As a result, 95% of patients achieve full wound closure in less than 6 weeks.

Please call the number below for a free consultation.

WOUNDS WE TREAT

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

LOCATIONS WE SERVE

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



813-765-8804

www.RxWound.com

30+ FREE*

CAREER-ACCELERATOR PROGRAMS FOR SWFL RESIDENTS

*Applies to select programs. Check your eligibility based on residency.



LEARN MORE:
fgcu.edu/freeprograms



Dribbles, leaks, accidents - whatever you call it, we can help

Rebuild your pelvic floor
at Calvino Family Medicine
& Wellness and take back
control of your bladder.



BTL Emsella™ 

95%
OUTSTANDING
RESULTS

Join our Core to Floor Club TODAY!

The first non-invasive solution to address the whole core: Combine the Emsella and the Emsculpt Neo and you can improve your muscle strength, balance, and incontinence while destroying fat and building muscle. A sculpted, toned and a stronger you! **No pain and no down time!**

BUILD MUSCLE AND SCULPT YOUR BODY— NO SWEAT REQUIRED

EMSCULPT™

Call us today or visit our website to schedule a **FREE**
consultation: 941-637-0911 www.calvinofamilymd.com



**Calvino Family Medicine
& WELLNESS**



Dr. Stéphane Calvino
941-637-0911 • www.calvinofamilymd.com

260 Milus Street, Punta Gorda, FL 33950

Primary Care with
MDVIP

Southwest Florida's Health & Wellness Magazine



On the Web

SwfHealthAndWellness.com



On Facebook

[facebook.com/
healthandwellnessmagazine](https://facebook.com/healthandwellnessmagazine)



On Twitter

twitter.com/SWFHealthMag



In Your Inbox

Receive our monthly
newsletter. Sign up online

Providing information

that will promote living a healthy, well-balanced lifestyle.



Southwest Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

Upper Cervical Care Beneficial for Children

By Dr. Drew Hall

Some adults may wonder why more and more children are starting to see Upper Cervical Chiropractors. That's a good question and the answer is simple: whether we have a large spine or a small spine, if that spine is creating nerve distress then our bodies will not be able to operate properly.

The Nervous System is the Master Control of the Body

The nervous system is the master control system of our body and the messages exchanged between the brain and body (through billions of nerves) guide the transformation of a newborn child into an adult. Each message provides instructions to the child's growing body to provide for growth and repair of tissues, coordination of muscle activity, immune function, respiration and digestion among others.

As with adults, an upper cervical (neck) misalignment can have significant effects upon the nervous system's ability to transmit information to and from a child's body. If communication channels become fuzzy, distorted or damaged then we experience all sorts of communication errors. For babies and children, this ineffective communication may play out as colic or irritability, an inability to suckle and breastfeed, poor sleep and immunity, frequent ear infections, developmental delays, digestion issues, asthma, behavioral problems, low energy, inability to concentrate, headaches, etc – the list is endless. In fact, regardless of what the end result or symptom may be, all roads lead back to the body's ability to self-regulate and function at a peak level.

While upper cervical care may be able to help with a number of health issues, our focus is not treating conditions; rather, our focus is on ensuring the nervous system has every opportunity to work efficiently and effectively.

How Do Children get Nerve Irritation?

Nerve irritations (or vertebral subluxations) occur as a part of normal daily life. They result from physical, chemical and emotional stressors or 'insults' to our health, such as knocks and falls, bad posture, prolonged postures, stomach sleeping, poor food choices, dehydration, exposure to chemicals and toxins, and stress and anxiety.



Even before these lifestyle stressors have an impact, nerve irritation can occur in the uterus from awkward positioning, restriction of movement, and exposure to toxins, and from birth complications such as long labors, very fast labors, forceps or caesarean delivery. Even during the gentlest of births, presentation of the baby's head through the birth canal requires physical pressure exerted by the mother. This can force the baby's neck to twist or bend causing misalignment of the upper cervical vertebrae.

A study published in the *Journal of Manual Medicine* revealed that nearly 80% of all children are born with blocked or reduced nerve impulses due to a misalignment of the top bone in the spine called the Atlas. Dr. Gutmann, the medical doctor who performed the research, concluded that the blocked nerve impulses can cause motor and developmental impairments, as well as lowered resistance to infections, especially ear, nose and throat infections.

If the newborn makes it through the birthing process unaffected, the inevitable tumbles and falls of childhood increase the risk of injury to the upper cervical spine potentially compromising brain-body communication.

When we appreciate how important the nervous system is and how easily it can be hindered and impaired it makes sense that more parents are having their child's spine and nervous system assessed.

10 Reasons Parents Take Their Children to See Upper Cervical Doctors

1. To maximize the child's brain and nerve development (neural plasticity).
2. To enhance their child's overall health and wellbeing.
3. To strengthen immunity and reduce the incidence of colds, ear infections and general illness.
4. To help with colic and irritability.
5. To help with asthma, breathing difficulties and allergies.
6. To improve spinal posture.
7. To improve their child's ability to concentrate.
8. To assist with behavioral disorders and enhance emotional wellbeing.
9. To help alleviate digestive problems.
10. To assist with bed-wetting and sleep issues.

Because the upper cervical spine is the most mobile area of the entire spine, it is particularly vulnerable to injury, making it the most common location for spinal problems to occur. Get your children checked for a misalignment today!

If you are interested in learning more about how upper cervical care can benefit the smaller and younger members of your family, call Sarasota Upper Cervical Chiropractic and schedule a consultation with Dr. Drew Hall. Call 941-259-1891 today!



Dr. Drew Hall



**SARASOTA
UPPER CERVICAL
CHIROPRACTIC P.C.**

3920 Bee Ridge Rd, Bldg D, Sarasota, FL 34233

941.259.1891

sarasotauppercervical.com

MOVING CAN BE STRESSFUL, FREEDOM VILLAGE MAKES IT EASY

If you are a senior considering a move to a retirement community, you may be a bit overwhelmed with the prospect of having to sell your home and all that comes with downsizing, moving, and starting a new life.

You may be concerned – or even a little stressed – about the size of your new home and how you are going to fit your prized possessions into a smaller space. You could be flooded with thoughts about the logistics of the move itself and don't know where to start.

The best starting point to address these types of concerns is having a conversation with Jessica Campese, the move-in coordinator for Independent Living at Freedom Village of Bradenton, a Life Care retirement community that has been serving seniors since 1984.

“My job is to take away the stress of moving to our community,” said Jessica. “Moving to a senior living community is a big decision, and most people feel overwhelmed when they start, but we have a great team here who will help seniors every step of the way.”

Jessica meets with people who are considering a move to talk about one of the scariest realities they face: downsizing.

“We like to call it rightsizing,” she says. “When people age, they need to simplify their lives and reduce the stress they feel.”

Campese said that there are several things that cause seniors stress: managing a household, especially when a person lives alone; dealing with the overwhelming amount of stuff they have accumulated over the years; and worrying about what will happen if they become ill or who will care for them as they age and can no longer care properly for themselves.

“Moving to an independent living community takes away the pressure of owning a house,” Jessica said. “As one of our residency counselors, Bruce Call, likes to say, ‘you may love your house, but your house doesn’t love you back.’ Bruce is right, home



repairs, appliances breaking down, simple upkeep and chores cause pressure, not to mention the fear of living alone, especially during hurricane season.”

Jessica said the second concern people have – worry about what to do with all of their stuff -- can be crippling.

“We all have a bunch of stuff, and people get attached to their stuff. Unfortunately, stuff that is meaningful to us isn't important to our kids or grandkids, so we need to purge.”

“We listen to people to help them determine what is really important to keep, like family heirlooms, and help them sell other belongings or donate stuff to secondhand stores. It really is a wonderful feeling to declutter your life and start anew!”

Campese also assists people in renovating their new apartment home or villa, and of course, the move itself.

“We provide a full range of services, from helping seniors preserve and move their prized possessions, to choosing the right-sized apartment or villa, to selecting the paint colors and furnishings that will create a beautiful home. We have wonderful partners that specialize in helping seniors move.”

As a Continuing Care Retirement Community (CCRC), Freedom Village provides a full spectrum of living accommodations and health care services.

Five hundred of Freedom Village’s 700 residents live in independent living; the community also features assisted living, memory care, rehab services and skilled nursing. The Life Plan contract option guarantees priority access to these services at a greatly reduced rate compared to market rates.

“The best part of my job is seeing an individual or couple become part of our community because their life changes in such a positive way,” said Jessica. “The stress of everyday living melts away, and you can just feel the peace of mind and security our residents have. Freedom Village is a special place.”

SEE WHY LIFE IS BETTER HERE

Call us today at 941-798-8122 to learn why Freedom Village was selected Bradenton's Best Retirement Community or visit FVBradenton.com/events to reserve your spot at one of our upcoming luncheons.



**Freedom Village
of Bradenton**



www.fvbradenton.com

6406 21st Avenue West, Bradenton, FL 34209



Managed by
Life Care Services®

FGCU addresses growing demands of medical device industry

With micro-credentials and digital badges, students and working professionals can now elevate their career prospects

The demand for specialized skills in the medical device field is growing rapidly due to significant expansion of the global market for these products. According to Fortune Business Insights, the market was valued at \$518 billion in 2023 and is projected to reach \$886 billion by 2032. This growth is driven by an increase in chronic diseases like cancer and diabetes, leading to more diagnostic and surgical procedures. The U.S. medical devices market alone is expected to reach \$314 billion by 2032, fueled by research and development investments and innovation.

With the rising prevalence of chronic conditions and advancements in medical technology, there is a clear demand for professionals with specialized skills to develop, manage and operate these advanced devices. Florida Gulf Coast University offers two digital badges to equip students for careers in this field: the Fundamentals of Medical Device Industry badge and the Medical Device Professional Sales badge. Developed in collaboration with Arthrex, a medical device company that specializes in orthopedics and minimally invasive surgery, these courses prepare students with in-demand skills for the industry.



Digital badges at FGCU are micro-credentials that enhance an individual's resume by verifying to employers that they have the skills wanted in the workplace.

By fostering strong partnerships with leading companies like Arthrex, FGCU ensures students gain practical skills that are directly applicable to their future careers. This collaboration enhances the students' learning experience and benefits Southwest Florida by preparing a skilled workforce ready to meet the needs of area employers.



Fundamentals of Medical Device Industry Badge

Launched in 2020, this digital badge immerses students in the industry, from the healthcare marketplace to product development and management and to the needs of healthcare and medical providers. With 36 graduates, this program offers a hands-on learning approach, bridging the gap between theory and practice. Open to all majors, it includes a guaranteed interview with Arthrex, making it a direct pathway to a career in the medical device sector.

Students gain a deep understanding of the healthcare marketplace, including health systems, healthcare payers and federal healthcare policy. They apply concepts and theories in product development and management specifically to the medical device industry, covering the entire product lifecycle, from concept to post-market. Additionally, students explore the critical aspects of clinical and regulatory compliance, including medical device quality system regulations, which are essential for staying competitive and reducing time to market. The badge also focuses on orthopedic research and the fundamentals of medical education, ensuring that students have the specialized knowledge necessary for success in the industry. Finally, they hone their communication skills, enabling them to effectively engage with healthcare providers, administrators and patients.

Medical Device Professional Sales Badge

Introduced in 2024, this badge focuses on essential sales competencies within the medical device industry. Designed by FGCU faculty in collaboration with Arthrex experts, the course equips students

with the knowledge and skills required to build a successful career in medical device sales. Like the fundamentals badge, this program also offers a guaranteed interview with Arthrex, giving graduates a significant advantage as they begin their professional journeys.

In this course, students develop a strong foundation in the sales processes specific to medical device products, applicable to both surgical and non-surgical procedures. They also learn to apply concepts and theories related to product development and management within the industry, navigating the various stages of the product lifecycle, from planning and design to validation and market introduction. The badge also delves into the regulatory and compliance requirements that govern medical devices, ensuring that students are well-versed in quality system regulations and competitive strategies that reduce time to market. Additionally, students assess the value of orthopedic research and gain the medical education necessary to thrive in the industry.

Why Choose FGCU's Digital Badges?

These digital badges enhance credentials and provide a strategic advantage in a competitive job market. With the healthcare industry continuously evolving, professionals with specialized skills are increasingly in demand. FGCU's partnership with Arthrex ensures that students are not just learning theory but also gaining practical, real-world experience that employers value. Earning one of these badges is a significant step toward a rewarding career in the medical device industry.

Whether current students are looking to enhance their education, or professionals are seeking to pivot into a new field, FGCU's digital badges offer the flexibility and relevance needed to succeed. This opportunity enables individuals to invest in their future and take the first step toward becoming leaders in the medical device industry.

Take the Next Step Today

Don't just graduate — graduate with a competitive edge. For more information, or to enroll, visit fgcu.edu/digital-badges.



10501 FGCU Boulevard South
Fort Myers, FL 33965
(239) 590-1000 | fgcu.edu



Wound Care and Lymphedema: The Transformative Power of Compression Garments

By James Ferrara - Occupational Therapist and Certified Lymphedema Therapist

Navigating 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.



**New Lymphedema Clinic in Sarasota
Specializing in Lymphedema Therapy
Compression Garments *Now Open!***

**IF YOU ARE IN NEED OF LYMPHATIC THERAPY,
CONTACT JAMES FERRARA - FUNCTIONAL
TRANSFORMATION CLINIC TODAY AT
941-830-3749. TO FIND OUT MORE, PLEASE VISIT
FTSARASOTA.CLINIC.COM.**



941-371-1185

**5957 Cattlemen Lane, Sarasota, FL
www.ftsarasotaclinic.com**

TBS: Osteo – Because Bone Structure Matters

Osteoporosis is a condition characterized by the weakening of bones, leading to an increased risk of fractures. Early detection and management of osteoporosis are crucial for preventing fractures and maintaining bone health. One innovative technology that has been integrated into imaging services for the diagnosis and management of osteoporosis is TBS iN Insight™.

TBS iN Insight™ is a software solution designed to assess bone microarchitecture, providing valuable insights into bone quality beyond what traditional bone density measurements can offer. TBS stands for Trabecular Bone Score, which refers to the evaluation of the microarchitecture of trabecular bone, the spongy bone tissue that makes up the interior of bones.

This technology enhances the screening process for osteoporosis and fracture risk by offering a more comprehensive understanding of bone health. Traditional methods, such as Dual-Energy X-ray Absorptiometry (DEXA) scans, primarily focus on bone mineral density. While bone mineral density is important in assessing bone strength, it doesn't provide a complete picture of bone quality.

TBS iN Insight™ works by analyzing the texture and pattern of trabecular bone in the spine. Trabecular bone is vital for maintaining bone strength, and changes in its microarchitecture can indicate osteoporosis-related issues. The software generates a TBS score, which is then used with bone mineral density measurements to assess overall bone health.

The integration of TBS iN Insight™ into imaging services brings several advantages to the table:

1. Improved Fracture Risk Prediction: By assessing trabecular bone microarchitecture, TBS iN Insight™ enhances the fracture risk prediction beyond what traditional methods can achieve. This additional information is valuable for healthcare providers in identifying individuals at a higher risk of fractures.

2. Personalized Treatment Approaches: Understanding bone mineral density and trabecular bone quality allows for more personalized approaches to osteoporosis management. Healthcare providers can tailor interventions based on a more comprehensive patient bone health assessment.

 **Ask your medical provider about Advanced Bone Densitometry with TBS!**



50% of patients at risk of fracture are potentially missed by bone densitometry alone! You need additional information about your bone quality! This can be assessed by TBS.

3. Early Detection: TBS iN Insight™ contributes to the early detection of changes in bone microarchitecture, enabling proactive measures to be taken before significant bone loss occurs. Early intervention is crucial in preventing fractures and maintaining overall bone health.

In addition to the exciting integration of TBS iN Insight™ into our imaging services for osteoporosis diagnosis and management, some key points enhance the overall patient experience and accessibility to this advanced technology:

- **Availability Across Locations:** TBS iN Insight™ will be available at all three of our locations by mid-December. This widespread implementation ensures that patients can conveniently access this innovative screening technology, making it a seamless part of their healthcare journey.
- **Patient Empowerment:** To maximize the benefits of TBS iN Insight™, we encourage patients to proactively ask for TBS when scheduling their annual Bone Density/DEXA exams. This prompts a discussion between patients and healthcare providers about the relevance of TBS in their specific bone health assessment.

• **Insurance Coverage:** Good news for patients—insurance is covering the cost of TBS iN Insight™. While we have taken steps to facilitate insurance coverage, we still encourage patients to inquire with their insurance providers to ensure a clear understanding of the coverage details.

• **Efficiency and Safety:** Integrating TBS iN Insight™ into the screening process comes with no additional time requirements for the exam. Patients can expect the same efficiency level during their Bone Density/DEXA scans while gaining the added benefits of TBS iN Insight™. Importantly, there is no increase in radiation exposure associated with the inclusion of TBS iN Insight™, ensuring the safety of the screening process.

By disseminating this information, we aim to empower patients to participate in their bone health actively. The ease of access across our locations,

insurance coverage, and the seamless integration of TBS iN Insight™ into existing screening procedures underscores our commitment to providing comprehensive and patient-friendly healthcare services.

As always, readers are encouraged to discuss the inclusion of TBS iN Insight™ in their screenings with their healthcare providers. This collaborative approach ensures individuals receive personalized guidance based on their unique health needs and circumstances.

RAVE is a radiology practice that has been active for over thirty years. We currently consist of 14 board-certified radiologists, many of whom have postgraduate fellowships with subspecialty training. All of whom have years of full-time experience. Over 120 healthcare professionals are working with us to provide the best possible radiologic services in Sarasota County. In addition to our personnel, we have some of the best radiologic imaging devices available. Superior visualization helps us make your diagnoses accurate and timely, preventing potentially dangerous delays in initiating your therapy. At RAVE, you can have confidence you're getting top-notch professional assistance in your diagnosis and care.



www.raverad.com

SARASOTA
3501 Cattlemen Road
Sarasota, FL 34223
941-342-RAVE (7283)
Hours: 8:00am-5:00pm

VENICE
512-516 S. Nokomis Ave
Venice, FL 34285
941-488-7781
Hours: 8:00am-5:00pm

ENGLEWOOD
900 Pine Street
Englewood, FL 34223
941-475-5471
Hours: 8:00am-5:00pm

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

By Dr. David S. Zamikoff

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

How Can GAINSWave Prevent & Treat ED?

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

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



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

Younger Men Should Seek Treatment Early

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

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

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

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

Natural Healing Arts Medical Center

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

To schedule your consultation, please call **(941) 761-4994** or visit myofficeinfo.com.



2215 59th Street West, Bradenton, FL 34209

941.761.4994

www.NaturalHealingArtsMedical.com

CCTA + Cleerly Analysis – AI-assisted Cardio Imaging Innovation

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

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

RAVE IMAGING
VENICE • ENGLEWOOD • SARASOTA

HOURS
MON-FRI
8 a.m. – 5 p.m.
Weekend hours available.
941-488-7781

cleerly

941.761.4994

2215 59th Street West, Bradenton, FL. 34209

Dr. David S. Zamikoff - Chiropractic Physician

One of America's Best Chiropractors
Selected as one of America's Best Chiropractors for 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023 and 2024 by the National Consumer Research Board

**Medical Services: Stem Cell • Trigger Point Therapy • Headaches
Knee Pain Treatment • Hormone Therapy • PRP Treatment**

www.NaturalHealingArtsMedical.com
[www.Facebook.com/NaturalHealingArts](https://www.facebook.com/NaturalHealingArts)
[www.Instagram.com/realdz](https://www.instagram.com/realdz)
[www.Twitter.com/doczammie](https://www.twitter.com/doczammie)

abc FOX CBSO NBC CNN
WALL STREET JOURNAL
YAHOO! NEWS

UNLOCKING BETTER SLEEP:

HOW PRIME IV HYDRATION & WELLNESS CAN REVOLUTIONIZE YOUR REST

In our fast-paced, always-connected world, quality sleep has become an increasingly elusive luxury. Millions of people struggle with sleep issues, ranging from difficulty falling asleep to experiencing poor sleep quality that leaves them feeling exhausted and unrefreshed. Prime IV Hydration & Wellness offers innovative solutions that can help transform your sleep patterns and improve overall health and well-being.

Understanding the Sleep Crisis

Sleep is not just a passive state of rest, but a critical biological process that impacts nearly every aspect of our physical and mental health. When we consistently fail to get adequate, high-quality sleep, we risk developing numerous health complications. Chronic sleep deprivation has been linked to serious conditions such as:

- Weakened immune system
- Increased risk of cardiovascular diseases
- Higher likelihood of developing mental health disorders
- Reduced cognitive function and memory issues
- Metabolic disruptions and weight gain

The Prime IV Approach to Sleep Optimization

Prime IV Hydration & Wellness recognizes that sleep is a complex physiological process influenced by multiple factors. Their holistic approach addresses sleep challenges through targeted IV therapy, nutritional support, and personalized wellness strategies.

Hydration and Sleep Quality

Proper hydration plays a crucial role in sleep regulation. Dehydration can lead to disrupted sleep patterns, muscle cramps, and increased nighttime awakenings. Prime IV's specialized hydration treatments replenish essential electrolytes and nutrients that support optimal sleep mechanisms.

The IV therapies are carefully formulated to include key minerals and vitamins that promote relaxation and neural recovery. Magnesium, for instance, is known for its muscle-relaxing properties and ability to calm the nervous system, making it easier to fall and stay asleep.



Customized Nutrient Infusions

Prime IV offers tailored IV treatments designed to address specific sleep-related challenges. These might include:

- Stress-reduction formulas that help lower cortisol levels
- Magnesium and B-vitamin complexes to support neurological relaxation
- Amino acid blends that promote natural melatonin production

Beyond IV Therapy: Comprehensive Sleep Strategies

While IV treatments provide immediate nutritional support, Prime IV also emphasizes comprehensive lifestyle approaches to improving sleep:

- 1. Circadian Rhythm Alignment:** Experts at Prime IV can provide guidance on optimizing your body's natural sleep-wake cycle through light exposure, meal timing, and activity scheduling.
- 2. Nutritional Counseling:** Understanding how diet impacts sleep quality is crucial. Their wellness professionals offer personalized nutrition advice that supports healthy sleep patterns.
- 3. Stress Management Techniques:** Chronic stress is a significant sleep disruptor. Prime IV offers strategies and treatments that help manage stress at a physiological level.

Scientific Backing and Personalization

What sets Prime IV apart is their commitment to evidence-based approaches. Each treatment is developed based on current scientific research and can be personalized to individual health profiles. Before recommending any intervention, their team conducts thorough assessments to understand your unique physiological needs.

Making the Investment in Your Sleep

Investing in your sleep is ultimately an investment in your overall health and quality of life. Prime IV Hydration & Wellness provides a modern, proactive approach to addressing sleep challenges that goes beyond traditional remedies.

By combining cutting-edge IV therapy, nutritional science, and personalized wellness strategies, they offer a comprehensive solution for those seeking to improve their sleep and, consequently, their entire life experience.

Whether you're struggling with occasional sleep disturbances or chronic insomnia, Prime IV represents a promising pathway to restful, rejuvenating sleep.

**Disclaimer: Always consult with healthcare professionals before starting any new health treatment or therapy.*

South Sarasota Prime IV

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



3800 S Tamiami Tr. Suite 14
Sarasota FL 34239

941-417-8540

www.primeivhydration.com

Oral Care for Infants and Toddlers

By Dr. Amanda Rizner

Oral care for infants and toddlers is essential in building a foundation for healthy teeth and gums as they grow. As general dentists, we often get many questions from parents regarding not only how, but why it is essential to take care of their child's teeth even though they will eventually come out. Here are some key tips and guidelines to ensure proper oral hygiene for young children:

1) Brushing or wiping as soon as the first tooth comes in: A child's first tooth appears around the age of 6 months. It is recommended parents wipe the gums and teeth of these infants before bedtime or after a nighttime feeding in order to ensure that the sugar from breastmilk or formula does not linger on teeth overnight. A washcloth can be used as the first teeth develop, and later on parents can switch to an infant/toddler toothbrush.

2) Brush with a remineralizing toothpaste: Up until recently, most children only had the option to use a fluoridated toothpaste for all ages. If choosing to use a fluoridated toothpaste, it is recommended that children under three years who cannot spit properly, use a smear or grain sized amount of toothpaste. This can then be increased to a pea sized amount after three years of age or when the child can properly spit. This is recommended in order to decrease the amount of fluoride ingested. Recently, hydroxyapatite toothpastes have come onto the market which contain no fluoride and are safe if swallowed. This toothpaste has similar remineralizing properties as fluoride and can be used as soon as the first tooth erupts. It is recommended



that parents supervise their children while brushing their teeth even when they are able to do so themselves for the recommended two-minute time period. Flossing is recommended as soon as the teeth start to touch, where food can begin to become impacted when eating.

3) Getting rid of the pacifier: The American Academy of Pediatric Dentistry (AAPD) generally recommends weaning children off pacifiers by age two to avoid long-term dental or oral health issues. Prolonged pacifier use, especially beyond age two, can impact the alignment of a child's teeth and jaw, potentially leading to issues like an open bite or crossbite. Frequent pacifier use, especially if used all day, may delay speech development or lead to speech impediments. Most pediatric dentists recommend to lessen pacifier use gradually around six months, when infants can start self-soothing in other ways. Nighttime use is common in the first year, but daytime use can be reduced.

4) Thumbsucking habits: Like pacifier usage, thumb-sucking is usually a common way for the child to soothe themselves. This habit, however, can lead to severe jaw malformations that may need to be corrected with orthodontic therapy, if not stopped early. Some children develop an "open-bite" due to this habit, which is essentially when the top jaw forms around the thumb, leading to the anterior teeth not being able to touch properly. Some malformations can self-correct if there is early intervention.

5) Why baby teeth are important: Some parents question whether it's essential to perform dental restorations or any type of restorative work on these teeth as they will eventually fall out when the child reaches their teenage years. Baby teeth or "deciduous" teeth provide space maintenance for the permanent teeth to erupt. If deciduous teeth were to be extracted too soon, it could lead to the permanent teeth not having enough room to erupt. Infection in the deciduous dentition could also lead to damage of the surrounding bone and future tooth buds. It is important that these teeth exfoliate as they are supposed to in order to have proper alignment of the permanent dentition.

Conclusion

With these tips, you can set a strong foundation for your child's dental health and prevent many common oral health issues later in life.

(941) 529-0055
www.dentistryonfruitville.com

Introducing Cryoskin Toning, Cryoskin Slimming & Cryoskin Facials at The Back Pain Institute of West Florida now available.

CRYOSKIN LESS FAT. MORE YOU.
Fat Loss & Body Contouring

Non-invasive fat loss technology to help you shape the body you want.



Contact Dr. Aderholdt's office at (941) 756-5528 today for a free consultation.

Dr. Craig S. Aderholdt, BSc, DC

Back Pain Institute of West Florida
5221 26th Street West, Bradenton, Florida 34207
7345 International Place, Suite 101 Lakewood Ranch, Sarasota 34240

Voted #1
Chiropractic
Physician
Herald-Tribune
Awards Winner
for 2024



BACK PAIN INSTITUTE
OF WEST FLORIDA



DENTISTRY
— ON FRUITVILLE —

Serving Lakewood Ranch, Bradenton, and surrounding communities, to schedule a visit, today!

941-529-0055
www.dentistryonfruitville.com

7590 Fruitville Rd #100
Sarasota, FL 34240



THE TEAM AT DENTISTRY ON FRUITVILLE

CHANGING THE PERSPECTIVE OF DENTISTRY, ONE VISIT AND ONE PERSON AT A TIME.

We are a private dental practice located in Sarasota providing care for both children and adults.



Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

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

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

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

How does VAX-D work?

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



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

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

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

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

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

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

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

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

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

BACK PAIN INSTITUTE OF WEST FLORIDA

5221 26th Street West, Bradenton, Florida 34207

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

Dr. Craig S. Aderholdt, BSc, DC



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

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

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



Voted #1
Chiropractic Physician
Herald-Tribune
Awards Winner for 2024
Bradenton Herald
People's Choice Winner 2022



It's A Wonderful Life

By Pastor Timothy Neptune

Every year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?" Mine is Frank Capra's *It's A Wonderful Life*.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even be difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine **what you are going to love**. To have a wonderful life, you start by having an

attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... **how am I going to live?** To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.

The third issue to settle is...**who are you going to help?** If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.

When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.



Tim Neptune is the lead pastor of Venture Church Naples, located on the campus of Florida South Western State College in Naples, FL. For church times and other information, visit www.venturenaples.com or call (239) 775-5323.

UNLOCK YOUR FULL POTENTIAL WITH IV NUTRIENT THERAPY!

- 1L IV Fluid = 2.5G water hydration boost.
- Experience 100% vitamin absorption, following strict 503b Pharmacy Guidelines.
- Elevate your well-being with injections like D3, B12, Biotin, Lipolean.
- Discover the power of Glutathione for immunity, liver health, sleep, headaches, and NAD for energy, brain fog, stress relief, and more.

COME IN FOR YOUR ONE HOUR VACATION!

CALL OR GO ONLINE TO SCHEDULE A FREE CONSULTATION.

(941) 417-8540

PRIMEIVHYDRATION.COM



LAW OFFICES OF JAMES W. MALLONEE, P.A.

WILLS, TRUSTS, PROBATE, GUARDIANSHIP AND REAL ESTATE



SERVING SARASOTA, CHARLOTTE, DESOTO AND LEE COUNTIES

LOCATIONS

946 Tamiami Trail, #206, Port Charlotte, FL 33953

871 Venetia Bay Blvd., #225, Venice, FL 34285

Phone Number: 941-207-2223 Sarasota County

941-206-2223 Charlotte County

www.jameswmallonee.com

Where Dedication MEETS SUCCESS

At Manatee Memorial Hospital, we continue to strengthen the health of the community and boost the local economy in many ways.



OUR IMPACT ON THE COMMUNITY

794 Active Physicians	2,038 Employees	18,780 Admissions	8,430 Outpatient Surgeries	91,531 ER Visits
16,745 Surgical Cases	5,704 Cath Lab Procedures	701 Structural Heart Cases	243 Bariatric Procedures	1,879 Deliveries

Source: Data pulled from internal reporting from January to December 2023

AMBULATORY FOOTPRINT

Affiliated
Specialty Care
Centers

3 Freestanding
Emergency Rooms

4 Diagnostic
Imaging Centers

Affiliated
Surgical Weight
Loss Center

\$272.4M COST OF CHARITY & UNCOMPENSATED CARE



Manatee
Memorial Hospital

206 2nd Street East, Bradenton, FL 34208
(941) 746-5111 | manateememorial.com



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. 242119068-2151693 10/24