

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

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

October 2025

Manatee/Sarasota Edition - Monthly

**FREE** 

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- 13 Organs + Brain in under 60 Mins
- Early Detection of Cancer & Aneurysm
- IDs Tumors & Cysts as small as 5mm
- Consultation w/MD to review Results
- Peace of Mind



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# Setting the Standard in Structural Heart Care

## With Our Nationally Recognized Program

**At Manatee Memorial Hospital, we believe advanced heart care should be available close to home. Our hospital's Structural Heart Program offers comprehensive services for patients facing various heart conditions.**

The Structural Heart Program at Manatee Memorial Hospital has earned national recognition by being ranked **1st in Florida for MitraClip™ volume** and **20th nationally for MitraClip procedures.** This minimally invasive treatment serves as an alternative to open-heart surgery for those dealing with a leaky mitral valve (also called mitral regurgitation). We are also honored to celebrate **Dr. Alessandro Golino, Cardiothoracic Surgeon**, who achieved the distinction of being the top MitraClip implanter in the U.S. and worldwide in 2024.\*

Whether treating conditions such as aortic stenosis, mitral valve disease or congenital heart issues, our goal is to provide personalized care focused on long-term heart health.

The **Structural Heart Program** proudly offers advanced imaging, nationally recognized care and an unwavering commitment to Manatee County and beyond.

*Early detection is critical. The sooner we identify valve problems, the better the outcome. With our team at Manatee Memorial, we're able to give patients every chance for a healthier, longer life.*

- Dr. Alessandro Golino



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# Take Control of Your Health with BodyView Preventive MRI by Encore Imaging

In an era where healthcare costs continue to rise and medical conditions often go undetected until they become serious, preventive medicine has never been more crucial. Encore Imaging's BodyView Preventive MRI represents a revolutionary approach to health screening, offering comprehensive peace of mind in under 60 minutes through advanced, radiation-free technology.

## Knowledge Is Your Greatest Health Asset

The old adage "knowledge is power" takes on profound meaning when applied to personal health. BodyView Full Body MRI empowers individuals to take charge of their wellbeing by providing detailed insights into their body's current state. This innovative screening technology transforms the traditional reactive approach to healthcare into a proactive strategy that can literally save lives.

For individuals with a family history of cancer or other hereditary conditions, the psychological burden of uncertainty can be overwhelming. BodyView MRI addresses this concern head-on, offering a simple yet comprehensive scan that can deliver worry-free results or identify potential issues while they're still manageable. The relief that comes from knowing your body is healthy – or the advantage of early detection – cannot be overstated.

## Comprehensive Screening Without Compromise

What sets BodyView apart from traditional screening methods is its remarkable scope and safety profile. This radiation-free scan screens for cancer and over 500 different medical conditions across 13 vital organs, providing a full internal snapshot of your health in a single session.

The scan examines critical areas including the brain, thyroid, spine, lungs, liver, gallbladder, pancreas, spleen, kidneys, adrenal glands, bladder, and reproductive organs (ovaries, uterus, and prostate). This thorough approach means that potential health issues across multiple body systems can be identified simultaneously, eliminating the need for multiple separate screenings and reducing the overall time and cost associated with comprehensive health monitoring.



## The Power of Early Detection

Perhaps the most compelling aspect of BodyView Preventive MRI is its ability to reveal hidden conditions before they become symptomatic. Many serious health conditions, including various forms of cancer, develop silently over months or years. By the time symptoms appear, treatment options may be more limited and outcomes less favorable.

BodyView MRI changes this narrative by enabling early intervention. When conditions are detected in their initial stages, treatment is typically more effective, less invasive, and often less expensive. For health-conscious individuals who understand the value of prevention, this technology represents the ultimate proactive health tool.

## Safety and Convenience Combined

Unlike traditional CT scans or other imaging methods that expose patients to ionizing radiation, BodyView MRI utilizes magnetic resonance technology that is completely radiation-free. This safety advantage makes it suitable for regular health monitoring without the cumulative radiation exposure concerns associated with other screening methods.

In less than an hour, patients receive a comprehensive health screening followed by a virtual consultation with a physician to review the results in detail, which would traditionally require multiple appointments,

various specialists, and extensive testing. This efficiency makes preventive screening accessible to busy professionals and anyone who values their time while prioritizing their health.

## Investing in Your Future Self

BodyView Preventive MRI represents more than just a medical screening – it's an investment in your future health and quality of life. The peace of mind that comes from comprehensive health knowledge allows individuals to plan confidently, whether that means pursuing aggressive career goals, planning family expansion, or simply enjoying life without the nagging worry about undetected health issues.

For those ready to embrace truly preventive healthcare, Encore Imaging's BodyView MRI offers an unparalleled opportunity to gain comprehensive health insights quickly, safely, and conveniently. In the world of modern medicine, this level of preventive screening allows you to be in control of managing your health and your future.

*Take the first step. It's peace of mind and early detection when it matters most.*

**Call to schedule your BodyView today and save \$500.**

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# Healthy Aging & The Power of Preventive Care

By Jenin Jose, MD, Internal Medicine Physician at Millennium Physician Group

**A**ging is a natural part of life, but how we age can look very different from person to person. The good news is that healthy aging doesn't just happen by chance. It's something we can influence through the choices we make, the habits we keep, and the medical care we prioritize.

As a physician with Millennium Physician Group, I often remind my patients that it's never too early – or too late – to take steps that support lifelong health and well-being.

## What Exactly is Healthy Aging?

Healthy aging means more than simply adding years to your life. It's about maintaining good physical, mental, and social health as you grow older, so you can continue to do the things you love.

While genetics play a role in how we age, lifestyle choices and preventive care have a much greater impact. Even small, positive changes, such as being more active, improving your diet, or managing stress, can make a meaningful difference at any age.

## The Role of Preventive Care

Preventive care is the foundation of healthy aging. Instead of waiting for health problems to appear, preventive care focuses on a proactive approach: stopping illness before it starts or catching it early when it's easiest to manage. This can include:

- **Regular check-ups and wellness visits** to track your overall health.
- **Screenings and lab tests** to detect conditions like diabetes, heart disease, or cancer early.
- **Vaccinations** to protect against illnesses that can become more serious with age.
- **Personalized care plans** to address nutrition, activity, mental health, and chronic disease management.

At Millennium Physician Group, we collaborate with our patients to develop personalized wellness plans that help them feel their best, both now and in the future.

## Keys to Healthy Aging

Several key habits support healthier, more active years – and it's never too late to take proactive steps:



- **Stay active:** Exercise doesn't have to mean hitting the gym. Walking, swimming, gardening, or yoga can boost cardiovascular health, strengthen bones and muscles, and reduce the risk of falls.
- **Eat well:** A diet rich in fruits, vegetables, lean proteins, whole grains, and healthy fats helps maintain energy and supports both heart and brain health.
- **Prioritize mental well-being:** Staying socially connected, engaging in hobbies, and caring for your emotional health can protect against depression and cognitive decline.
- **Get enough rest:** Quality sleep supports memory, focus, and overall wellness.
- **Avoid harmful habits:** Limiting alcohol, quitting smoking, and managing medications properly all contribute to long-term health.

## Preventive Care for Seniors

Healthy aging becomes increasingly important as we approach our later years. Today, about one in six people in the U.S. is 65 or older, and this number is growing rapidly. For seniors, preventive care can help maintain independence, reduce medical costs, and extend their quality of life.

Routine health screenings can help catch common conditions early:

- **Annual wellness exams** provide a comprehensive check-in and a chance to talk to your doctor about any concerns.
- **Cancer screenings** remain essential, depending on your age and risk factors.

- **Chronic disease management and monitoring** for high blood pressure, diabetes, and cholesterol can prevent complications.
- **Bone density testing** helps identify osteoporosis and reduce fracture risk.
- **Vision, hearing, and cognitive assessments** support early detection of age-related changes that can impact safety and independence.

In addition to routine healthcare, vaccines continue to play a vital role in senior health, with high-dose options available for the annual flu vaccine and the shingles vaccine for adults over 50, which can help prevent painful outbreaks and complications.

Preventive care is more than medical tests – it's about fostering a lifestyle that supports positive health. For seniors, this can include regular physical activity, healthy nutrition, and social connections. At Millennium Physician Group, we collaborate with our senior patients to develop personalized plans that meet their needs, preferences, and goals.

## Healthy Aging with Millennium Physician Group

Whether you're 25 or 75, healthy aging begins with small, intentional choices. Preventive care is not about adding doctor appointments to your calendar – it's about adding quality to your years.

At Millennium Physician Group, we are committed to guiding you through every stage of life with compassionate, comprehensive care. From routine check-ups and screenings to personalized wellness programs, our physicians and healthcare team are here to support your journey to healthier aging.

**Attention Medicare-Eligible Patients:** Medicare's Open Enrollment Period runs from October 15 through December 7. This is the time each year to review your coverage and make any changes to your Medicare Advantage or Part D prescription drug plan. You can learn more at [www.medicare.gov](http://www.medicare.gov) or by calling 1-800-MEDICARE.

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# DON'T LET FOOT ARTHRITIS STOP YOU

By Ravnik Singh, DPM, AACFAS

**A**s a podiatrist, I've seen countless patients walk through my clinic door, each with a unique story etched into their gait. A common thread that often runs through these narratives is the dull, persistent ache of arthritis in the foot. It's a condition that can transform the simple act of walking into a painful ordeal, limiting daily activities and diminishing one's quality of life. But I'm here to tell you that while arthritis may be a chronic condition, a life of pain and limited mobility is not a foregone conclusion. With a tailored, multi-faceted approach, we can manage the symptoms, slow the progression, and help you take a step forward toward a more comfortable future.

The foot is a marvel of engineering, a complex structure of 26 bones, 33 joints, and over 100 tendons, muscles, and ligaments. This intricate design, while perfect for weight-bearing and propulsion, also makes it a prime target for arthritic inflammation. Arthritis can affect any of the foot's joints, but it most commonly strikes the big toe joint, the midfoot, and the ankle. The most frequent culprits are **osteoarthritis**, the "wear-and-tear" type, and **rheumatoid arthritis**, an autoimmune condition. No matter the type, the result is the same: inflammation, joint damage, stiffness, and pain.

My approach to treating foot arthritis is not a one-size-fits-all solution. It begins with a thorough examination, a detailed discussion of your symptoms, and often, imaging such as X-rays or an MRI to assess the extent of the joint damage. This initial diagnostic phase is crucial for developing a personalized treatment plan that addresses your specific needs and lifestyle.

## Non-Surgical Treatment Options

For many patients, conservative, non-surgical treatments are the first line of defense. A cornerstone of this approach is **custom orthotics**. These aren't your drugstore insoles. Custom orthotics are devices meticulously crafted to support the unique architecture of your foot, redistributing pressure, cushioning the joints, and limiting motion where necessary. By providing proper support, orthotics can significantly reduce pain and improve function.

Similarly, I often recommend supportive footwear with a wide toe box, a rigid sole, and adequate arch support. Think of your shoes and orthotics as a team, working together to create a supportive environment for your aching joints.

Beyond orthotics and footwear, I also guide my patients on a range of other conservative strategies:

- **Physical Therapy:** This is a vital component, focusing on exercises that maintain joint flexibility, strengthen the surrounding muscles, and improve balance. These exercises can help prevent the joint from "freezing up" and can improve overall foot function.

- **Topical Anti-Inflammatory Creams:** For more mild pain, these creams can offer localized relief by reducing inflammation.

- **Corticosteroid Injections:** For more severe cases, I may consider injections directly into the affected joint. These can provide powerful, albeit temporary, relief from inflammation and pain, giving the patient a much-needed window of comfort.

It's also important to address the role of lifestyle modifications. Maintaining a **healthy weight** is paramount, as every extra pound places additional stress on the joints of the feet. I work with my patients to set realistic goals and provide resources for weight management. Additionally, I discuss the importance of **low-impact exercises** like swimming or cycling, which allow for physical activity without the pounding impact of running or jumping.

## When Surgery is Necessary

In cases where conservative treatments fail to provide adequate relief, surgical intervention may be the next step. Surgical options for foot arthritis range from joint fusions (arthrodesis) to joint replacement (arthroplasty).

- **Joint Fusion (Arthrodesis):** This procedure involves permanently joining the bones of a painful joint to eliminate motion and, therefore, pain. While this can lead to a loss of motion, it can be remarkably effective in eliminating chronic pain and restoring stability.

- **Joint Replacement (Arthroplasty):** This is a more complex procedure, typically reserved for specific joints like the ankle or the big toe (first metatarsophalangeal or MTP joint). In a joint replacement, the damaged, arthritic joint surfaces are removed and replaced with artificial or biological components. The goal of this surgery is to provide pain relief while preserving some degree of motion in the joint.

The decision to pursue surgery is a significant one, and I always ensure my patients are fully informed about the potential benefits, risks, and recovery process.

Living with foot arthritis is a journey, and as your podiatrist, I am your partner on that path. It's about more than just treating a symptom; it's about empowering you with the knowledge and tools to manage your condition effectively. By combining the right footwear, custom orthotics, targeted physical therapy, and when necessary, advanced medical procedures, we can work together to alleviate your pain and get you back on your feet. The road may have its challenges, but with the right guidance, you can take a step forward toward a life of greater comfort and mobility, one step at a time.

*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.*

## Ravnik Singh, DPM, AACFAS

Ravnik Singh, DPM, AACFAS, is a Podiatrist at Family Foot & Leg Centers in Sarasota, FL. He is a Fellow of the American College of Foot & Ankle Surgeons. Call 239-430-3668 or visit [www.NaplesPodiatrist.com](http://www.NaplesPodiatrist.com) to make an appointment. Visit [FootHealthFacts.org](http://FootHealthFacts.org) to learn more about foot and ankle conditions.

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# Embrace Every Age with Intentional Well-being

by ArchWell Health

**A**ging isn't a decline—it's a journey rich with wisdom, gratitude, and growth. At ArchWell Health, we believe caring changes everything—especially for adults age 60 and up. With doctors that truly listen, trusted resources, and a focus on preventive care and wellness, healthy aging can be a very fulfilling and joyful experience.

**Listen to your body: what's normal and when to ask for help**

As the years go by, our bodies change—and that's totally natural. You might notice more stiffness, aches, or sleep that just doesn't feel as restful (even if you're sleeping eight hours). Hydration is key—fresh water remains one of the simplest ways to support your health. Gentle walking and easy stretching can ease aches and keep muscles and joints moving smoothly.

**But listen closely:** some signs are worth checking in on. If your fatigue persists, a rash won't clear, you're losing weight without trying, or you're more dizzy or forgetful than usual—those are good times to call your doctor.

**The power of nourishing nutrition**

Healthy eating isn't just about calories—it's medicine for the body and mind. As we age, certain nutrients become especially important:

- **Vitamin D & Calcium** keep bones strong. Getting enough helps protect against fractures and bone loss.
- **Vitamin B-6 and B-12** support metabolism, mood, and nerve health. B-12 in particular can become harder to absorb with age, so watch your intake.
- **Protein and Fiber** are crucial too: protein supports strength and independence, while fiber promotes healthy digestion and heart support.

Many older adults also face nutrition challenges like reduced appetite, swallowing obstacles, or difficulty accessing cooking resources. ArchWell Health offers budget-friendly tips and meal-planning resources to help turn ingredients into healthy, easy meals—no stress.

**Stay steady—balance and fall prevention matter**

Falls are a top health risk for older adults, affecting nearly one in three people over age 65 each year. Simple exercises like leg lifts or slow “tape-line” walking can improve your balance with just a few sessions a week. Making your home safer—like installing night lights or securing rugs—can also help prevent slips and falls.

**Circle of support: the importance of connection**

Healthy aging isn't just physical. Staying socially active boosts your mood, protects your heart, and sharpens your mind. ArchWell Health community centers offer everything from chair yoga and Tai Chi to crafts, club meetings, and lively events.

Friendships have real power, too. Whether it's healthcare professionals who feel like friends, joyful family members, activity partners, or fellow hobbyists—each one enriches your life.

**Plan and prevent:**

**annual screenings for peace of mind**

Prevention is powerful. Regular health screenings help catch issues early and support long-term well-being. ArchWell Health recommends these essential checks for older adults:

- Blood pressure and cholesterol
- Colorectal cancer (via stool test or colonoscopy)
- Cognitive assessments for memory and thinking
- Depression screenings and mental health support
- Diabetes tests (A1C or fasting glucose)
- Vision and hearing exams
- Fall-risk evaluations
- Heart checks (like ECG or echo)
- Lung cancer screenings (if you smoke or recently quit)
- Mammograms for women (or men with risk factors)

Keeping up with these helps you and your care team stay ahead—and secure your best health.



**Care that sees you as you are**

ArchWell Health's whole-patient approach blends extended time with caring providers, coordinated care teams, nutrition guidance, social engagement, and caregiver tools all tailored for the aging adult. Whether you're turning 60, adapting to new rhythms, or simply seeking more joy and support—you deserve a care model that values you.

**A year of healthy aging: monthly wellness anchors**

Aging well is about steady progress—something like ArchWell Health's wellness calendars, which offer month-by-month inspiration to keep moving, connecting, protecting, and celebrating all year long. From vaccines to safety checks to mental-health reminders, these guides help you build healthy habits one month at a time.

**Putting it all together**

Healthy aging is about more than just years—it's about building strength, connection, purpose, and resilience. By listening to your body, nourishing yourself thoughtfully, staying active and connected, and practicing preventive care, you can make these years your best yet.

If you're looking for care that sees you—mind, body, and heart—ArchWell Health is here. Let's walk this journey together, step by step, with warmth, wisdom, and joy.

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# Safeguarding Your Sight: Essential Tips for Eye Injury Prevention

George Skopis, M.D.

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

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

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

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

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



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

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

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



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

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

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

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

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



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# IN THEIR OWN WORDS

## FGCU'S 'LIVED EXPERIENCE' PROJECT GIVES A VOICE TO THOSE WITH IDD

By RICK WEBER

**A**s director of the Golisano Intellectual and Developmental Disability Initiative (GIDDI), Ellen Kroog Donald, PT PhD, has been on a passionate mission to work alongside Florida Gulf Coast University faculty and staff to increase awareness and education related to the unique qualities and needs of individuals with Intellectual and Developmental Disabilities (IDD) of all ages.

Over the years, she has led the charge to create opportunities for students to learn through additions to their curriculum, informal conversations, employment and volunteerism.

And now she is taking it to the next level.

Donald, Assistant Professor of Physical Therapy in FGCU's Marieb College of Health & Human Services, has worked with Joseph Buhain, Director of Interprofessional Simulation and Emerging Technology for Marieb College, to develop a project called "Lived Experience."

The underlying philosophy: Capture individuals' life experiences in their own words.

"Often, children and adults with IDD do not get to tell their own story," Donald says. "Well-meaning parents, teachers, health professionals and other caregivers often tell the story. This project allows people to express themselves using their unique communication style and state their answers to questions in a way that is meaningful to them."

"I believe this project is innovative and demonstrates the philosophy that we have at GIDDI where each individual is valued for their unique strengths and experiences."

Donald and Buhain, along with colleagues from seven other health disciplines, developed a series of questions related to a person's experience with family, friendships, healthcare, school, interests, employment (or future employment) and life goals/dreams. These questions form the framework for the interviews that they will conduct with individuals from the community. If individuals are unable to speak for themselves, family members will speak from their perspective.

Donald and Buhain are in the process of identifying individuals in the community and conducting pre-interviews to see if they will be comfortable in front of a camera. They will interview a wide variety of individuals based on life stage, gender, diagnoses, level of independence, preferred communication style, cultural background, etc.

Those participants are invited to campus for a 90-minute time block and interviewed in a specialized studio set up to capture unique images using Dr. Hologram technology, which provides holographic projections to create immersive and interactive learning experiences. Innovative technology creates a three-dimensional image of the person, making a standard video come alive.

These recordings will then be used in the classroom, where interprofessional discussion groups will listen, make observations and bring in different perspectives to a discussion related to these individuals' "lived experience."

With further development, these will become more interactive and allow for opportunities for simulations of the interactions that students will have in practice.

"By creating these recordings, more students can have access to hearing from a variety of individuals without time and place restrictions," Donald says. "They can take the learning that they have had through their individual course materials and apply it within these interprofessional discussions."

"The follow-up to these interprofessional discussions will be to have immersive experiences in the community to provide the opportunity to interact with individuals with IDD in their natural environments such as recreational activities, supportive employment programs and social groups."

Donald says this project will help satisfy the strong need for an increased focus on this population, for interprofessional learning and to promote the importance of hearing the needs of individuals directly from the person and the family/caregiver.

"It is a push to increase the focus on training our future workforce on meeting the needs of those with IDD and learning in the context of an interprofessional experience—not just learning with others who have come from the same training, but learning across professions," she says. "The focus is on the person, not a diagnosis or disability, and hearing the perspective of the person with IDD in their own words. It goes beyond hearing something in a lecture or reading it in a textbook, but demonstrating value in observing and listening to the real experiences of people."

"We welcome interest from the community for participating in one of these interviews. We believe that there are many members of the community who are living with an intellectual or developmental disability themselves, or in their family, who have so much to offer to others. We would love to expand this project and will be looking for other opportunities for funding future growth."

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

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

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

In Southwest Florida, it is estimated that 24,000 to 27,000 individuals live with IDD, based on 2023 census data, according to Donald. The need is most likely greater than these numbers reflect, reinforcing the importance of effective training for our future workforce.

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# WHY SINGLE SENIORS FLOURISH IN SENIOR LIVING COMMUNITIES

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

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

## WHAT IS INDEPENDENT LIVING?

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

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

## BENEFITS OF SENIOR LIVING FOR SINGLE SENIORS

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

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

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



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

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

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

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

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

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

## DISCOVER THE SINGULAR FREEDOM OF FREEDOM VILLAGE

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



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

By Dr. Drew Hall

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

## Understanding Temporomandibular Disorder (TMD)

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

## The TMD-Neck Pain Connection

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

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

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

## The Role of Upper Cervical Chiropractic Care

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



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

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

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

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

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

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

## Dr. Drew Hall

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



Dr. Drew Hall

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- Dr. Drew Hall

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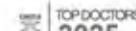
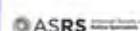
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# WOMEN'S HEALTH:

## "What You Need to Know That Your Doctor Doesn't Tell You..."

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

### Introduction: A Story of Tragedy and Injustice

She was a kind and gentle woman in her late seventies. A grandmother, a caregiver, a pillar of her family. Yet by the time she sat across from me, she carried more than her years on her shoulders — she carried despair.

She had seen ten different doctors, across ten different specialties, and been handed ten different diagnoses. Each one spent a rushed five minutes with her, scribbled notes, and repeated the same tired mantra:

- Take more drugs.
- Do surgery.
- Or live with it.

Not one asked the deeper question: Why is this happening?

She brought with her a bag stuffed with pill bottles. But what weighed her down more than the pills was the absence of answers — the sense that no one was truly listening.

This is not just her story. This is the story of millions of women.

And here's the emotional truth:

"Healthcare" is an oxymoron. They don't make you healthy, and they don't care.

Women are dismissed, rushed, unheard, and misdiagnosed. And the suffering is compounded by the arrogance of a system that blames them when medicine fails to heal.

I believe with all my heart:

"The lack of quality care for women is unacceptable. Women deserve to be treated with respect, thoughtfulness, and consideration."

At OrthoMed Pain and Stem Cell Therapy, we are rewriting this story — offering women the "Care and Treatments That Women Desire, and Deserve!"

### The Unique Burden Women Carry

Women live inside a complex, ever-changing biological rhythm. Hormonal cycles, pregnancies, childbirth, perimenopause, and menopause — each brings profound physiological changes. And layered on top of this are the demands of caregiving, multitasking, and cultural expectations that too often push women to put themselves last.

When women finally seek help, they are often told their symptoms are "normal," "just stress," or "all in your head." The damage is not just physical — it is emotional and spiritual. To be dismissed is to be diminished.

Women deserve better.

### The Most Common Conditions in Women's Health

Many women struggle with conditions that conventional medicine recognizes, yet poorly manages:

- Menstrual disorders, PCOS, endometriosis, and fibroids.
- Menopause-related changes, bone loss, and osteoporosis.
- Breast and cervical cancers.
- Thyroid disorders.
- Anxiety, depression, and migraines.
- Cardiovascular disease — the #1 killer of women, still underappreciated.
- Low back pain and failed surgery syndrome — among the most disabling chronic pain issues.

Too often, the response is a prescription pad or a surgical referral. Symptoms are masked. Organs are removed. But the root causes remain untouched.



### The Silent Epidemic: Missed and Underdiagnosed Conditions

Here is where the injustice deepens — the conditions that most doctors miss, dismiss, or delay:

- Endometriosis brushed off as "bad periods."
- PCOS missed in women without obvious features.
- Thyroid dysfunction (subclinical hypothyroidism, Hashimoto's) overlooked until advanced.
- Perimenopause mislabeled as depression or anxiety.
- Autoimmune disorders excused as "stress."
- MTHFR genetic disorder altering detoxification and mood stability.
- Fibromas with GI complications.
- Chronic GI disorders after abdominal surgeries.
- Undiagnosed metastatic cancers.
- Body image dysmorphia after breast or uterine resections.
- Stress-induced headaches, insomnia, anxiety, depression, reflux, and chronic pain syndrome.
- Long-Covid — with impacts on the senses, lungs, gut, organs, cardiovascular system, heart, and brain.

Each one silently robs women of energy, function, and dignity. And each one is too often met with a shrug from medicine that should be helping, not ignoring.



### Why This Happens:

#### The Flaws in Modern Medicine

The system is not failing women by accident. It is failing by design.

- The 5-Minute Appointment: not enough time to understand complexity.
- Isolated Specialists that Do Not Look at You as a Whole: they recommend drugs and treatments only for that area, and do not coordinate with other doctors to actually come up with a "Comprehensive Evaluation and Treatment Plan" based on women's problems, needs, and desires.
- Checklist Diagnosis: individuality ignored in favor of cookie-cutter labels.
- Over-Reliance on Drugs and Surgery: suppressing symptoms while health declines.
- Failure to Ask "Why?": focusing on "what" the diagnosis is, but never uncovering "why" it began.

This is not healthcare. This is disease management.

#### A Better Path: Root Cause and Regenerative Medicine for Women

At OrthoMed Pain and Stem Cell Therapy, we choose a different way.

We listen. We ask deeper questions. We search for the "why."

#### Our Philosophy:

- Treat the whole person, not just the diagnosis.
- Search for the root cause of illness.
- Honor women's unique physiology, history, and experiences.

#### Our Tools:

- Traditional medicine when appropriate.
- Regenerative therapies designed to restore, not suppress:
  - Regenerative Neurological Therapies to "Rebuild Your Brain"™
  - Musculoskeletal Healing to "Rebuild Your Body"™
  - Advanced Stem Cells, Exosomes, Ultra-PRP™, Ozone, and our exclusive Advanced IV ImmunoBoost™

Our goal is not simply to quiet symptoms, but to bring back vitality.

#### Our promise is simple:

"To provide the Care and Treatments That Women Desire, and Deserve — to decrease pain, increase function, and give back the quality of life!"

### Empowering Women to Take Back Their Health

You are not broken... healthcare is.

You are not crazy... the system is.

You are not alone... as we are with you on your "Journey Back to Health"!

If you've been dismissed, ignored, or told to "just live with it," know this: your suffering is real, and your healing is possible.

At OrthoMed Pain and Stem Cell Therapy, we don't dismiss you — we partner with you. We educate, empower, and walk with you every step of the way.

#### Practical Steps You Can Take Today:

- Ask your doctor why instead of only what.
- Notice red flags: being rushed, dismissed, or unheard.
- Bring an advocate with you to appointments.
- Seek care that looks beyond prescriptions to root causes.

#### Conclusion: A Call for Respect and True Healing

Dr. Cole's wise grandmother once told him: "You have two ears and one mouth... for a reason." He still follows that mantra with his patients today. Listening — truly listening — is the first act of healing.

The way women are treated in today's medical system is nothing short of tragic. But tragedy does not have to be your future.

At OrthoMed Pain and Stem Cell Therapy, we offer more than medicine. We offer partnership, compassion, and innovation. We stand for a new standard of women's health:

- Listening deeply.
- Searching for root causes.
- Offering both traditional and regenerative solutions.
- Restoring not just bodies, but lives.

Because women deserve more than survival. They deserve vitality. They deserve joy. They deserve answers.

"The lack of quality care for women is unacceptable. At OrthoMed, we are here to help women decrease pain, increase function, and reclaim the quality of life they desire... and deserve."

And that is not just our mission — it is our promise.

### TOP 5 MISSED WOMEN'S HEALTH DISORDERS

1. **Endometriosis** — often dismissed as "bad periods" for years.
2. **Thyroid Dysfunction** — subclinical cases ignored until advanced.
3. **MTHFR Genetic Disorder** — hidden driver of detox and mood challenges.
4. **Long-Covid** — affecting senses, lungs, gut, cardiovascular system, heart, and brain.
5. **Perimenopause** — misdiagnosed as anxiety or depression.

### 3 QUESTIONS EVERY WOMAN SHOULD ASK HER DOCTOR

1. Why is this happening to me, not just what it is?
2. How do my symptoms connect to the rest of my body?
3. What are the root causes, and how can we address them without just drugs or surgery?

#### What You Need!

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# INTEGRATING ACUPUNCTURE INTO BREAST CANCER CARE: A HOLISTIC APPROACH TO HEALING

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

As October brings Breast Cancer Awareness Month into focus, millions of people worldwide reflect on the journey of those affected by this disease. While advances in medical treatment have significantly improved outcomes, the path through diagnosis, treatment, and recovery often presents physical and emotional challenges that extend beyond what conventional medicine alone can address. At Lotus Holistic Wellness, we believe in the power of integrative care, particularly the ancient practice of acupuncture, to complement traditional cancer treatments and support overall wellness throughout every stage of the breast cancer journey.

## Understanding Acupuncture's Role in Cancer Care

Acupuncture, a foundation of Traditional Chinese Medicine, has been practiced over 5,000 years, involves the strategic placement of thin needles at specific points on the body to restore energy balance and promote natural healing. In the context of breast cancer care, acupuncture does not replace conventional treatments like chemotherapy, radiation, or surgery. Instead, it serves as a valuable complementary therapy that can significantly improve quality of life during treatment and beyond.

Research has shown that acupuncture can effectively address many of the challenging side effects that accompany breast cancer treatment. Acupuncture works by stimulating the nervous system, promoting the release of endorphins, and helping to regulate various bodily functions that may be disrupted during cancer treatment.

## Supporting Patients During Active Treatment

The treatment phase of breast cancer often brings a cascade of side effects that can make daily life challenging. Chemotherapy-induced nausea and vomiting, one of the most dreaded aspects of cancer treatment, has shown remarkable improvement with acupuncture intervention. Studies published in major oncology journals have demonstrated that acupuncture can reduce both the frequency and severity of nausea, allowing patients to maintain better nutrition and hydration during critical treatment periods.



Peripheral neuropathy, characterized by tingling, numbness, or pain in the hands and feet, affects many breast cancer patients receiving certain chemotherapy drugs. Acupuncture has proven effective in managing these symptoms, helping patients maintain better hand function and mobility. This is particularly important for breast cancer survivors who may already be dealing with limited arm and shoulder movement following surgery.

Cancer-related fatigue, perhaps one of the most pervasive and debilitating side effects, can persist long after treatment ends. Regular acupuncture sessions have been shown to boost energy levels, helping patients engage more fully in the recovery and daily activities.

Hot flashes and sleep disturbances are common symptoms among breast cancer patients due to hormonal changes from treatment or hormone-blocking medications, respond well to acupuncture treatments. By helping to regulate the body temperature control mechanisms and promoting relaxation, acupuncture can significantly improve sleep quality and reduce the frequency and intensity of hot flashes.

## Wellness in Remission and Beyond

The journey doesn't end when active treatment concludes. Many breast cancer survivors experience ongoing challenges that can benefit from continued acupuncture care. Post-treatment anxiety and depression are common as survivors adjust to life after cancer. Acupuncture's ability to promote the release of mood-regulating neurotransmitters can provide natural support for emotional, mental, and physical well-being.

Lymphedema, a potential long-term complication following lymph node removal or radiation, may also benefit from acupuncture treatment. Acupuncture can support healthy circulation, lymphatic drainage, manage pain, and reduce inflammation, which can help with swelling caused by cancer treatments.

## The Lotus Holistic Wellness Approach

At Lotus Holistic Wellness, we understand that each breast cancer journey is unique. We work closely with your oncology teams to create personalized treatment plans that align with each patient's medical care timeline and individual needs. We prioritize safety, ensuring that all treatments are appropriate to each stage of the cancer journey and are compatible with ongoing medical treatments.

Our approach emphasizes not just symptom management, but overall wellness and quality of life. We view each patient as a whole person, addressing not only the physical symptoms but also emotional and spiritual well-being, leading to a more balanced, compassionate path to recovery.

As we observe Breast Cancer Awareness Month, we're reminded that healing extends beyond medical intervention alone. Integrative approaches like acupuncture offer hope, comfort, and tangible benefits to those walking the challenging path of breast cancer treatment and recovery.

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 health.

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# FROM MELANOMA SURVIVOR TO PATENT HOLDER: Local Inventor Develops Patented Skincare Applicator

**W**hen Kathe D'Alfonso faced melanoma, the Penfield resident knew her daily routine had to change. Suddenly, applying sunscreen to every inch of her body became not just important—it became life-saving. But like most people, she discovered a frustrating reality: reaching the middle of her back was nearly impossible.

Rather than accept this limitation, the 55-year-old inventor decided to create her own solution. Three years of development later, D'Alfonso holds a patent for Solo Beauty, a flexible wand applicator that's transforming how people approach their skincare routines.

## Innovation Born from Necessity

Solo Beauty features a unique design: a sturdy wand topped with a flexible, mitt-covered head that angles perfectly to reach those troublesome spots between the shoulder blades. The interchangeable mitts come in three varieties—a lotion applicator made from material that resists absorption, a body exfoliator, and a face exfoliator.

"I don't know anyone who can reach the middle of their backs," D'Alfonso said with a laugh, highlighting the universal problem her invention solves.

The path to patent approval wasn't guaranteed. D'Alfonso's attorney cautioned her that patent acquisition is far from automatic. When the U.S. Patent Office approved her application in April 2024, it validated not just her design but her persistence through years of prototype development.

## Engineering for Real-World Use

D'Alfonso's commitment to quality shows in her development process. She created eight different prototypes before settling on the final design, testing each version rigorously. Her current prototype has survived more than 550 machine wash cycles—a testament to the product's durability.

"The biggest thing is it has the right angle," she explained. "Just hold it up and put it over your shoulder. The mitt can be washed and dried. There's no product out there that does that."

This washability factor sets Solo Beauty apart from competitors while offering environmental benefits. Unlike similar products with disposable heads, Solo



Beauty's reusable design reduces waste and saves customers money over time.

## Expanding Beyond the Original Vision

While D'Alfonso initially created Solo Beauty for sunscreen application, customer feedback revealed broader applications. People with arthritis, Parkinson's disease, and mobility limitations have found the tool invaluable for maintaining independence in their skincare routines. Others use it to apply topical medications without exposing their hands to the treatment.

***"Customers absolutely love it," D'Alfonso reported. "It solves a lot of problems and has been helping people."***

The response from wheelchair users has been particularly meaningful to her. "Some customers use wheelchairs. They go through a lot of struggles and this helps," she noted, emphasizing how the product addresses accessibility challenges she hadn't initially considered.

## Local Manufacturing, Personal Touch

D'Alfonso has built her business around local partnerships. She cuts all materials herself and works with a local seamstress for mitt construction, while sourcing wands from regional suppliers. This approach keeps production close to home and allows for customization—including one memorable request for Holstein cow print mitts.

Her sales channels reflect this personal approach. Starting at the Webster Farm Market, D'Alfonso now operates a physical store in Irondequoit and maintains an online presence at [solobeautyroc.com](http://solobeautyroc.com). The direct customer interaction has been rewarding, she says, with repeat customers and enthusiastic word-of-mouth recommendations driving growth.

## Looking Forward

Solo Beauty retails for \$28.99 online, with replacement mitts available for \$12.99 to \$14.99. For D'Alfonso, the success isn't just measured in sales figures but in the problems solved.

"For the average person, this product solves a problem and makes your life easier," she reflected. "Once you use it, you'll never stop."

What started as one woman's response to a health challenge has evolved into a solution that addresses universal accessibility needs in personal care. D'Alfonso's journey from melanoma patient to patent-holding entrepreneur demonstrates how personal necessity can spark innovations that benefit entire communities.

As Solo Beauty continues to reach new customers, D'Alfonso's story serves as inspiration for other would-be inventors: sometimes the best business ideas come from solving your own problems first.



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# 3D MAMMOGRAPHY

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

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

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

## What is 3D Mammography?

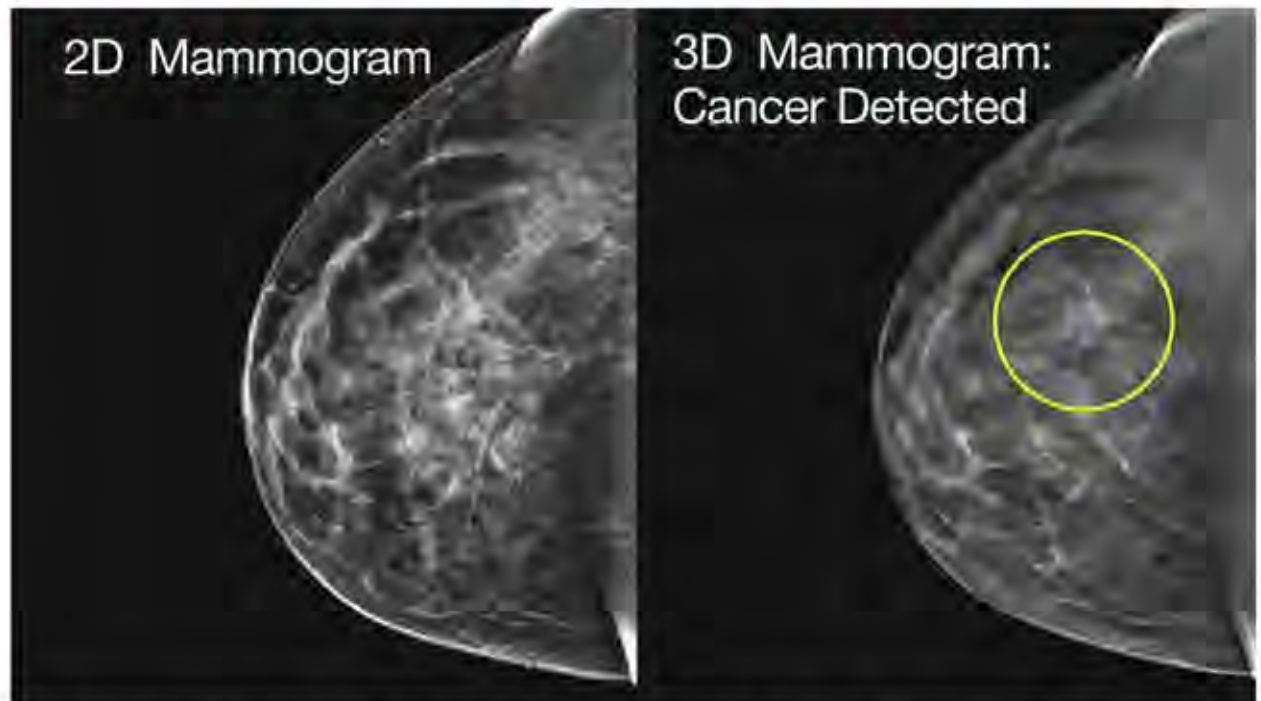
3D mammography is a revolutionary state of the art technology approved by the FDA in February 2011, which gives radiologists the ability to view inside the breast layer by layer, helping to see the fine details more clearly by minimizing overlapping tissue. During a 3D mammogram, multiple low-dose images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

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

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

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

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



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

## What are the benefits?

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

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

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

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

## How long will it take?

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

## How much radiation will I be exposed to?

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

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

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

## Why is RAVE Radiology offering 3D Mammography?

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



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

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

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

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

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

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

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

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

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

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

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# BREAKING THROUGH CHRONIC PAIN:

## How Myofascial Release Offers Hope When All Else Fails

By Michael Via, MSPT

**F**or millions of people living with chronic pain, the journey to relief can feel endless. After exhausting traditional medical treatments, surgeries, medications, and conventional therapies, many find themselves trapped in a cycle of temporary fixes that never address the root cause of their suffering. However, there's a therapeutic approach that's offering new hope to those who have tried everything else: Myofascial Release.

### Understanding the Hidden Culprit

Myofascial Release targets the body's fascial system—a continuous web of connective tissue that surrounds and supports every muscle, bone, nerve, and organ in your body. When trauma, inflammation, or surgical procedures damage this system, they create restrictions that can generate crushing pressures of up to 2,000 pounds per square inch on pain-sensitive structures.

The frustrating reality is that these restrictions often remain invisible on standard diagnostic tests like X-rays, MRIs, CT scans, or electromyography studies, leaving patients feeling dismissed and their pain unexplained. This diagnostic blind spot contributes to the stress and frustration experienced by countless individuals who know something is wrong but can't get concrete answers from traditional medical testing.

Think of these fascial restrictions as an internal straightjacket, creating a web of tension that pulls and compresses throughout your body. Restrictions in one area create compensatory patterns that can manifest as pain and dysfunction in seemingly unrelated parts of the body. While traditional medicine focuses on masking pain symptoms with medications, and conventional physical therapy treats only the surface effects, Myofascial Release addresses the underlying structural cause of the problem.

### The Gentle Power of Sustained Pressure

The John F. Barnes' Myofascial Release Approach represents a paradigm shift in pain management that prioritizes safety, gentleness, and lasting effectiveness. This technique involves applying gentle, sustained pressure directly to fascial restrictions without oils, creams, or machinery. The direct skin contact enables therapists to accurately detect fascial restrictions and apply the appropriate amount of pressure needed for release.

The key lies in the "time element"—allowing the viscous properties of fascia to respond to low-load pressure applied slowly and consistently. During treatment, skilled therapists use their hands to detect restrictions and apply sustained pressure for extended periods, sometimes several minutes at a time. This approach leverages the piezoelectric phenomenon, where gentle, prolonged pressure allows the viscoelastic fascia to elongate and release naturally.

Unlike aggressive massage or forceful manipulation techniques, Myofascial Release works with the body's natural healing mechanisms rather than forcing change. Each treatment session is uniquely tailored to the individual, recognizing that every person's fascial restrictions and pain patterns are different.

### Why Traditional Approaches Fall Short

The reason many patients experience only temporary relief with conventional treatments becomes clear when you understand fascial restrictions. Traditional physical therapy, massage, and medical interventions often treat symptoms while leaving the underlying fascial straightjacket intact. It's like trying to fix a house's foundation problems by only painting the walls—the cosmetic improvements are temporary because the structural issue remains.

Myofascial Release takes a whole-body approach, recognizing that restrictions in one area can create compensatory patterns and pain throughout the entire system. This comprehensive perspective explains why patients who have traveled from around the world seeking this treatment often find the lasting relief that eluded them through other methods.

### A Beacon of Hope

The transformative power of Myofascial Release is consistently demonstrated in patient testimonials. Dawn Scheffer, who suffered from TMJ dysfunction, found success with this approach after tirelessly seeking treatment elsewhere without success. Peter Dorsa, himself a physical therapist with nearly three decades of experience who began studying Myofascial Release in 1994, describes the technique as "one of the most effective manual therapy treatments that exists."

These success stories reflect a broader pattern seen in patients who travel from around the world specifically seeking Myofascial Release treatment when traditional medicine, surgery, and conventional therapy have failed to provide lasting relief.

For those who have exhausted other options and feel trapped by chronic pain, Myofascial Release offers something precious: the possibility of authentic healing rather than temporary symptom management. By addressing the fascial system's restrictions at their source, this gentle yet powerful technique can break the cycle of chronic pain and restore the freedom of movement and quality of life that seemed lost forever.

If you're living with chronic pain and feeling hopeless about finding relief, Myofascial Release may be the comprehensive solution you've been searching for.

**Call Now and SAVE \$25 OFF Initial Evaluation!**

### About

**Michael Via, MSPT**, is a licensed Physical Therapist who brings over 29 years of comprehensive physical therapy experience to his practice, including 10 specialized years in pelvic floor rehabilitation. He graduated from the University of Miami in 1994 with his Masters of Science in Physical Therapy (MSPT) degree and has since become expert-level trained in John F. Barnes Myofascial Release, a distinction that reflects his deep commitment to this transformative treatment approach. His extensive training also includes Herman and Wallace pelvic floor assessment and treatment certification, as well as completion of Titleist Performance Institute Level 2 Medical, Level 2 Fitness, and Level 2 Junior Training programs. As the owner of Michael Via Therapy and Training Services since 2012, Mike has built his practice around a passion that drives his daily work: providing clients with the incredible feeling of chronic pain relief, particularly when other treatment avenues have previously failed them, making him a beacon of hope for those who have exhausted traditional therapeutic options.

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# GainsWave Therapy:

## Understanding the Benefits of Acoustic Wave Treatment for Men's Health

By Dr. David S. Zamikoff

**G**ainsWave therapy has emerged as a promising non-invasive treatment option for men seeking to improve their vascular health and overall wellness. This innovative procedure utilizes low-intensity extracorporeal shockwave therapy (LI-ESWT) to enhance blood flow and stimulate natural healing processes within the body.

The primary mechanism behind GainsWave therapy involves the application of high-frequency, low-intensity sound waves to targeted areas. These acoustic waves trigger a process called neovascularization, which promotes the formation of new blood vessels and improves circulation. Additionally, the treatment stimulates the release of growth factors and stem cells, contributing to tissue regeneration and repair.

One of the most significant advantages of GainsWave therapy is its potential to address blood flow issues without the need for medications or invasive procedures. The treatment sessions are typically brief, lasting about 20-30 minutes, and patients can return to their daily activities immediately afterward. Unlike traditional treatments, GainsWave doesn't carry the risk of side effects associated with oral medications or surgical interventions.

Research has shown that GainsWave therapy may provide long-lasting results. Many patients report experiencing benefits for up to two years following a complete treatment protocol. The therapy typically involves a series of 6-12 sessions, with maintenance treatments recommended periodically to sustain the results.

The versatility of GainsWave therapy extends beyond its primary applications. While commonly known for addressing vascular health concerns, the treatment has shown promise in improving overall performance and vitality. The enhanced blood flow and tissue regeneration can contribute to increased energy levels, improved physical function, and better overall well-being.

Athletes and active individuals have also reported benefits from GainsWave therapy. The treatment's ability to promote healing and improve circulation can aid in recovery from sports-related injuries and enhance athletic performance. The non-invasive nature of the therapy makes it an attractive option for those seeking natural performance optimization methods.

Another advantage of GainsWave therapy is its potential to complement other wellness treatments. Many healthcare providers integrate this therapy into comprehensive treatment plans, combining it with lifestyle modifications, nutritional support, and other therapeutic approaches to maximize results.

The treatment process itself is straightforward and well-tolerated by most patients. During a session, a trained healthcare provider applies the acoustic wave device to specific areas, delivering precise energy pulses that penetrate the tissue. While some patients may experience mild discomfort during treatment, the procedure generally doesn't require anesthesia or downtime.

As with any medical treatment, results can vary among individuals, and success often depends on factors such as overall health, age, and lifestyle habits. Patients considering GainsWave therapy should consult with qualified healthcare providers to determine if they are suitable candidates and to develop appropriate treatment plans tailored to their specific needs.

The non-invasive nature, minimal risk profile, and potential for long-lasting results have made GainsWave therapy an increasingly popular option for men seeking to improve their vascular health naturally. As research continues and technology advances, this innovative treatment continues to demonstrate its value in the field of men's health and wellness.

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

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

By Craig S. Aderholdt, BSc, DC

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

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

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

## How does VAX-D work?

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



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

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

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

## Is VAX-D Right for Me?

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

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

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

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

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

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

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



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

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

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



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# OCTOBER IS AUDIOLOGY AWARENESS MONTH: UNDERSTANDING THE ROLE OF AUDIOLOGISTS

By Dr. Noël Crosby, Au.D.

**A**s October ushers in Audiology Awareness Month, it's the perfect time to shine a spotlight on the crucial role audiologists play in our healthcare system. These specialized professionals are the unsung heroes working tirelessly to improve the quality of life for millions suffering from hearing and balance disorders.

## What is an Audiologist?

An audiologist is a healthcare professional who specializes in the diagnosis, treatment, and prevention of disorders related to hearing, balance, and ear function. Their expertise spans a wide range of responsibilities, from conducting hearing tests and fitting hearing aids to developing auditory rehabilitation programs and managing complex ear-related conditions.

## Key Responsibilities of Audiologists

Audiologists wear many hats in their day-to-day practice. They evaluate hearing and balance problems using a variety of tests, including pure-tone audiometry, speech audiometry, and tympanometry. They're also skilled in fitting and adjusting hearing aids, cochlear implants, and other assistive listening devices.

Beyond the technical aspects, audiologists play a crucial role in counseling patients on communication strategies and developing personalized auditory rehabilitation programs. They're often at the forefront of diagnosing and managing conditions like tinnitus and earwax buildup, and many contribute to research efforts aimed at developing new treatments.



## Specializations within Audiology

The field of audiology offers various specializations. Some audiologists focus on pediatric audiology, working exclusively with children. Others may specialize in neuroaudiology, cochlear implantation, auditory processing disorders, or balance and vestibular disorders.

## Education and Training

Becoming an audiologist requires extensive education and training. Most audiologists hold a Doctor of Audiology (Au.D.) degree, while some may have a Master's or Ph.D. in audiology or a related field. Additionally, many are certified by professional organizations such as the American Board of Audiology (ABA) or the American Speech-Language-Hearing Association (ASHA).

## Where Audiologists Work

Audiologists can be found in a variety of settings. Many work in hospitals and clinics, while others operate private practices. Some audiologists work in schools, helping children with hearing impairments, while others contribute to research institutions, pushing the boundaries of audiological science.

## Skills of a Successful Audiologist

Successful audiologists possess a unique blend of technical knowledge and interpersonal skills. They need excellent communication abilities to explain complex concepts to patients, analytical skills to interpret test results, and problem-solving abilities to develop effective treatment plans. Compassion and empathy are also crucial, as they often work with patients experiencing frustration or anxiety due to their hearing issues.

This Audiology Awareness Month, let's appreciate the dedicated professionals who help us hear the world more clearly and navigate it more confidently. Audiologists truly make a sound difference in our lives!

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**Noël Crosby**  
Doctor of Audiology



**Dr. Pamela Dorn**  
Doctor of Audiology



# Defeat Gum Disease

**T**here 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



# HUNGRY HEART

By Alex Anderson

**T**he songwriter and performer Bruce Springsteen was right when he wrote,

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

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

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

Springsteen goes on to sing,

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

**Its magnificent light will light up your life.**

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

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

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



# Your Heart. Our Priority.

## Award-Winning Structural Heart Care is Close to Home

At Manatee Memorial Hospital, advanced heart care is close to home. Our **Structural Heart Program** provides comprehensive services for patients with complex heart conditions.

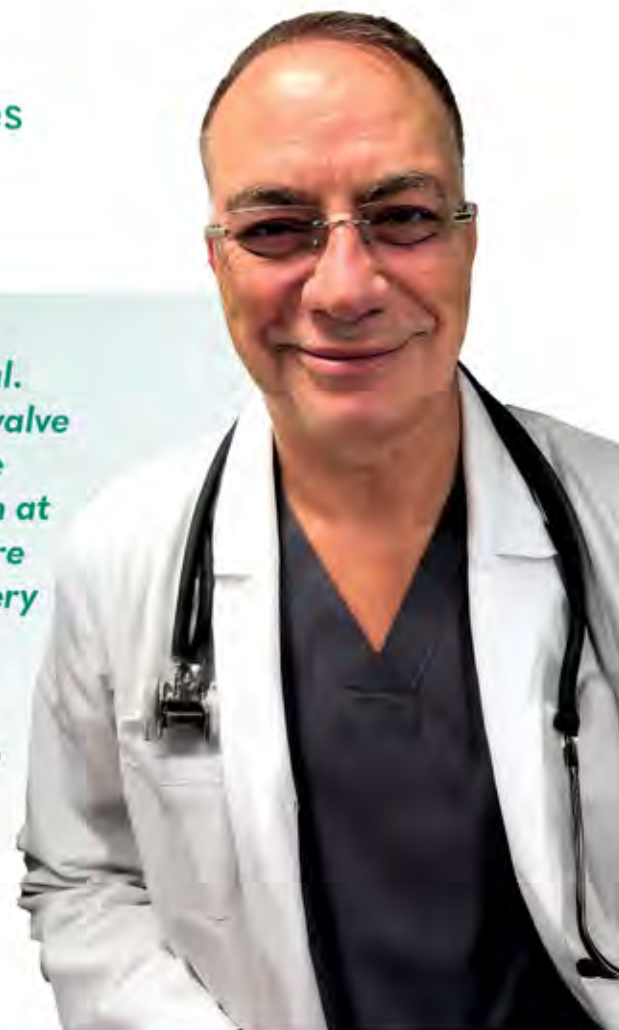
In 2024, our program was ranked **1st in Florida for MitraClip™ volume** and **20th nationally for MitraClip procedures.\*** This minimally invasive treatment offers an alternative to open-heart surgery for patients with mitral regurgitation. We also proudly recognize **Dr. Alessandro Golino, Cardiothoracic Surgeon**, who achieved the distinction of being the **top MitraClip implanter in the U.S. and worldwide in 2024.\***

**The Structural Heart Program offers:**

- Minimally invasive treatment options
- Advanced imaging and diagnostics
- Comprehensive care for complex conditions
- Personalized treatment plans

*Early detection is critical. The sooner we identify valve problems, the better the outcome. With our team at Manatee Memorial, we're able to give patients every chance for a healthier, longer life.*

*- Dr. Alessandro Golino*



For more information, please visit  
[manateememorial.com/heart](https://manateememorial.com/heart)



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