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Ramon A. Gil, M.D.
Diplomate American Board
of Psychiatry and Neurology



2025 SWFL PARKINSON'S DISEASE FALL SYMPOSIUM

FRIDAY, NOVEMBER 21, 2025

8:30 AM TO 3:45 PM

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Supporting Vascular Health in Our Community

At Manatee Memorial Hospital's Heart and Vascular Center, patients in Manatee County have access to a full range of vascular surgery and care options, delivered by a skilled team focused on improving circulation and supporting overall health.

Board-certified and fellowship-trained vascular surgeon, **Michelle DesChamplain, MD, FACS**, is experienced in treating complex conditions. She provides surgical and endovascular solutions to address issues such as:

- **Carotid artery disease** – reducing risk of stroke from plaque buildup
- **Peripheral artery disease** – restoring blood flow to the legs
- **Aneurysms** – repairing weakened vessels
- **Venous disease** – managing varicose veins and chronic venous insufficiency

In addition to her clinical knowledge, Dr. DesChamplain emphasizes patient education and collaborative decision-making, helping patients feel confident in their care journey.

The Heart and Vascular Center ensures that patients have access to endovascular procedures that include catheter-based interventions, angioplasty, stent placement and open surgical procedures for treatment of Peripheral Artery Disease (PAD). Patients also benefit from coordinated follow-up and long-term management that help promote lasting vascular health.



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2025 PARKINSON'S DISEASE FALL SYMPOSIUM CUTTING EDGE THERAPIES FOR PARKINSON'S DISEASE

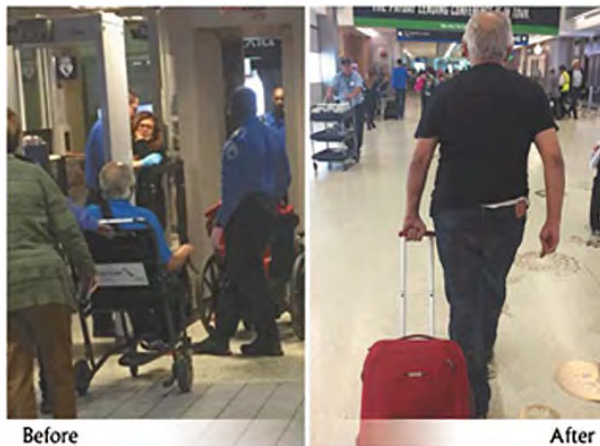
By Ramon A. Gil, M.D., Medical Director, Parkinson's Disease Treatment Center of SWFL

Progress in the treatment of Parkinson's Disease (PD) is non-stop. We at the PD Treatment Center of SWFL are committed to providing our community with the latest and most useful information regarding technological and medical advances that are making the treatment outcomes of this disease more meaningful. Our aim is a higher percentage of success in achieving the ultimate goal: optimal quality of life for patients and family members/care partners. We also present scientific data demonstrating the significant benefits that non-pharmacological interventions (physical exercise, healthy diet and lifestyle) have for patients, not just with PD, but for all neurodegenerative disorders and for general health.

We invite you to join us in our upcoming educational program on Friday, November 21 at the Sunseeker Convention Center in Port Charlotte. The program is prepared to cover the latest drugs for the treatment of PD, as well as new technology that is improving surgical treatment with deep brain stimulation. We will talk about the rationale and benefits of physical exercise as it enhances neuroplasticity (the ability of the brain to repair itself).

To open our lineup of presentations, personal trainer Jay Woods and his associates will illustrate basic routines and simple exercises that will help you improve your mobility, strength, and balance (things typically affected by PD).

We will then proceed to a presentation by Dr. Glorivel Koury-Ramos, Medical Director of RK Healthy Life, from Atlanta, GA. She will discuss "Weight Management in the Treatment of PD". It should not be difficult to appreciate the negative impact of obesity in PD, but also the problems associated with being underweight because of poor nutrition caused by other medical problems affecting some patients with PD. She will provide the most useful information regarding a healthy diet, a factor that will improve physical condition and quality of life.



The use of botulinum toxin injections for cosmetic reasons (wrinkles, forehead lines, Crow's feet...) are well known to many of you. However, the use of these injections for medical reasons (in this case, associated with PD) may be unknown to many. Focal and Cervical Dystonia (CD) affect many PD patients. These problems are manifested by increase muscle tone in areas such as the feet, toes, hand and neck causing limitations in the use of the limbs and affecting balance. The problems caused by cervical dystonia lead to regional pain, limited range of motion of the neck and worsening of swallowing functions, as well as balance. These conditions, as well as other involuntary movements associated with dyskinesias, are effectively treated with these injections. Even drooling, a rather aggravating problem for up to 80% of PD patients, is also treated with these injections. I will be reviewing this topic myself.

In the afternoon, I will present the latest drug treatments for PD, particularly the infusion therapies. Dr. George Mandybur, Director of the Neurosurgery Department and Functional Neurosurgery at Lee Health in Fort Myers, will lecture about the latest advances in the surgical treatment of PD with deep brain stimulation, which are making the adjustments in the DBS settings easier, less time consuming and reducing side effects from the stimulation.

We hope that you enjoy these presentations and that the information provided will ensure that your treatment is optimized. We would like to thank our sponsors, without their support these programs would not be able to be brought to you.

Looking forward to seeing you soon,

Ramon A. Gil, M.D.

Medical Director, Parkinson's Disease Treatment Center of SWFL - Program Director



Glorivel Koury -
Ramos, M.D.



Jay Woods
and Associates



George
Mandybur, M.D.

**Welcome to our 2025 Parkinson's Disease
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Key Health Insights for Women

By Susan Clyne, DO, Internal Medicine at Millennium Physician Group

Women's health encompasses more than just annual checkups and routine screenings. It's a lifelong commitment to understanding the changes in your body and taking proactive steps to protect your wellbeing. From hormonal fluctuations to heart health, women experience unique challenges and transitions that evolve as they age. Knowing what to watch for – and when to take action – can make all the difference in maintaining your health and quality of life.

The Foundations of Women's Health

While women tend to live about six years longer than men, longevity doesn't always equate to a healthier life. Women face specific risks, such as heart disease, osteoporosis, and breast cancer, that can affect both mortality and quality of life. Managing these risks often begins with preventive care and regular conversations with your healthcare provider.

It's also important to address the day-to-day aspects of wellness. For women, that ranges from premenstrual symptoms to birth control to fertility and menopause. Each stage of a woman's life brings new physical and emotional changes, and with the right care and education, women can continue to thrive at every age.

The Heart of Women's Health

Heart disease remains the leading cause of death for women in the United States. Yet, many women may not realize their symptoms can differ from those seen in men.

When it comes to a heart attack, women often describe chest pain as a tightness or pressure. It's also possible for women to not experience chest pain, but have other symptoms like:

- Shortness of breath
- Nausea or vomiting
- Pain in the upper body, including the back and jaw
- Lightheaded or dizziness
- Sweating
- Unusual fatigue
- Heartburn

Knowing your blood pressure, cholesterol, and blood sugar levels and discussing them with your healthcare provider can help identify risk factors early. Managing these levels, as well as other underlying conditions,

can reduce your risk. That includes taking care of your mental health and stress, which can impact heart health just as much as physical conditions.

Cancer in Women

Cancer remains one of the leading health concerns for women, with one in eight women developing breast cancer at some point in their lifetime. Fortunately, early detection and proactive screenings can save lives. Your healthcare provider can personalize your care plan based on your age, health history, and lifestyle, but generally:

- Annual mammograms begin at age 40.
- Cervical cancer screenings start at age 21.
- Colon cancer screenings start at age 45.



Navigating the Menopausal Transition

Menopause is a natural stage of life that typically occurs around age 52, marking the end of a woman's menstrual cycle. The years leading up to it, known as perimenopause, can bring a variety of changes to your body, with symptoms such as:

- Hot flashes
- Mood shifts and forgetfulness
- Difficulties sleeping
- Changes in vaginal health
- Weight gain
- Drier, thinner skin and hair

These symptoms occur as estrogen and progesterone levels fluctuate and eventually decline. While some women may not experience symptoms, others can have menopausal symptoms for several years. Talk to your healthcare provider about effective treatments and lifestyle changes that can help manage your menopausal symptoms.

Bone Health in Women

As women age, maintaining mobility becomes increasingly important. Conditions like osteoporosis – a disease that weakens bones and makes them more prone to fracture – affect women at higher rates than men. Women over 50 are about four times more likely to develop osteoporosis, mainly due to hormonal changes during menopause.

Early bone loss often shows no symptoms, but as the condition progresses, you may notice back pain, loss of height, or a stooped posture. To lower your risk, your healthcare provider may recommend bone-strengthening habits like regular weight-bearing exercises and foods or supplements rich in calcium and vitamin D, as well as bone density testing starting at age 65 or earlier, depending on your health history.

Important Health Considerations for Women

Other conditions are more likely to affect women, such as:

- Depression and anxiety
- Diabetes
- Urinary incontinence
- Alzheimer's disease

Every woman's health journey is unique, and your primary care provider can help you manage your wellbeing and long-term health.

Women's Health at Millennium Physician Group

At Millennium Physician Group, our experienced care teams are dedicated to helping women take charge of their health with personalized care plans tailored to their needs, lifestyle, goals, and overall well-being. We partner with you to help you stay well and live well – today and for years to come.

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 or by calling 1-800-MEDICARE.

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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.



No radiation.
No contrast.
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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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THE SILENT CRISIS: A Podiatrist's Warning on Diabetes and Foot Amputation Risk

By Joe Altepeter, DPM

As a podiatrist, I often view the human body through the lens of the feet. They are our foundation, yet they are often the last place we look when a health crisis begins. For people living with **diabetes**, this oversight can be catastrophic. The correlation between diabetes and foot health isn't merely a minor complication; it is a profound and urgent medical concern.

It's fitting that **November is American Diabetes Month**. This is a vital time for national awareness, not just about blood sugar management, but about all the systemic effects of this disease, particularly on the lower extremities. Diabetes is relentless, and its high blood sugar levels—or hyperglycemia—wage a silent war on the body's most delicate structures, often starting furthest from the heart: the nerves and blood vessels in the feet.

The Dual Threat: Neuropathy and PAD

The two primary mechanisms that put diabetic feet at such high risk are **neuropathy** and **peripheral arterial disease (PAD)**.

Diabetic Neuropathy is one of the most insidious complications. Chronic high blood sugar damages the small nerve fibers, leading to a loss of sensation, or **numbness**, in the feet. I have patients who have walked into my office completely unaware they have a stone in their shoe, a blistering friction rub, or even a puncture wound. This loss of sensation means the injury goes unnoticed, uncleaned, and untreated. This small, overlooked cut quickly progresses to a wound, an ulcer, and often, an infection because our body's natural pain alarm system has been silenced.

Peripheral Arterial Disease (PAD) is the failure of the delivery system. Diabetes accelerates the narrowing of arteries. When this affects the legs and feet, it starves the tissue of the oxygen-rich blood it needs. Healthy blood flow is essential for two things: delivering nutrients and fighting infection. In a diabetic foot with PAD, a small cut not only struggles to heal but the body's immune cells cannot reach the wound effectively. The smallest infection can rapidly spiral into an abscess and ultimately, gangrene. This is why diabetes is the leading cause of non-traumatic lower-limb amputations.



The confluence of neuropathy and PAD creates the perfect storm for a **diabetic foot ulcer**—an open sore that fails to heal. They are entry points for bacteria and are notoriously difficult to treat, often requiring specialized wound care and months of off-loading (keeping weight off the foot).

My Prescription for Prevention

As a podiatrist, my primary goal in treating a diabetic patient is simple: **prevention**. This is a proactive, daily commitment, and it starts with you.

- 1. Perform Daily Foot Checks:** Look at your feet every day, top and bottom. Use a mirror if you can't easily see the soles. Look for cuts, blisters, redness, or swelling. If you find something, **call a podiatrist immediately**.
- 2. Control Your Blood Sugar:** Excellent glycemic control is the single best defense against developing or worsening neuropathy and PAD.
- 3. Wear Protective Footwear:** Never walk barefoot, even inside. Always wear comfortable, well-fitting shoes or slippers. For patients with significant neuropathy, specially designed diabetic shoes are a necessity.

4. Schedule Regular Podiatric Care: You need a podiatrist as a partner in your diabetes management. I recommend visits at least every six months, but often quarterly. During these visits, we safely trim nails, remove dangerous calluses, assess circulation, and check for the earliest signs of nerve damage.

Taking Action

If you or a loved one has diabetes, please use **American Diabetes Month** to make a solemn vow to your health. If you have not seen a podiatrist in the last six months, **schedule your comprehensive diabetic foot exam today**. Taking proactive care of your feet is the most important action you can take to preserve your mobility, your independence, and your future.

A Special Message: *If you currently have an open sore or a non-healing wound on your foot, this is an absolute medical emergency. Do not wait. Take immediate action and contact our office right now. Non-healing wounds can not only lead to amputation, but even death. At Family Foot & Leg Center, our doctors are trained to treat non-healing wounds with the latest techniques and biological products that not only heal better, but also faster!*

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.

Joe Altepeter, DPM, AACFAS

Joe Altepeter, 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 to make an appointment. Visit FootHealthFacts.org to learn more about foot and ankle conditions.



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Why Diabetic Eye Disease Often Goes Undiagnosed – and How to Catch It Early

George Skopis, M.D.

Many people assume they'd notice if something were wrong with their eyes. But retinal conditions like diabetic retinopathy often develop silently, without obvious symptoms in the early stages. By the time vision changes are noticeable, irreversible damage may have already occurred. That's why regular diabetic eye exams are so important — even if your vision seems perfectly fine.

Why You May Not Know You Have Diabetic Eye Disease

Diabetic retinopathy, the most common form of diabetic eye disease, usually doesn't cause pain or noticeable vision loss early on. When symptoms do appear, they can be subtle — like slightly blurry vision or occasional floaters — that are easy to dismiss or mistake for normal changes.

Additionally, many people with Type 2 diabetes don't know they have it, which means they may not realize they're even at risk for diabetic eye disease until an eye exam reveals underlying damage.

Diabetic Eye Screening vs. Regular Eye Test

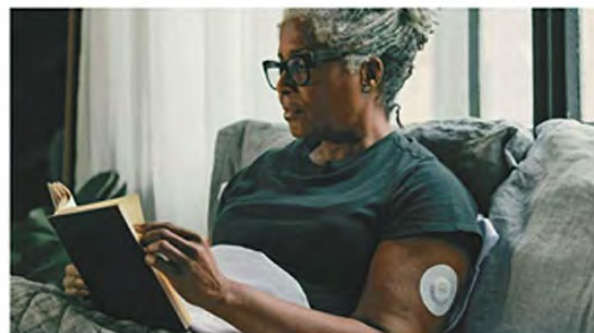
A standard eye exam is designed to check your vision and screen for common eye issues. A diabetic eye exam goes deeper — it's specifically focused on identifying early signs of diabetic eye diseases such as diabetic retinopathy, macular edema, and more.

According to the American Diabetes Association (ADA):

- **Type 1 diabetes:** Have a dilated eye exam within five years of diagnosis, then annually.
- **Type 2 diabetes:** Have a dilated exam shortly after diagnosis. Depending on the results, your doctor may recommend exams every one to two years.
- **Pregnancy and diabetes:** Pregnant individuals with diabetes should be examined in the first trimester and again in the last trimester.

A diabetic eye exam typically includes:

- **Pupil dilation:** Drops are used to widen the pupils, giving your eye doctor a better view of the retina.
- **Ophthalmoscopy/Fundus photography:** Ophthalmoscopy (funduscopy) is a physical



examination of the eye's interior using an ophthalmoscope, while fundus photography is a diagnostic imaging technique that uses a special camera to capture detailed images of the retina.

• **Optical coherence tomography (OCT):** This non-invasive medical imaging technique provides detailed, high-resolution images of the retina and other eye structures.

• **Additional tests:** Retina specialists may check visual acuity and measure eye pressure to assess for cataracts and signs of glaucoma.

The Importance of Early Detection

Diabetic eye disease is one of the leading causes of blindness in U.S. adults, but it doesn't have to be. According to the CDC, 90% of diabetes-related blindness is preventable with early detection and treatment. Yet in 2023, only two-thirds of adults with diagnosed diabetes received an annual eye exam.

That gap puts millions of people at risk for avoidable vision loss. The problem? Diabetic eye disease often progresses silently, without noticeable symptoms, until the damage is done. The only reliable way to detect it early is through a comprehensive, dilated eye exam before symptoms appear, not after.

Schedule a Diabetic Eye Disease Screening

If you have diabetes, seeing a retina specialist regularly can help protect your vision long-term. The earlier we detect diabetic eye disease, the more treatment options are available — and the better your outcomes.

At Retina Group of Florida, our experienced retina specialists provide expert care for patients across the state. Contact us today to schedule your exam at one of our retina centers in Charlotte, Sarasota, Cape Coral, Naples, and Fort Myers.



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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How EMSCULPT NEO Can Transform Your Mobility and Wellness

By Dr. Michael Jonathan Clark

Movember isn't just about growing a mustache—it's about taking charge of your health, addressing issues men often ignore, and making meaningful changes that enhance quality of life. This November, Island ENT Wellness Spa and Audiology invites you to discover a revolutionary approach to men's wellness that goes beyond aesthetics: EMSCULPT NEO with functional benefits that can dramatically improve how you move, reduce pain, and reclaim activities you love.

Beyond Body Sculpting: The Functional Revolution
While EMSCULPT NEO has gained recognition for building muscle and reducing fat simultaneously, its functional benefits represent a game-changer for men dealing with mobility limitations, chronic pain, or decreased physical performance. This innovative technology combines high-intensity focused electromagnetic energy (HIFEM) with radiofrequency heating to create supramaximal muscle contractions—contractions more intense than what you can achieve through voluntary exercise.

The result? Stronger, more resilient muscles that support your joints, improve your posture, and restore your body's natural movement patterns.

Addressing the Silent Struggles

Many men silently cope with lower back pain, reduced range of motion, or difficulty performing everyday activities. Whether it's struggling to play with your kids, experiencing discomfort during your golf swing, or feeling stiff after sitting at a desk all day, these limitations gradually erode quality of life.

EMSCULPT NEO targets core muscle groups that are fundamental to functional movement. By strengthening abdominal muscles, obliques, and the muscles surrounding your spine, the treatment creates a supportive muscular foundation that takes pressure off your joints and vertebrae. Many patients report significant reductions in chronic pain—particularly lower back pain—as their strengthened core provides the stability their body needs.

Expanded Range of Motion, Expanded Life

One of the most remarkable benefits patients experience is improved range of motion. When muscles are weak or imbalanced, your body compensates by limiting movement to protect vulnerable areas. This protective mechanism gradually becomes restrictive, making simple movements like bending, twisting, or reaching increasingly difficult.

EMSCULPT NEO's intense muscle contractions work muscles through their full range of motion, breaking through these limitations while simultaneously building strength. For the buttocks and legs, treatments can improve hip mobility, enhance athletic performance, and reduce the risk of injury. Men who've struggled with tight hips or limited flexibility often discover renewed freedom of movement after a treatment series.

Real Results for Real Life

The functional benefits of EMSCULPT NEO translate directly into improved daily living. Men report:

- Reduced or eliminated chronic back pain
- Easier transitions from sitting to standing
- Improved posture throughout the day
- Enhanced athletic performance and endurance
- Greater ease performing physical tasks at work or home
- Decreased stiffness and increased flexibility
- Better balance and stability

These aren't just subjective improvements—many patients notice measurable changes in their ability to perform specific movements, whether that's touching their toes, rotating their torso, or maintaining proper form during exercise.

A Treatment That Fits Your Life

One of EMSCULPT NEO's greatest advantages is convenience. Each 30-minute session is non-invasive, requires no downtime, and fits easily into a busy schedule. Most treatment plans involve four sessions over two weeks, with results continuing to improve for several weeks after your final treatment.

During treatment, you'll feel intense muscle contractions, but many men describe the sensation as surprisingly tolerable—like an extremely intense workout without the exhaustion.

This Movember, Move Forward

Movember reminds us that men's health deserves attention, investment, and action. If pain, stiffness, or limited mobility has been holding you back, EMSCULPT NEO offers a proven path forward—not just to a more sculpted physique, but to a more functional, pain-free, mobile body.

Island ENT Wellness Spa and Audiology is committed to helping you achieve optimal wellness through innovative treatments that deliver real, lasting results. This Movember, take the step toward moving better, feeling stronger, and living without limitation.

Contact Island ENT Wellness Spa and Audiology today at 941-786-0386 to schedule your EMSCULPT NEO consultation and discover how functional muscle building can transform your life.

About Dr. Michael Jonathan Clark

Dr. Clark has surgical skills that encompass much of the head and neck, and really enjoys a challenge. Dr. Clark loves cochlear implants and their ability to replace the function of the inner ear by directly stimulating the auditory nerve. There is just something special about watching the face of someone hear for the first time in a long time. He also preforms ossicular chain reconstruction, which repairs the tiny bones in the middle ear. It's pretty amazing, really. He removes thyroids and parotid glands that have gone awry, or tonsils that won't stop getting infected. Dr. Clark offers balloon sinuplasty in office (or in the OR if needed) that is comfortable and heals within a few weeks, giving people a whole new way to breath easy. He also offers in office insertion of ear tubes, which he places with ease. Most importantly, Dr. Clark will explain any procedure he performs in detail and makes the patient feel confident and comfortable. He will also guide you through medical and lifestyle changes that may reduce your need for surgery. He really wants to find the best solutions for you and your family.



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Wellness Spa and Audiology

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Understanding COPD in Seniors: Symptoms, Treatment, and Lifestyle Management

by Karina Bailey, FNP-C, Nurse Practitioner - ArchWell Health

COPD, the term used to refer to chronic obstructive pulmonary disease, is a lung disease that makes it difficult or uncomfortable to breathe. Over ten percent of adults 65+ are living with COPD.

It is common for seniors with COPD to need hospitalization. In fact, the disease is one of the leading causes of hospitalization for older adults and roughly twenty percent of all hospitalizations of individuals over the age of 65 in the U.S. are for COPD and its symptoms.

The main cause of COPD is tobacco smoke, but frequent exposure to air pollution and an individual's family history can impact the risk of developing COPD.

SYMPTOMS

Symptoms of COPD can be confused with general sickness and older adults can think these signs are typical of the aging process. Many times, people with COPD will have "flare-ups" or weeks where their symptoms are more frequent. These symptoms are often worse in the winter months.

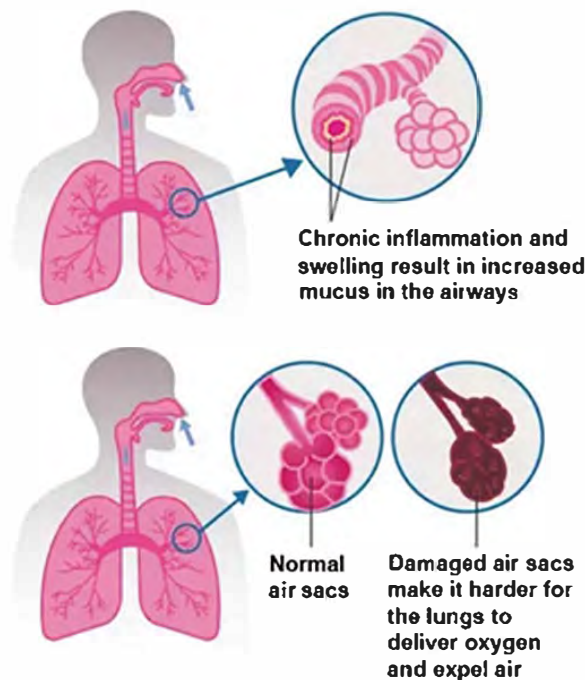
Frequent fatigue or shortness of breath: What you think may be tiredness and shortness of breath due to lack of exercise or normal aging could be COPD. Seniors with COPD will also often get fatigued while coughing or after coughing.

Chronic cough and coughing up mucus: COPD can first show up in seniors as a cough that won't go away. Wheezing can also be present with cough. COPD also produces excess sputum (mucus or phlegm) This sputum can be worse in the mornings. Chest tightness: Seniors with COPD may complain that it feels painful to breathe or it is hard to take a deep breath.

Loss of appetite: Difficulty breathing can commonly cause lack of interest in eating. Some seniors with COPD may also feel like food does not taste as good as it used to. Both can lead to weight loss.

TREATMENT AND MANAGEMENT

While there is no cure for COPD, treatments can help slow the progression of the disease. Individuals with COPD must work with their healthcare provider to



discuss the best plan of action for their health. Below are a few ways seniors can manage the disease to live a healthier and happier life.

Quit Smoking: Quitting smoking will make the biggest difference in managing and slowing the progression of COPD in seniors. This is the most important step for seniors with COPD to take.

Stay up to date on vaccinations: Lung infections and viruses can cause serious issues for adults with COPD. That's why seniors with COPD need to receive the flu, COVID-19 and pneumonia vaccines. **Medicine and oxygen:** Medication can help coughing and wheezing and portable oxygen tanks may be necessary if blood oxygen levels are low. Your primary care doctor will determine which medication is best for you.

Pulmonary Rehabilitation: A doctor may suggest a pulmonary rehabilitation program that combines exercise, nutrition support, and other disease management techniques to improve lung function and risk of hospitalization.

Avoiding triggers: Older adults with COPD should do their best to avoid situations that could trigger symptoms like coughing. These include staying inside on bad air quality days, avoiding perfumes,

allergens, deodorants and cleaning supplies that may trigger your COPD, and staying away from all forms of smoke.

If you are a senior living with COPD, ArchWell Health providers can help you navigate the questions that come with your diagnosis. Our team of social workers may also suggest you find a Better Breathers support group sponsored by the American Lung Association. Better Breathers clubs were set up to help older adults struggling with the day-to-day changes of living with COPD. These meetings allow seniors with COPD to build community and learn ways to manage their disease.

Disclaimer: The article provides information designed to complement your personal health management. It does not provide medical advice and not meant to replace professional medical advice. Linking to other websites does not imply any endorsement of the material on such websites.



ABOUT THE AUTHOR

Karina Bailey, FNP-C, Nurse Practitioner
Karina Bailey, a Certified Family Nurse Practitioner (FNP-C), grew up in Orlando, Florida and now she's putting her skills to use by providing quality care for seniors. "I believe the geriatric population deserves providers who promote exceptional healthcare," she says. "I chose ArchWell Health because of the care model it provides to a population and community that is in need of comprehensive care." Married with three children, Karina still finds time to enjoy Pilates, traveling, and decorating.

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Dr. Suresh Sarma: Leading the Way in Inpatient Psychiatric Care at North Port Behavioral Health

With over two decades of experience in the field of psychiatry, Dr. Suresh Sarma stands as a beacon of expertise and compassion in the treatment of acute mental health conditions. His 23-year career has been defined by a deep commitment to helping individuals through some of the most challenging moments of their lives. Specializing in inpatient psychiatry, Dr. Sarma has become a trusted authority in managing complex and high-risk psychiatric cases, particularly involving mood disorders, psychosis, severe anxiety, and personality disorders.

As Chief Medical Officer at North Port Behavioral Health in North Port, Florida, Dr. Sarma continues his mission to provide exceptional psychiatric care. As a leader in psychiatric services, his work is integral to the success of this state-of-the-art behavioral health facility, where he plays a pivotal role in shaping clinical strategies and ensuring that patients receive the most effective, individualized care possible.

Inpatient psychiatry demands a particular set of skills, knowledge, and emotional intelligence. Patients entering an inpatient facility are often in crisis and experiencing severe psychiatric symptoms, suicidal ideation, or debilitating anxiety. Dr. Sarma's experience in these environments has given him a profound understanding of the urgency and sensitivity required to stabilize and support patients. He believes in treating the whole person, not just the diagnosis, and brings clinical excellence, compassion, and unwavering dedication to every patient.

Dr. Sarma's work is greatly enhanced by the environment and resources at North Port Behavioral Health, a premier psychiatric treatment facility serving adults aged 18 and older. Located at 4501 Citizens Parkway in North Port, Florida, the center is open 24/7 for crisis care, making it a critical resource for the community. With 144 beds dedicated to psychiatric acute care and medical detoxification/withdrawal management, it is designed to provide immediate stabilization and continued support for individuals facing a wide range of mental health challenges.

What sets North Port Behavioral Health apart and what makes it an ideal setting for Dr. Sarma's work is the commitment to holistic, collaborative care. Every member of the care team plays a role in the



patient's journey, from crisis intervention to discharge planning. The facility is structured to foster healing not just through clinical treatment but also through connection. Patients struggling with depression, schizophrenia, bipolar disorder, post-traumatic stress disorder (PTSD), and co-occurring substance use disorders receive support that is tailored and compassionate. The care model emphasizes dignity, autonomy, and hope; the principles that Dr. Sarma believes are essential to lasting recovery.

As mental health awareness continues to grow, the need for high-quality inpatient care is more critical than ever. Dr. Sarma and the team at North Port Behavioral Health are meeting this need head-on. Their work ensures that adults in crisis receive timely, effective care in a safe, supportive environment.

Whether you or a loved one is facing a mental health emergency, North Port Behavioral Health is ready to help. With around-the-clock availability, individuals can seek help at any time, day or night.

For more information or to speak with a member of the admissions team, call 941-867-9470 or visit northportbehavioral.com.

As Dr. Suresh Sarma continues to serve at the intersection of clinical leadership and compassionate care, his work remains rooted in the belief that recovery is always possible. His decades of experience, combined with the exceptional resources at North Port Behavioral Health, position him to make a lasting impact on countless lives.

In a field where experience, empathy, and expertise are essential, Dr. Sarma exemplifies all three, making him not only a leader in inpatient psychiatry but a true advocate for mental health healing and hope.

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HEALING AT THE INTERSECTION OF MIND, BODY & ROOT CAUSE:

A Deep Dive Into Mind Body Medicine of Florida

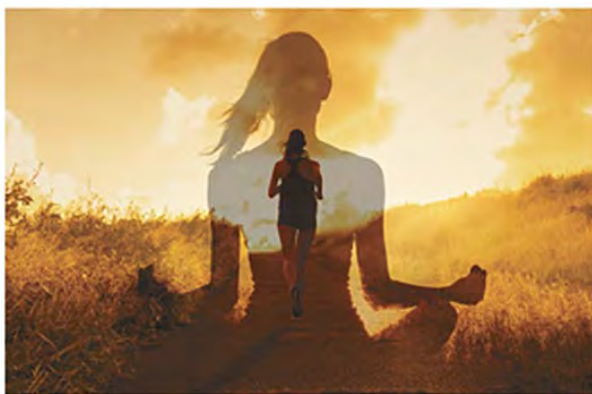
In the heart of Sarasota sits a wellness center that refuses to treat patients like a series of symptoms, and instead invites them into a journey of transformation. At 2805 Fruitville Road, Suite 250, the team at Mind Body Medicine of Florida stands as a beacon of integrative care—where functional medicine, IV therapy, contrast therapy, yoga, and root-cause detox protocols come together under one roof.



Under the leadership of **Mark Sylvester, MD** — whose own story of illness and recovery led him to challenge the conventional model of medicine — this practice champions a philosophy of whole-person healing. “We don’t just address the symptom; we uncover the cause,” the website declares. For patients grappling with unexplained fatigue, brainfog, hormone imbalances or simply a desire to live more vibrantly, this is a place of possibilities.

Tailored protocols, not templates

At Mind Body Medicine of Florida, no two journeys look the same. The intake process involves deep dives into labs, lifestyle, environment, trauma, and nutritional status. From there, a bespoke plan might include integrative diagnostics, heavy-metal or biotoxin screening, IV nutrient infusions, cold-plunge/infrared sauna contrast, yoga or mindfulness classes in the Roots Collective, neurofeedback, and much more.



For example, the Vesta Chelation Method—a program founded by Dr. Sylvester himself—targets heavy metal and mold biotoxin burden, spanning the entire US in its online scope. It uses advanced testing (such as hair-mineral analysis and mycotoxin panels) and personalized protocols designed around five “pillars” of cellular healing: detoxification, metabolic support, gut restoration, brain/inflammation reduction and sustainable lifestyle mastery.

On another front, the InfuZen IV Lounge offers infusion therapies for hydration, recovery, nutrient optimization, detox and performance support—all administered in a relaxing environment.

Philosophy meets practice

What sets this center apart is the seamless integration of mind, body and environment. Dr. Sylvester argues that conventional medicine often stops too soon—focusing on pills and procedures when the upstream causes remain unaddressed. At this clinic, the questions become: Are you exposed to toxins? Is your nervous system in “fight/flight” mode? Are you metabolically stuck? Are you sleeping well? Are your mindset and relationships supportive of your health?

Within a calm, spa-meets-clinic setting, patients might move from a contrast therapy session (infrared sauna followed by cold plunge) to a vitamin infusion lounge to a one-on-one neurofeedback session. The aim: restore resilience, awaken vitality and reconnect patients to the natural healing potential of their own bodies.

Who comes here – and why it matters

The profile of patients is broad: someone with chronic Lyme or mold exposure seeking root-cause healing; an executive looking for IV support, hormone balance and nervous system reset; an athlete recovering from injury; a wellness-minded person wanting to age with grace. The common thread: a sense that the standard model hasn’t worked, and a desire for deeper answers. The center’s tagline speaks clearly: “We treat the whole person—not just your symptoms.”

A word of perspective

While the integrative and root-cause model brings hope to many, it is worth noting that some of these therapies (such as chelation for non-acute exposures, or high-dose nutrient IVs) exist in a space where conventional medicine is still evolving. Patients should remain informed partners in their care, understand which parts are evidence-based and which are more pioneering, and always coordinate with their primary physician.

In summary

If you’ve been searching for a healthcare experience that sees you, not just your lab results, and that weaves together cutting-edge diagnostics, lifestyle transformation, mind-body practices and environmental medicine—then Mind Body Medicine of Florida may be for you. For those ready to stop managing symptoms and start living from a place of rooted, holistic wellness, the path may just begin at 2805 Fruitville Road.



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Sarasota, FL 34237

2025 SWFL Parkinson's Disease Fall Symposium

Cutting Edge Therapies for Parkinson's Disease

Friday, November 21, 2025 | 8:30 am - 3:45 pm
The Convention Center at the Sunseeker Resort
5500 Sunseeker Way, Port Charlotte



Glorivel Koury-Ramos, M.D.
Medical Director, "RK Healthy Life"
Atlanta, Georgia



George Mandybur, M.D.
Director Neurosurgery Department Functional Neurosurgery
Lee Health, Fort Myers, Florida

Jay Woods and Associates
Certified Personal Trainer
Port Charlotte, Florida



Ramon A. Gil, M.D.
Parkinson's Disease Treatment Center of SWFL,
Program Director, Port Charlotte, Florida



Free Admission | Seating is Limited

AGENDA

- | | |
|---------------------|---|
| 8:30 am | On site Registration and Light Breakfast |
| 9:00 am – 9:15 am | Opening Remarks |
| 9:15 am – 10:00 am | "A Time to Exercise"
Jay Woods and Associates, Certified Personal Trainer, Port Charlotte, Florida |
| 10:00 am – 10:45 am | "Chemodenervation in the Treatment of Parkinson's Disease"
Ramon A. Gil, M.D.
Medical Director, Parkinson's Treatment Center of Southwest Florida
Program Director, Port Charlotte, FL |
| 10:45 am – 11:15 am | BREAK |
| 11:15 am – 12:30 pm | "Weight Management in the Treatment of Parkinson's Disease"
Glorivel Koury-Ramos, M.D., Medical Director, "RK Healthy Life", Atlanta, Georgia |
| 12:30 pm – 1:30 pm | LUNCH |
| 1:30 pm – 2:15 pm | "Infusion Therapy in the Management of Parkinson's Disease"
Ramon A. Gil, M.D.
Medical Director, Parkinson's Treatment Center of Southwest Florida
Program Director, Port Charlotte, FL |
| 2:15 pm – 3:00 pm | "Advances in the Surgical Treatment of Parkinson's Disease"
George Mandybur, M.D.
Director Neurosurgery Department, Functional Neurosurgery, Lee Health, Fort Myers, Florida |
| 3:00 pm – 3:30 pm | Questions and Answers
Faculty, Raffle |
| 3:45 | ADJOURN |

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by Prof. William J. Cole, Jr., DO
Double Board-Certified in PM&R Interventions & Regenerative Medicine

"YOUR LIFE WITHOUT PAIN, DRUGS, OR SURGERY."

DEAR PATIENT, if you're reading this, you're likely tired—tired of "one more pill," "one more injection," or "one more surgery" that never quite gives you your life back. **THIS IS NOT YOUR FAULT.** You've been offered the tools others know. But if all someone holds is a hammer, EVERYTHING LOOKS LIKE A NAIL. I'm writing to tell you there's a different path—one that respects your biology and aims at what you want most: **QUALITY OF LIFE**

*(FYI: COMMUNITY GIVE-BACK: SCHEDULE AN APPOINTMENT TODAY AND RECEIVE A **FREE WELLNESS GIFT** AT YOUR FIRST VISIT. Our way of saying "WELCOME—LET'S GET YOU BACK TO LIFE." (One per patient; details at checkout.)*

WHAT I BELIEVE (AND WHY IT MATTERS TO YOU)

THE MESSAGE: Your Body Has an **AMAZING ABILITY TO HEAL ITSELF!**

THE MISSION: Provide **PRECISION-GUIDED, DRUG-SPARING, SURGERY-AVOIDING** proven solutions that **TARGET ROOT CAUSES** and **RESTORE FUNCTION**—so you can finally live again.

THE MOVEMENT: Across America, Patients are Telling their Doctors, "**CANCEL THE SURGERY!**" Instead, they choose to **HAVE THE BODY HEAL THE BODY**® with Dr. Cole, and with Great Success!

I trained for surgery for years until the catastrophic car crash that I survived. **I Know Pain** as a patient and doctor. But This Isn't About Me. **THIS IS ABOUT YOU—YOUR PROBLEMS, YOUR PAIN, YOUR FUNCTION, and YOUR FUTURE.** If drugs and surgery don't solve the problems, **WHY REPEAT IT?**

ASK YOURSELF THESE QUESTIONS:

- * How Many Surgeries Have You Already Had?
- * How many surgeries are you willing to have before you say **NO MORE?**

- * How Many of You Are Still in Pain After These Surgeries?
- * How Would You Like to Avoid Surgery and Drugs?
- * Do You Agree That "**Nothing Can Heal the Body Better Than the Body**"?

Now, ASK THESE QUESTIONS TO YOUR DOCTOR:

- * **WHICH DRUG OR SURGERY "HEALS MY BODY BETTER THAN MY OWN BODY?"**
- * **Are You Familiar with REGENERATIVE Stem Cell Therapy Studies That Prove THEY WORK?**
- * **Will You Hold My Surgery Until I Consult with Dr. Cole About Alternative Natural Treatments? Excuses, Misuse, And Abuse of Surgery for Patients "Believe What the Doctor Tells Them..."**

I've met a patient with **21 SPINE SURGERIES**—7 cervical, 3 thoracic, 10 lumbar, 1 sacral—still in agony and being guided to "one more surgery", in Spite of Multiple Failed Surgeries before. Why not pursue a **Custom Treatment Plan** that is **DESIGNED & TARGETED** to YOU and YOUR NEEDS?

If we can REGENERATE Our Brain, Joints, Muscles, Tendons, Spine/ Nerves, Lungs, and Systems, WHY NOT REBUILD Our Body? Why Not Use Our God Given Gift of Healing?

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- **ROOT-CAUSE CLARITY:** HANDS-ON EXAM, TARGETED IMAGING, and APPROPRIATE LABS to identify true pain centers—joints, muscles, nerves, tendons, ligaments, fascia, and the neuro-immune system.

- **STRAIGHT TALK:** show you **WHAT'S WRONG**, **WHAT IT MEANS**, and **YOUR OPTIONS**—so YOU decide with confidence.

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- **IMAGE-GUIDED PRECISION:** Ultrasound/fluoroscopy guidance by a **BOARD-CERTIFIED INTERVENTIONAL REGENERATIVE SPECIALIST**—because **PLACEMENT IS PARAMOUNT.**

- **RE-TRAIN THE SYSTEM:** Protection periods, smart rehab, neuro-activation, and lifestyle upgrades to **LOCK IN** healing and produce better results and protect your gains.

- **MEASURE WHAT MATTERS:** FUNCTION, FREEDOM, AND JOY—because **THAT'S THE POINT.**

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- NERVE PAIN / RADICULOPATHY and FAILED SURGERY SYNDROME (We Specialize in Spine!)
- NECK, MID-BACK, LOW-BACK PAIN including facet and SI dysfunction (Even Failed Surgery Syndrome)
- POST-CONCUSSIVE / NEURO-INFLAMMATORY (issues affecting focus, sleep, and mood)
- ATHLETES & ACTIVE ADULTS who want to keep moving—without fear (Pickleball Anyone?)

No single therapy is for everyone. **THAT'S WHY YOUR TREATMENT PLAN IS TAILORED TO YOU.**

REALITY CHECK (READ THIS TWICE)

YOU CANNOT "PT AWAY" a torn tendon, advanced cartilage loss, scar tissue, or a compressed nerve. You also can't medicate your way toward Natural Biologic Healing that needs **ACTIVATION, STIMULATION, AND DIRECTION TO HEAL**. When we find THE ACTUAL SOURCE, we can TREAT WITH PURPOSE.

What is More Important Than "QUALITY OF LIFE"...? NOTHING!

WALKING WITHOUT FEAR, SLEEPING THROUGH THE NIGHT, TRAVELING AGAIN, WORKING OUT, PICKING UP A GRANDCHILD—CONFIDENTLY! That's why we do this.

ARE YOU SEEING THE RIGHT DOCTOR?

(This is an Essential Question in Your Quest for Less Pain and Better Function)

- Did they LISTEN to your history, problem list, mechanism of injury, and the full story?
- Did you get more than a "5-minute visit" with HANDS-ON EXAM of the exact problem areas?
- Did they order the CORRECT LABS/IMAGING for your case, or just the same old tests?
- Did a BOARD-CERTIFIED PHYSICIAN evaluate you (not just an assistant)?
- Were you offered MULTIPLE TREATMENT OPTIONS—including ADVANCED REGENERATION?
- Did they explain RISKS, BENEFITS, AND ALTERNATIVES clearly of Surgery vs Others?
- Do they measure FUNCTION & QUALITY OF LIFE, not just "pain level today, and here's your drugs"?

If not, YOU'RE NOT IN THE RIGHT PRACTICE, as You Deserve Better Care, Consideration, and Quality.

HOW TO START (COPY THESE)

Walk in prepared and ask:

- WHICH DRUG OR SURGERY WORKS BETTER THAN GOD GIVEN ABILITY TO HEAL?
- HOW WILL YOU CORRECTLY DIAGNOSE MY UNDERLYING PROBLEMS?
- HOW WILL YOU TARGET THE TRUE PAIN GENERATORS—WITH GUIDANCE?
- PLEASE CANCEL MY ELECTIVE SURGERY WHILE I SEEK A "CLARITY CONSULT" WITH DR. COLE FOR ADVANCED REGENERATIVE OPTIONS.

Bring your prior chart, image reports, lists, labs, and op notes. We'll review what was missed and outline a CLEAR, STEPWISE PLAN to Get You Back in the Game of Life!

WHAT PATIENTS REPORT

- LESS PAIN, MORE FUNCTION
- BETTER SLEEP & MOOD
- CONFIDENCE TO LIVE LIFE AND BE ACTIVE—WITHOUT FEAR or PAIN
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PATIENT PORTAL:

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EDUCATIONAL ONLY; NOT MEDICAL ADVICE. Care decisions must occur in a DOCTOR-PATIENT RELATIONSHIP after proper evaluation. Some regenerative therapies are NOT FDA-APPROVED FOR SPECIFIC ORTHOPEDIC INDICATIONS. We practice within STATE & FEDERAL GUIDELINES and disclose RISKS, BENEFITS, AND ALTERNATIVES. INDIVIDUAL RESULTS VARY.

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

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

WHAT IS A 55+ COMMUNITY?

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

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

PROS AND CONS OF 55+ COMMUNITIES

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

Pros include:

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

Cons include:

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

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

WHAT IS INDEPENDENT LIVING?

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

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

PROS AND CONS OF INDEPENDENT LIVING

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

Pros include:

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



Cons include:

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

WHAT DOES "A CONTINUUM OF CARE" MEAN?

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

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Movember is Prostate Cancer Awareness Month

Early Detection of Prostate Cancer Saves Lives

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

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

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

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

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

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

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

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



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

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

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

Benefits of 3T MRI

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

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



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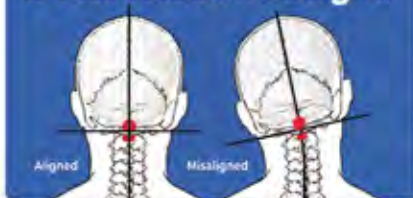
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UNLOCKING RESTFUL SLEEP: UPPER CERVICAL CHIROPRACTIC SOLUTIONS FOR INSOMNIA

By Dr. Drew Hall

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

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

Understanding the Upper Cervical Region

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

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

The Connection Between Upper Cervical Chiropractic and Insomnia

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

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



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

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

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

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

Individualized Care

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

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

Safety and Effectiveness


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

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

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

Dr. Drew Hall

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



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PALLIATIVE CARE AND HOSPICE: WHAT IS THE DIFFERENCE? WHY AREN'T THEY A 'DEATH SENTENCE'?

By RICK WEBER

Palliative care and hospice are not exactly the same and are not a "death sentence," but rather a way of establishing hope and comfort in a difficult time—whether or not it is the last phases of a disease process.

"The 'death sentence' myth is one I have spent much of my career working alongside others to dispel," says Julie Furrow, PhD, APRN, FNP-BC, CNE, ACHPN, an assistant professor in the Marieb College of Health & Human Services' School of Nursing at Florida Gulf Coast University.

"I am passionate about this because those who buy into the myth are at risk for declining services that may be extremely beneficial to them. One of the hardest truths to face in life is that no matter how far medical science and technology have come, there eventually comes a time when medicine can no longer prevent the end of life. In fact, technology and life-prolonging measures can cause discomfort that some patients prefer to avoid. Many illnesses ultimately lead to death, while some people reach that point simply through the natural aging process. One way or another, death is an inevitable part of the human experience."

Palliative care and hospice exist to support people as they face serious illness and, ultimately, the end of life.

Palliative care is a broader service that can start much earlier in a disease process as compared to hospice. Palliative care exists not only for alleviation of pain and symptoms, but also to begin conversations with patients with serious or potentially life-threatening illnesses. Palliative care providers spend time discussing disease trajectories, exploring treatment options and exploring the meaning of these things to the patient experiencing them.

"There is no such thing as a 'one-size-fits-all' approach to healthcare, especially when a serious illness is involved," Furrow says. "It is a privilege to meet patients and their families, learn what is most important to them and walk with them and support them as they make the complicated health care choices that make the most sense to them and best fit their goals, preferences and values."

"In addition to goals of care, palliative care providers assist in completion of advanced directives. One of the most important things an adult can do is leave their loved ones with instructions including who should become their decision maker(s) if/when the individual is unable to speak for themselves. This is important for all adults, but even more so for those diagnosed with progressive and life-limiting illnesses.

"Advanced directive documents can also include living wills, which guide health care providers and loved ones in what the individual would want in certain situations such as dependence on machines for breathing or dependence on artificial nutrition for living. Patients can receive palliative care concurrently with 'aggressive' disease-fighting care. For example, a patient receiving anti-cancer therapy, such as chemotherapy and radiation, can receive palliative care to discuss their goals and treatment options, and to receive pain and symptom management."

Hospice is a palliative service that provides care to patients specifically in the last months of life when life-extending treatment is either no longer an option—because it is not working or because the patient is not tolerating it—or no longer desired by the patient. Hospice care is most often provided in the home, wherever home may be. This can include a private residence, long-term care facility and even prison.

Hospice focuses fully on the patient's comfort, stopping diagnostic testing, treatments and medications that are no longer beneficial to the patient. Hospice providers are highly specialized and skilled in assessing and assisting with management of discomfort in all facets including the physical, psychological, emotional, spiritual and social aspects of life.

These services focus on providing comfort, enhancing quality of life and easing the fear that often accompanies this stage. Hospice offers an option to step away from aggressive diagnostic testing and life-prolonging treatments when they no longer provide benefit or when a patient chooses a more comfort-focused approach to care.

"It's important to understand that neither palliative care nor hospice is meant to hasten death," Furrow says. "Equally important is the recognition that whatever path a patient chooses, whether pursuing continued life-prolonging treatment or focusing on comfort, should be fully honored and respected by those providing care."

Furrow's first research activity in this field was her master's thesis in 2003, when she was a hospice nurse interested in learning more about barriers to patients receiving hospice and palliative care. She collaborated with the West Virginia Center for End-of-Life Care to conduct research on health care providers' knowledge and attitudes about palliative care. Findings pointed to an ongoing need for healthcare provider education in end-of-life care in her region in West Virginia.

Then, doing her doctoral dissertation in 2016, she studied use of human standardized patients in the simulation lab as a method of teaching nursing students to provide patient education.

"I believe this could be modified to teach nursing students to converse with patients and families facing serious illness," she says. "I see potential to conduct future research in this area."

Furrow recently passed her national board exam as an advanced practice palliative provider—an important step in her relationship with her FGCU students.

"Educators teach nursing students that certification is an important way to deepen their competence within their chosen specialties and to ensure they're providing the highest quality of care," Furrow says. "I use my own experience as an example to show them what's possible in their future careers and to demonstrate that I don't just encourage certification—I actively pursue it myself. The studies and experience required to earn my certification as an Advanced Certified Hospice and Palliative Nurse have given me the expertise to share this vital area of care with the next generation of nurses."

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Breaking the Cycle:

How GLP-1 Therapy Addresses Weight Loss & Insulin Resistance

At Ultimate IV and Wellness, we understand that weight loss isn't always a simple matter of calories in versus calories out. For millions of Americans struggling with insulin resistance, excess weight and metabolic dysfunction create a frustrating cycle that seems impossible to break. That's where GLP-1 therapy emerges as a game-changing solution that addresses both challenges simultaneously.

Understanding the Connection

Insulin resistance occurs when your body's cells become less responsive to insulin, forcing your pancreas to produce more of this crucial hormone to maintain normal blood sugar levels. This condition often goes hand-in-hand with weight gain, particularly around the midsection, creating a vicious cycle. Excess weight worsens insulin resistance, while insulin resistance makes losing weight increasingly difficult.

The GLP-1 Revolution

Glucagon-like peptide-1 (GLP-1) medications represent a breakthrough in treating this complex metabolic challenge. Originally developed for type 2 diabetes management, these medications have proven remarkably effective for weight loss while simultaneously improving insulin sensitivity. GLP-1 is a naturally occurring hormone that regulates blood sugar and appetite, and therapeutic formulations amplify these beneficial effects.

How GLP-1 Works for Insulin Resistance

GLP-1 therapy targets insulin resistance through multiple mechanisms. First, it enhances your pancreas's ability to produce insulin in response to meals, ensuring more efficient blood sugar regulation. Second, it slows gastric emptying, which prevents dramatic blood sugar spikes after eating. Third, it reduces glucagon secretion, a hormone that raises blood sugar levels. Together, these actions help restore your body's natural metabolic balance.

Perhaps most importantly for those struggling with weight, GLP-1 medications significantly reduce appetite and food cravings. By acting on brain receptors that control hunger and satiety, these medications make it easier to maintain a calorie deficit without the constant battle against overwhelming hunger that derails many weight loss attempts.

Real Results for Real People

Clinical studies demonstrate impressive outcomes. Patients using GLP-1 therapy typically experience 10-15% body weight reduction over several months, with many achieving even greater success. Simultaneously, markers of insulin resistance improve dramatically, with many patients seeing normalized blood sugar levels and reduced need for other diabetes medications.



The Ultimate IV and Wellness Approach

At Ultimate IV and Wellness, we don't believe in one-size-fits-all solutions. Our comprehensive approach to GLP-1 therapy includes thorough metabolic assessment, personalized dosing protocols, and ongoing support to maximize your results. We combine GLP-1 therapy with nutritional guidance, lifestyle coaching, and complementary wellness services to address all aspects of metabolic health.

We monitor your progress closely, adjusting treatment as needed and celebrating milestones along your journey. Our experienced medical team understands the unique challenges faced by individuals with insulin resistance and tailors every aspect of your care to your specific needs.

Taking the First Step

If you've struggled with weight loss despite your best efforts, insulin resistance may be the hidden obstacle standing in your way. GLP-1 therapy offers hope for breaking free from this metabolic trap. Contact Ultimate IV and Wellness today at **941-588-7770** to schedule a consultation and discover whether GLP-1 therapy is right for you. Your journey toward better health and sustainable weight loss starts here.

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It's Medicare's 2026 Annual Enrollment Period (AEP)

By John Salois

Each fall, Medicare beneficiaries have a golden opportunity to review their health coverage during the **Annual Enrollment Period (AEP)**. Each year, AEP runs from October 15 through December 7. Any changes you make this AEP will be effective **January 1, 2026**.

Even if you're satisfied with your current plan, it's important to take a look each year. Plans can change, your health needs may shift, and new benefits may be available. A little preparation can ensure your coverage works best for you—and can even save you money.

Why AEP Matters

Medicare is not a "set it and forget it" program. Insurance companies can adjust their plan benefits, costs, and provider networks annually. That means:

- The prescription drug that was affordable last year might be more expensive next year.
- Your doctor may no longer be in-network.
- New benefits like dental, vision, or hearing may now be offered by other plans.

By preparing ahead of AEP, you give yourself the best chance to find coverage that matches your lifestyle, budget, and healthcare needs.

Review Your Current Coverage

By now, you should have received your plan's **Annual Notice of Change (ANOC)**. This document spells out changes in costs, coverage, and benefits for the upcoming year.

To get a free step-by-step guide on how to read your Annual Notice of Change letter, go to my website: www.johnsalois.com

Ensure that you have answered these questions:

- Will my monthly premium or deductible increase?
- Are my prescriptions still covered at a good price?
- Can I continue to see my preferred doctors, specialists, and hospitals?

Even small changes in a plan can make a big difference in your out-of-pocket costs.



Reflect on Your Health and Lifestyle

Your health needs aren't the same as they were five years—or even one year—ago. Take a moment to think about:

- Have you developed new conditions that require more specialist visits?
- Do you need stronger prescription coverage?
- Are you seeking additional benefits like dental, vision, hearing, or fitness programs?
- Would home delivery of medications or telehealth options make life easier?

Your healthcare should support your quality of life, not just cover emergencies.

Compare Plans

If you would like information about different plans, shopping for Medicare coverage doesn't have to be overwhelming. As brokers, we're here to help guide you through the process of comparing different plans and giving recommendations on plans that suit your needs.

We will help compare:

- **Premiums** (monthly payments)
- **Deductibles and copays** (what you pay when you get care)

- **Maximum out-of-pocket limit** (your yearly spending cap)
- **Prescription drug coverage** (including mail-order discounts)
- **Extra benefits** such as dental, vision, hearing, gym memberships, transportation, or even meal delivery after hospital stays

Mark Your Calendar

The AEP deadline of **December 7** is firm. After that, you'll be locked into your current plan unless you qualify for a **Special Enrollment Period** (for example, if you move, lose other coverage, or qualify for Medicaid).

Give yourself plenty of time—start reviewing in October, compare plans in November, and make your final choice before Thanksgiving if possible. That way, you won't feel rushed as the deadline approaches.

Stay Safe from Scams

Sadly, Medicare fraud is common during AEP. Protect yourself with these tips:

- Remember: **Medicare will never call you out of the blue** and ask for your Social Security number or banking information.
- Only share personal details with trusted representatives.
- Watch out for high-pressure sales tactics or offers that sound "too good to be true."
- Keep your **Medicare card and number safe**—treat it like a credit card.

Final Thoughts

Choosing the right Medicare plan is one of the most important decisions you make each year. Together, we can ensure that your coverage fits your health needs, protects your wallet, and provides peace of mind for the year ahead.

As a state-licensed, AHIP certified insurance broker, I can help with any questions you may have about your plan, as well as any other Medicare questions.

Give me a call soon, and I can help guide you through your Medicare decisions!

Warmest regards,

John Salois
Medicare Supplemental Insurance Advisor
239-507-0507

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

By Dr. David S. Zamikoff

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

How Can GAINSWave Prevent & Treat ED?

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

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

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- ✓ Improve Sexual Performance
- ✓ Increase Sensation
- ✓ Treat ED & Peyronie's Disease



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

Younger Men Should Seek Treatment Early

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

Men are Preventing ED with GAINSWave

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

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

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

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BREAKING THROUGH CHRONIC PAIN:

How Myofascial Release Offers Hope When All Else Fails

By Michael Via, MSPT

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

By Craig S. Aderholdt, BSc, DC

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

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

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

How does VAX-D work?

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



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

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

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

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

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

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

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

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

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

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Dr. Craig S. Aderholdt, BSc, DC



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

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

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



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What's Your Diet?

By Pastor Roger P. Felipe

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

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

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

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

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

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



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

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



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