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Health & Wellness[®] MAGAZINE

April 2025

Manatee/Sarasota Edition - Monthly

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Ramon A. Gil, M.D.
Diplomate American Board
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Presented by:
Dr. Kenneth Carle
Chiropractic Physician



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Parkinson's Disease Treatment Center of SWFL in partnership with Charlotte County Medical Society proudly presents...

2025 SWFL Parkinson's Disease Spring Symposium

"A Holistic Approach to Treatment"

Friday, April 25th, 2025

8:30 AM to 3:30 PM

The Isles Yacht Club

1780 W. Marion Ave, Punta Gorda, FL 33950

Special Guest Speakers:



Dr. Richard B. Dewey III, M.D.



Kelly Papesh, ARNP, FNP-C, CHRP



Dr. Ramon Gil, M.D.



Mary Spremulli, MA, CCC-SLP



Debra Tarakofsky, MS, CCC-SLP



PD. Vibha Kumar

Agenda

8:30 am - 9:30 am	On Site Registration, Light Breakfast and Exhibitors
9:30 am - 9:45 am	Opening Remarks..... R. Gil, M.D.
9:45 am - 10:30 am	"Being Loud" M. Spremulli, SLP and D. Tarakofsky, SLP
10:30 am - 11:15 am	"Mindfulness and Yoga for Balance" V. Kumar
11:15 am - 11:45 am	Break & Refreshments
11:45 pm - 12:30 pm	"Lifestyle in Parkinson's Disease"... K. Papesh, ARNP
12:30 pm - 1:30 pm	Lunch
1:30 pm - 2:15 pm	"Is there a Better Medical Treatment?" ... R. Gil, M.D.
2:15 pm - 3:00 pm	"Advanced Therapies for Parkinson's Disease" R. Dewey III, M.D.
3:00 pm - 3:30 pm	Q's and A's..... Faculty
3:30 pm	Recognition, Raffle and Adjourn

Thank you to our Faculty, Hosts, Participants and Sponsors!
Sponsored in part by:





PARKINSON'S AWARENESS MONTH TREATING PARKINSON'S DISEASE WITH A HOLISTIC APPROACH

By Ramon A. Gil, M.D., Medical Director, Parkinson's Disease Treatment Center of SWFL

The progress witnessed over the past 30 years in understanding, diagnosing, and treating Parkinson's Disease (PD) is simply phenomenal. Many of you may be wondering, "When is the cure coming?" Even that seems closer today than ever before. But remember that "cure" is a very strong word, and in the case of PD it will probably be arresting the progression of the illness, as it is impossible to completely reverse the damage caused by PD to the brain by the time the diagnosis is made.

It is hard to believe that as recently as in the late 1990s we were still looking at or questioning the value of physical exercise as part of the treatment for PD. Today, we are fully aware that exercise is the only way to increase the levels of GDNF (neurotrophic factor), which is the chemical compound capable of repairing the brain. As a matter of fact, we are currently participating in a gene therapy trial to enhance the production of GDNF. This is indeed a promising approach to finding the cure for PD.

New and better medications continue to become available to treat PD. In just the last 5 years, six new drugs have been approved for the treatment of PD including two subcutaneous infusions. Technological advances in Deep Brain Stimulation (DBS) seem to be a never-ending story. Each of the three companies involved in this field are competing (all to your benefit as patients) in creating additional features in their systems which make programming easier, more effective, and with less side effects. They are also focused on energy efficiency, as newly designed leads allow us to use more efficient settings with the batteries lasting longer. New rechargeable batteries have also been improved.

At the PD Treatment Center of SWFL, we continue to bring you the latest information regarding all aspects of this disease. We hold firm to the conviction that empowering you with education will make you better patients with more confidence in your journey with PD, resulting in a better quality of life.

This year our Spring Symposium will center around "A Holistic Approach to Treatment." As we treat you, we look forward to helping you emotionally, spiritually, and physically. First, Mary Spremulli, CCC-SPL and Debra Tarakofsky, CCC-SPL will open the program with a "loud" talk emphasizing ways to improve and preserve speech and swallowing functions, often affected in PD. They will address significant problems around this topic in the moderate to advanced stages of the disease.

Vibha Kumar studied and received her certification in yoga and meditation from the highly reputed Bihar School of Yoga in India. We are honored to have her reviewing "Mindfulness and Yoga for Balance." There is no real benefit in improving motor symptoms of PD if you ignore anxiety, depression, anger, and frustration in your daily life. These feelings are often the cause of significant deterioration in the home environment and are capable at times of breaking a family apart.

Next, we will have a special guest from Las Vegas, NV. Ms. Kelly Papesh, DNP, ARNP is a most experienced and dynamic nurse, who for years practiced side by side with very well-known neurologists in the Movement Disorders community. She will review "Lifestyle in Parkinson's." No matter how many times we have previously discussed the importance of dietary intervention and physical exercise, for some of you in the audience this material will be new. Furthermore, I know that a refresher course is not a bad idea for those who are still not totally sold on the idea of joining a gym and eating better.

In the afternoon session, I will give a presentation titled: "Is there a Better Medical Treatment?" I hope to convey information that will help you understand why your current treatment may not be the best, and the advantages of newer drugs versus older versions. It may have taken me a while, but I eventually switched from manual cameras to digital ones.



Finally, Dr. Richard Dewey, III M.D., will talk to us about "Advanced Therapies in PD." This will be an amazing presentation by a young, well-trained Movement Disorders Specialist, bringing us the latest advances in DBS technology, and the exciting new infusion therapies, some of them approved just a few weeks ago.

Get ready, this is going to be a *great* program. We are *winning* the battle.

Welcome to our 2025 PD Spring Symposium.

Friday, April 25th, 2025

8:30 AM to 3:30 PM

The Isles Yacht Club

1780 W. Marion Ave, Punta Forda, FL 33950



**For more info or to register
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TWIST, TURN, RECOVER - YOUR GUIDE TO HEALING ANKLE SPRAINS

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

Ankle sprains are prevalent injuries that can affect individuals across all age groups and activity levels. It's likely that most people have experienced an ankle sprain at some point in their lives. Often, individuals underestimate the severity of these sprains, leading them to return to their regular activities prematurely, which can result in re-injury. This cycle frequently occurs because many do not seek appropriate treatment, potentially leading to recurrent sprains or a condition known as chronic ankle instability. Recognizing the potential long-term consequences of untreated ankle injuries should encourage more people to consult medical professionals promptly, thereby preventing enduring issues such as chronic instability.

Understanding Ankle Sprains

An ankle sprain involves injury to one or more of the ankle ligaments—band-like structures that connect bones and stabilize joints. These injuries can affect anyone, including adults, children, athletes, and non-athletes. Common causes include physical activities, tripping, stepping incorrectly, or direct trauma. Ankle sprains often result from falls, sudden twists, or trauma that forces the ankle joint out of its normal position. Such incidents are common during sports, especially those involving jumping or quick direction changes, as well as when wearing inappropriate footwear or walking/running on uneven surfaces.

The severity of a sprain depends on whether the ankle ligament is stretched, partially torn, or completely torn, as well as how many ligaments are damaged. It's important to distinguish ankle sprains from strains, which affect muscles rather than ligaments.

Symptoms

Symptoms of an ankle sprain may include localized pain, swelling, bruising, stiffness, and difficulty walking.

Risk Factors and Prevention

Preventing ankle sprains is preferable to dealing with the consequences of an injury. Several measures can reduce the risk:



- **Gradual Increase in Activity:** When starting a new exercise regimen, gradually increase intensity and duration to allow your body to adapt.
- **Avoid Overexertion:** Listen to your body and avoid pushing through fatigue, as muscles and ligaments become more susceptible to injury when tired.
- **Warm-Up Properly:** Engage in appropriate warm-up exercises before physical activity. Skipping warm-ups can lead to tight muscles and ligaments, increasing the risk of sprains.
- **Wear Appropriate Footwear:** Choose shoes tailored to your specific sport or activity, ensuring they provide adequate support and are not worn down. Sports like basketball, soccer, and tennis involve movements that strain the ankle; consider using braces or tape for added stability during these activities.
- **Strengthen Muscles:** Engage in strength training exercises to build the muscles in your legs, feet, and ankles, which helps stabilize the ankle joint and improve balance, reducing the risk of sprains.
- **Focus on Technique:** Learn and practice proper techniques for movements like jumping, landing, pivoting, and diving to minimize the risk of injury.

Seeking Prompt Medical Attention

If you sustain an ankle injury, it's advisable to seek medical treatment promptly. Ankle fractures can

be mistaken for sprains and require immediate care, often diagnosed through radiographs. Additionally, untreated sprains can lead to chronic ankle instability, characterized by persistent pain, weakness, and a feeling of the ankle "giving out." Initiating an appropriate rehabilitation program soon after the injury is crucial to prevent long-term complications and possibly avoid the need for surgery.

For more information, please consult your local foot and ankle specialist.

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.

Isin Mustafa, DPM, MSHS, FACFAS, DABPM

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

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



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PSYCHOLOGICAL BENEFITS OF QUITTING

Quitting tobacco is the single most important thing you can do to improve your health.⁴ As soon as an individual quits, the body begins to heal³ however, the benefits of quitting are not limited to improvements in physical health – there are numerous psychological benefits as well.

According to the British Medical Journal, smoking cessation is associated with reduced depression, anxiety, and stress and improved positive mood and quality of life compared with continuing to smoke.¹ There may be some initial feelings of stress and anxiety as an individual adjusts to a tobacco free life, however, research supports that those feelings are a temporary result of changing habits and adjusting to new behaviors.

Tobacco cessation services provided during addictions treatment enhances rather than compromises long-term sobriety. In fact, participation in smoking cessation efforts while engaged in other substance abuse treatment has been associated with a 25% greater likelihood of long-term abstinence from alcohol and other drugs.²

Smoking is associated with suicide risk, and the heaviest smokers have the highest risk. Quitting smoking improves overall quality of life which positively impacts mental health, including suicide risk.⁵

In addition to improvements in mental health, there are numerous benefits to physical health that accompany quitting tobacco. Quit tobacco today and join many other ex-tobacco users as they savor these benefits for years to come!

Help quitting tobacco is free! Gulfcoast South Area Health Education Center (GSAHEC), as part of the Group Quit option of Tobacco Free Florida's Quit Your Way program—offers free group quit sessions to help someone quit all forms of tobacco. These group sessions held virtually and in-person, provide information about the benefits of quitting, managing stress and triggers, and will assist you with developing your own customized quit plan. **Free** nicotine replacement therapy in the form



of patches, gum, or lozenges (if medically appropriate and while supplies last) is provided with the session. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist. Contact us today at **866-534-7909** or visit www.tobaccofreeflorida.com/groupquitcalendar to schedule a class or learn more about the program!

References:

- 1 Change in mental health after smoking cessation: systematic review and meta-analysis. Taylor et al. <https://www.bmj.com/content/348/bmj.g1151>
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- 3 <https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html#>
- 4 <https://www.cdc.gov/tobacco/features/surgeon-generals-report/quit-smoking-for-better-health/index.html>
- 5 Tools to Quit: Area Health Education Center (AHEC) Cessation Program Participant Toolkit. Area Health Education Centers. 2018.

Renewed Life Wellness Center: BREAKTHROUGH NEUROPATHY TREATMENT

Peripheral neuropathy is a progressive degenerative disease characterized by nerve damage that leads to pain, tingling, and weakness in the extremities. At Renewed Life Wellness Center, under the care of Dr. Kenneth Carle, patients receive specialized treatment regimens that not only alleviate symptoms but also improve overall function. One notable patient, Margaret Blaine, has experienced significant improvement through a tailored treatment that combines in-office therapy with home-based therapy.

Patient Journey and Initial Challenges

Margaret Blaine's experience with neuropathy began after she was prescribed gabapentin—a medication intended to relieve nerve pain by acting on nerve receptors. Unfortunately, she experienced a severe adverse reaction, which exacerbated her condition. Margaret, once independent in daily activities, found herself confined to a wheelchair and struggling with basic tasks such as cooking, bathing, and even dressing. She recalls that her inability to care for herself, particularly when her husband was on a special diet, had a profound emotional impact on her quality of life.

Determined not to let neuropathy dictate her future, Margaret sought alternatives after encountering a flyer for a luncheon hosted by Renewed Life Wellness Center. With her condition limiting her mobility and daily functioning, she recognized the urgent need to pursue a different treatment approach—one that could potentially restore her independence and quality of life.

Treatment Protocol and Therapeutic Interventions

At the center, Dr. Carle devised a comprehensive treatment plan specifically designed for patients with progressive peripheral neuropathy. Margaret's regimen included a combination of red light therapy, a neuro-electrical device, supplements and the use of specialized topical creams, and innovative vibration therapy. Initially, Margaret attended in-office treatments one or two times a week for three months. During these sessions, she received several therapies intended to stimulate nerve regeneration and enhance circulation. Additionally, the application of different creams in the morning and afternoon provided symptomatic relief and promoted local tissue health and healing.

After her in-office treatments, Margaret was encouraged to continue her home-based therapies into a regular routine. This included a twice-daily regimen on a vibrating massage plate, where she performed vibration exercises for 15 minutes each session. The



vibration therapy aimed to reduce the tingling sensation extending past her knees, indicating improved nerve function. Over time, these treatments not only reduced her neuropathic pain but also restored her ability to walk independently—first with the assistance of a walker and eventually without any support.

Data, Statistics, and the Importance of Early Intervention

Peripheral neuropathy affects millions of individuals worldwide, with estimates suggesting that up to 10% of the population may develop some form of nerve damage during their lifetime. Studies have shown that early intervention and a multifaceted treatment approach can lead to significant improvements. In fact, clinical data from various centers, including those employing similar protocols to Renewed Life Wellness Center, report that 100% of patients experience improvement, with documented progress ranging from 30% to 75% in terms of pain reduction and functional ability. These statistics underscore the importance of prompt and consistent treatment to manage this degenerative condition.

Understanding the Progressive Nature of Neuropathy
It is critical to acknowledge that peripheral neuropathy is a progressive, degenerative condition. Without proper intervention, nerve degeneration continues, leading to worsening symptoms over time and even amputations. The degenerative process may result from various underlying conditions such as diabetes, low back injuries, effects of chemotherapy, or even adverse reactions to certain medications like statins. Patients like Margaret have demonstrated that sustained improvement is achievable with a dedicated treatment regimen.

Encouraging Patients to Seek Expert Medical Guidance

The experiences shared by patients such as Margaret serve as a testament to the benefits of a proactive approach to neuropathy management. If you or a loved one are experiencing symptoms of peripheral neuropathy—such as persistent pain, tingling, or difficulty performing everyday activities—it is essential to seek advice from a qualified medical professional. Dr. Kenneth Carle and the team at Renewed Life Wellness Center are dedicated to developing individualized treatment plans that address both the symptoms and underlying causes of neuropathy. Early diagnosis and intervention can significantly improve outcomes, allowing patients to regain their independence and enhance their quality of life.

For over eight years, Renewed Life Wellness Center has been helping patients find relief and reclaim their lives. The clinic also offers regenerative medicine options, including stem cell treatments to help repair degeneration or tears in the joint.

If you or someone you love is struggling with neuropathy, Renewed Life Wellness Center invites you to learn more at a **free informational lunch on Monday April 7th and Monday May 19th**. Attendees will hear about the latest advances in neuropathy treatments and how they can take the first steps toward a pain-free life. Dr. Kenneth Carle and the team at Renewed Life Wellness Center is ready to help.



RENEWED LIFE WELLNESS CENTER



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Monday May 19th
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LUNCH PROVIDED
Seating is limited to the first 16 callers!



Presented by:
Dr. Kenneth Carle
Chiropractic Physician





Varicose Veins vs. Spider Veins

By Dr. TC Lackey II

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

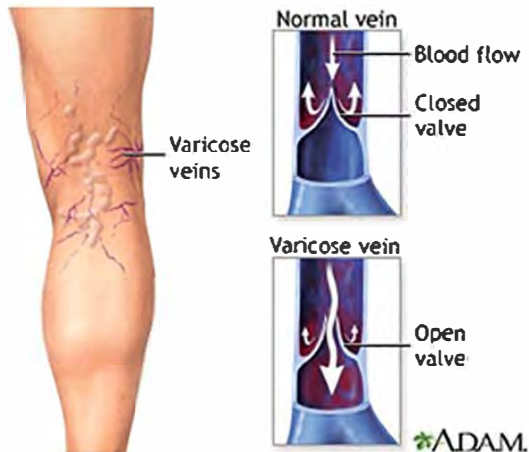
Several patients who suffer from varicose veins often complain of a cramping or aching sensation near the veins. Other typical symptoms include fatigue, itching, throbbing, cramping, burning, and tingling.

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

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

How Varicose and Spider Veins Develop

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



However, when veins don't function properly, it can cause blood to collect inside your veins. When this happens, the blood pushes up against the walls within your vein, creating pressure weakening the vessel wall.

Ultimately, this pressure is what causes veins to twist and bulge.

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

Treatment Options for Vein Disease

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

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

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

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

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

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



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April: Stress Awareness Month

NAVIGATING HEALTH WITH CONFIDENCE

By Migdalia Merida, MD, Lead Physician for Harper Health Sarasota

Stress is an inevitable part of life, but when it comes to your health, the pressures can feel overwhelming. From finding a doctor you trust to deciphering complex medical advice, health-care-related stress affects millions. At Harper Health, we believe that reducing this stress is essential to overall well-being. Our mission is to support each patient on their health journey—body, mind, and spirit—so they can live their best life.

The Stress of Having a Doctor You Trust

One of the most fundamental aspects of healthcare is having a doctor you can rely on. Yet, for many, this can be a major source of stress. Changing physicians, feeling unheard, or worrying about whether your doctor truly understands your needs can create unnecessary anxiety. At Harper Health, we eliminate this stress by fostering long-term relationships built on trust. Our concierge model ensures that you have direct, ongoing access to a physician who knows your history, listens to your concerns, and prioritizes your well-being.

The Stress of Getting Appointments

Anyone who has tried to schedule a doctor's appointment—only to be met with long wait times or rushed visits—knows the frustration this can bring. The stress of delayed care can exacerbate health issues, leaving patients feeling helpless. With our concierge care model, we remove these barriers. Our members enjoy same-day or next-day appointments, extended visit times, and direct communication with their physician. We make healthcare seamless so you can focus on your well-being.

The Stress of Navigating What's Right for You

The internet is overflowing with health advice, but how do you know what's credible? From trendy diets to conflicting medical opinions, sifting through information can be overwhelming. Understanding what's best for your body, how to get healthy, and how to stay that way shouldn't be a guessing game. Our team at Harper Health helps you cut through the noise, providing clear, personalized guidance tailored to your unique health needs. With expert advice and a doctor who truly knows you, you can make informed decisions with confidence.



The Stress of Staying Healthy

Being proactive about your health is vital, but it can also be stressful. Managing chronic conditions, keeping up with screenings, and maintaining a healthy lifestyle all require time, knowledge, and effort. At Harper Health, we act as your health partner, ensuring that you stay on track with preventive care and wellness strategies. Whether it's personalized fitness recommendations, nutrition counseling, or mental health support, we provide the tools you need to maintain long-term well-being without added stress.

We Actively Help You Navigate Your Stress

Stress is not just a byproduct of life—it has real health consequences, from high blood pressure to weakened immunity. That's why we take a proactive approach to stress management, helping you access the right resources when needed. Whether it's guiding you to a mental health professional, offering stress-reducing wellness strategies, or simply providing the reassurance of knowing your health is in good hands, we are here to support you.

Our Mission: Supporting Your Health Journey

At Harper Health, we recognize that stress is a significant factor in overall health. Our mission is to support each patient on their journey—body, mind, and spirit—so they can live their best life. By eliminating the common stressors of traditional healthcare, we empower our patients with the time, attention, and expertise they deserve. This Stress Awareness Month, we invite you to take a step toward a less stressful, healthier life. Let us help you navigate your health with confidence.



About Migdalia Merida, MD

Dr. Migdalia Merida's birthplace is New York, she is an internal medicine doctor in Florida and has over 28 years of experience in the medical field. She attended New York University where she graduated with a degree in biology. That then led to Rutgers New Jersey Medical School in 1994 where she earned her medical degree. She then completed an internal medicine residency at Baylor College of Medicine in Houston.

After 14 years of invaluable experience in the emergency room, Dr. Merida embarked on an adventurous chapter, accepting challenging doctor assignments in the picturesque Pacific Northwest. Here, she honed additional medical expertise in a different setting, embracing the beauty of the region while ensuring the provision of crucial healthcare services to those in need.

Beyond the medical realm, she is an avid advocate for physical fitness. Equally passionate about home decor, Migdalia enjoys creating spaces that reflect her personality and offer a comforting retreat. However, amidst all these interests, Migdalia cherishes moments spent with her partner John and their beloved two pups. Family and companionship are anchors in Dr. Merida's life, providing balance and solace in a demanding profession.



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The Surprising Root Cause of ALL Chronic Disease and Aging Itself; Why Everyone Has Gotten it WRONG!

By Max MacCloud, DO, ND, PhD (aka The Nutrition Ninja Doc)

Many of us lived through the last several paradigms about what causes chronic disease and premature aging. There was the germ theory, lack of medical access theory, insufficient vaccines theory; just kidding on these, even a 5th grader can see that those are ridiculous.

Here's a quick review of several of the top theories of what causes chronic disease and premature aging.

- **Inflammation:** One of the most popular current theories is that chronic low-grade inflammation is to blame. While this is quite damaging, keep reading to learn how it is a symptom and not the cause.
- **Oxidative Stress:** This theory suggests that an over-production of free radicals and insufficient antioxidant defenses are the root cause of oxidative damage to cells, proteins, and DNA. This is valid, but not the root cause.
- **Mitochondrial Dysfunction:** Mitochondria, the sub-cellular organelles responsible for many vital functions including energy production, are susceptible to damage and dysfunction. This theory posits that mitochondrial dysfunction contributes to aging and age-related diseases by compromising cellular energy metabolism and promoting oxidative stress. This is absolutely true, but it is not the root cause.
- **Genetic Factors:** Certain genetic variants can increase susceptibility to, although rarely cause, diseases. This is definitely not the root cause.
- **Epigenetics:** Epigenetics is the full expression of our genetics, it is the result of the interaction between our lifestyle, the environment & our genes. This turns certain genes on and others off, which can lead to either beneficial or harmful genetic expression.
- **Telomere Shortening:** Telomeres are protective caps at the ends of chromosomes that shorten with each cell division. Telomere shortening is considered a hallmark of aging, as it limits the replicative capacity of cells. Again, not the root cause of chronic disease and aging.
- **Glycation:** Glycation refers to the non-enzymatic reaction between sugars and proteins, leading to the formation of advanced glycation end products (AGEs). AGEs accumulate with age and are implicated in the pathogenesis of chronic diseases and aging. They are likewise not the root cause.

All of these things do play significant roles in the development of chronic disease and premature, unhealthy aging, but in my way of looking at the body,

the real issue lies with the 4Ms. The 4Ms stands for Microcirculation, Mitochondria, Metabolism, and Metabolic Reserve or Muscle.

1. **Microvascular System:** This refers to the smallest blood vessels in the body, including arterioles, capillaries, and venules. These vessels play a crucial role in delivering oxygen and nutrients to tissues and removing waste products. It is the ONLY place that the exchange of nutrients and removal of waste products happens, period.
2. **Mitochondria:** These "powerhouses" of the cell are also vital to several other crucial cellular processes like regulation of stem cells, cellular apoptosis, calcium channels, and more. 95% of our body's energy in the form of ATP is formed in the mitochondria. They are what has allowed for ALL higher life forms to exist and thrive.
3. **Metabolism:** Metabolism encompasses all the chemical processes that occur within living organisms to maintain life (over 3,000 metabolic enzymatic reactions). This includes the breakdown of nutrients to produce energy (catabolism) and the synthesis of molecules needed for growth and repair (anabolism).
4. **Metabolic Reserve:** This refers to the extra capacity of an organism to carry out metabolic processes beyond its basal metabolic rate. All organs have, or should have, metabolic reserve. Muscles are our largest organ system and are by far our greatest metabolic reserve (or at least they should be). This reserve becomes crucial during times of increased energy demand, such as exercise or periods of stress.

Now, let's explore their relationship to understand the **ROOT CAUSE** of ALL Chronic Disease:

- The microvascular system ensures that oxygen and nutrients reach all the tissues, cells, and therefore mitochondria of the body. This includes those with especially high metabolic demands like muscle and nerve tissue.
- Mitochondria, located within these tissues, utilize oxygen and nutrients to produce ATP through oxidative phosphorylation, a process that relies on the electron transport chain.
- Metabolism provides the necessary substrates (glucose, fatty acids, amino acids) to fuel mitochondrial ATP production. And this ATP is used by ALL the cells of the body to survive and carry out their respective functions.
- The metabolic reserve (primarily composed of muscle) acts as a buffer, allowing organisms to meet sudden increases in energy demand.

In summary, the microvascular system delivers substrates to mitochondria, where they are metabolized to produce ATP. The metabolic reserve ensures that energy demands can be met even during periods of increased activity or stress. This intricate interplay ensures the body's energy needs are met efficiently and effectively.

There is much more to each of these, however, the above provides a nice overview. The next vital thing is to actually address each of the 4Ms. They need to be assessed with lifestyle modification steps to improve them. That is the only way to both prevent chronic disease and build long term health. That's exactly what we do at the Age Reversal Technology Center.

Sadly, as we age and are subject to the thousands of stresses and strains of our modern hectic, toxic world, EACH of the 4Ms is negatively impacted.

When was the last time YOUR DOCTOR assessed your Microvascular system, your Mitochondria, your Metabolism, or your Metabolic Reserve? If you're like 99% of the population, NO ONE has ever tested any of those things properly.

We now have the first technology ever developed to visualize and assess the microvascular system. It is a non-invasive test that takes about 15 minutes and generates a detailed report. We take that information along with your health history and design a program to repair and restore your microvascular system to more youthful, healthier levels.

We can do the same for the other 3Ms as well, but the Microvascular system is where to begin because damage to it IS THE ROOT CAUSE of all chronic disease. Call us to learn more and book your Glycocheck test. The test, report, and program recommendations are all provided for just \$250. Of course, such an important, cutting-edge, preventative test is not covered by 'disease care' insurance. Most people confuse their disease care insurance with health insurance, it is not.



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THE ROLE OF GLP-1 MEDICATIONS IN CURBING ALCOHOL USE AND CRAVINGS

Alcohol consumption is a prevalent social activity in many cultures, but for some, it can spiral into a dependency that leads to significant health issues. The dangers of alcohol misuse are multifaceted, affecting nearly every aspect of an individual's health and well-being:

Physical Health: Chronic alcohol use can lead to liver diseases, cardiovascular issues, and increased cancer risk.

Mental Health: Alcohol abuse is associated with mental health disorders such as depression and anxiety.

Social Consequences: Alcohol dependence can lead to relationship issues, job loss, and legal problems.

Economic Impact: The economic burden of alcohol abuse on society is significant, leading to healthcare costs, lost productivity, and increased criminal justice expenses.

Over the past decades, various pharmacological interventions have emerged to help individuals manage substance use disorders, including alcoholism. One such emerging area of interest involves Glucagon-Like Peptide-1 (GLP-1) medications, originally designed for managing type 2 diabetes and obesity. Recent studies suggest these medications may also play a role in reducing alcohol cravings and consumption.

Understanding GLP-1 Medications

GLP-1 medications, such as semaglutide (Ozempic, Wegovy) and tirzepatide (Mounjaro and Zepbound), are classed as incretin mimetics. They work by mimicking the action of the incretin hormone GLP-1, which is produced in the gut and plays a role in glucose metabolism, appetite regulation, and energy homeostasis. These medications have gained attention not only for their effectiveness in managing diabetes but also for their potential benefits in weight management.

GLP-1 medications primarily work by enhancing satiety and reducing appetite, which can affect various behaviors, including those related to food and drink. The underlying mechanisms include:

- Slowing gastric emptying, leading to prolonged feelings of fullness.
- Enhancing the feeling of satiety by acting on central nervous system pathways.
- Reducing cravings for unhealthy foods and possibly alcohol.



Recent studies have indicated that GLP-1 receptor agonists might help reduce alcohol consumption and cravings. For example, animal studies suggest that GLP-1 may regulate dopaminergic pathways associated with the reward system, which are heavily implicated in alcohol cravings. Human studies are still limited but have shown promising preliminary results.

The specific mechanisms through which GLP-1 medications may reduce alcohol cravings include the modulation of dopamine levels. GLP-1 affects brain regions involved in reward and addiction. Regulation of gut-brain signals that can influence cravings and consumption behaviors.

Individuals considering GLP-1 medications for alcohol cravings should consult healthcare professionals to ensure the appropriate use and monitoring for any potential side effects.

Combining GLP-1 medications with behavioral therapies may produce the best outcomes for reducing alcohol cravings and achieving sustainable lifestyle changes.

The potential benefits of GLP-1 medications in curbing alcohol cravings highlight an exciting new direction in treating alcohol dependence. As research continues to emerge, understanding these medications' mechanisms and implications can empower individuals struggling with alcohol use. Given the significant dangers associated with alcohol abuse, the health, social, and economic benefits of reducing or ceasing alcohol consumption are clear.

Promoting strategies that incorporate GLP-1 medications, combined with behavioral approaches, could be crucial in fostering more significant positive outcomes in combating alcohol use disorder.



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The Connection Between Anxiety and Eye Health: Understanding the Impact on Vision

George Skopis, M.D.

In the fast-paced world we live in, stress and anxiety have become almost commonplace. From work deadlines to personal responsibilities, it's easy to become overwhelmed by the demands of daily life. While the effects of stress and anxiety on mental health are well-documented, their impact on physical health, particularly eye health, is often overlooked.

Anxiety, a feeling of worry or nervousness, can manifest in various physical symptoms, including changes in blood flow to the eyes. This alteration in blood flow can lead to a range of eye-related issues, such as blurred vision, eye strain, and dry eyes. For individuals already prone to eye problems, such as glaucoma or dry eye syndrome, prolonged stress and anxiety can exacerbate these conditions, worsening their symptoms and potentially leading to further complications.

One of the most common symptoms of stress and anxiety-related eye issues is blurred vision. This occurs when the muscles in the eyes become tense due to heightened stress levels, affecting their ability to focus properly. As a result, objects may appear blurry or out of focus, making tasks such as reading or driving challenging and uncomfortable.

Eye strain is another prevalent issue associated with stress and anxiety. When we feel anxious or stressed, we tend to tense our muscles, including those in the eyes, leading to fatigue and strain. Staring at screens for extended periods, a common occurrence in today's digital age, can exacerbate this strain, causing discomfort, headaches, and difficulty concentrating.

Dry eyes are also a common complaint among individuals experiencing heightened levels of stress and anxiety. Stress can disrupt the natural balance of tear production and drainage in the eyes, resulting in inadequate lubrication and discomfort. Without sufficient moisture, the eyes may feel gritty, irritated, or excessively watery, impacting both comfort and vision quality.

Moreover, for individuals already dealing with underlying eye conditions such as glaucoma or dry eye syndrome, stress and anxiety can pose additional

challenges. Glaucoma, a group of eye diseases characterized by damage to the optic nerve, can be exacerbated by elevated intraocular pressure, which may occur during periods of stress. Similarly, stress-related changes in tear production can worsen the symptoms of dry eye syndrome, leading to increased discomfort and potential damage to the cornea.

Given the significant impact of stress and anxiety on eye health, it is essential to prioritize self-care and stress management strategies. Incorporating relaxation techniques such as deep breathing, meditation, or yoga into your daily routine can help alleviate stress and promote overall well-being. Additionally, taking regular breaks from screen time, practicing good eye hygiene, and staying hydrated can support optimal eye health and minimize the impact of stress-related symptoms.

Furthermore, seeking professional help and support is crucial for managing anxiety and its associated effects on both mental and physical health. Whether through therapy, medication, or holistic approaches, there are various resources available to help individuals cope with stress and anxiety effectively.

In conclusion, the relationship between stress, anxiety, and eye health is undeniable. From blurred vision and eye strain to dry eyes and exacerbation of existing conditions, prolonged stress can take a toll on our eyesight and overall well-being. By prioritizing stress management techniques and seeking appropriate support, we can protect our vision and cultivate a healthier, more balanced lifestyle. Let's raise awareness about the importance of mental health in preserving our precious sense of sight.



George Skopis, M.D., is a board-certified ophthalmologist and fellowship-trained vitreoretinal surgeon. Dr. Skopis specializes in surgical and medical diseases of the retina and vitreous. He strives to utilize the most advanced imaging, medical and surgical techniques to diagnose and treat patients. Dr. Skopis has expertise in age-related macular degeneration, diabetic retinopathy, retinal vascular occlusions, macular holes, macular pucker/epiretinal membranes, retinal detachments, proliferative vitreoretinopathy, and scleral fixated intra-ocular lenses.

Dr. Skopis grew up in Tarpon Springs, FL and graduated from Tarpon Springs High School. He received his Bachelor of Science Degree in Biology from The University of Florida where he graduated cum laude.

Dr. Skopis earned his medical degree from the FIU Herbert Wertheim College of Medicine in Miami, FL where he was elected to the prestigious Alpha Omega Alpha medical honors society for his academic achievement. While in medical school, Dr. Skopis received multiple teaching awards. He completed his internship in internal medicine at the Mount Sinai Medical Center in Miami Beach, FL where he was voted "intern of the year" by both his co-residents and hospital medical faculty. Dr. Skopis completed his ophthalmology residency at Georgetown University Hospital in Washington, DC where he served as chief resident. During residency, Dr. Skopis volunteered with the Prevention of Blindness Society of DC to perform glaucoma screening examinations and back-to-school eye exams for children in underserved communities. Following residency, he completed a 2 year fellowship in vitreoretinal surgery and medical retina at the combined Illinois Eye and Ear Infirmary of University of Illinois Chicago/University Retina program.

Dr. Skopis is board-certified by the American Board of Ophthalmology and is an active member in the American Academy of Ophthalmology, American Society of Retina Specialists, and Vit-Buckle Society. He has published manuscripts in peer-reviewed medical journals and authored multiple book chapters. During his time in fellowship he participated in clinical trials for the treatment of diabetic retinopathy, diabetic macular edema, retinal vascular occlusions, and age-related macular degeneration.

As a Florida native, Dr. Skopis is thrilled to return to southwest Florida and serve the community. He enjoys watching and playing soccer, cheering on the Florida Gators and grilling anything he can get his hands on. He is fluent in English and Greek.



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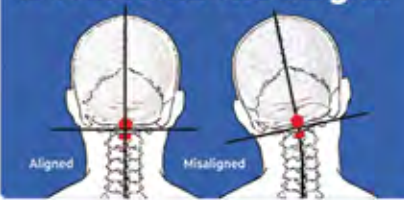


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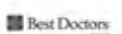
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WHY SENIORS ARE CHOOSING LIFE PLAN COMMUNITIES OVER AGING IN PLACE

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

THE REALITIES OF AGING IN PLACE

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

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

WHAT IS A LIFE PLAN COMMUNITY?

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



MAINTENANCE-FREE LIVING

Owning and maintaining a home is a lot of work, and there may come a time in life when you'd rather be relaxing or spending time with loved ones instead of doing chores around the house. When you move to a Life Plan Community, you can let the professionals take care of lawn mowing, housekeeping, meal preparation, home repairs and more. You'll have more time to enjoy what you've earned, and more freedom to travel without worrying about who will take care of your home while you're away.

FINANCIAL SECURITY

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

RESORT-LIKE LIFESTYLE

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

SOCIAL ENGAGEMENT

Maintaining social connections as you age is one of the best ways to protect your health and well-being.

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

PEACE OF MIND FOR YOUR LOVED ONES

You can't predict the future, but you can take control of your options now so your loved ones don't have to worry. Moving to a Life Plan Community means they won't have to rush to find health care if the unexpected happens and you suddenly need help with activities of daily living or round-the-clock care. Your family will have peace of mind knowing you'll have access to advanced levels of care, if needed, along with the safety of having staff available 24/7 should an emergency occur.

DISCOVER TRUE FREEDOM

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

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Vertigo or Meniere's Disease?

Aren't they the same?

By Dr. Drew Hall

If you've ever felt off-balance, dizzy, or like the room is spinning around you even though you're sitting down, you've probably experienced vertigo or Meniere's disease. The two are commonly confused since they both affect balance and/or hearing. But what's the difference? Aren't they the same thing?

What is vertigo?

Vertigo is a sensation of feeling off balance. If you have dizzy spells, you might feel like you are spinning or that the world around you is spinning. Dizziness is an altered sense of balance that can make you feel unsteady or lightheaded. In contrast, vertigo is a false sense of motion that you may experience while sitting, standing or even lying still.

Causes of Vertigo

Vertigo is often caused by an inner ear problem. Some of the most common causes include:

BPPV (benign paroxysmal positional vertigo) BPPV occurs when tiny calcium particles are dislodged from their normal location and collect in the inner ear. The inner ear sends signals to the brain about head and body movements relative to gravity. It helps you keep your balance. BPPV can occur for no known reason and may be associated with age. Meniere's disease. This is an inner ear disorder thought to be caused by a buildup of fluid and changing pressure in the ear. It can cause episodes of vertigo along with ringing in the ears (tinnitus) and hearing loss.

Vestibular neuritis or labyrinthitis. This is an inner ear problem usually related to infection (usually viral). The infection causes inflammation in the inner ear around nerves that are important for helping the body sense balance.

Vertigo may also be associated with:

- Head or neck injury
- Brain problems such as stroke or tumor
- Certain medications that cause ear damage
- Migraine headaches



Symptoms of vertigo

People with vertigo typically describe it as feeling like they are:

- Spinning
- Tilting
- Swaying
- Unbalanced
- Pulled to one direction

Other symptoms that may accompany vertigo include:

- Feeling nauseated
- Vomiting
- Abnormal or jerking eye movements (nystagmus)
- Headache

What is Meniere's Disease?

Meniere's disease is a disorder of the inner ear that can lead to dizzy spells (vertigo) and hearing loss. In most cases, Meniere's disease affects only one ear. It can occur at any age, but it usually starts between early to middle adulthood. It's considered a chronic condition, but various treatments can help relieve symptoms and minimize the long-term impact on your life.

Causes of Meniere's disease

The cause of Meniere's disease is unknown. Symptoms of Meniere's disease appear to be the result of an abnormal amount of fluid (endolymph) in the inner ear, but it isn't clear what causes that to happen.

Factors that affect the fluid, which might contribute to Meniere's disease, include:

- Improper fluid drainage, perhaps because of a blockage or anatomic abnormality
- Abnormal immune response
- Viral infection
- Genetic predisposition

Because no single cause has been identified, it's likely that Meniere's disease results from a combination of factors.

Symptoms of Meniere's disease

Signs and symptoms of Meniere's disease include:

- **Recurring episodes of vertigo.** You have a spinning sensation that starts and stops spontaneously. Episodes of vertigo occur without warning and usually last 20 minutes to several hours, but not more than 24 hours. Severe vertigo can cause nausea.
- **Hearing loss.** Hearing loss in Meniere's disease may come and go, particularly early on. Eventually, most people have some permanent hearing loss.
- **Ringing in the ear (tinnitus).** Tinnitus is the perception of a ringing, buzzing, roaring, whistling or hissing sound in your ear.
- **Feeling of fullness in the ear.** People with Meniere's disease often feel pressure in an affected ear (aural fullness).¹

1. Meniere's disease (2020) Mayo Clinic. Mayo Foundation for Medical Education and Research. Available at: <https://www.mayoclinic.org/diseases-conditions/menieres-disease/symptoms-causes/syc-20374910>.

After an episode, signs and symptoms improve and might disappear entirely for a while. Over time, the frequency of episodes may lessen.

If you're looking for reliable vertigo treatment or relief from Meniere's disease symptoms, visit Dr. Drew Hall at Sarasota Upper Cervical Chiropractic. Visit Dr. Hall to get to the root cause of your vertigo. In their office they take 3D cone beam computed tomography (CBCT) that allows the doctor to view the neck and joints that may be misaligned causing your vertigo. Don't guess at the cause of your problems.

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FGCU Addressing Shortage of Mental Health Professionals

Expanded enrollment, enhanced training and community outreach aim to stem crisis

Nearly 1 in 4 American adults lives with a mental illness, according to the U.S. Department of Health and Human Services. Demand for mental health services is outpacing the supply of providers, while more than half the U.S. population lives in an area with a shortage of mental health professionals.

As a result of these healthcare deserts with scant resources, many individuals seeking help are not getting assistance or at best face long delays due to long waits. In fact, the percentage of need for mental health professionals that is being met in Florida is only 21%, according to Kaiser Family Foundation research.

Marieb College of Health & Human Services at Florida Gulf Coast University is helping address this crisis through several initiatives. These efforts include: expanding enrollment and faculty to train more students to become licensed clinical mental health counselors, licensed clinical social workers and psychiatric mental health nurse practitioners; providing more supervised experience earlier in students' education through FGCU's Community Counseling & Education Center; and taking students to underserved communities in Southwest Florida that lack sufficient access to mental health services.

Southwest Florida is a "mental health desert," according to Sherdene Brown-Simpson, Ph.D., LMHC, director of Marieb College's clinical mental health counseling program. The community has a critical need due to a high percentage of people struggling with mental health issues, she says.

"When you look at the number of people versus the services, there is a need to increase providers in this area," says Brown-Simpson. "That is something we are really working to address in our program. How can we increase the number of licensed mental health counselors? This is an opportune time to really look at how can we impact the community."

Comprehensive training

Marieb College's accredited, standards-based graduate programs prepare students to take on society's big issues and improve quality of life for individuals and communities. With strong demand for clinical mental health counselors, clinical social workers and psychiatric mental health nurse practitioners in every community, FGCU students have the opportunity to make a widespread impact.

Their coursework includes human development, legal and ethical issues, career development, appraisal methods, counseling theories, group and individual counseling, practicum and research, counseling special populations and clinical practice.

Marieb College prepares graduate students with a high degree of counseling competence, technological skills and hundreds of hours of supervised field experience addressing issues like college and career readiness, social-emotional learning, academic achievement, depression, cyberbullying and substance abuse. Practical learning and internships take place in local schools and agencies throughout Southwest Florida and in FGCU's on-campus Community Counseling & Education Center. This intense preparation creates a bridge between classroom learning and real world application.

Because FGCU students are so comprehensively prepared, 100% are employed within three months of earning their counseling degree.

Soaring demand for services

These committed, compassionate professionals join a workforce straining under heavy caseloads. Demand for licensed mental health professionals has skyrocketed in recent years, especially since the COVID-19 pandemic. More people are reporting feelings of anxiety and depression and experiencing substance use problems. Opioid-related deaths sharply accelerated during the pandemic and with increases in illicit fentanyl. In Florida, the number of drug overdose deaths per 100,000 people more than doubled from 2011 to 2021, with 76% of those deaths due to opioids.

"There's an increased need for students to understand how to provide counseling for substance use disorder, which is increasing across the country," Brown-Simpson says. "We're also seeing that there is a need to address issues of trauma and trauma-informed care. If you have mental health disorders that go untreated, that could be very difficult for people to truly embrace a positive quality of life."

Such emergent mental health issues underscore the importance of Marieb College's holistic approach to teaching counseling and providing internship opportunities that ensure graduates become well-rounded practitioners in, social services, government agencies, hospitals, community organizations and private practice.

Some of FGCU's mental health counseling interns are currently bringing their counseling skills to children in several underserved Southwest Florida communities where Marieb College is partnering with local organizations to fill gaps in mental health services. Meanwhile, on campus, the Community Counseling & Education Center also provides students with experience while helping improve the lives of individuals, couples and families affected by depression, anxiety, trauma, relationship and family functioning, and parenting challenges. The center offers low-cost mental and behavioral health services for all ages regardless of socioeconomic status. Call 239-745-4777 for more information.

In these ways and more, FGCU's Marieb College is a growing oasis for solutions amid a mental health desert.

Learn more about FGCU's Marieb College of Health & Human Services at fgcu.edu/marieb.



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Cleerly Analysis - Using the Power of AI:

Revolutionizing Heart Disease Diagnosis to Lower the Risk of Heart Attack

Hear disease remains the leading cause of death globally, with millions of lives lost each year due to heart attacks and related complications. Despite advancements in medical technology, accurately diagnosing heart disease and assessing the risk of heart attacks remains a complex challenge. However, a promising solution has emerged in the form of Cleerly, a groundbreaking approach to heart disease diagnosis that aims to lower the risk of heart attacks through early detection and personalized risk assessment.

Cleerly represents a paradigm shift in cardiovascular imaging and risk assessment. Developed by a team of leading cardiologists, data scientists, and engineers, Cleerly harnesses the power of artificial intelligence (AI) and advanced imaging techniques to provide comprehensive insights into the heart's health. Unlike traditional methods that often rely on subjective interpretation and limited information, Cleerly utilizes state-of-the-art algorithms to analyze cardiac imaging data with unmatched precision and efficiency.

At the core of Cleerly's innovation is its ability to generate highly detailed 3D reconstructions of the heart and its blood vessels from standard cardiac imaging scans such as CT angiography. By employing advanced machine learning algorithms, Cleerly can accurately identify and quantify various aspects of heart disease, including plaque buildup, arterial blockages, and coronary artery disease. This comprehensive assessment allows healthcare providers to detect potential issues at an early stage, enabling timely interventions to prevent heart attacks and other cardiovascular events.

One of the key advantages of Cleerly is its ability to provide personalized risk assessment for each patient. Traditional risk scoring systems often rely on generalized population-based metrics, which may not accurately reflect an individual's unique risk profile. In contrast, Cleerly leverages AI to analyze multiple factors, including plaque composition, vessel geometry, and hemodynamic parameters, to generate personalized risk scores tailored to each patient's specific characteristics and medical history. This individualized approach enables healthcare providers to prioritize interventions and optimize treatment strategies based on each patient's unique risk profile, ultimately leading to better outcomes and reduced incidence of heart attacks.

TRACK YOUR HEART HEALTH.

Now, with Cleerly's compare feature, you and your doctor can see how the plaque in your heart has changed over multiple scans, empowering you to make decisions that truly transform your health.



Moreover, Cleerly's user-friendly interface and intuitive visualization tools empower healthcare providers to easily interpret complex cardiac imaging data and communicate findings effectively with patients. By enhancing communication and patient engagement, Cleerly fosters a collaborative approach to heart disease management, where patients are actively involved in their care and empowered to make informed decisions about their health.

The impact of Cleerly extends beyond diagnosis and risk assessment, as it also plays a crucial role in guiding treatment decisions and monitoring disease progression. By providing detailed insights into the underlying mechanisms of heart disease, Cleerly enables healthcare providers to tailor treatment plans to address specific pathophysiological processes and optimize therapeutic outcomes. Additionally, Cleerly's ability to track changes in cardiac morphology and function over time allows for early detection of disease progression and adjustment of treatment strategies as needed, further reducing the risk of adverse cardiovascular events.

In conclusion, Cleerly represents a transformative approach to heart disease diagnosis that has the potential to revolutionize cardiovascular care and lower the risk of heart attacks. By harnessing the power of AI and advanced imaging techniques, Cleerly provides comprehensive insights into the heart's health, enables personalized risk assessment, and facilitates informed decision-making for patients and healthcare providers alike. With its promise of early detection, personalized intervention, and improved patient outcomes, Cleerly offers new hope in the fight against heart disease and underscores the immense potential of technology to transform healthcare.

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



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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.



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THE LINK BETWEEN PARKINSON'S DISEASE & HEARING LOSS

By Dr. Noël Crosby, Au.D.

Parkinson's disease is a neurodegenerative disorder that primarily affects movement, causing symptoms such as tremors, stiffness, and impaired balance. However, recent research suggests that Parkinson's may also be associated with other health conditions, including hearing loss. While the connection between these two conditions is still being investigated, understanding their relationship could lead to better management and treatment for individuals living with Parkinson's.

Hearing loss is not typically considered a primary symptom of Parkinson's disease. However, studies have shown a higher prevalence of hearing impairment among individuals with Parkinson's compared to the general population. One study published in the journal JAMA Neurology found that people with Parkinson's were more likely to experience hearing loss, particularly in higher frequencies, even after controlling for age-related factors.

The exact mechanism linking Parkinson's disease and hearing loss remains unclear, but several theories have been proposed. One possibility is that both conditions share underlying pathological processes, such as inflammation and oxidative stress, which can damage both the auditory and motor systems. Another theory suggests that certain neurotransmitter imbalances associated with Parkinson's may also affect auditory function.

Furthermore, some researchers believe that certain medications used to treat Parkinson's could contribute to hearing loss. For example, dopamine agonists, agonists, which are commonly prescribed to alleviate

motor symptoms, have been associated with auditory side effects in some cases. However, more research is needed to determine the extent of this potential association.

The impact of hearing loss on individuals with Parkinson's disease can be significant. Communication difficulties can exacerbate social isolation and decrease quality of life for those already coping with the challenges of a progressive neurological disorder. Additionally, hearing impairment may complicate the management of Parkinson's symptoms, as it can affect a person's ability to follow instructions from healthcare providers and participate in rehabilitation programs effectively.

Recognizing the potential link between Parkinson's disease and hearing loss underscores the importance of comprehensive healthcare for individuals with Parkinson's. Routine hearing screenings should be integrated into the standard care protocol for Parkinson's patients to detect any auditory issues early on. Moreover, healthcare providers should be vigilant in addressing hearing-related concerns and providing appropriate interventions, such as hearing aids or auditory rehabilitation, when necessary.

In addition to clinical implications, understanding the relationship between Parkinson's disease and hearing loss may also have broader implications for research and treatment development. Investigating common underlying mechanisms could lead to the

identification of novel therapeutic targets that address both motor and auditory symptoms simultaneously. Furthermore, insights gained from studying the intersection of these conditions could inform our understanding of neurodegenerative processes more broadly, potentially paving the way for innovative approaches to managing Parkinson's and related disorders.

In conclusion, while the connection between Parkinson's disease and hearing loss requires further investigation, emerging evidence suggests that there may be a meaningful association between these two conditions. By exploring this relationship, healthcare providers can better support individuals living with Parkinson's by addressing their auditory needs alongside their motor symptoms. Moreover, continued research in this area holds promise for advancing our understanding of both Parkinson's disease and hearing loss, ultimately improving outcomes for affected individuals.

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Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

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

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

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

How does VAX-D work?

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



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

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

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

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

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

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

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

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

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

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Dr. Craig S. Aderholdt, BSc, DC



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

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

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



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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



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



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

Younger Men Should Seek Treatment Early

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

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

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

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

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When You Are At Your Wits End

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

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

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

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

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

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

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

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



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



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