

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

Health & Wellness[®] MAGAZINE

January 2026

Manatee/Sarasota Edition - Monthly

FREE 

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NEW YEAR, NEW HEALTH

Surgical Weight Loss with
Support at Every Step

WINTER FOOT FITNESS

Keeping Active in
Sarasota's Mild Season

HOW TO MAKE-AND KEEP-A NEW YEAR'S RESOLUTION TO QUIT TOBACCO.

NAVIGATING NEW YEAR'S RESOLUTIONS

Mental Health and Substance
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The bariatric surgery journey can be life-changing and empowering. If you're considering surgical weight loss, our experienced team is here to guide you every step of the way — from your first phone call through long-term follow-up and support.



Stelios Rekkas, MD, FACS, FASMB, is the Medical Director for Manatee Memorial Hospital's Surgical Weight Loss Center. Working closely with the bariatric coordinator, registered dietitians and the clinical team, Dr. Rekkas helps patients achieve safe, sustainable weight loss with a personalized, compassionate approach.

Getting started is simple

Begin by contacting your insurance provider to review bariatric surgery benefits.

Once eligibility is confirmed, the team will guide you through the next steps and schedule your consultation.



Your initial consultation

You'll meet with Dr. Rekkas and the bariatric team to review your medical, diet and surgical history, discuss available surgical options and determine a medical or surgical approach that aligns with your goals.

Preparing for surgery

Patients follow an individualized preoperative pathway designed to help promote safety and success. This will include nutrition counseling and supervised diet visits with the dietitian, medical evaluations and other supportive assessments as needed.

Once all requirements and goals are complete, surgery will be scheduled.

Approximately one week prior to surgery, patients attend preoperative testing and a preop instruction class to help prepare them for surgery day, recovery and their hospital stay.

Surgery and recovery

Patients stay overnight following surgery. The team follows evidence-based practices to help manage discomfort and support a smooth recovery.

Before discharge, patients receive clear instructions from the bariatric coordinator on diet progression, activity, medications, vitamin supplementation and when to contact the office.

Still feeling hesitant? You're not alone.

Patients are encouraged to attend monthly bariatric support group meetings or speak one-on-one with their surgeon or bariatric coordinator.

"As a long-term bariatric surgery patient myself, I understand the concerns surrounding this decision. My goal is to ensure you feel informed, supported and confident — before and after surgery."

- Cate Roskind, RN, CBN
Bariatric Coordinator

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Stelios Rekkas, MD, FACS, FASMB

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How to make—and keep—a New Year's resolution to quit tobacco.

It is no secret that most New Year's resolutions tend to fail before they even have a chance to "get off the ground". However, something about the "clean slate" that a new year brings inspires every one of us to try anyway. We think about all the positive changes we want to make in our lives, to get off to a great start, but get sidetracked by the busy-ness and pressures of life and lose focus. Despite our failures, we vow to ourselves that we will "do better next year". The failure that many of us experience is often the result of failing to make a sustainable plan. Benjamin Franklin said it best when he said: "If you fail to plan, you are planning to fail!"

If you're planning to start off this new year tobacco-free, set yourself up for success by creating a plan, learning what it takes to quit and knowing what to expect from the process.³

When it comes to quitting and staying quit, you must have a plan.¹ Having a personalized plan will not only keep you on track, but it will also help get you through the challenging moments that will inevitably come your way. Here are six simple steps to create your quit plan that will set you up for success:⁴

Step One: Mark your calendar.

With New Year's coming up, now is a perfect time to quit tobacco for good. Start 2024 off on the right foot by cutting out the #1 preventable cause of death and disease in the United States: tobacco use.¹ Set your quit date, but also tell your friends and family your plans to quit and explain how they can help you. Quitting tobacco is easier when people in your life support you.⁴

Step Two: Calculate your savings.

Did you know a pack-a-day smoker can save over \$2,200 a year from quitting?⁴ Cutting out tobacco use is an excellent way to build your savings back up now that the holidays are behind you. To see how much you can save, visit [TobaccoFreeFlorida.com/cost](https://www.tobaccofreeflorida.com/cost) to view a smoking cost calculator.

Step Three: Think about your reasons for quitting.

Whether your main reason for quitting is related to health, money, family, job, or social stigma, you are making the right decision for your health and the health of those around you by quitting tobacco use. Knowing your reasons for why you want to quit can keep you motivated and on track, especially in the difficult moments.⁴

References:

1 Tools to Quit: Area Health Education Center (AHEC) Cessation Program Participant Toolkit. Area Health Education Centers, 2018.

2 <https://www.lifehack.org/articles/lifestyle/10-reasons-why-new-years-resolutions-fail.html>

3 <https://www.verywellmind.com/tips-to-quit-smoking-for-new-years-2824378>

4 <https://smokefree.gov/build-your-quit-plan>



Step Four: Know your triggers.

Think about what things make you more likely to use tobacco, then develop strategies to keep you in control of those triggers.

Step Five: Fight your cravings.

When you get an urge to use tobacco, changing what you are doing or your physical location can make it easier to get your mind off of tobacco until the craving passes.

Step Six: Set yourself up for success.

Choose strategies and tools to help you quit. Gulfcoast South Area Health Education Center (GSAHEC), as part of the Tobacco Free Florida AHEC Cessation Program — offers Group Quit, free tobacco cessation classes that are available to help someone quit all forms of tobacco. These group cessation classes, now held virtually, provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum or lozenges (*if medically appropriate and while supplies last*) are provided with the class. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist.

Contact us today at 866-534-7909 or visit www.tobaccofreeflorida.com/groupquitcalendar to schedule a class or learn more about the program!



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

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

Knowledge Is Your Greatest Health Asset

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

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

Comprehensive Screening Without Compromise

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

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



The Power of Early Detection

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

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

Safety and Convenience Combined

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

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

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

Investing in Your Future Self

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

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

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

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WINTER FOOT FITNESS:

Keeping Active in Sarasota's Mild Season

By Ron Adduru, DPM

As a podiatrist practicing in the vibrant community of Sarasota, Florida, I've seen first-hand how our unique winter climate offers a golden opportunity to maintain an active lifestyle without the harsh challenges faced in colder regions. While much of the country bundles up against snow and ice, Sarasota residents enjoy average highs in the 70s°F and lows in the 50s-60s°F, making it ideal for outdoor pursuits that keep your feet healthy and happy. With drier air and occasional cooler snaps, however, it's crucial to approach activity with foot care in mind to prevent issues like dry skin, cracks, or overuse injuries.

Why Staying Active Matters for Your Feet

Regular physical activity is a cornerstone of foot health, promoting better circulation, strengthening muscles, and reducing the risk of conditions like plantar fasciitis or arthritis. In winter, when indoor temptations like holiday lounging increase, keeping moving helps combat stiffness and maintains flexibility. From a podiatric perspective, weight-bearing exercises such as walking or hiking stimulate blood flow to the extremities, which can be particularly beneficial in our mildly cooler months when poor circulation might subtly creep in. Aim for at least 30 minutes of moderate activity most days to keep your feet resilient and pain-free.

Embracing Sarasota's Winter Wonderland: Foot-Friendly Activities

Sarasota's winter is less about snow boots and more about flip-flops and sneakers, with plenty of options to get your steps in while enjoying the scenery. Here are some top recommendations tailored for foot health:

- **Beach Walks and Sand Strolls:** Head to Siesta Key or Lido Key for invigorating walks along powdery white sands. The uneven surface provides a natural workout for foot muscles, improving balance and strength. Start slow if you're new to beach walking to avoid strain, and always wear supportive shoes or go barefoot only if your feet are conditioned. Pro tip: The cooler winter temps make midday strolls comfortable, reducing the risk of overheating.



- **Hiking and Trail Exploration:** Myakka River State Park offers miles of trails through oak hammocks and wetlands, perfect for low-impact hiking. The Legacy Trail, an 18-mile paved path from Sarasota to Venice, is ideal for biking or brisk walking. These activities engage your arches and ankles, but choose trails with even terrain to minimize twists or sprains.

- **Kayaking and Paddle Adventures:** Paddle through mangrove tunnels on Lido Key or the Sarasota Bay for a full-body workout that takes pressure off your feet while still promoting circulation. If you're on foot before or after, opt for water-resistant shoes to keep feet dry.

- **Golf and Outdoor Sports:** Sarasota's numerous golf courses beckon in winter's mild weather. Walking the course instead of riding a cart adds thousands of steps, benefiting foot endurance. For variety, try aerial parks with ziplines for an adrenaline boost that includes light footwork on platforms.

These activities not only keep you active but also leverage Sarasota's sunny disposition, with events like holiday parades, farmers markets, and light displays adding social flair to your routine.

Podiatrist-Approved Tips for Foot Safety

To make the most of these pursuits, incorporate these strategies:

- **Choose the Right Footwear:** Opt for breathable, supportive shoes with good cushioning. In Florida's variable humidity, moisture-wicking socks prevent blisters. Avoid tight boots that could restrict circulation on cooler days.

- **Moisturize Religiously:** Winter's drier air can lead to cracked heels. Apply a thick, urea-based cream daily, especially after showers, to maintain skin integrity.

- **Warm Up and Stretch:** Before any activity, do toe stretches, ankle circles, and calf raises to prepare your feet. This reduces injury risk and enhances performance.

- **Listen to Your Feet:** If you experience pain, swelling, or numbness, rest and consult a podiatrist. Early intervention prevents minor issues from sidelining you.

Wrapping Up: Step Into a Healthier Winter

In Sarasota, winter isn't a time to hibernate—it's a season to thrive outdoors while prioritizing foot health. By staying active with these local gems and following simple care routines, you'll keep your feet strong and ready for whatever adventures come next. If foot concerns arise, don't hesitate to seek professional advice. Here's to happy, healthy steps all season long!

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.



Dr. Ron Adduru is a podiatrist at Family Foot & Leg Center in Sarasota, Florida, specializing in complex wound care and deformity reconstruction. He is committed to helping the Sarasota community remain active and healthy.

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The Connection Between Hearing Loss and Mental Wellness:

Prioritizing Hearing Health for Mental Wellness Month

by AudioNova

January is Mental Wellness Month, a time to focus on the health of our minds and emotions as we begin a new year. While many people recognize the importance of mental health, the role of hearing health in maintaining overall well-being is often overlooked. Untreated hearing loss can have a significant impact on mental wellness, contributing to social isolation, anxiety, depression, and cognitive decline. As we turn our attention to mental wellness this January, it's essential to understand how addressing hearing loss can support overall mental health.

The Mental Toll of Hearing Loss

Hearing loss affects how we interact with the world. For many, it leads to frustration, loneliness, and stress. Conversations become harder to follow, especially in noisy environments or group settings, and individuals with hearing loss may start to avoid social situations. What may start as an inconvenience can quickly become a source of emotional strain.

Untreated hearing loss can lead to social isolation, which is closely linked to mental health challenges. When individuals feel disconnected from others, they are more likely to experience depression and anxiety. The effort to follow conversations, combined with the fear of miscommunication, can also lead to self-consciousness and withdrawal from social settings. Over time, this isolation can have a significant impact on mental well-being.

Research shows that people with untreated hearing loss are at a greater risk of developing depression. A study published in the Journal of the American Medical Association (JAMA) found that individuals with hearing loss are more likely to experience depressive symptoms than those with normal hearing. Older adults with hearing loss are especially vulnerable to mental health challenges, as hearing impairment can deepen feelings of loneliness.

Cognitive Decline and Hearing Loss

Another major concern is the link between hearing loss and cognitive decline. When hearing is impaired, the brain must work harder to process sound, using mental resources that are typically dedicated to other cognitive functions, such as memory and thinking. This extra strain can lead to mental fatigue and contribute to cognitive decline over time. Research shows that untreated hearing loss is associated with an increased risk of dementia and other cognitive disorders.

A Johns Hopkins University study found that individuals with mild hearing loss were twice as likely to develop dementia as those with normal hearing. For those with moderate to severe hearing loss, the risk was even higher. These findings emphasize the importance of treating hearing loss early, not only to preserve hearing but also to protect cognitive health.

Treating hearing loss helps alleviate cognitive strain, allowing the brain to focus on important tasks without working overtime to process sounds.

Emotional Well-Being and Hearing Loss

Untreated hearing loss can also take a toll on emotional well-being. Struggling to hear clearly can lead to frustration for both the individual and their loved ones. Misunderstandings and frequent repetition can strain relationships, leading to stress and emotional distress.

For many, untreated hearing loss can cause a loss of confidence. The anxiety of missing key details or struggling to communicate effectively can make social gatherings uncomfortable. Over time, individuals may avoid social situations, missing out on meaningful connections and experiences.

By addressing hearing loss, people can regain confidence, reduce anxiety, and feel more comfortable in social settings. Improved communication leads to less stress and enhances emotional resilience.

Supporting Mental Wellness by Treating Hearing Loss

Treating hearing loss can significantly improve mental and emotional well-being. Hearing aids and other treatments make communication easier, allowing individuals to stay engaged in conversations and social interactions. Improved hearing reduces mental fatigue, strengthens cognitive function, and promotes emotional well-being.

By staying connected with family, friends, and the community, individuals with hearing aids can reduce the isolation that often accompanies hearing loss. Social engagement is vital for maintaining a healthy mind, particularly in older adults, where the effects of isolation are more pronounced.

Today's hearing aids are designed to be discreet, comfortable, and highly effective. They offer a range of features, such as speech enhancement and background noise reduction, making it easier to hear in

various environments. Many modern hearing aids also connect to smartphones and other devices, providing a seamless experience.

A New Year Focus on Mental Wellness

As we observe Mental Wellness Month, now is the perfect time to consider how hearing health affects your mental well-being. If you or a loved one is experiencing hearing loss—such as frequently asking people to repeat themselves or struggling to follow conversations—this is a great time to take action. A hearing evaluation is quick, simple, and effective in assessing hearing ability.

At AudioNova, we are committed to supporting both your hearing and mental health. Our licensed audiologists offer complimentary comprehensive hearing evaluations and personalized treatment plans to ensure you receive the care you need. By addressing hearing loss, you're not only improving your hearing but also investing in your long-term mental well-being.

This January, take the first step toward better mental and emotional health by addressing your hearing loss. Contact us today to schedule a hearing evaluation and discover how improved hearing can support a happier, healthier you.



Rodney Robison, H.A.S.

Rodney Robison, HCP, is a Hearing Aid Specialist at AudioNova in the Sarasota clinic. His clinical specialties focus on transforming lives through improved hearing. He has witnessed profound moments, such as patients moving to tears upon hearing their wife's voice for the first time in years after receiving hearing aids. Rodney's favorite aspect of his work is helping people achieve a better quality of life.

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Embrace Every Age with Intentional Well-being

by ArchWell Health

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

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

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

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

The power of nourishing nutrition

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

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

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

Stay steady—balance and fall prevention matter

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

Circle of support: the importance of connection

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

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

Plan and prevent:

annual screenings for peace of mind

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

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

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



Care that sees you as you are

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

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

Putting it all together

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

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

Visit ArchWellHealth.com or call (941) 297-2126 today to become a member today.

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Navigating New Year's Resolutions:

Mental Health and Substance Use in Florida's Unique Landscape

The arrival of January brings a surge of motivation for change, particularly in domains of mental health and substance use. National surveys indicate that "improving mental health" and "reducing substance use" consistently rank among the top New Year's resolutions for adults in the United States. In Florida, these goals are shaped by distinctive regional factors: a diverse population, seasonal fluctuations in stressors, and the ready availability of behavioral health resources.

Florida's Context: Environmental and Social Influences

Florida's climate and culture exert a measurable impact on mental health and substance use patterns. The state's mild winters and abundant outdoor opportunities can facilitate physical activity and social engagement, both protective factors against depression and anxiety. However, Florida also faces elevated rates of substance use disorders, particularly opioid and stimulant misuse, as documented by the Florida Department of Health. Seasonal population shifts, tourism, and stress associated with weather-related events further complicate the landscape, increasing vulnerability for some residents. Additionally, ongoing economic instability may exacerbate anxiety and depressive symptoms.

Resolution Setting: Evidence-Based Approaches

Research in behavioral psychology underscores that resolutions are most effective when they are specific, measurable, attainable, relevant, and time-bound (SMART). For individuals seeking to improve mental health or reduce substance use, the following strategies are supported by clinical evidence:

- **Incremental Goal Setting:** Large, vague resolutions (e.g., "be happier" or "quit drinking") are less likely to succeed than targeted, incremental goals. Examples include scheduling weekly therapy sessions, reducing alcohol intake by a set amount, or practicing mindfulness for ten minutes daily.
- **Social Support:** Engagement with peer groups, family, or professional support networks increases accountability and resilience. Floridians may benefit from local support groups, telehealth options, and community wellness programs.



- **Self-Monitoring:** Tracking mood, substance use, and triggers via journals or digital apps can enhance self-awareness and facilitate early intervention.

- **Relapse Prevention:** Recognizing that setbacks are common, especially in the early months of change, is critical. Developing a relapse prevention plan—including emergency contacts and coping strategies—can mitigate risk and support recovery.

Mental Health and Substance Use: The Role of Acute Care

Despite best intentions, the New Year can also precipitate crises. The pressure to change, combined with unresolved psychiatric symptoms or withdrawal, may lead to acute episodes requiring immediate intervention. Timely access to inpatient psychiatric stabilization and medical detoxification is a vital safety net for adults in crisis.

Clinical data suggest that timely access to acute care improves outcomes for individuals experiencing severe depression, suicidal ideation, psychosis, or substance withdrawal. Multidisciplinary teams employing evidence-based protocols for rapid assessment, stabilization, and transition to ongoing care reflect best practices in integrated behavioral health.

Florida-Specific Considerations

Floridians face unique challenges in maintaining mental health and sobriety during the winter months. While the climate may reduce seasonal affective disorder prevalence, the influx of visitors, holiday-related stress, and cultural emphasis on leisure can increase exposure to substance use triggers. Additionally, ongoing economic instability and the stress associated with weather-related events may exacerbate anxiety and depressive symptoms.

Providers should remain vigilant for signs of crisis, particularly among individuals with a history of substance use or co-occurring disorders. Community education, stigma reduction, and proactive outreach are essential components of a comprehensive public health response.

Conclusion

New Year's resolutions offer a powerful opportunity for growth, but sustainable change requires more than motivation—it demands evidence-based planning, robust support systems, and access to acute care when needed. For residents of Florida, seeking help from licensed mental health professionals, support groups, and crisis intervention services is vital at every stage of recovery. Remember, recovery is a process, not a destination, and help is available.

If you or someone you love is experiencing a mental health crisis, please know that immediate help is available. In moments of overwhelming anxiety, severe depression, addiction, or thoughts of self-harm, you don't have to face this alone. North Port Behavioral Health specializes in urgent psychiatric care and medical detoxification, offering a safe environment and expert support when every second counts. Reach out at (941) 613-5311 or walk in anytime, night or day. Your mental well-being matters and hope is here.

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Vertigo or Meniere's Disease? Aren't they the same?

By Dr. Drew Hall

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

What is vertigo?

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

Causes of Vertigo

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

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

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

Vertigo may also be associated with:

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



Symptoms of vertigo

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

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

Other symptoms that may accompany vertigo include:

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

What is Meniere's Disease?

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

Causes of Meniere's disease

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

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

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

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

Symptoms of Meniere's disease

Signs and symptoms of Meniere's disease include:

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

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

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

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

Schedule a no obligation FREE consultation in our office today!



Dr. Drew Hall



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MORE THAN A NEW HOME:

What You're Investing in When You Move Into a Community with Life Care

No matter what phase of life you're in – first home, raising a family and yes, even your retirement years – where you live can have a big impact on your goals and overall happiness. After you retire, you might think moving to a senior living community is only about your residence's floor plan or view. However, the reality is that the importance of your move goes beyond the home's walls and extends well into the future, affecting not only your nest egg but your health and wellness.

Picking a Life Plan Community with Life Care, like Freedom Village of Bradenton, can provide you with the residence options, amenities, services and social opportunities you want, while also providing you with financial security and peace of mind.

WHAT IS LIFE CARE?

According to the Department of Health and Human Services, 7 out of 10 adults will need long-term care at some point for an average of 3 years. Life Care is a type of financial contract that allows you to better predict the future cost of long-term care, if ever needed. This is done by paying for some of your potential care costs in advance through an entrance fee. At Freedom Village, no matter which floor plan you choose, our entrance fee includes all the cost saving benefits of Life Care. Plus, we offer several contract options to meet your financial situation and long-term goals.

MONTHLY LIVING EXPENSES

Your monthly fee combines all the bills and costs of living in a house and covers all maintenance, house-keeping, your meal plan, water, cable, electricity, unlimited use of common spaces and campus amenities and much more. The monthly service fee amount is based on the contract option, size of your floor plan and whether or not you live with a second person. (Note: a second person pays a significantly lower monthly fee.) It's also important to remember that when you choose an independent living floor plan, you're locking in your rate. So, picking a smaller floor plan now might be a better long-term financial move.

VALUE OF LIFE CARE

Life Care has profound advantages and guarantees, but at first glance, it can seem a little complex. To help, here's a high-level explanation of how Life Care works:



- **Savings:** You'll see substantial savings compared to the average cost of private assisted living, memory care and skilled nursing.
- **Asset preservation:** By paying lower prices for higher levels of care, you're preserving your assets over your lifetime.
- **Tax savings:** A portion of your entrance fee and monthly fee could be tax-deductible as a prepaid health cost. As with all financial decisions, check with your financial and tax advisors first before you decide.
- **Peace of mind:** Your family members won't have to worry about what your next move will be if your physical or mental health changes. Plus, by pre-planning your future now, you're maintaining control over those decisions.

EXPLORE OUR LIFE CARE COMMUNITY

We know that moving to a senior living community is an important decision, and we want you to feel confident that you're making the right choice for you. Start your new year off right by visiting FVBradenton.com/events to attend one of our upcoming luncheons, or schedule a tour today by calling 941-231-7434.



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At Mind Body Medicine of Florida, we are committed to treating the whole person, not just their symptoms. As a health and wellness center, we offer a wide range of alternative medicine modalities. Our services include functional medicine, integrative medicine, IV infusion therapy, Ozone therapy, infrared sauna, cold plunge therapy, Yoga therapy and treatments from independent providers specializing in acupuncture, massage therapy, neurofeedback, esthetics, psychotherapy, hypnotherapy, and more.

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- Dr. Drew Hall

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CANCEL THE SURGERY!

HAVE THE BODY HEAL THE BODY INSTEAD

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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WE DON'T TREAT PICTURES ON A SCREEN. WE CHAMPION TRANSFORMATIONS. Here's how:

- * **DEEP LISTENING & FULL INVESTIGATION:** We take the time to get to know you, your history, your problems, your concerns—including injuries, surgeries, trauma, flares, fears, goals—because Every Decision About Your Health Should Try to Make You Healthier... Not Just Make Money for the Treatment Center.



• **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.

• **THE REBUILD YOUR BODY™ (EXCLUSIVE):** Tailored protocols that may feature **ULTRA-PRP™**, **ADVANCED CELLULAR BIOLOGICS**, **EXOSOMES**, **OZONE**, **ADVANCED IV IMMUNOBOOST**, and **NEUROLOGIC "REBUILD YOUR BRAIN™"**—are all designed to **DECREASE PAIN & INCREASE FUNCTION** while helping you **AVOID UNNECESSARY DRUGS AND SURGERY.**

• **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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WHO WE HELP

- ARTHRITIS & CARTILAGE LOSS (knees, hips, shoulders, ankles, wrists, spine)
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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.

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- LESS PAIN, MORE FUNCTION
- BETTER SLEEP & MOOD
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- REAL-LIFE WINNING STRATEGIES: walk, work out, fish, golf, dance, & play Pickleball again!

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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



Transform Your New Year's Resolutions with EmSculpt Neo

By Dr. Michael Jonathan Clark

As the calendar turns to a fresh year, millions of people set ambitious goals to transform their health, fitness, and overall well-being. Yet statistics show that most New Year's resolutions fail within the first few months, particularly those related to body transformation and fitness. This year can be different. Island ENT Wellness Spa and Audiology offers a revolutionary solution that can help you achieve your body goals without the usual struggle: EmSculpt Neo.

Why Traditional Fitness Resolutions Fall Short

The path to achieving your ideal physique through traditional means requires unwavering dedication to countless hours at the gym, strict dietary restrictions, and often yields frustratingly slow results. Life's demands—work commitments, family responsibilities, and unexpected challenges—can quickly derail even the most determined individuals. Many people find themselves caught in a cycle of setting goals, experiencing initial motivation, then gradually losing momentum as visible results remain elusive.

This is where EmSculpt Neo changes the game entirely. This FDA-cleared treatment represents a paradigm shift in body contouring, offering results that would typically require months of intensive training and strict dieting, achieved instead through innovative technology.

What Makes EmSculpt Neo Revolutionary

EmSculpt Neo is the first and only non-invasive body shaping procedure that simultaneously builds muscle and burns fat. Using a groundbreaking combination of radiofrequency heating and high-intensity focused electromagnetic energy (HIFEM), this treatment delivers something truly remarkable: an average of 30% reduction in subcutaneous fat and a 25% increase in muscle volume.

During a single 30-minute session, EmSculpt Neo induces approximately 20,000 supramaximal muscle contractions—something impossible to achieve through voluntary exercise. These intense contractions force your muscles to adapt and grow stronger while the radiofrequency energy heats fat cells to the point of destruction. Your body then naturally eliminates these damaged fat cells over the following weeks.

Perfect for Your New Year's Transformation

What makes EmSculpt Neo particularly ideal for New Year's resolutions is its ability to target those stubborn areas that resist traditional diet and exercise. Whether you're focused on sculpting defined abs, lifting and toning your buttocks, strengthening your arms, or firming your thighs and calves, EmSculpt Neo can help you achieve visible results.

The treatment is especially beneficial for individuals who are already relatively fit but struggle with stubborn pockets of fat or want to enhance muscle definition. It's also excellent for those who have plateaued in their fitness journey and need an effective boost to reach their goals.

The Island ENT Wellness Spa Difference

At Island ENT Wellness Spa and Audiology, your body transformation goals are supported by experienced professionals who understand that true wellness encompasses multiple dimensions of health. The practice combines medical expertise with aesthetic innovation, ensuring you receive safe, effective treatments in a comfortable, welcoming environment.

The team takes a personalized approach to each client, developing customized treatment plans based on your specific goals, body type, and desired outcomes. Most patients benefit from a series of four sessions scheduled over two weeks, though your provider will recommend the optimal treatment protocol for your unique needs.

What to Expect from Your EmSculpt Neo Journey

One of the most appealing aspects of EmSculpt Neo is its convenience. There's no downtime, no anesthesia, and no recovery period required. You can literally schedule a session during your lunch break and return to work immediately afterward. Many patients describe the sensation as an intensive workout, feeling muscle contractions without the exhaustion.

Results begin appearing approximately two to four weeks after your final session, with continued improvement over the following months as your body builds muscle and eliminates fat cells. Patients report feeling stronger, looking more toned, and experiencing a significant confidence boost.

Make This Year Different

This New Year, instead of setting yourself up for another cycle of ambitious resolutions followed by disappointment, consider a different approach. EmSculpt Neo at Island ENT Wellness Spa and Audiology can help you achieve measurable, visible results while complementing your existing healthy lifestyle efforts.

Your transformation doesn't require superhuman willpower or endless hours at the gym. It requires smart, strategic choices that work with your body's natural processes. Contact Island ENT Wellness Spa and Audiology today to schedule your consultation and discover how EmSculpt Neo can help you achieve the body confidence you've been seeking. This year, make your resolution a reality.

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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KNOWLEDGE IS POWER: THYROID DISEASE CAN GO UNDETECTED WITHOUT YEARLY EXAM BY PCP

By RICK WEBER

An estimated 20 million Americans are affected by thyroid disease. But how many have it and don't know it?

Too many, according to Mark Monzone, Assistant Professor and Clinical Director in the Physician Assistant Program at Florida Gulf Coast University's Marieb College of Health & Human Services. The American Thyroid Association (ATA) has tried to quantify it, saying up to 60% of people with thyroid disease are unaware of their condition.

"I currently work in Urgent Care, and a large population of the patients do not have a Primary Care Provider (PCP) and have not had bloodwork performed in years," Monzone says. "It is these patients that will often go undiagnosed with thyroid function problems, and the importance of routine yearly medical workup by a PCP would be the most important point of awareness needed when it comes to thyroid function."

"This is why it is key to talk to your PCP about all of your symptoms, even those that you think are not important. The general population should understand the importance of checking your thyroid, because often treatment of thyroid disease is simple and can often improve a patient's quality of life."

Undiagnosed thyroid disease could put patients at risk for serious conditions such as cardiovascular diseases, osteoporosis and infertility.

To check your thyroid, your provider will likely touch or palpate your neck to ensure the gland is not enlarged. If any nodules, lumps, masses or an enlarged thyroid are felt, then that patient should get an ultrasound to evaluate the thyroid to determine if there are any concerning findings for possible thyroid cancer.

Typically, the first laboratory test ordered is for the thyroid-stimulating hormone (TSH). This hormone, produced by the pituitary gland in your brain, signals an "on/off" mechanism of the thyroid gland. If this is abnormal, further studies may be necessary.

The thyroid gland is located in the anterior neck, directly midline. This gland releases hormones that



help to regulate your body in many ways, but most importantly it regulates your metabolism, which determines how your body uses energy. The hormones released by the thyroid can affect your metabolism, heart rate, breathing, body temperature, digestion, mental activity, skin and bone health, fertility and rate of wound healing.

The thyroid gland is sometimes misunderstood because lab values can be misleading to a patient. A high TSH is an indicator of possible hypothyroidism (underactive or low-functioning thyroid) and a low TSH can be an indicator for possible hyperthyroidism (overactive or high-functioning thyroid).

"This confuses some patients, because they typically interpret a lab as 'high' to mean that you have too much or overactive amount—but with TSH, it is interpreted as the opposite," Monzone says.

Hypothyroidism has the following common symptoms: weight gain, fatigue, dry skin, depression, mental fog, constipation, feeling cold, hair loss and muscle aches. If the TSH is elevated, then a second blood test—a Free T4—is needed to confirm the level of function for the thyroid. If the thyroid is underactive, then the TSH is elevated and the Free T4 is decreased. Hypothyroidism is treated with synthetic thyroid hormone, levothyroxine, taken daily.

Hyperthyroidism has the following common symptoms: weight loss, palpitations/rapid heart rate, anxiety, tremors, feeling hot, diarrhea/frequent bowel movements, and sometimes bulging eyes.

Labs will show a TSH that is low or decreased, and another thyroid test known as T3 will be high/elevated. Free T4 can often be elevated as well but is less accurate with hyperthyroidism than T3 is.

Hyperthyroidism is treated with a combination of medications, but medical management of hyperthyroidism does not work consistently for many patients. The next two options for treatment:

- **Radioactive iodine.** This destroys thyroid cells, which in turn makes the thyroid inactive. There are side effects that should be discussed with an endocrinologist prior to deciding to undergo this treatment.

- **Surgery (thyroidectomy).** It is the best and most definitive option for treatment, if deemed appropriate for that specific patient based off their other health history.

Eighty percent of thyroid cancer is papillary thyroid carcinoma, which has a near-99% survival rate. The best treatment for thyroid cancer is removal of the thyroid via thyroidectomy.

"There are risks with thyroid surgery, but they are typically very low if the procedure is performed by a surgeon familiar with the surgery who performs them weekly," Monzone says. "As they say, 'The more you do something, the better you get.'"

"After a thyroidectomy, you would no longer have a thyroid, so you would have no further thyroid hormones. This essentially would cause you to become very hypothyroid, and to avoid the hypothyroid symptoms and to balance/regulate your body; you would be placed on levothyroxine, which you would take each morning. If taken appropriately, it would replace all thyroid hormones for your body and make it seem like you had a perfectly functioning thyroid."

Thyroid problems are most likely to affect women or anyone over the age of 60. Women are five to eight times more likely than men to have thyroid problems and one woman in eight will develop a thyroid disorder during her lifetime, according to the ATA.

The risk increases for those with a family history of thyroid disorders or those with an autoimmune disease, especially pernicious anemia, Type 1 diabetes, Celiac disease, Addison's disease, lupus, rheumatoid arthritis or Sjogren's disease.

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IRON INFUSION THERAPY

Iron deficiency affects millions of people worldwide, leading to fatigue, weakness, and decreased quality of life. At Ultimate IV and Wellness, we understand that sometimes oral iron supplements simply aren't enough. Iron infusion therapy offers a powerful, efficient solution for those struggling with iron deficiency and its debilitating symptoms.

What Is Iron Infusion Therapy?

Iron infusion therapy is a medical procedure that delivers iron directly into your bloodstream through an intravenous (IV) line. Unlike oral supplements that must pass through your digestive system, IV iron provides immediate absorption, allowing your body to quickly replenish depleted iron stores. This treatment is particularly beneficial for individuals who cannot tolerate oral iron supplements or whose bodies struggle to absorb iron through traditional methods.

Who Benefits from Iron Infusion?

Many patients find relief through iron infusion therapy. Those with chronic conditions such as inflammatory bowel disease, celiac disease, or chronic kidney disease often struggle with iron absorption. Women experiencing heavy menstrual periods, pregnant individuals with severe anemia, and patients preparing for or recovering from surgery may also benefit significantly from this treatment. Additionally, athletes and active individuals who require optimal iron levels for peak performance increasingly turn to iron infusion as an effective solution.

The Treatment Experience

At Ultimate IV and Wellness, we prioritize your comfort and safety throughout the iron infusion process. The procedure typically takes between 15 to 90 minutes, depending on the specific formulation and dosage prescribed. During treatment, you'll relax in our comfortable facility while our experienced medical professionals monitor your progress. Most patients experience minimal discomfort, often describing the sensation as similar to receiving any other IV therapy.

Advantages Over Oral Supplements

Iron infusion therapy offers several distinct advantages compared to traditional oral supplements. The most significant benefit is rapid results—many patients notice improved energy levels within days rather than weeks or months. This method also bypasses common gastrointestinal side effects associated with oral iron, such as nausea, constipation, and stomach upset. For individuals with absorption issues, iron infusion ensures that your body receives the full therapeutic dose needed to restore healthy iron levels.

What to Expect After Treatment

Following your iron infusion, most patients return to normal activities immediately. Some individuals may experience mild side effects such as temporary muscle aches or headaches, which typically resolve quickly. The real benefits become apparent over the following days and weeks as your iron levels stabilize. Patients often report increased energy, improved concentration, better exercise tolerance, and an overall enhancement in daily functioning.

Your healthcare provider will monitor your progress through follow-up blood tests to ensure your iron levels remain optimal. Many patients require only one or two infusions to achieve lasting results, though individual needs vary based on the severity of deficiency and underlying health conditions. The effects of iron infusion can last several months to years, providing sustained wellness and vitality.

Your Partner in Wellness

At Ultimate IV and Wellness, we believe that optimal health begins with proper nutrient balance. Our team of medical professionals conducts thorough assessments to determine if iron infusion therapy is right for you. We customize treatment plans based on your individual needs, medical history, and laboratory results, ensuring you receive the most effective care possible.

Don't let iron deficiency hold you back from living your best life. Contact Ultimate IV and Wellness today t **941-588-7770** to schedule a consultation and discover how iron infusion therapy can help you reclaim your vitality and wellness.



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

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

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

MRI Scan

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

Breast MRI

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

MRA

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

CT Scan

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

Ultrasound

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

Nuclear Medicine

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

Digital X-Ray & Fluoroscopy

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

3D Mammography

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

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

Bone Density DEXA

Bone density scanning, also called dual-energy x-ray absorptiometry (DXA) or bone densitometry, is an enhanced form of x-ray technology that is used to measure bone loss.

PET Scan

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

RAVE is a radiology practice that has been active for over thirty years. We currently consist of 8 board-certified radiologists, many of whom have postgraduate fellowships with subspecialty training. All of whom have years of full-time experience. Over 130 healthcare professionals are working with

us to provide the best possible radiologic services in Sarasota County. In addition to our personnel, we have some of the best radiologic imaging devices available. Superior visualization helps us make your diagnoses accurate and timely, preventing potentially dangerous delays in initiating your therapy. At RAVE, you can have confidence you're getting top-notch professional assistance in your diagnosis and care.



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

By Dr. David S. Zamikoff

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

How Can GAINSWave Prevent & Treat ED?

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

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

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



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

Younger Men Should Seek Treatment Early

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

Men are Preventing ED with GAINSWave

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

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

Source: GainesWave
<https://www.biospace.com/article/releases/mobility-spine-and-sports-is-helping-men-wave-goodbye-to-erectile-dysfunction-with-cutting-edge-gainwave-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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Slowing the Pace of Your Life

By Pastor Timothy Neptune

Remember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

²In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.
Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. *¹¹I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹²I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³I can do everything through him who gives me strength.*

Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: *⁶But godliness with contentment is great gain. ⁷For we brought nothing into the world, and we can take nothing out of it.* 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things.

Contentment means this: I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.

Jesus said it like this, *¹⁵ Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."* Luke 12:15

If you find yourself making statements like this:

- My life is a rat race.
- I don't know how I'm going to get it all done.
- I am just so exhausted.
- I don't know how much more of this I can take.
- I just want to escape.

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.

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Back Pain Institute of West Florida

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**BACK PAIN INSTITUTE
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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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