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Health & Wellness[®] MAGAZINE

August 2025

Manatee/Sarasota Edition - Monthly

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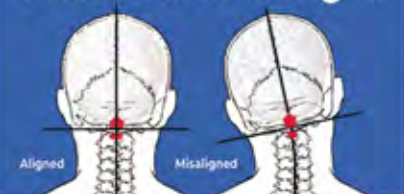
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Accessible Emergency Care For Our Community

Whether a visit to the hospital emergency room or a freestanding emergency department (FED), emergency services are essential components of any community's infrastructure.



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- ✓ Providing stabilizing care for life-threatening injuries
- ✓ Providing stabilizing care for stroke and chest pain
- ✓ Advanced life-saving measures including full-service imaging (CT Scans, X-rays, Ultrasounds)
- ✓ Broken bones, severe cuts or lacerations
- ✓ Trouble breathing

VS

Urgent Care Centers

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- ✓ Physician, physician assistant or nurse practitioner
- ✓ Non-life-threatening injuries
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SUMMER FOOT CARE TIPS

From Your Friendly Neighborhood Podiatrist

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

As the warm summer months arrive, our feet finally get the spotlight they deserve—sandals come out, pool days become routine, and barefoot walks on the beach are irresistible. As your local podiatrist, I love to see people enjoying their summer adventures, but I also want to ensure your feet are safe, healthy, and comfortable all season long. Summer brings unique challenges for foot care, and with just a few simple habits, you can stay one step ahead of potential problems.

Don't Overlook Skin Cancer on Your Feet

Let's start with something many people overlook—skin cancer on the feet. The feet are often neglected when it comes to sunscreen and skin checks, but they're just as vulnerable to UV damage as the rest of your body. It's important to be aware of both benign and malignant skin lesions that can show up. Common benign skin conditions include seborrheic keratoses (waxy, wart-like growths), dermatofibromas (firm nodules often caused by minor injuries), and nevi (ordinary moles). Though harmless, they can sometimes resemble more serious conditions, so regular monitoring is key.

When it comes to malignant skin cancers, the most common types are basal cell carcinoma, squamous cell carcinoma, and melanoma. Basal cell carcinoma often appears as a pearly bump and rarely spreads, but it can cause local damage. Squamous cell carcinoma may look like a red, scaly patch or open sore and has a higher risk of spreading. Melanoma is the most dangerous, and when it appears on the foot—especially under the toenail or on the sole—it can go unnoticed until it's advanced. That's why I encourage everyone to inspect their feet regularly and never hesitate to schedule a visit if something looks or feels off.

Keep Moisture at Bay

Another summer concern is moisture. Warm weather means sweating, and your feet—especially inside shoes—can become a breeding ground for fungal infections like tinea pedis, commonly known as athlete's foot. This itchy, peeling rash loves damp environments. To reduce



your risk, opt for moisture-wicking socks, change them daily (or more often if they get damp), and let your shoes dry out between wears. When possible, let your feet breathe at home—air them out, and always wear sandals in shared spaces like pools or gyms.

Choose Breathable Footwear

One great summer habit is choosing aerated or breathable shoes. Think breathable or partial mesh sneakers, and open-toe sandals with good arch support. These types of footwear improve airflow and reduce moisture buildup. If you need to wear closed shoes for work, consider rotating between two pairs so each can dry thoroughly between uses. You can also sprinkle a bit of anti-fungal powder inside for extra protection.

Tackle Excessive Sweating

Excessive foot sweating can also lead to other complications, including blisters, maceration of the skin, and odor. Keeping toenails trimmed, washing and drying your feet daily (especially between the toes), and applying an antiperspirant formulated for feet can go a long way. If you notice persistent issues, such as cracking skin, thickening nails, or ongoing odor despite good hygiene, don't wait—these are all things I can help you manage comfortably and effectively.

Don't Forget Sunscreen for Your Feet

And finally, don't forget about sun protection for your feet! We often apply sunscreen to our face,

arms, and legs, but feet—especially the tops and toes—are frequently forgotten. A broad-spectrum SPF 30 or higher is best, and make it part of your daily routine if you're wearing sandals or spending time outdoors. Reapply after swimming or sweating, just as you would for the rest of your skin.

I truly enjoy helping people put their best foot forward—literally! Whether you're dealing with a specific issue or just want to stay on top of your foot health, I'd love to meet you. Healthy feet are essential to an active, enjoyable summer, and I'm here to support you every step of the way. Don't hesitate to call or visit if you have questions or concerns. Wishing you a safe, sunny, and comfortable summer!

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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Forgetfulness and Alzheimer's: RECOGNIZING THE WARNING SIGNS

by ArchWell Health

Let's face it, we can all be forgetful at times. Whether it's misplacing keys or blanking on a name, these are the typical hiccups of everyday life. But as we age, memory lapses can sometimes feel more alarming. The good news? For most people, these changes are just a natural part of aging, but they could signal something more serious, like dementia or Alzheimer's. So, how can you tell the difference? Let's break it down.

Changes in mood and personality

Have you noticed someone pulling away from social events or losing interest in things they once loved? It may seem small, but sometimes it's a big deal. People dealing with dementia or Alzheimer's might avoid group activities because keeping up with conversations feels overwhelming. Little by little, fear, anxiety, depression, or confusion can creep in and affect their everyday mood. If these shifts sound familiar, it's a good idea to get a primary care provider involved.

Everyday memory lapses

We all lose the remote occasionally—it's no big deal. But when memory issues start affecting everyday life, it gets concerning. Someone dealing with Alzheimer's or dementia may struggle with tasks they've performed many times before, like making dinner or paying bills. They might even get mixed up about what day, year, or season it is. Another thing to watch out for? Risky decisions or choices that seem out of character.

New problems with speaking or writing

We all find ourselves at a loss for words occasionally. But when someone starts calling a clock a "round thing" or has trouble naming everyday items, it could be a sign of dementia. Repeating the same phrases over and over or stopping mid-sentence without knowing how to continue are other potential red flags. On top of that, some people may struggle with visual or spatial awareness—like misjudging distances or getting confused by images. If any of these rings a bell, it's probably time to chat with your primary care provider.

Tips for managing Alzheimer's

Eat smart for brain health

Eating a healthy diet isn't just great for your body—it does wonders for your brain too! Foods packed with Omega-3 fatty acids and antioxidants can give your cognitive function a nice boost and help lower the chances of issues like diabetes and heart disease. And for folks dealing with Alzheimer's, smart food choices can help address weight loss and make swallowing easier as the condition progresses.

Stay active

Exercise isn't just about staying fit—it can also do amazing things for the mind. Regular physical activity helps improve cognitive function, regulate sleep, manage mood swings, and even reduce sundowning symptoms. Plus, staying active keeps you on your feet, lowers your risk of falls, and helps you manage everyday tasks like cooking, cleaning, or getting dressed.

Prioritize Sleep

A good night's sleep is more important than you think. Sleep issues often pop up for people with Alzheimer's, making other symptoms even tougher to handle. Whether it's sleeping too much, struggling with insomnia, or dealing with sundowning episodes, getting into a steady sleep routine can make a real difference.

Explore treatment options

While currently, there is no cure for Alzheimer's, there are medications that can help manage symptoms and even slow things down a bit. The sooner you start looking into treatment options, the better. It's a lot easier to plan and make decisions early in the progression of the disease. At this stage, it's also critical to make sure your care team understands your wishes about medication, therapy, and long-term care plans.



Take charge of your health

An Alzheimer's or dementia diagnosis can feel daunting but catching it early and adopting good habits can make a huge difference. We recommend getting a dementia screening once you reach age 65 and sticking to routines that boost your well-being—like eating well, staying active, and keeping an eye on your mental health. By staying informed and being proactive, you can approach aging with confidence and care. For more quick tips and helpful insights — scan the QR code below.

Visit ArchWellHealth.com/LiveWell or call (941) 297-2126 to learn more and become a member.

For more tips and helpful insights on Alzheimer's and Dementia, scan the QR code.



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CHRONIC HEADACHES AND CHRONIC MIGRAINES ARE OFTEN CAUSED BY A PRIOR NECK INJURY

By Dr. Drew Hall

The head neck junction is one of the most complex biomechanical regions of the body. We have all heard the phrase "structure dictates function". This phrase intimates that structural abnormalities in the spine can have a negative effect on the normal function of the body, especially in the upper cervical spine. In this article we will talk about the relationship between injuries to the upper cervical spine and how they can lead to not only chronic headaches and migraine but also can be at the root of many different chronic health problems. We will discuss how injury to the neck affects the structure and how it is at the root CAUSE of many who suffer with chronic headaches.

But first listen to what one of our patients experienced following Blair upper cervical care:

Tracy Shaw - Verified Google Review

I have suffered from migraines since the age of three. I have tried everything from acupuncture, massage therapy, general chiropractic, as well as taking prescription medications from the neurologist. Nothing I have just listed has worked as well as what Dr. Hall has done for me. I have been under his care for about the past 7 years and each time I see him my migraines seem to disappear within hours after his visit or never come at all. I am a true believer in upper cervical care, and I must say that Dr. Hall has given quality back to my life. With the help of Dr. Hall I can once again function in my daily life. I highly recommend anyone who suffers as I must please go see Dr. Hall. It will change your life.

Upper Cervical Spine Anatomy

The head on average weighs 10-12 pounds and sits on the top vertebra in the neck called the atlas, weighing only two ounces. To make the engineering more precarious, these two structures sit on the end of a "stick", your neck. Life is inherently traumatic. Few of us make it through this life without having a car accident, slip and fall, or sports injury. Blunt trauma can cause one or several joints in the neck to misalign tearing the fibrous ligament surrounding the joint called the joint capsule. Once Injury occurs to the soft tissue a cascade of postural and neurophysiological events follows and can set the stage for headaches and other chronic health problems.



Figure 1

Joint misalignment leads to muscle imbalances throughout the spine. Once a joint is injured it loses its normal range of motion which fires bad information from the joint receptors back into the spinal cord which can lead to dysfunction through many different neurological pathways.

The Myo-Dural Bridge - an underlying cause of headache and nervous system interference

A rather new anatomical finding in the past ten years explains how headaches can be caused by upper cervical spine joint misalignment. This new anatomical finding was coined "myo-dural bridge". Myo means muscle and dural refers to the thin sheath like covering over the spinal cord. About ten years ago anatomists found a muscle at the base of the skull named the rectus capitus posterior minor (RCPM) muscle that connects or "bridges" to the dura covering the spinal cord. This new finding opened a new bio mechanical mechanism that could explain tension headaches, migraine, and other chronic health issues related to abnormal nervous system function.

As we discussed earlier injury to the neck can cause spinal misalignment at the joint level. This injury causes loss of motion that then causes the muscles of the neck to become unbalanced and chronically tight. When the RCPM muscle becomes tight it "tugs" on dural sheath covering the brainstem (the most vital part of your nervous system located at the base of the skull). The myo-dural bridge has been implicated as the source of a large percentage of patients who suffer with chronic tension headaches and migraine.

If you have chronic headaches and other chronic health problems it is a wise to get to a Blair upper cervical chiropractor who is specially trained to locate, analyze, and correct any upper cervical spine misalignment to ensure the brainstem and central nervous system are working optimally.

How does a Blair Upper Cervical Chiropractor Locate Upper Neck Misalignments?

When you enter a Blair upper cervical office you will be assessed for upper cervical spine misalignment from a battery of tests that determine if you have a misalignment and what level of the spine. Once the patient shows evidence of structural misalignment, and nervous system interference, a precise 3-d image called cone beam computed tomography (CBCT) is taken. (Fig.1) This imaging allows the doctor to view the spinal joints to determine the direction and magnitude of misalignment. Once determined the patient is corrected with the data gleaned from the imaging. The Blair procedure uses precision and finesse not force to restore normal motion to the misaligned vertebrae. The correction involves no twisting, popping, or pulling and it's end goal is the restore normal function to the central nervous system so the body can return to normal function and health.

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Dr. Drew Hall

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It's Back to School Time! The Human Eye and Retina:

A Window to Vision and Lifelong Learning

By Beth Richter, MD, PhD and George Skopis, MD



The human eye is a magnificent structure of biological engineering, allowing us to perceive the world in vivid color and details. At the crux of this organ lies the retina—a delicate, light-sensitive layer thinner than an index card which lines the back of the eye. The retina plays an essential role in vision by converting light into neural signals, which are then transmitted through the optic nerve to the brain. The retina and eye structures form the first step in the complex process of seeing.

Basic Anatomy of the Eye and Retina

The eye functions much like a camera. Light enters through the clear cornea, passes through the pupil (controlled by the iris, like a camera aperture), and is focused by the internal lens onto the retina. The retina contains two types of photoreceptor cells: rods, which are sensitive to light and allow for movement and night vision, and cones, which detect color and detail in bright light. The central part of the retina, known as the macula, is responsible for sharp central vision. At the very center of the macula is the fovea, where cone density is highest, allowing our most detailed vision. Damage or disease affecting the retina—such as macular degeneration, retinal detachment, or diabetic retinopathy—can severely impair vision. This emphasizes the importance of eye health in maintaining quality of life.

Lifelong Learning Principles and Neural Plasticity

Just as the retina transmits information to the brain, the brain constantly interprets, integrates, and learns from visual input. This capacity for learning and changing—known as neuroadaptation—remains active throughout life. Lifelong learning refers to the ongoing, voluntary pursuit of knowledge and skills. This is rooted in the brain's ability to form new neural connections in response to experiences or other input. Learning can be formal, like taking classes in school, or informal, like reading, observing, or engaging with others. Vision plays a key role in most learning experiences, especially in early development. However, even in adulthood, activities like reading, observing art, completing puzzles, or exploring new environments continue to stimulate cognitive growth.

Connecting Vision and Learning

Healthy vision supports effective learning, and ongoing learning supports brain health. The interaction between the eye and brain is more than mechanical—this is a dynamic system that determines how we navigate and understand the world. By protecting our vision and nurturing our curiosity, we cultivate both our sensory and intellectual well-being for a lifetime.

We at Retina Group of Florida are here to help with any of your retinal or macular care needs. We know the importance of sight and hope to help you achieve the best vision possible for your goal of lifetime learning.

MEET THE PHYSICIANS

George Skopis, M.D.

George Skopis, MD 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.

Elizabeth Richter, M.D., Ph.D.

Dr. Richter joined the Retina Associates of Sarasota after completing her two-year fellowship in vitreoretinal disease and surgery at the renowned Jules Stein Eye Institute at UCLA in Los Angeles, California. As a native of the southeast, she is an engineer-trained retina surgeon originally from Georgia. She earned dual undergraduate degrees in mechanical engineering (summa cum laude) from Georgia Institute of Technology and biology from Emory University, and her M.D. and Ph.D. degrees from the Medical College of Georgia. There, her thesis was in a laboratory that focused on virology and its effects on the retina in diseases such as Acute Retinal Necrosis.



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Are YOU "Sick and Tired of Being Sick ...and Tired?"

By Contributing Author William J. Cole Jr., DO, FAACP, Regenerative Medicine Expert with RegenaMed.US® and Interventionist with OrthoMed® Pain & Sports Medicine

Let me ask you something, and Be Honest...

Do you wake everyday exhausted as you did when you went to sleep...?

Do you dread going to as sleep because you know you're not going to sleep anyway but lay there staring at the ceiling, waiting for the Sandman, who never arrives...?

Do you ever feel like you're fighting your body to do daily activities, and more challenging tasks are almost impossible...?

You make excuses to family and friends not to Go outside, join social events, do activities with the family, exercise, or do the things that you enjoy... Right?

You were told by your doctors that the reason you are "So Damn Tired" because:

You are "Just Getting Old", "You're a Female", "That's the way it is for women"...

And because "You're Not Exercising, Overweight, Too Lazy"...

"It's Genetic, and you can't do anything about it"... "You "Beat Your Body Up Too Long, and I can't fix it"...

You're just "Too Sick, Too Lazy, Take Too Many Meds", so they can't help you...

Then they whip out the "Tried and True" Defense for Their Incompetence... The Worst Thing a Doctor Can Say to You... They use "The F – Word"... FIBROMYALGIA...!?!

(What the hell is "fibromyalgia" anyway? Is it a "Real Diagnosis"...? NO! It's a "File 13" for People Who Don't Know Why You're Sick and Tired!)



Let me give you a "REALITY CHECK"!

These Doctors who "Spend 3-5 Minutes" with you on a "So-Called Office Visit", are NOT going to figure out the "who, what, when, where, why, how, how long, what diagnosis", or anything that even resembles a comprehensive evaluation and treatment plan for You and Your Specific Medical Issues and Problems...!

(YOU Deserve Better... Yes?)

When's the last time a doctor actually did a "Real Physical Evaluation"? (You remember those, don't you?) When doctors actually had to do physical diagnostic testing for that painful knee or shoulder joint, or checked the multiple areas of pain generators in your spine for an accurate and treatable diagnosis... Do you remember those days?

When was the last time your "Professional Health Care Practitioner" actually prescribe something that was "Not Drugs or Surgery..."?

Anyone...? Anyone...? Bueller...? Bueller...?

So, we now know that the "Who" is YOU, and the Doctor", the "What" is the Correct Diagnosis and Treatment Plan", "When" is at your many health care appointments, the "Where" is at the doctors' office, and "How Long" is the mere 3-5 minutes that most doctors spend with each their patients.

That leads us to "Patient Need to Know WHY" this is the case, and this is where it starts to get Very Interesting... "Why" is American Health Care So Badly Broken...?

Could it be because "Regular Doctors Only Prescribe Drugs and Surgery" that have an Incredibly High Failure Rate, only to "Prescribe MORE Drugs and Surgery"...? No Autonomy, Time, Inclination, or Allowance for anything other than the "Tired Old Traditional Treatments" that do not work...

They will tell you excuses: "Oh, it's the economy", "it's the rules", "it's your insurance", or "that's just the way it is"... but it's actually GREED!

Pure and simple. This is a very old problem, with a new twist... "American Capitalist" at its' best! Please let me explain...

During the pandemic Doctors were told that they have to see "Double the Number of Patients" in the same amount of time (from about 25-30 to 50-60 per day), because the Medical Group Owners Experience the 10% pay cut across the board for all doctors, nurses, hospital, and nursing homes, which was passed on by the Health Insurance Companies, which was imposed by Dr Fauci, who somehow they thought was a good idea to slash healthcare payments in the middle of the Covid pandemic... (Thanks Anthony... GREAT Idea! What were you thinking???)

Then, "Who Suffers the Most" when Healthcare fees and programs are cut by the government...? Is it the Health Care Groups, the Doctors, the Nurses, or the American People...?

I believe "They All Suffer" in one way or another from the continuous barrage of "Substantial Yearly Healthcare Pay-Cuts" by All Government and Private Health Insurance Companies", because of what again...? GREED, Which is Not Good!

This then results in under staffed and overworked medical personnel with a very high burnout rate. So, Good Healthcare Staffing is Hard to Find these days, and very expensive, further taxing a system that is already broken for all Americans, and our Brave Veterans. Our government has the audacity

to send our Most Revered Citizens, Our Veterans, to even Worse Facilities with Tighter Budgets and Less Actual HEALTH Care at our VA facilities...

And people wonder why it's called "Sick Care" in America...

THIS is Unacceptable, and We Can Do Better!

Ultimately, we end up with patients who have absolutely nowhere to go and end up in the ER with the incredibly diverse and complex urgent and chronic medical problems that receive the "Treat-Em and Street-Em" emergent care.

Therefore, as a consequence, patients just keep adding layers of problems, pain, and dysfunction, year by year, on top of the current insufferable diseases, with no ability to simply live a healthy life, which result in patients being literally:

"Sick and Tired of Being Sick and Tired!"

American Healthcare is an Oxymoron, with an emphasis on "moron", and a joke around the world... American Health Care "Doesn't Make You Healthy, and They Don't Care...!"

Why, Because America Buys (up to) 95% of its' medications from Big Foreign Pharma Companies... And at (up to) 10 Times Normal Prices!!!

They are Literally Laughing at How Stupid We Are....!

These Foreign Entities "Just Pay the Politicians" (LEGALLY!?!), as ALL American Politicians have "Nothing to Lose" without term limits... Right? (Tell me I'm wrong... You Can't!)

So, How Do Americans Get Real Health Care...? First things first.

First, we have to know What Does "Real Medical Care" Look Like, and Who Actually Practices These Rare and Highly Sought After Services...? (I know a guy... ME!)

I am Dr. William J. Cole, Jr. and I have the privilege of working with Dr. Sandeep Kola, as we are Osteopathic Board Certified in PMR Intervention (which means we can target just about any spot in the body within 1/2mm) Dr. Kola and I take the time to actually gather the "Full Historical Picture" of your injuries, illnesses, diseases, disorders, dysfunctions, accidents, surgeries, family history, prior treatments, and then do "Comprehensive Physical Diagnostic and Testing", to find the "Pattern of Pain"... (The body tells you what's wrong with it... We just have to pay attention!)

These "Pain Patterns" are the same for all of us, as we are basically made with the Same, Neurologic and Musculo-Skeleton Wiring and Blueprint. There are always variations, but the Patterns Don't Change "Follow the Pattern to Find the Pain Source"... Easy Peasy!

The body always tells you what's wrong with it... "You just have to listen!"

And you have to "Listen to the Patient", because "Nobody Knows Their Body Better Than the Actual Patient". (Also, my grandma said that I should always listen... Because I have two ears and one mouth, for a reason!)

With our comprehensive "Physicians Based Care", you will receive the time, care, and consideration that "You Desire, and Deserve", to assist you in getting the diagnosis and treatment plan right the first time.

Why is this important? Because "You Can't Fix What You Don't Know", Right!

Then we "Prioritizing the Patients Disorders", so we can establish a "Comprehensive and Effective Treatment Plan" to start "Fix the Worst First", so that no matter what, once your treatments begin, your "Quality of Life Improves!"

And isn't that what Matters the Most? Quality of Life... Yes?

Did you know that "Stem Cell Are Now Legal in Florida", but ONLY by a Physician Experienced in Ortho, Pain Management, or Wound Care Specialties...? Did you know that I, Dr. Cole, and Dr. Kola are The Only Regenerative Physicians locally who Meet All State and Federal Requirements to Practice "Real Stem Cell Therapies"...?

Did you know that I, Dr. Cole, am "Double Board Certified", and have achieved "Regenerative Medicine Board Certification", which now makes me "One of Five" in the World with my Regenerative Credentials. THAT is my level of commitment to "Bringing the Future of Medicine" to my patients and Veterans, as there is no end to the sicknesses that can affect all of us, and Regenerative Medicine can assist in the resolution of just about all of them.

There are literally "Hundreds of Disorders, Diseases, and Dysfunctions" that can affect the human body that can be Successfully Treated with Regenerative Medicine! From wear and tear, autoimmune, metabolic, genetic, trauma, injury, acquired, Exposure, Failed Surgery Syndrome, misdiagnosis.

Hence, "You Need a Caring Healthcare Partner" to be evaluated properly, diagnosed correctly, explain to the patient, and only treated with what is appropriate, effective, economic, and will actually "Make YOUR Life Better". Otherwise, what's the point?!?

You need to know about MTHFR, EBV, Long-Covid Syndrome, Lupus, Lyme Disease, Red-Head Syndrome, Restless Legs, Chronic Pain, Failed Surgery Syndrome, Low Back Pain, Pinched Nerves, Unhealed Fractures, MS, Parkinsons, Dementia, Heavy Metal Toxicity, Gulf-War Syndrome, PTSD, Medical-Grade CBD/ CBA/ CBS/ CBN/ CGB, Ozone Therapy, Exosomes, Master Stem Cells, Wharton's Jelly, Advanced IV Immunoboost, Supplements, Peptides, NeuroStim, How to Rebuild Bodies and Brains Naturally with Life-Changing Results, and YOU DESERVE TO KNOW!

Your healthcare needs to be done by someone who will assist you to "Be Healthy and Guide You" toward "Effective Health Care", as we are "Highly Trained Medical Experts" with incredible skills, knowledge, and have over 30 years of experience "Decreasing Pain, and Increasing Function, without unnecessary drugs or surgery". However, "You will not care about how much we know, until you know how much we care."

So, if you too are "Sick and Tired... of Being Sick and Tired"...?

"It's About Time"... Your Time, and we only have so much of it, so "Why Be Miserable?!?"

Call Us Now to Get Back Your Life! You're going to be Pleasantly Surprised by our Wonderful Staff and Caring Physicians who want nothing more than you "Bragging to Your Friends" about how "We Changed Your Life!"

"WE LOVE WHAT WE DO!!!" And You Will Love What We Do For You...

Appointments are Limited, So Don't Wait, Don't Procrastinate, and Don't Be Late!



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

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

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

1. ARE THEY AGITATED OR AGGRESSIVE?

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

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

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

2. DOES YOUR FAMILY MEMBER HAVE SAFE LIVING CONDITIONS?

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

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

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

3. IS YOUR FAMILY MEMBER FEELING SOCIALLY ISOLATED?

While loneliness and social isolation are related, they're a little different. Loneliness is the distressed feeling of

being alone, whereas isolation is the lack of social connections to provide regular, positive interaction with people and your environment.

Social isolation can lead to:

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

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

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

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

As we age, our bodies produce less melatonin, which is a sleep hormone that helps us get tired when it gets darker in the evening. Research has shown that as a person's dementia progresses, melatonin production is particularly impaired.

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

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

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

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

5. ARE THEY NEGLECTING PERSONAL CARE?

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

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

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

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

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

6. DO YOU HAVE CAREGIVER BURNOUT?

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

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

Watch for these other common signs of caregiver burnout:

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

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

Choosing the right care for your loved one with dementia is a tough decision. If you are the spouse or partner of a senior whose health is declining, an adult child who is struggling to provide proper care for your parents, or a health care professional who cares for seniors, please call today for more information.



**Freedom Village
of Bradenton**

www.fvbradenton.com

6406 21st Avenue West, Bradenton, FL 34209



Managed by
Life Care Services®

PLAY IS SERIOUS WORK!

Parents can help child development with therapeutic playgroups

By RICK WEBER

One in six children in the United States between the ages of 3 and 17 has a developmental disability—and those from low-income households are even more susceptible (one in five).

The latest data from the Centers for Disease Control and Prevention (CDC) indicates that approximately one in 31 (or 3.2%) 8-year-old children in the U.S. are identified with autism spectrum disorder (ASD)—an increase from the 2020 estimate of 1 in 36 children.

But there is demonstrable hope.

“Early intervention provides critical support that can significantly enhance a child’s development, improve educational outcomes and foster healthier family dynamics,” says Sarah E. Fabrizi, PhD, OTR/L, a professor and program director of Occupational Therapy at Florida Gulf Coast University’s Marieb College of Health & Human Services.

Fabrizi has a passion for changing those raw statistics through her research, teaching and service focus on playfulness, social participation and early-childhood play development, emphasizing play as a vital childhood occupation. She collaborates with early-childhood providers and families to foster joyful play opportunities at home and in the community.

With her team of early childhood champions, she has developed and implemented therapeutic playgroups to promote playful interactions, support children’s social skills and emotional growth, and guide monitoring of developmental milestones during play—drawing from numerous articles and chapters she has authored on therapeutic playgroups, social play, friendship and playfulness.

“Parents want to know how they can best support their child, and value practical tips and strategies they can use in their everyday routines at home and in the community,” Fabrizi says. “Setting up a playful environment, using simple objects, can be effective in increasing play opportunities and independent play. The social and community connections families make through therapeutic playgroups have a spinoff effect, creating additional opportunities for playdates and sharing of resources and parenting strategies.”



Therapeutic Playgroups, her collaborative work with Early Steps of Southwest Florida, provides social play opportunities for families who have infants and toddlers, aged birth to 36 months, who have or are at-risk for developmental disabilities or delays.

Her therapeutic playgroup program highlights specific developmental topics providing targeted developmental information to families and utilizes high-quality play activities that can be easily replicated at home: shared reading, sensory play, constructive play, pretend play, and songs and music.

Her work with Therapeutic Playgroups began by developing a play program that could be facilitated by early-childhood providers in the community to support child playfulness and parent engagement. She also has spent the past 10 years mentoring graduate students to learn to provide these group interventions and monitor outcomes in families.

Her work, as highlighted in “State of the Science” in the American Journal of Occupational Therapy (AJOT), underscores the critical role of play as a fundamental occupation in child development and advocates for a deeper understanding of its application in occupational therapy. Through her study, “Setting the Stage for Play Using the SEE Me Therapeutic Playgroup Teaming Approach,” she has examined how interaction strategies during caregiver-child play in therapeutic playgroups foster social-emotional growth in early intervention.

Her research on therapeutic playgroups shows notable improvements in children’s playfulness, demonstrating their importance in promoting play opportunities in the communities where families

live. Moreover, her Splashing Our Way to Playfulness project illustrates how playfulness in autistic children can be boosted by aquatic playgroups, which show promise as an opportunity to promote swim safety, share resources for swim lessons and explore water activities for play and leisure.

“Play is serious work!” Fabrizi says. “Play is critically important in promoting health in early childhood, and so is providing play opportunities for children and families in the community. There’s huge value in supporting parents and teachers by providing education about what to watch for in play and how to join in for joyful engagement. The amount of time children spend in play is declining, yet time spent in play supports development across all domains.”

How can infants and toddlers be identified as having or being at-risk for developmental disabilities or delays? This is where the “Learn the Signs. Act Early” program enters the picture.

Fabrizi, the Florida Ambassador for the program that is funded by the CDC and American Academy of Pediatrics (AAP), encourages parents and other care providers to learn the signs of healthy development, track their young child’s developmental milestones and act early if there is ever a developmental concern. From birth to 5 years, every child should reach milestones in how they play, learn, speak, act and move.

“It is a worthwhile investment to take the time to play with your child, to notice what they enjoy, to set up opportunities for free play at home and in the community,” Fabrizi says. “Parents, you know your child best. If you are concerned about your child’s development, talk to your child’s doctor. Don’t wait. Acting early can make a real difference!”

FGCU

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Don't Let Pressure Ulcers Steal Your Health

By Dr. Neil Maldonado-Catinchi, Urgent and Primary Care Physician at Millennium Physician Group

Pressure ulcers, commonly known as bedsores, are more than just uncomfortable wounds. They can lead to severe infections, hospitalizations, and even become life-threatening if not addressed early and properly. Unfortunately, pressure ulcers affect an estimated 2.5 million Americans each year, many of whom are older, immobile, or managing chronic health conditions.

As a primary care physician at Millennium Physician Group with a clinical interest in wound care, I see firsthand how early detection, prevention, and patient education can make a significant difference in avoiding these painful wounds.

What Are Pressure Ulcers?

Pressure ulcers are injuries to the skin and underlying tissue caused by prolonged pressure, often over bony areas such as the elbows, heels, hips, and tailbone. This constant pressure reduces blood flow, depriving tissues of oxygen and essential nutrients, which can lead to skin breakdown and cell death.

These ulcers can develop within hours of sustained pressure, especially when combined with moisture from sweat, urine, or stool, or with friction and shear (which occurs when the skin pulls in opposite directions, such as when sliding down in bed).

While many people associate bedsores with being bedridden, they can occur in anyone with limited mobility or impaired sensation, including people who use wheelchairs, wear casts or splints, or are undergoing treatment requiring extended periods of immobility. Pressure ulcers can even develop under medical devices like oxygen tubing or inside the mouth from poorly fitting dentures.

The Stages of Pressure Ulcers

Pressure ulcers can develop quickly, and the severity of these wounds can vary depending on how deep the damage extends into the skin and underlying tissue. Healthcare providers use a staging system to classify pressure ulcers, which helps guide treatment and monitor healing progress:

- **Stage 1:** Skin appears red, pink, or discolored but is not open. It may feel warm, cool, softer, firmer, or tender to the touch.
- **Stage 2:** A shallow wound develops, appearing as an abrasion or blister.
- **Stage 3:** The wound extends into the fatty layer beneath the skin.
- **Stage 4:** The deepest stage, where muscle, tendons, or bones are exposed, carrying a high risk for severe infections like cellulitis, osteomyelitis, and sepsis.



Pressure ulcers can be painful and itchy, but people with reduced sensation may not notice them until they worsen. This is why early detection is crucial in preventing complications.

Bedsore Warning Signs

Understanding the warning signs of pressure ulcers can help you catch them early, before they progress to more severe stages. Symptoms to watch for include:

- Changes in skin color or texture, such as redness, discoloration, or shiny patches
- Swelling around bony areas
- Tenderness, pain, or areas that feel warmer or cooler than the surrounding skin
- Pus-like drainage or a foul odor from the wound
- Blisters or open sores
- Areas of hardened skin that feel spongy or firm to the touch

If you experience fever, chills, increased pain, or redness that spreads, these may be signs of an infection that requires immediate medical attention.

Who is at Risk for Pressure Ulcers?

Anyone can develop pressure ulcers, but some individuals have a higher risk due to limited mobility, chronic conditions, or age-related factors. Knowing these risks can help you and your loved ones take proactive steps to protect your health.

You may be at higher risk for pressure ulcers if you have:

- Immobility from a chronic condition, stroke, spinal cord injury, or advanced age
- Incontinence, which increases moisture on the skin
- Poor nutrition and dehydration, leading to fragile skin
- Chronic conditions like diabetes, vascular disease, and heart or kidney failure
- Neurological conditions that impair the ability to sense discomfort

Older adults, especially those over 70 years of age, are particularly vulnerable due to thinner skin and reduced mobility.

Prevention is Key for Pressure Ulcers

The best way to manage pressure ulcers is to prevent them from forming in the first place. Your healthcare provider at Millennium Physician Group can help you create a personalized prevention plan that includes small, daily actions that can make a significant difference in protecting your skin and overall health - especially for individuals at higher risk. These steps can consist of changing positions regularly, inspecting the skin daily, maintaining a healthy diet, engaging in safe exercises, and quitting smoking.

Find Prevention and Care at Millennium Physician Group

As your partner in health, Millennium Physician Group is committed to providing proactive, patient-centered care. Whether you or your loved one is managing mobility challenges, living with chronic conditions, or recovering from an illness, our healthcare team will support you with a personalized plan designed to enhance your health and overall well-being. Let's work together to keep you on track for a healthier, more comfortable life.

Wishing you all healthy skin integrity,
Neil Maldonado-Catinchi, M.D.



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Revolutionary Face and Body Transformation: The Power of EMFACE® and EXION™ Combination Therapy

By Stéphane Calvino, MD

In the ever-evolving world of aesthetic medicine, breakthrough technologies continue to reshape how we approach facial rejuvenation and body contouring. Calvino Family Medicine & Wellness is proud to introduce a groundbreaking combination therapy featuring EMFACE® and EXION™, two cutting-edge treatments that work synergistically to deliver unprecedented results in non-invasive aesthetic enhancement.

The Science Behind the Synergy

EMFACE® technology represents a paradigm shift in facial rejuvenation by simultaneously targeting both muscle and skin tissue. Using a unique combination of synchronized RF (radio frequency) and HIFES (High-Intensity Facial Electrical Stimulation) energies, EMFACE® works to lift and tighten facial features while rebuilding natural collagen and elastin. This revolutionary approach addresses multiple signs of aging in a single treatment, offering a comprehensive solution for facial rejuvenation.

Complementing EMFACE®'s facial focus, EXION™ technology brings advanced body contouring capabilities to the treatment protocol. EXION™ utilizes precise thermal energy delivery systems to target stubborn fat deposits and stimulate muscle conditioning, resulting in improved body composition and enhanced muscle definition. The technology's sophisticated temperature control ensures optimal results while maintaining patient comfort throughout the treatment.

When combined, these innovative technologies create a comprehensive approach to aesthetic enhancement that addresses both facial aging and body sculpting concerns.

Comprehensive Benefits of the Combination Therapy

The EMFACE® and EXION™ combination therapy offers multiple advantages that set it apart from traditional aesthetic treatments:

1. Enhanced Results Through Synchronized Treatment

The simultaneous application of different energy modalities creates a multiplier effect, enhancing overall results beyond what each treatment could achieve independently. This synergistic approach optimizes treatment outcomes while potentially reducing the total number of sessions needed.



2. Non-Invasive Excellence

Both treatments are completely non-invasive, requiring no needles, surgery, or downtime. This makes the combination therapy an ideal choice for busy professionals seeking significant improvements without disrupting their daily routines.

3. Natural-Looking Outcomes

Unlike more aggressive treatments, EMFACE® and EXION™ work with your body's natural processes to enhance and rejuvenate. The results appear gradually and naturally, avoiding the artificial or "overdone" look that can sometimes occur with other aesthetic procedures.

4. Comprehensive Treatment Approach

While EMFACE® focuses on facial rejuvenation, addressing multiple aging concerns simultaneously, EXION™ complements these results by improving body contours and muscle tone. This head-to-toe approach ensures harmonious results across the entire treatment area.

The Treatment Experience at Calvino Family Medicine & Wellness

At Calvino Family Medicine & Wellness, each combination therapy session is tailored to meet individual patient needs and goals. The treatment process begins with a comprehensive consultation to assess your unique concerns and develop a customized treatment plan.

During the treatment, patients can relax comfortably while the advanced technologies work simultaneously. The procedure is virtually painless, with

many patients describing it as feeling similar to a warm massage with mild muscle contractions. Most sessions last between 45-60 minutes, making it convenient to fit into even the busiest schedules.

Long-Lasting Results and Maintenance

One of the most compelling advantages of the EMFACE® and EXION™ combination therapy is the longevity of results. While individual experiences may vary, many patients report seeing initial improvements within weeks of their first treatment, with results continuing to develop over the following months as collagen production increases and muscle tone improves.

To maintain optimal results, our specialists at Calvino Family Medicine & Wellness will work with you to develop a personalized maintenance schedule. This typically involves periodic touch-up treatments to ensure your results remain fresh and natural-looking over time.

The Future of Aesthetic Medicine

The introduction of the EMFACE® and EXION™ combination therapy at Calvino Family Medicine & Wellness represents a significant advancement in non-invasive aesthetic treatment options. This innovative approach offers patients the opportunity to address multiple concerns simultaneously, with natural-looking results and no downtime.

For those seeking a comprehensive solution to facial aging and body contouring, this combination therapy provides an exciting new option that leverages the latest technological advances in aesthetic medicine. Contact Calvino Family Medicine & Wellness today to schedule a consultation and discover how this revolutionary treatment combination can help you achieve your aesthetic goals.



Calvino Family Medicine
& WELLNESS

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COMPREHENSIVE PELVIC FLOOR THERAPY: A Discreet Solution for Common but Treatable Conditions

By Michael Via, MSPT

At Michael Via Therapy and Services, Inc., we understand that pelvic floor dysfunction affects millions of people, yet many suffer in silence due to embarrassment or the mistaken belief that these symptoms are simply a normal part of aging or life after childbirth. The truth is, while these symptoms are common, they are not normal and respond remarkably well to specialized physical therapy treatment—even when symptoms have been present for many years.

Beyond Kegel Exercises:

A Comprehensive Approach

Many people assume that pelvic floor therapy consists solely of Kegel exercises, but effective treatment requires a much more comprehensive approach. The body's fascial tissue can exert up to 2,000 pounds per square inch of pressure on our organs, including the bladder and colon. This immense pressure, combined with muscular imbalances and poor habits, creates a complex web of dysfunction that requires targeted, professional intervention.

Our discreet, minimally internal Pelvic Floor Therapy program addresses these issues through a carefully structured three-part process designed to restore optimal function and improve quality of life.

The Three-Part Treatment Process

• Part One: Training and Conditioning:

The foundation of our program focuses on training and conditioning the pelvic floor musculature that controls bowel and bladder function. Using advanced biofeedback technology with surface electrodes, we help patients develop awareness and control of these often-neglected muscles. Through gentle, targeted exercises, we improve both the strength and mobility of the pelvic floor muscles, allowing the sphincters to function more optimally. This scientific approach provides measurable feedback, ensuring patients can see their progress and understand their body's responses.

• Part Two: Releasing Restrictions:

The second phase addresses the underlying mechanical issues that contribute to pelvic floor dysfunction. Through specialized Myofascial Release techniques and gentle visceral mobilizations, we work to decrease pressure on the bowel and bladder system.



These techniques target the fascial restrictions and muscular pulls that impair pelvic floor function, creating space for organs to function naturally and reducing the strain on supporting muscles.

• Part Three: Habit Modification

The final component focuses on bowel and bladder training habits that reduce stress on the pelvic floor system. This includes education on proper hydration, nutrition, and toileting techniques that support long-term success. Good hydration and proper nutrition are essential for optimal bowel and bladder function, and we provide personalized guidance to help patients develop sustainable, healthy habits.

Conditions We Treat

Our comprehensive program effectively addresses a wide range of pelvic floor dysfunctions, including:

- **Stress Incontinence:** Involuntary leakage during physical activities like coughing, sneezing, or exercise
- **Urge Incontinence:** Sudden, intense urges to urinate followed by involuntary leakage
- **Fecal Incontinence:** Inability to control bowel movements
- **Constipation:** Difficulty with regular, comfortable bowel movements
- **Pelvic Pain:** Chronic pain in the pelvic region that interferes with daily activities
- **Prolapse:** Weakening of pelvic floor muscles leading to organ displacement



Expert Care from Carolina Vasquez-Gallego, MS PT

Leading our pelvic floor therapy program is Carolina Vasquez-Gallego, MS PT, a licensed Physical Therapist with over 17 years of experience. Carolina brings exceptional credentials to our practice, having received specialized training through the American Physical Therapy Association (APTA) for Pelvic Floor Therapy and certification in John F. Barnes Myofascial Release techniques.

Carolina is a dynamic, well-educated, and experienced Physical Therapist with a genuine desire to improve quality of life for her patients and help them reach their maximum potential for physical activities and sports. Her extensive experience spans all ages, from athletes and seniors to maternity patients, making her uniquely qualified to address the diverse needs of our pelvic floor therapy patients.

Inclusive Care for All

Our pelvic floor therapy services are available for both male and female patients. We recognize that pelvic floor dysfunction affects people of all genders and ages, and we provide compassionate, professional care tailored to each individual's specific needs and comfort level.

Take the first step toward reclaiming your quality of life. These symptoms don't have to be your new normal. Call 941-444-7688 today to learn more about our comprehensive Pelvic Floor Therapy program and schedule your consultation with Carolina Vasquez-Gallego, MS PT.



MICHAEL VIA THERAPY
AND SERVICES, INC.

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michaelviatherapy.com

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Diagnostic Imaging Saves Lives

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

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

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

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

MRI Scan

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

Breast MRI

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

Prostate MRI

Prostate MRI is a specialized magnetic resonance imaging technique that provides detailed images of the prostate gland and surrounding tissues. This advanced imaging method helps physicians detect, locate, and assess prostate cancer with greater precision than traditional methods. Prostate MRI can help guide biopsy procedures, evaluate the extent

of disease, and assist in treatment planning. The test is non-invasive and provides valuable information for both screening and monitoring of prostate conditions.

MRA

Magnetic Resonance Angiography - Magnetic Resonance Angiography (MRA) uses the same MRI scanner to get its images, however it is a special type of MRI scan that looks at blood vessels and blood flow. MRA can help diagnose aneurysms, and also detect narrowing or blockages of blood vessels. If there is decreased or blocked flow leading to the brain this can be the cause of a stroke. Additionally, it can be an ideal aid to the physician for surgical planning. Some MRA's, as with MRI's, require a contrast medium.

CT Scan

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

Ultrasound

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

Nuclear Medicine

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

Digital X-Ray & Fluoroscopy

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

3D Mammography

3D mammography is a new technology in the fight against breast cancer that allows doctors to examine your breast tissue one layer at a time.

3D mammography uses high-powered computing to convert digital breast images into a stack of very thin layers or "slices" - building what is essentially a "3-dimensional mammogram".

Bone Density DEXA

Bone density scanning, also called dual-energy x-ray absorptiometry (DXA) or bone densitometry, is an enhanced form of x-ray technology that is used to measure bone loss. Trabecular Bone Score (TBS) is an advanced analysis that can be performed alongside standard DEXA scans to provide additional information about bone quality and texture. TBS evaluates the microarchitecture of trabecular bone, helping to assess fracture risk independent of bone mineral density and providing physicians with a more comprehensive understanding of bone health.

PET Scan

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

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



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HOW ACUPUNCTURE CAN NATURALLY BOOST YOUR IMMUNE SYSTEM

By Dr. Angelina Pullen, DAcCHM, LAc, BS, Dipl. OM, LMT

In today's fast-paced world, maintaining a robust immune system is more important than ever. While many people turn to supplements and medications, an ancient healing practice offers a natural, time-tested approach to immune support: acupuncture. At Lotus Holistic Wellness, we've witnessed firsthand how this traditional Chinese medicine technique can significantly enhance your body's natural defense mechanisms.

Understanding the Immune-Acupuncture Connection

Acupuncture works by stimulating specific points along the body's energy pathways, known as meridians. When fine needles are inserted into these carefully selected points, they trigger a cascade of physiological responses that can strengthen immune function. Research has shown that acupuncture treatments can increase the production of white blood cells, enhance the activity of natural killer cells, and improve the body's overall inflammatory response.

The practice essentially acts as a reset button for your immune system, helping to balance overactive responses while strengthening weakened defenses. This dual action makes acupuncture particularly effective for people who experience frequent infections or those dealing with autoimmune conditions where the immune system attacks healthy tissue.

The Science Behind Immune Enhancement

Modern scientific studies have revealed several mechanisms through which acupuncture boosts immunity. The treatment stimulates the nervous system, which in turn influences the production of neurotransmitters and hormones that regulate immune function. Acupuncture has been shown to increase levels of interferon, a protein that helps fight viral infections, and boost the activity of T-cells, which are crucial for adaptive immunity.

Research published in peer-reviewed journals demonstrates that acupuncture can increase the production of immunoglobulin A (IgA), the body's first line of defense against pathogens entering through mucous membranes. This antibody plays a critical role in preventing respiratory and gastrointestinal infections, making acupuncture particularly valuable for those prone to seasonal illnesses.



Additionally, acupuncture treatments help reduce cortisol levels, the stress hormone that can suppress immune function when chronically elevated. By managing stress and promoting relaxation, acupuncture creates an internal environment where the immune system can function optimally. Studies have also shown that regular acupuncture sessions can improve sleep quality, another crucial factor for maintaining strong immunity.

Specific Immune Benefits

Regular acupuncture sessions can provide numerous immune-related benefits. Many patients report fewer seasonal illnesses, faster recovery times from infections, and improved energy levels. The treatment is particularly effective for respiratory health, helping to strengthen the lungs and reduce susceptibility to colds, flu, and other respiratory infections.

Acupuncture also supports digestive health, which is intimately connected to immune function since approximately 70% of immune cells reside in the gut. By improving digestion and promoting healthy gut bacteria, acupuncture indirectly but powerfully supports overall immunity.

For individuals with chronic conditions like allergies, asthma, or frequent infections, acupuncture offers a natural alternative that addresses root causes rather than just managing symptoms. The treatment helps regulate the immune system's response, reducing hypersensitivity reactions while maintaining the ability to fight genuine threats.

A Holistic Approach at Lotus Holistic Wellness

At Lotus Holistic Wellness, we understand that true immune health requires a comprehensive approach. Our experienced acupuncture physician combine acupuncture with herbal medicine and homeopathy to create personalized treatment plans that address each patient's unique needs.

This integrative approach, rooted in traditional healing wisdom and supported by modern research, offers Southwest Florida residents a natural path to enhanced immunity.

Our herbal medicine expertise allows us to complement acupuncture treatments with carefully selected herbs and homeopathic remedies that further support immune function, work synergistically to strengthen the body's vital force and promote natural healing.

Taking the Next Step

If you're ready to explore how acupuncture can boost your immune system naturally, the team at Lotus Holistic Wellness is here to guide you. Our holistic approach recognizes that immune health is connected to every aspect of your wellbeing, from stress levels and sleep quality to nutrition and emotional balance.

During your initial consultation, our practitioner will conduct a thorough assessment of your health history, current symptoms, and lifestyle factors that may be affecting your immunity. This comprehensive evaluation allows us to develop a personalized treatment plan that may include specific acupuncture point combinations, customized herbal formulas, and targeted homeopathic remedies.

Many of our patients begin to notice improvements in their energy levels and overall sense of wellbeing within just a few sessions. However, building lasting immune strength is a process that requires consistency and patience. We typically recommend a series of treatments over several weeks to achieve optimal results, followed by maintenance sessions to sustain the benefits.

Located in Southwest Florida, we're committed to helping our community achieve optimal health through time-tested natural therapies. Contact Lotus Holistic Wellness today to schedule a consultation and discover how acupuncture, herbal medicine, and homeopathy can work together to strengthen your immune system and enhance your overall vitality.

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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

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- ✓ 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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Defeat Gum Disease

There is a silent oral disease affecting more than 80% of adults. Chances are you either have had or are currently battling periodontal (gum) disease. Unfortunately, in many cases, the disease goes undetected until painful symptoms begin occurring. At which time the disease and any adverse conditions have already set in. Because there are no early signs of periodontal disease, it often goes untreated until the physical symptoms surface and by then the concern is treatment not prevention. It is extremely important for everyone to have regular dental check ups at the recommended six month interval. Without these check ups and proper oral care, periodontal disease can silently cause not only oral health problems but can also contribute to other major health concerns.

Periodontal disease, also known as gum disease, is the chronic infection of the soft tissue around the teeth caused by plaque producing bacteria. The gums hold the teeth in place. As the gums become infected, they loosen their hold on the teeth and pockets are formed. These pockets collect debris and cause more infection and bone loss to the tooth. Gum disease is infectious and contagious. It can spread from tooth to tooth in the mouth and from one person's mouth to another through saliva.

As with other diseases, prevention is key to good oral health. It is important for everyone to practice diligent, thorough, and proper oral care by scheduling check ups every six months. At which time, your dentist will be able to detect and treat any signs of periodontal disease before symptoms begin to show and the damage is done. As mentioned earlier, most people do not know they have periodontal disease until they begin suffering from any combination of the following signs:

- Chronic bad breath
- Red or swollen gums
- Bleeding gums especially after tooth brushing
- Tender or sore gums
- Loose or shifting teeth
- Receding gums
- Sensitive teeth



If you have been diagnosed with periodontal disease, there are various treatment plans your dentist may recommend depending on the severity of your case. The most important action is meticulous at home daily oral care. Teeth must be brushed twice or more times each day for at least two minutes and flossed at least once per day. Other treatments include oral rinses, periodontal cleanings, and sometimes surgery.

Traditional periodontal surgery involves cutting and suturing of the gums and recovery time can be long and painful. With the advancement of modern laser technology, there is an alternative. Joseph H. Farag, DMD offers a better alternative for patients battling periodontal disease. Dr. Farag offers patients laser-assisted new attachment procedure (LANAP™) which is a no-cut, no-sew procedure to treat mild to advanced periodontal disease. The advancements in laser surgery techniques, have made treating periodontal faster and less painful. LANAP™ is much less invasive than traditional surgery, allowing patients to return to work the next day if desired.

Even with the benefits of LANAP™ it is obviously best to practice good oral care. The most important preventative measure to avoid the insidious gum disease is to take excellent care of your teeth. Proper cleaning at least twice a day is imperative. The goal is to keep the bacteria that cause the plaque at very low levels.

If your gums are painful, red, or swollen don't ignore the signs; make an appointment today that may save your teeth and gums. Treating periodontal disease sooner is always better than later.

Benefits of LANAP™

EASY - LANAP™ is about as EASY as erasing a blackboard - unlike older techniques, there is no cutting and no suturing of the gums.

MINIMAL DISCOMFORT - Both during and post procedure, the patient experiences very minimal discomfort with LANAP™ than with prior standard surgery techniques.

SHORTER PROCEDURE TIME - It takes less time to complete LANAP™ than traditional surgery. Typically it takes is two 2-hour visits to the office and two follow up visits. Traditional surgery requires four sessions of about one hour each, with subsequent visits for suture removal and additional check-ups.

LESS GUM LOSS - LANAP™ minimizes the loss of gum tissue, traditional surgery often involves removing a significant amount of gum tissue. This tissue loss can lead to sensitive teeth since your roots are exposed. Also, if the treatment needs to be performed again in the future, you have not removed the bone and gums during the first LANAP™ treatment. Typically with LANAP™, any gum tissue shrinkage is actually due to reduced swelling of the area that was previously diseased and inflamed.

SHORT RECOVERY - Many patients fully recover from LANAP™ within 24 hours. In most cases, patients feel just fine post surgery and daily activities are not interrupted. On the other hand, recovery after traditional surgery can take up to 4 weeks during which patients can experience considerable pain and swelling.

SAFE - LANAP™ with the PerioLase is SAFE for patients with health concerns such as diabetes, heart disease, high blood pressure or those taking medications such as Coumadin or Cyclosporine.

Dr. Joseph Farag - Port Charlotte Dentalcare
941.764.9555

3441 Conway Blvd, Port Charlotte
www.Drfarag.com

Dealing With Life's Painful Situations

By Pastor Timothy Neptune

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

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

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

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

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

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

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

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

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



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

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

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

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

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Memorial Hospital

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941-746-5111 | manateehealth.com



Request a time should be used only if you decide your care can wait until the time you select. Do not wait if your symptoms or conditions worsen or if you need care immediately since delays may complicate your condition. If you are unsure of your condition or if your condition worsens, then please go to the nearest emergency room or call 911.

*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 hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 253043835-3056667 7/25