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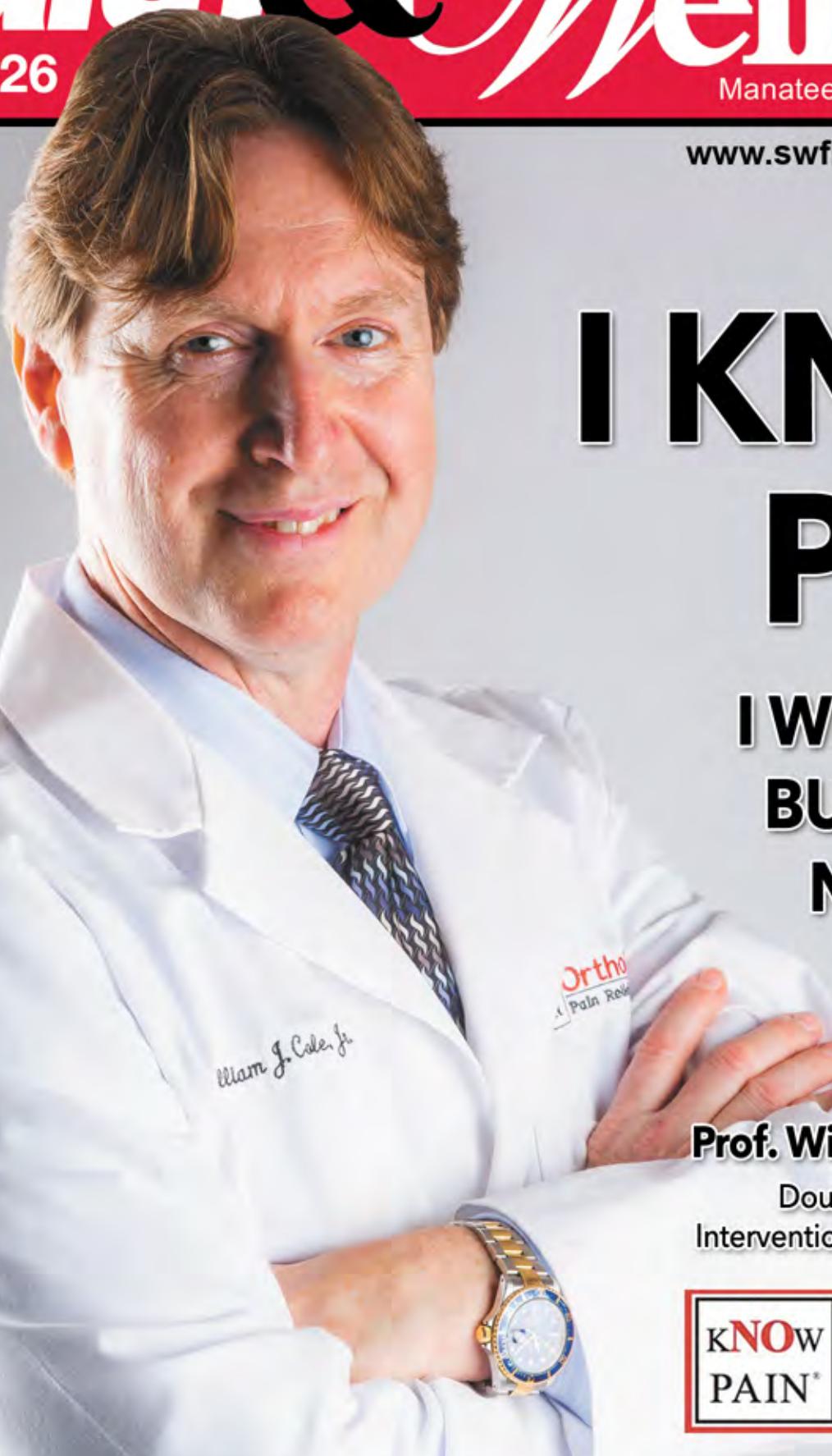
# Health & Wellness® MAGAZINE

February 2026

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FREE 

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## I KNOW PAIN!

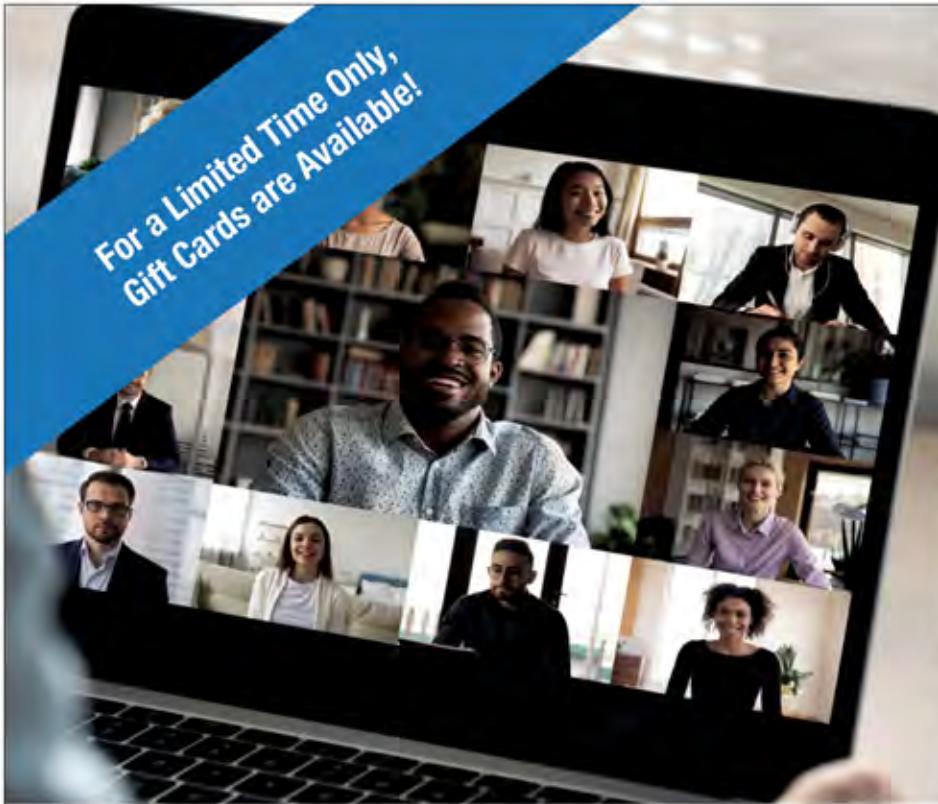
I WISH I DIDN'T.  
BUT LIFE DOES  
NOT ALWAYS  
GIVE YOU A  
CHOICE.

**Prof. William J. Cole, Jr., DO**

Double Board-Certified in PM&R  
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Disclaimer: These figures are general averages and vary by cancer type. Survival rates vary significantly based on cancer type, individual health factors, and available treatments. The statistics referenced are general averages across multiple cancer types and should not be interpreted as specific medical guidance. For personalized health assessments, please consult a licensed medical professional.

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## 20 Million Americans Have CAD, Could You Be One?

### Unlock Cardiac Insights With a CT Heart Score

According to the Centers for Disease Control and Prevention, **20 million** Americans are living with coronary artery disease (CAD) – the same one responsible for around **one in four** deaths annually.

The most common form of heart disease, CAD is the result of plaque buildup that narrows arteries. Narrowed vessels can restrict blood flow, oxygen and nutrients, causing symptoms like chest pain, shortness of breath and fatigue. A full blockage greatly increases the risk of a heart attack.

Don't let CAD go undetected. Cardiac computed tomography (CT) Heart Score is a non-invasive imaging test that detects and measures calcium deposits in the coronary arteries. When calcium is present, a higher score means a higher risk of heart disease.

Speak to your doctor today to find out more about getting your CT Heart Score.\*  
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# Show your heart some love this Valentine's Day by quitting smoking!

We only have one heart, so we need to treat it with all the love, care, and attention we can. Quitting smoking will improve the health of your heart for many years to come.

Tobacco use is the leading cause of preventable death and disease in the U.S. and can harm every organ and cell in the body. With over 7,000 toxic chemicals per cigarette, cigarette smoke damages one of the most vital parts of the body: the heart.<sup>1</sup>

When you breathe air in, the lungs take the oxygen and deliver it to the heart, which then pumps the oxygen-rich blood to the rest of the body. When you breathe in cigarette smoke, the blood that is delivered to the rest of the body is heavily concentrated with carbon monoxide. Carbon monoxide decreases the blood's ability to carry oxygen which requires the heart to work much harder to pump oxygen through the body. The extra stress on the heart can cause damage to the heart and blood vessels and can lead to cardiovascular disease (CVD). CVD is responsible for 800,000 deaths annually and, consequently, is the leading cause of all deaths in the United States.<sup>1</sup>

In addition to causing damage to the heart and blood vessels directly, cigarette smoke can also cause CVD by changing the blood's chemistry, which results in thickened blood and plaque build-up in the walls of arteries. When this happens, it becomes difficult for blood to flow through the arteries and for blood vessels to get to the vital organs, such as your heart or brain, which can result in blood clots and ultimately lead to a heart attack or stroke.<sup>1</sup>

The best way to protect your heart from smoking-related disease and death is to never start using cigarettes, but if you are a smoker, the earlier you quit, the better. Quitting smoking benefits your heart and your cardiovascular system now and in the future:

- Twenty minutes after you quit smoking, your heart rate drops.
- Just 12 hours after quitting smoking, the carbon monoxide level in the blood drops to normal, allowing more oxygen to vital organs like your heart.
- Within four years of quitting, your risk of stroke drops to that of lifetime nonsmokers.<sup>1</sup>

Although quitting smoking is difficult, it is certainly achievable, and cessation aids such as nicotine replacement therapy (NRT) may be able to help you on your quit journey. Many addicted smokers find that NRT helps them get through the hardest parts of quitting by lessening cravings and symptoms of withdrawal.<sup>1</sup> Gulfcoast South Area Education Center (GSAHEC) provides NRT for free to every individual who attends a tobacco cessation class (if medically appropriate and while supplies last).



If you are a smoker and you are concerned about your heart health, contact GSAHEC today! GSAHEC, as part of the Group Quit option of Tobacco Free Florida's Quit Your Way program—offers free group quit sessions to help someone quit all forms of tobacco. These group sessions held virtually and in-person, provide information about the benefits of quitting, managing stress and triggers, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum, or lozenges (*if medically appropriate and while supplies last*) is provided with the session. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist.

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

Reference:

1 <https://www.fda.gov/tobacco-products/health-information/how-smoking-affects-heart-health>



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# I KNOW PAIN!

I wish I didn't. But life does not always give you a choice.

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

**T**here are moments when your life divides into two parts: before... and after. Mine happened when I woke up from surgery.

When I woke up from the cervical spinal decompression surgery for the large bone spurs that were crushing my right C-7 nerve root, rendering my right arm useless, and robbing me of any sleep for the last 30-days and 30-nights....

I leaned forward and felt this ripping sensation, deep in my neck, and then the shooting electrical cattle prod type pain went down to all my arms and legs with searing nerve pain.

This is NOT like any other type of pain, and those who have experienced True Neurologic Pain know how intense and unrelenting nerve pain can be.

I then reached up to touch my "Standard Operating Procedure Neck Safety Collar, WHICH WAS NOT THERE!"

#### STANDARD OPERATING PROCEDURE?

I didn't freak out like most people... I GOT MAD AS HELL... I WAS FURIOUS!

How could this happen? Who was responsible? Why me? Am I going to be able to walk? Will I be able to work as a Doctor? Will I recover? How will I provide for my Lovely New Wife? What can I do to reverse the damage? And what the F\_\_\_ Were They Thinking When They Are Operating on Another Doctor..?

That moment—right there—was the moment I realized I was potentially going to be a quadriplegic.

The difficulty became evident years before after a young girl fell asleep while driving and I was a passenger and she ran into the guardrail at 80 miles an hour where I went headfirst into the corner post with no airbag.

Of course, this was a devastating injury, which forced me to have Multiple Surgeries to "Decompress my bilateral Ulnar nerves" as my arms became useless, "Reattach my Bicep Tendon 3 times" within 5 weeks, "inject my Collar Bone" on Both Sides as it had been displaced one inch medial and shoved on top of my chest wall, and had "Countless Cervical Injection" due to the worsening neck pain and Endless PT that Just Did Not Work.

I survived these challenges, as "I am a Hardhead", which anyone who knows me can confirm, but then the "Real Pain" started.

#### I STOPPED SLEEPING ALL TOGETHER

Read that again: I stopped sleeping altogether. Not "I had trouble sleeping." Not "I was uncomfortable." I stopped sleeping.

It took a few years for this massive bone spur to develop, but after it started crushing my C7 spinal nerve and I had no choice but to have it removed.

And if you've ever been there—where your body won't let you rest—then you already know what happens next: you stop thinking clearly, you stop healing, you stop functioning, you stop being You!

Losing the use of your arms twice is devastating enough, let alone realizing that you may not be able to use your arms or legs in the future. That's why I was so upset and furious post-surgery when I realized that this was a Real Possibility.

It's one thing to be hurt. It's another thing to look into the future and realize you may never walk again or hold your loved ones. And if you've ever had that moment, then you know exactly what I mean, as "I Have Been Exactly Where You Are Now!"

I then told my partner at the time that we had this Amazing Ultra PRP treatment that he was going to perform in my epidural space and rebuild my spinal cord. He looked at me and said, "Never heard of it!" I said, "I Don't Care! That's What We're Going to do..."

#### The "Future Me"

So, I had a series of Ultra PRP epidural procedures performed in my cervical spinal canal, which Rebuilt My Spinal Cord and changed the course of my life forever.

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But the real breakthrough wasn't the procedure... it was what it forced me to understand about what all patients go through and the pain that they suffer due to the limitations of traditional medicine.

You're getting PAIN Signals. Signals are your body's warning signs. And when you decode them, you stop guessing and start making decisions that actually make sense, and this is How I Became the Future Me.

#### The "Future You"

Are You Ready to Meet the "Future You"?

Is it someone in crippling pain and dysfunction so bad that they just Gave Up? Will you stop participating in life? Will you just take another pill or schedule yet ANOTHER surgery, when the first ones didn't work?

What do you do with the frustration, anger, shame, guilt, insomnia, anxiety, depression, embarrassment, and inadequacy that comes from "Unfulfilled Dreams?"

#### YOUR LIFE WITHOUT PAIN

Now, instead, I want you to take a minute... Close Your Eyes, and IMAGINE YOUR LIFE WITHOUT PAIN.

Without any of the negative feedback from your body, brain, friends, or family. What would your life be like to live life to the fullest, free from endless drugs and surgeries? You are happy, healthy, pain free, and living the best life you can imagine.

Who would you be if you had no pain? What would you do? Where would you go? What would you accomplish? What does YOUR LIFE look like? Do you want to know how to get to the "Future You"?

#### Where is YOUR Pain...?

The body, back, brain, bones, or BioMet...?

Well, THAT is what we can figure out together, along with how these problems affect every aspect of your life, now and in the future, and how to properly identify the real pain and problem generators.

Then, how to work toward resolution to live your best life—the Future You.

Pain is your body telling you that something is wrong, so LISTEN TO YOUR BODY as you know it better than any doctor.

Let's Decode Your Pain Signals.

Then Let's "Have the Body Heal the Body"®, as There is Nothing on God's Green Earth That Can Heal the Body Better Than the Body... Nothing!

We All Know This, Right?

Do you want to know how...?

#### "The Future You" is Waiting!

If this excites you and would like to see more from the upcoming "kNOW PAIN® Trilogy, please Join the "kNOWPAIN® Book Club waitlist today at [Info@kNOWPAIN.com](mailto:Info@kNOWPAIN.com). You can reserve your spot and receive the exclusive First Editions, in addition to Special Offers and Discounts on these and other upcoming "kNOW® Books, Regenerative Webinars, IntelleHealth AI Programs, and Stem Cell Specials.

# REVOLUTIONIZING FOOT CARE:

## The Rise of Regenerative Medicine in Podiatry

By Ron Adduru, DPM

In the world of modern medicine, few fields are evolving as rapidly as regenerative therapies. Once the stuff of science fiction, these treatments harness the body's own healing powers to repair damaged tissues, reduce pain, and restore function—without the need for invasive surgery. For those dealing with foot and ankle issues, which affect millions worldwide, regenerative medicine offers a beacon of hope. Podiatry, the specialty focused on foot health, has embraced these innovations to tackle everything from stubborn heel pain to chronic wounds and tendon injuries.

Imagine waking up without the nagging ache of plantar fasciitis or finally ditching those orthotics after years of Achilles tendon woes. Regenerative approaches like platelet-rich plasma (PRP) injections, stem cell therapy, and shockwave treatments are making this a reality for many patients. But what exactly are your options? How successful are they? And what should you know before diving in? Let's explore this cutting-edge frontier.

### Treatment Options: Tailored Healing for Your Feet

Regenerative medicine in podiatry isn't a one-size-fits-all solution. Instead, it includes a suite of minimally invasive techniques designed to stimulate natural repair processes. Here's a breakdown of the most common options:

- Platelet-Rich Plasma (PRP) Injections:** This involves drawing a small amount of your blood, spinning it in a centrifuge to concentrate the platelets (which are packed with growth factors), and injecting the PRP directly into the injured area. It's particularly popular for conditions like plantar fasciitis, Achilles tendinopathy, and ankle sprains. The procedure is quick—often done in-office—and promotes tissue regeneration by accelerating healing at the cellular level.

- Stem Cell Therapy:** Stem cells, harvested from your bone marrow or fat tissue (or sometimes from donor sources like amniotic fluid), are injected into damaged tendons, ligaments, or joints. These versatile cells can differentiate into various tissue types, helping to rebuild cartilage or reduce inflammation. It's a go-to for chronic issues like osteoarthritis in the ankle or non-healing fractures, with evidence showing it can prevent the need for more aggressive interventions.

- Amniotic Membrane and Fluid Products:** Derived from donated placental tissues (ethically sourced and screened), these biologics contain anti-inflammatory proteins and growth factors. They're used as injections or grafts for tendonitis, plantar fasciosis, or diabetic foot ulcers. Unlike synthetic drugs, they mimic the body's natural environment to foster repair without rejection risks.

- Shockwave Therapy:** Using high-energy sound waves, this non-invasive treatment stimulates blood flow and breaks down scar tissue. It's effective for stubborn conditions like stress fractures or heel spurs. Sessions last about 20 minutes, and multiple treatments may be needed for optimal results.

- Other Emerging Options:** Techniques like prolotherapy (injecting irritants to provoke healing) or MLS laser therapy (which uses light to reduce pain and inflammation) are gaining traction. For complex wounds, bioengineered skin substitutes can be applied to promote closure.

These treatments often work best in combination with conservative care, such as physical therapy or custom orthotics, and they're typically outpatient procedures with minimal downtime.

### Success Rates: What the Data Shows

While individual results vary based on factors like age, overall health, and condition severity, regenerative medicine boasts impressive outcomes in podiatry—often rivaling or surpassing traditional surgery.

For PRP injections, studies indicate success rates of 85-90% for plantar fasciitis and Achilles tendinopathy, with patients reporting significant pain relief and improved mobility within months. Shockwave therapy shines even brighter, achieving up to 91% success for chronic plantar fasciitis, 88% for Achilles issues, and 87% for bone healing in stress fractures.

Stem cell therapies show promising results too, with overall regenerative approaches delivering 75-90% effectiveness across various foot conditions. In one study on amniotic fluid injections for chronic tendon problems, pain scores dropped dramatically from an average of 8.2 to 1.3 on a 10-point scale after 10 weeks, with an 84.6% overall success rate in treated cases.

For diabetic foot wounds—a major podiatry challenge—bioengineered therapies achieve 70-85% complete healing, often 50% faster than standard care, and reduce amputation risk by 60-80%. Combined regimens (like PRP plus shockwave) push success to 85-95%, compared to 70-90% for surgery, but with far less recovery time—typically 2-6 months versus longer surgical rehab.

Keep in mind, these figures come from clinical trials and real-world data, but not everyone responds equally. Early intervention boosts odds, and ongoing research continues to refine these therapies.

**Tips for Patients: Making the Most of Regenerative Care**  
If you're considering regenerative medicine for your foot woes, empowerment is key. Here are practical tips to guide you:

- Research Your Provider:** Look for board-certified podiatrists with specialized training in regenerative techniques. Check reviews, ask about their experience (e.g., number of procedures performed), and inquire about success rates for your specific condition. Reputable clinics often share patient testimonials or data.

- Understand the Process:** Before treatment, discuss expectations. Most procedures involve local anesthesia, last under an hour, and have mild side effects like temporary soreness. Full benefits may take weeks to months, so patience is essential—don't expect overnight miracles.

- Combine with Lifestyle Changes:** To maximize results, pair treatments with weight management, proper footwear, and stretching exercises. For instance, if you have plantar fasciitis, incorporate daily calf stretches and avoid high-impact activities during recovery.

- Monitor and Follow Up:** Track your progress with a pain journal and attend all follow-up appointments. If needed, boosters (like additional injections) can enhance outcomes. Stay hydrated and maintain a nutrient-rich diet to support healing.

- Consider Costs and Coverage:** These therapies aren't always covered by insurance, so budget accordingly—PRP might run \$500-1,800 per session. Explore financing options or clinical trials for affordability.

- Know When to Seek Alternatives:** If symptoms persist after treatment, consult your doctor about next steps. Regenerative medicine is powerful, but it's not for everyone—severe cases may still require surgery.

By staying informed and proactive, you can turn regenerative medicine into a game-changer for your foot health.

### Stepping Forward with Confidence

Regenerative medicine is transforming podiatry from a reactive field to one of proactive healing, offering hope where traditional methods fall short. With high success rates, fewer risks, and a focus on natural recovery, it's no wonder more patients are choosing these options. If foot pain is holding you back, talk to a specialist today—you might just find yourself walking taller tomorrow. Remember, the journey to better feet starts with that first step.



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 LIFE-SAVING POWER OF REGULAR SKIN CANCER SCREENINGS: WHY EARLY DETECTION MATTERS

In a world where health consciousness is on the rise, one critical aspect of preventive care often goes overlooked: regular skin cancer screenings. With skin cancer being one of the most common types of cancer worldwide, the importance of early detection through routine check-ups cannot be overstated. This article delves into why staying vigilant about your skin health, particularly in checking for melanomas, could be a life-saving decision.

## Understanding Skin Cancer and Melanoma

Skin cancer occurs when skin cells grow abnormally, often due to damage from UV radiation. While there are several types of skin cancer, melanoma is the most dangerous. Melanoma develops in the melanocytes, the cells responsible for producing skin pigment. Although it's less common than other skin cancers, melanoma is far more likely to spread to other parts of the body if not caught early.

## The Power of Early Detection

The key to successfully treating skin cancer, especially melanoma, lies in early detection. When caught in its initial stages, the five-year survival rate for melanoma is an impressive 99%. However, this rate drops dramatically to 27% for melanomas that have spread to distant parts of the body. These statistics underscore the critical importance of regular skin checks and professional screenings.

## Recognizing the Warning Signs

While professional screenings are crucial, being aware of your own skin and any changes is equally important. The "ABCDE" rule is a helpful guide for identifying potential melanomas:

**Asymmetry:** One half of the mole doesn't match the other half.

**Border:** The edges are irregular, ragged, or blurred.

**Color:** The color is not uniform and may include shades of brown, black, or tan.

**Diameter:** Melanomas are usually larger than 6mm (about the size of a pencil eraser).

**Evolving:** The mole changes in size, shape, or color over time.

Any mole or skin growth exhibiting these characteristics warrants immediate medical attention.

## The Screening Process

A professional skin cancer screening is a quick, painless procedure that can be performed by a dermatologist or trained healthcare provider. During the screening, the doctor will thoroughly examine your skin, paying close attention to areas frequently exposed to the sun. They may use a dermatoscope, a special magnifying tool, to get a closer look at suspicious spots.

## Who Should Get Screened and How Often?

While everyone should be mindful of their skin health, certain factors increase the risk of skin cancer:

- Fair skin
- History of sunburns or excessive sun exposure
- Multiple or atypical moles
- Family history of skin cancer
- Weakened immune system

For those at average risk, an annual skin check is recommended. However, individuals with higher risk factors may need more frequent screenings. It's best to consult with a healthcare provider to determine the most appropriate screening schedule for your specific situation.

## Beyond Professional Screenings: The Importance of Self-Checks

In between professional screenings, monthly self-examinations are crucial. These self-checks allow you to become familiar with your skin's normal appearance and help you spot any changes quickly. Use a full-length mirror and a hand mirror to examine your entire body, including hard-to-see areas like your back, scalp, and between your toes.

## Prevention: Your First Line of Defense

While regular screenings are vital, prevention remains the best strategy against skin cancer. Protect your skin by:

- Applying broad-spectrum sunscreen with at least SPF 30 daily
- Wearing protective clothing, including wide-brimmed hats and sunglasses
- Seeking shade, especially during peak sun hours (10 am to 4 pm)
- Avoiding tanning beds and sun lamps

## The Broader Impact of Regular Screenings

Regular skin cancer screenings don't just benefit individuals; they have a broader societal impact. Early detection reduces the overall burden on healthcare systems by catching cancers when they're most treatable. It also helps raise awareness about skin cancer, encouraging others to prioritize their skin health.

## Conclusion: A Small Step for Significant Peace of Mind

In the grand scheme of health maintenance, skin cancer screenings are a relatively small investment of time that can yield enormous benefits. By making these screenings a regular part of your health routine, you're taking a proactive step in protecting yourself against one of the most prevalent forms of cancer. Remember, your skin is your body's largest organ and its first line of defense against the environment. Treating it with the care and attention it deserves isn't just about aesthetics—it's about preserving your overall health and potentially saving your life.

Don't wait for a problem to arise. Schedule a skin cancer screening today and empower yourself with the knowledge and vigilance needed to keep your skin healthy for years to come. Your future self will thank you for this simple yet powerful act of self-care.



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# Heart Health Awareness Month: The Link Between Cardiovascular Health and Hearing Loss

By Rodney Robison, H.A.S.

**F**ebruary is Heart Health Awareness Month, a time dedicated to highlighting the importance of cardiovascular health. While many focus on diet, exercise, and blood pressure management, recent research suggests that heart health also plays a crucial role in hearing. The connection between cardiovascular conditions and hearing loss is becoming clearer, and understanding this relationship is vital for overall well-being.

## The Cardiovascular-Hearing Connection

The cardiovascular system, including the heart and blood vessels, is responsible for delivering oxygen and nutrients throughout the body, including to the inner ear. The cochlea, the part of the ear that processes sound, relies on a consistent blood supply to function. When cardiovascular health deteriorates, the blood flow to the inner ear can be compromised, leading to hearing loss.

Several cardiovascular conditions, such as high blood pressure and high cholesterol, are linked to an increased risk of hearing loss. A study published in *The Journal of the American College of Cardiology* found that people with heart disease, particularly those with high blood pressure, are more likely to experience hearing loss. This is thought to be due to the damage hypertension causes to blood vessels, including those that supply the cochlea.

## How High Blood Pressure Affects Hearing

High blood pressure, or hypertension, is one of the most common cardiovascular conditions worldwide. It occurs when blood pressure is consistently high, putting strain on the heart and blood vessels. Over time, hypertension can damage the blood vessels, including those that supply the inner ear, which may lead to hearing loss.

The cochlea is highly sensitive to changes in blood flow. When blood vessels narrow due to hypertension, the cochlea can be deprived of essential oxygen and nutrients, resulting in damage to the hair cells responsible for detecting sound. This leads to sensorineural hearing loss, which is typically permanent.

## Cholesterol and Hearing Loss

Cholesterol, particularly high levels of low-density lipoprotein (LDL) or "bad" cholesterol, is another key factor in cardiovascular health that can affect hearing.

High cholesterol levels contribute to plaque buildup in the arteries, which restricts blood flow throughout the body, including the ears.

A study by the *American Heart Association* found that individuals with high cholesterol levels were more likely to develop hearing loss. Researchers suggest that poor circulation, due to plaque buildup, may affect the cochlea's ability to function properly. Additionally, high cholesterol can reduce the elasticity of blood vessels, further hindering circulation to the inner ear.

## Diabetes and Hearing Loss

Diabetes is a chronic condition that affects both cardiovascular health and hearing. People with diabetes are more likely to develop cardiovascular diseases, such as high blood pressure and heart disease, which can, in turn, damage the blood vessels in the inner ear.

High blood sugar levels associated with diabetes can damage the blood vessels, including those supplying the cochlea, leading to hearing impairment. Studies show that people with diabetes are twice as likely to experience hearing loss compared to those without the condition. Managing blood sugar levels effectively is crucial in preventing damage to the inner ear and preserving hearing.

## Protecting Your Heart and Ears

Given the link between cardiovascular health and hearing loss, protecting both your heart and hearing is essential. Here are some strategies to maintain optimal health:

**1. Maintain a Heart-Healthy Diet:** Eating a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can help manage cholesterol and blood pressure. Avoiding excessive salt and processed foods can also reduce cardiovascular risk.

**2. Exercise Regularly:** Regular physical activity improves circulation, lowers blood pressure, and supports heart health. Exercise also helps manage weight, which can reduce the risk of developing diabetes and other cardiovascular conditions.

**3. Control Blood Pressure and Cholesterol:** If you have high blood pressure or elevated cholesterol, work with your healthcare provider to manage these conditions. Medications, along with lifestyle changes, can help protect both your heart and ears.

**4. Monitor Blood Sugar Levels:** If you have diabetes, keeping your blood sugar levels in check is crucial. Proper diabetes management can help prevent damage to the blood vessels in the inner ear.

**5. Get Regular Hearing Checkups:** Regular hearing screenings are essential, especially for those with cardiovascular risk factors. Early detection of hearing loss can help ensure timely intervention and prevent further deterioration.

## Conclusion

Heart Health Awareness Month is a reminder of the importance of cardiovascular health in overall well-being. The connection between heart health and hearing loss is strong, and maintaining a healthy heart is crucial for protecting your hearing. By managing blood pressure, cholesterol, and blood sugar levels, and getting regular hearing checkups, you can safeguard both your heart and ears, ensuring better health for years to come.

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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.

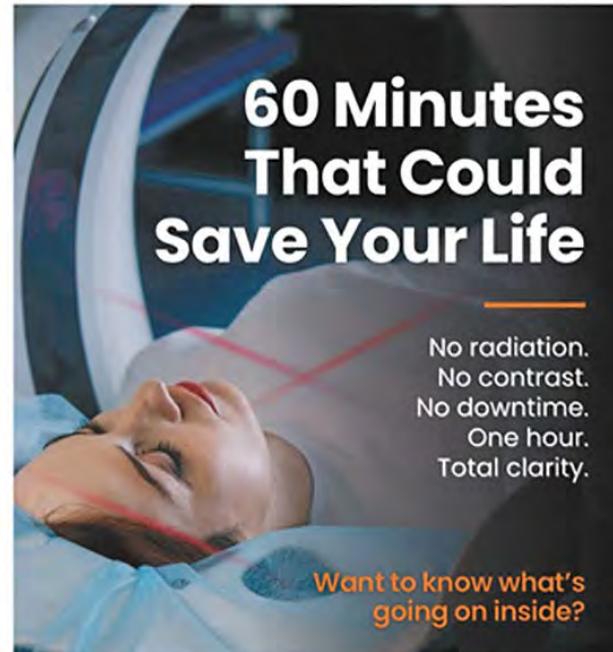
## Knowledge Is Your Greatest Health Asset

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.

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# Blood Biomarkers for Dementia: A New Window into Brain Health

By Karen Leggett, DO

For decades, the diagnosis of Alzheimer's disease and other dementias relied primarily on cognitive testing, brain imaging, and—when necessary—spinal fluid analysis. While these tools remain important, medicine is now entering a new era: the era of blood-based biomarkers for dementia.

These simple blood tests are transforming how we detect, evaluate, and understand cognitive change—often years before symptoms become severe.

## WHY EARLY DETECTION MATTERS

Many people notice subtle changes long before a diagnosis is made:

- Misplacing items more often
- Trouble recalling recent conversations
- Word-finding difficulty
- Increased mental fatigue

This stage is often called subjective cognitive decline or mild cognitive impairment (MCI). At this point, the brain may already be developing disease-related changes—especially in Alzheimer's disease—even though daily function remains mostly intact.

Identifying the *biology* behind these changes early allows us to:

- Clarify the likely cause of symptoms
- Estimate risk of progression
- Guide further testing
- Begin prevention and treatment strategies sooner

## WHAT ARE BLOOD BIOMARKERS?

Blood biomarkers are proteins released into the blood-stream that reflect what is happening in the brain. In dementia, they can signal three major processes:

1. Amyloid accumulation – a hallmark of Alzheimer's disease
2. Tau pathology – the process that closely tracks nerve cell injury
3. Neurodegeneration – general injury to brain cells, regardless of cause

Together, these markers help us distinguish Alzheimer's disease from other causes of cognitive decline.

## THE TWO MOST IMPORTANT ALZHEIMER'S BLOOD MARKERS TODAY

In current clinical studies and practice, two markers stand out.

### 1. AMYLOID BETA 42/40 RATIO (A $\beta$ 42/40)

Amyloid beta is a protein that accumulates in the brains of people with Alzheimer's disease.

- A lower A $\beta$ 42/40 ratio suggests amyloid plaques are building up in the brain
- This change often appears years before dementia develops
- It helps identify who is likely developing Alzheimer's pathology

This marker answers the question: *Is Alzheimer-type amyloid biology present?*

### 2. PHOSPHORYLATED TAU 217 (P-TAU217)

Tau is a protein inside nerve cells that becomes abnormal in Alzheimer's disease.

- p-tau217 is currently the most specific blood marker for Alzheimer's disease
- Elevated levels strongly correlate with both amyloid plaques and tau tangles on brain scans
- It helps distinguish Alzheimer's disease from other dementias

This marker answers the question: *Is this cognitive change biologically consistent with Alzheimer's disease?* When both A $\beta$ 42/40 is low and p-tau217 is elevated, the likelihood of underlying Alzheimer's disease is high.

## MARKERS THAT SUGGEST OTHER TYPES OF DEMENTIA

Not all cognitive decline is Alzheimer's disease.

Other causes include:

- Frontotemporal dementia (FTD)
- Vascular cognitive impairment
- Lewy body dementia
- Parkinson's disease dementia
- Inflammatory or metabolic brain injury

One important marker here is:

### NEUROFILAMENT LIGHT CHAIN (NFL)

NFL is a marker of active nerve cell injury.

- Elevated in many neurodegenerative diseases
- Not specific for Alzheimer's disease
- Helps detect how active and aggressive the process is

## HOW THESE TESTS ARE USED IN PRACTICE

Blood biomarkers are not used in isolation. They are combined with:

- Detailed history and cognitive testing
- Brain MRI
- Hearing, sleep, mood, and metabolic evaluation
- Review of medications and vascular risk factors

They help answer key clinical questions:

- Is Alzheimer's biology present?
- Is this more likely vascular, frontotemporal, or mixed?
- How active is the disease process?
- Who should go on to PET scanning or spinal fluid testing?

## WHY THIS MATTERS FOR PATIENTS 50 AND UP

We now know that Alzheimer's disease begins 10–20 years before dementia.

This opens a new opportunity to:

- Identify risk early
- Modify lifestyle and vascular factors
- Optimize sleep, hearing, mood, and nutrition
- Consider emerging disease-modifying therapies
- Monitor progression more accurately

Brain health is no longer something we address only after memory is lost. It is something we can evaluate, protect, and preserve earlier than ever before.

## FINAL THOUGHTS

Blood biomarkers are changing the landscape of dementia care. They allow us to move from: "We think this might be Alzheimer's disease" to "We can now see the biology of what is happening in your brain." For patients with memory concerns, this represents a profound shift toward earlier clarity, earlier prevention, and more personalized care.



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## PATTERNS CAN GUIDE DIAGNOSIS:

Pattern	Suggests
Low amyloid + high p-tau217	Alzheimer's disease
Normal amyloid + normal p-tau + high NFL	Non-Alzheimer's neurodegeneration (such as FTD or vascular)
Mixed abnormalities	Mixed dementia (common in older adults)

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

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

## WHAT IS A 55+ COMMUNITY?

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

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

## PROS AND CONS OF 55+ COMMUNITIES

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

### Pros include:

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

### Cons include:

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

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

## WHAT IS INDEPENDENT LIVING?

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

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

## PROS AND CONS OF INDEPENDENT LIVING

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

### Pros include:

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



*Cons include:*

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

## WHAT DOES "A CONTINUUM OF CARE" MEAN?

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

## SEE WHY LIFE IS BETTER HERE

You can learn more about why you should choose independent living at Freedom Village by calling us today at 941-798-8122, clicking on [FVBradenton.com](http://FVBradenton.com).



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# Elevate Your Self-Care This February with Exomind Technology

By Dr. Michael Jonathan Clark

**F**ebruary is Self-Care Month, a perfect time to explore innovative treatments that nurture both body and mind. At Island ENT Wellness Spa and Audiology, we're excited to introduce Exomind, a revolutionary brain wellness technology that's transforming how we approach mental self-care and cognitive health.

In our fast-paced world, stress, anxiety, and mental fatigue have become unwelcome companions for many. While traditional self-care often focuses on physical wellness through exercise, nutrition, and relaxation techniques, we're now recognizing that true self-care must also address our cognitive and neurological well-being. This is where Exomind comes in.

## What is Exomind?

Exomind represents the cutting edge of neurotechnology, offering a non-invasive approach to optimizing brain function and promoting mental wellness. This sophisticated system uses advanced brainwave technology to help balance neural activity, reduce stress, and enhance overall cognitive performance. By working directly with your brain's natural rhythms, Exomind creates a personalized experience designed to restore mental clarity and emotional equilibrium.

The treatment is remarkably simple yet profoundly effective. During an Exomind session, you'll relax comfortably while the technology gently guides your brainwaves toward optimal patterns associated with calmness, focus, and mental clarity. Many patients describe the experience as deeply relaxing, similar to meditation but requiring no prior experience or effort on your part.

## The Self-Care Benefits of Exomind

Self-care isn't selfish—it's essential. When we prioritize our mental and cognitive health, we're better equipped to handle life's challenges, maintain meaningful relationships, and perform at our best in all areas of life. Exomind supports these goals by addressing several key areas of brain wellness.

First, stress reduction is one of Exomind's most immediate benefits. By promoting balanced brainwave patterns, the technology helps activate your body's natural relaxation response, counteracting the harmful effects of chronic stress. Users often report feeling calmer and more centered after just one session.



Second, many patients experience improved sleep quality. In our sleep-deprived society, restorative rest is a crucial component of self-care. Exomind helps regulate the neural patterns associated with healthy sleep cycles, making it easier to fall asleep and achieve deeper, more rejuvenating rest.

Third, enhanced focus and mental clarity represent another significant advantage. Whether you're struggling with brain fog, attention difficulties, or simply want to optimize your cognitive performance, Exomind can help sharpen your mental edge and improve concentration.

## Making Exomind Part of Your Self-Care Routine

At Island ENT Wellness Spa and Audiology, we believe that comprehensive care means addressing all aspects of health—including the often-overlooked realm of brain wellness. Our experienced team is trained in the latest neurotechnology protocols and will work with you to develop a personalized Exomind treatment plan tailored to your specific needs and goals.

This February, as we celebrate Self-Care Month, consider investing in your most important asset: your brain. Whether you're dealing with stress, seeking better sleep, wanting to enhance focus, or simply looking to optimize your mental well-being, Exomind offers a powerful tool for transformation.

Self-care is about creating sustainable practices that support your long-term health and happiness. Unlike quick fixes or temporary solutions, Exomind works with your brain's natural capacity for healing and optimization, creating lasting changes that support your wellness journey.

We invite you to discover how Exomind can elevate your self-care routine and help you achieve new levels of mental clarity, emotional balance, and cognitive vitality. Contact Island ENT Wellness Spa and Audiology today to schedule your consultation and experience the future of brain wellness. Because when it comes to self-care, your mind deserves the same attention and care as your body.

Your journey to better brain health starts here.

## 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 performs 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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# Game Day to Valentine's Day:

## How to Navigate February's Hidden Triggers for Mental Health and Sobriety

From kickoff snacks to candlelit dinners, February looks joyful on the calendar—and still feels complicated in real life. Loud crowds, late nights, alcohol centered gatherings, and financial or relationship pressure can stack up, especially if you're managing anxiety, depression, or a history of substance use. The good news: a few small decisions made before the big days can keep you steady without sacrificing connection.

### Game Day Guardrails

**Plan before you party.** Decide your approach to alcohol (including "no thanks") ahead of time and tell one supportive person your plan. Bring a favorite non alcoholic drink so you're never empty handed.

**Build in micro breaks.** Step outside every 30–45 minutes—take 10 slow breaths, stretch, drink water, and check your body cues (tight jaw, thudding heartbeat, restlessness).

**Protect sleep.** A great fourth quarter isn't worth a wrecked tomorrow. Set a hard leave time and stick to it; fatigue can magnify low mood and cravings.

### Valentine's Without the Pressure

**Trade perfection for presence.** Connection grows from micro moments: a short walk, a screens off meal, a hand written note. Big gestures are optional.

**Curate your feed.** If comparison scrolling drains your mood, mute certain accounts for a week.

**Script your boundaries.** Three phrases to keep handy: "Let's skip alcohol tonight," "I need a quieter evening," and "I'd rather keep it small this year." Boundaries protect relationships; they don't diminish them.

### If a Slip Happens

A lapse isn't failure—it's information. Do a same day reset: hydrate, eat something with protein, get real sleep, and text or call one person who supports your well being. Jot down what triggered you and one change you'll try next time. If you're concerned about withdrawal, escalating substance use, or safety, reach out for professional help right away.



### When It's Time to Get Help

Seek urgent care if substance use feels out of control; if you notice severe mood swings, panic, or thoughts of self harm; or if withdrawal symptoms begin. Inpatient psychiatric stabilization and medically supervised detox are designed for these situations, offering 24/7 assessment, structure, and compassionate care so you can reset safely and plan next steps.

### Quick Checklist for a Safer February

- Name your plan (alcohol/no alcohol/limit + leave time).
- Pick your person (who you'll text if you feel wobbly).
- Pack your tools (water, snacks, breath work app, exit strategy).
- Choose connection over comparison (real conversations over curated feeds).
- Call sooner, not later if mood, cravings, or safety concerns escalate.

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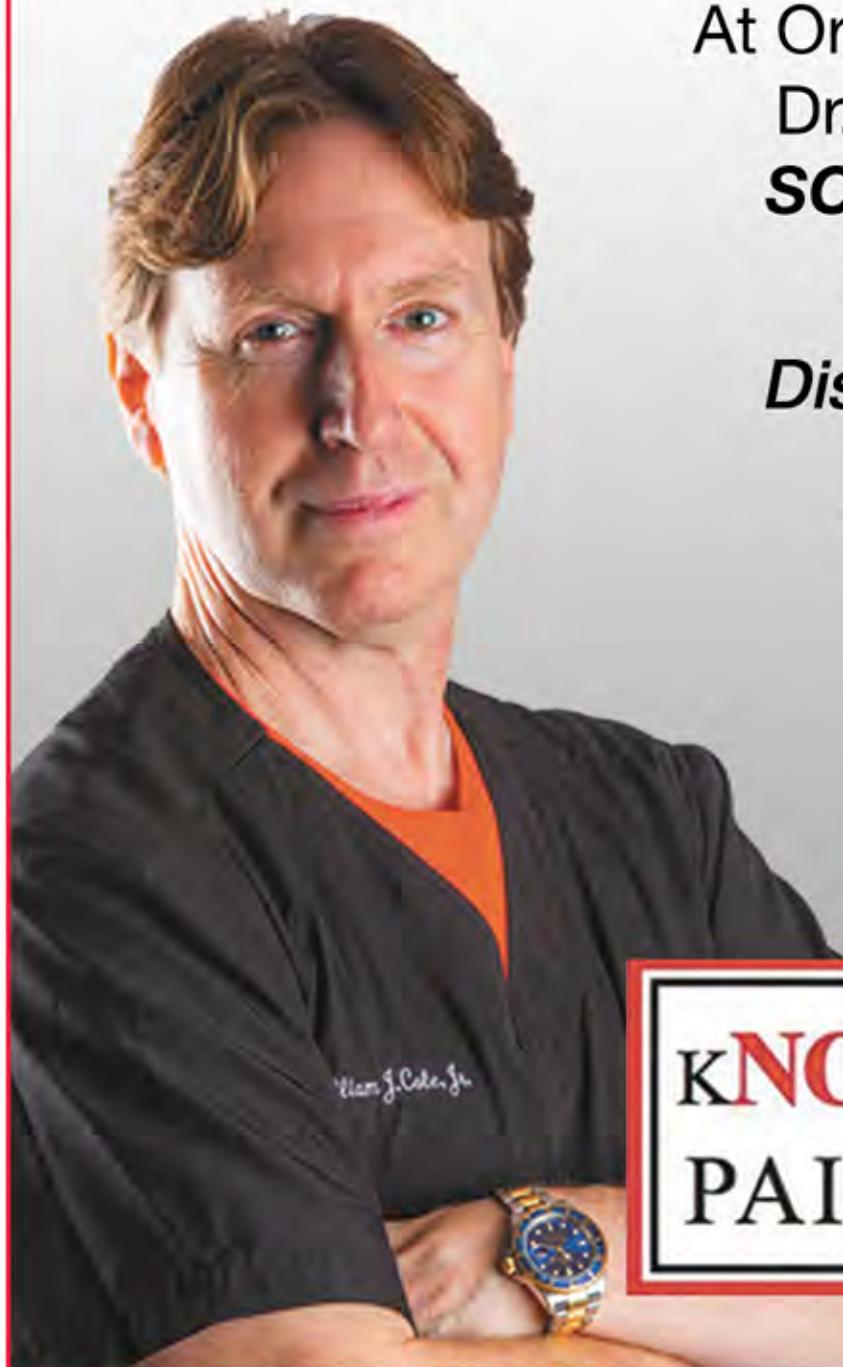
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# BEYOND BUBBLE BATHS, SPA DAYS: True Self-Care May Require a Deeper Approach

By Rick Weber

**R**ebeca Johnson works with many clients who are deeply capable, resilient and caring—and yet they are completely spent.

This pattern has shown her over the years how misunderstood self-care is.

"We are chronically emotionally exhausted, and what many understand about self-care is just not enough because it only addresses surface-level concerns and tension," says Johnson, a Licensed Mental Health Counselor (LMHC), private practice owner, and adjunct faculty member for the Clinical Mental Health Counseling Program at Florida Gulf Coast University's Marieb College of Health & Human Services.

"We tend to blame ourselves when we collapse and burn out. In reality, we have been operating in an unsustainable way for years. I think that reframing self-care can reduce the shame and at the same time empower people to make choices that are healthier and maintainable."

She defines self-care as the intentional practice of protecting and taking care of one's relational, mental and emotional well-being. Rest, comfort and fun are very important, but true self-care involves aligning your decisions and actions with your authentic self—who you really are and what is important to you—in order to nourish your future self. In other words, choosing the harder, healthier path now to support lasting well-being.

"One of the biggest things I've learned is that this goes beyond bubble baths and spa days," she says. "These things are nice and enjoyable, but the exhaustion remains because often we are depleted at a deeper level due to chronic self-neglect. I love that I get to help people move from survival mode to sustainable emotional health."

Surface-level self-care has its place, but for many people, true self-care may require going deeper. That involves:

## Setting boundaries.

"Setting boundaries means recognizing personal limits and communicating them clearly, kindly and consistently. In practice, this looks like saying no, reducing overcommitment or limiting emotional access to people or situations that are draining.

Boundaries protect energy and prevent resentment. For instance, saying no to additional responsibilities when your schedule is already full, rather than pushing yourself past your limits. Another example of boundaries related to self-care would be choosing not to engage in conversations that become critical, manipulative or emotionally overwhelming. And last, but not least, setting clear expectations around availability with family, friends or coworkers instead of being 'on' all the time."

## Tending to emotional well-being.

"Tending to emotional well-being involves regularly checking in with yourself, noticing emotional signals and responding with self-compassion rather than judgment. It means paying attention to how you're feeling, rather than pushing emotions aside or minimizing them. Acknowledge stress, overwhelm and emotional fatigue at the onset, but then respond with care instead of avoidance or self-criticism. Tending to emotional well-being in the form of self-care is about taking your emotional signals seriously and not constantly pushing through or telling yourself you should be fine. Pause when overwhelm hits, create space to reflect or journal, step away from stimulation to process what you're feeling. You can also reach out for support when your emotions feel heavy, rather than assuming you should handle everything on your own."

## Preventing burnout.

"Burnout isn't about just being tired. It is mental and emotional exhaustion. This exhaustion builds over time when there is chronic stress without much space to recover. Burnout prevention starts with awareness. Some signals to pay attention to are irritability, difficulty concentrating and a sense of emotional numbness. These signals are trying to tell you that something needs attention. When you ignore emotional exhaustion, chronic stress or ongoing overwhelm, burnout builds little by little. Preventing burnout often means slowing down, reassessing expectations and making intentional changes before the body and mind force a stop. If you can give yourself permission to adjust expectations during a busy or emotionally demanding time instead of continuing at a pressured pace, it can help alleviate burnout."

In her clinical work, she often sees people trying to take care of themselves, yet still feel depleted because the deeper sources of exhaustion such as heavy emotional and mental load, lack of boundaries and chronic giving beyond one's capacity aren't being addressed.

Self-care isn't another thing to add to our ever-growing to-do lists, but more about protecting emotional energy, creating realistic expectations and recognizing the signals of burnout.

"Emotional energy is finite," she says. "We only have so much to give. To protect this, it's important to be mindful as well as intentional with where your time and energy go. Limiting emotionally draining conversations can help. We all have those situations or people in our lives that feel like they deplete our spirit. To protect your emotional energy in these types of relationships or circumstances, it is essential to limit your exposure by setting clearer relational boundaries or limits to your participation."

She says a Licensed Mental Health Counselor can help you recognize the patterns of burnout and walk you through the process of exploring any emotional barriers that may be keeping you from establishing boundaries in your relationships, at work and in everyday life.

"Therapy is self-care because it provides not just insight but practical tools that can combat burnout," she says. "In working with a counselor, you can explore emotional blocks around boundaries or rest and develop healthier coping strategies. Therapy can provide both insight and practical tools for managing emotions better."

She also recommends two books: *Self-Compassion: The Proven Power of Being Kind to Yourself* by Kristin Neff, PhD, and *Burnout: The Cost of Caring* by Christina Maslach, PhD.

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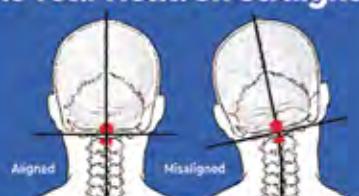
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# THE INTRICATE CONNECTION

## TMJ, TMD, Tinnitus, Eustachian Tube Dysfunction, and the Crucial Role of the Neck

By Dr. Drew Hall

In the intricate web of human anatomy, the temporomandibular joint (TMJ), temporomandibular dysfunction (TMD), tinnitus, and Eustachian tube dysfunction form a complex interplay, often closely correlated to the delicate mechanics of the neck. Understanding this interconnected relationship sheds light on the multifaceted nature of these conditions and opens avenues for comprehensive treatment strategies.

TMJ and TMD, commonly used interchangeably, refer to issues affecting the jaw joint and its surrounding muscles. These conditions can manifest in jaw pain, difficulty in chewing, and even headaches. Surprisingly, they frequently coincide with tinnitus, the perception of noise or ringing in the ears, and Eustachian tube dysfunction, which involves problems with the tube connecting the middle ear to the back of the nose.

The neck, a powerhouse of support and mobility, plays a pivotal role in this intricate dance of symptoms. When the neck's biomechanics are compromised, it can amplify the impact of TMJ, TMD, tinnitus, and Eustachian tube dysfunction. This correlation emphasizes the importance of considering the neck in the evaluation and treatment of these interconnected conditions.

Research suggests that a misalignment in the cervical spine or tension in neck muscles can contribute to TMJ and TMD symptoms. The nerves and blood vessels that traverse the neck are closely linked to the temporomandibular joint, influencing its function. Addressing neck-related issues becomes paramount for a holistic approach to managing TMJ and TMD.

Similarly, the connection between tinnitus and neck issues is gaining attention in the medical community. The auditory pathway is intricately linked with the cervical spine, and disruptions in neck function can contribute to the development or exacerbation of tinnitus. Understanding and addressing neck-related factors may thus be a key aspect of managing tinnitus.



Eustachian tube dysfunction, responsible for ear pressure and related issues, is not exempt from this correlation. The Eustachian tube's alignment and function are influenced by the surrounding structures, including those in the neck. A holistic evaluation that considers the neck's role in Eustachian tube function can offer valuable insights into treatment strategies.

Effective management of these interconnected conditions often involves a multidisciplinary approach. Dentists, ear, nose, and throat specialists, and chiropractors may collaborate to address the diverse facets of TMJ, TMD, tinnitus, and Eustachian tube dysfunction. A comprehensive assessment that includes an evaluation of the neck's biomechanics can guide targeted interventions.

Therapeutic interventions may encompass physical therapy, chiropractic adjustments, and exercises to enhance neck mobility and strength.

In some cases, lifestyle modifications, stress management, and relaxation techniques may also be beneficial. Customized treatment plans tailored to the individual's specific combination of symptoms can yield more effective results.

Patient education is a crucial component of managing these conditions. Empowering individuals with knowledge about the intricate links between TMJ, TMD, tinnitus, Eustachian tube dysfunction, and the neck encourages active participation in their well-being. Awareness of lifestyle factors, posture, and stress management can significantly contribute to symptom relief and prevention.

In conclusion, the correlation between TMJ, TMD, tinnitus, Eustachian tube dysfunction, and the neck underscores the complexity of these conditions. A comprehensive understanding of their interconnected nature is essential for devising effective treatment strategies. By recognizing the role of the neck in influencing these conditions, healthcare professionals can offer more targeted interventions, providing patients with a pathway towards improved quality of life.

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# BREAKING THROUGH CHRONIC PAIN: How Myofascial Release Offers Hope When All Else Fails

By Michael Via, MSPT

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

## Understanding the Hidden Culprit

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

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

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

## The Gentle Power of Sustained Pressure

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

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

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

## Why Traditional Approaches Fall Short

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

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

## A Beacon of Hope

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

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

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

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

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## 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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# YOU DON'T HAVE TO SUFFER IN SILENCE: Understanding Pelvic Pain, Endometriosis, and Fibroids

Dr. Vahora, MD, FACOG

For millions of women, pelvic pain is an unwelcome companion that disrupts daily life, strains relationships, and diminishes quality of life. Whether caused by endometriosis, uterine fibroids, or other conditions, this pain is not something you should accept as "normal" or endure in silence. According to Dr. Parveen Vahora, MD, effective treatment options exist that can help you reclaim your life.

## Understanding the Conditions

Endometriosis occurs when tissue similar to the uterine lining grows outside the uterus, often on the ovaries, fallopian tubes, or pelvic tissue. This condition affects approximately one in ten women of reproductive age and can cause severe cramping, heavy periods, pain during intercourse, and infertility. The displaced tissue responds to hormonal changes just like uterine lining, leading to inflammation, scarring, and debilitating pain.

Uterine fibroids are non-cancerous growths that develop in or around the uterus. While some women experience no symptoms, others suffer from heavy menstrual bleeding, prolonged periods, pelvic pressure, frequent urination, and lower back pain. Fibroids can range from tiny seedlings to bulky masses that distort the uterus.

Both conditions share common symptoms, including chronic pelvic pain that can significantly impact work, relationships, and mental health. Many women wait years before receiving an accurate diagnosis, often dismissed with suggestions that their pain is "just bad periods."

## Medication Options

Dr. Vahora emphasizes that treatment should be personalized based on symptom severity, desire for future pregnancy, and overall health. For many women, medication provides effective relief.

Hormonal therapies, including birth control pills, hormonal IUDs, and progestin therapy, can help manage endometriosis by reducing or eliminating menstruation, thereby decreasing pain and slowing endometrial tissue growth. GnRH agonists create a temporary menopause-like state, shrinking endometrial implants and providing significant pain relief.

For fibroids, similar hormonal medications can reduce heavy bleeding and shrink fibroids. Tranexamic acid helps control excessive menstrual bleeding, while non-steroidal anti-inflammatory drugs (NSAIDs) address pain and inflammation. Newer medications like GnRH antagonists can shrink fibroids while causing fewer side effects than older treatments.



## Surgical Solutions

When medication proves insufficient, surgical options offer more definitive relief. For endometriosis, laparoscopic surgery allows surgeons to remove or destroy endometrial tissue through small incisions, often providing significant pain relief and improving fertility prospects. In severe cases, hysterectomy may be recommended.

Fibroid treatment includes several surgical approaches. Myomectomy removes fibroids while preserving the uterus, making it ideal for women who wish to maintain fertility. Uterine artery embolization blocks blood flow to fibroids, causing them to shrink. Focused ultrasound surgery uses sound waves to destroy fibroid tissue non-invasively. For women who have completed childbearing and experience severe symptoms, hysterectomy offers permanent resolution.

## Taking Action

Dr. Vahora stresses that no woman should accept chronic pelvic pain as inevitable. If you experience persistent symptoms, seek evaluation from a specialist who understands these conditions. Tracking your symptoms, pain levels, and menstrual patterns can help your physician develop an accurate diagnosis and effective treatment plan.

Remember, you deserve relief—especially when it comes to intimacy. With today's treatment options, living with debilitating pelvic pain or painful sex is no longer necessary. Women do not deserve to be in pain during sex, and you shouldn't have to suffer in silence. We offer MonaLisa Touch, a gentle laser treatment that can help restore comfort and confidence. This Valentine's Day, give yourself the gift of pain-free intimacy. Don't wait—reach out to a healthcare provider who will listen, investigate, and work with you to find the solution that's right for your unique situation.

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The Clearly heart scan represents a groundbreaking advancement in cardiovascular imaging technology, offering unprecedented insight into the intricacies of atherosclerotic plaque composition. Unlike traditional methods focusing solely on identifying blockages, this innovative scan provides a detailed analysis of the type of plaque in the arteries. By characterizing plaques based on their composition and vulnerability, medical professionals can tailor interventions more precisely, addressing the specific nature of the atherosclerotic disease. This shift from a symptom-centric to a disease-focused approach marks a significant leap forward in cardiac care, empowering healthcare providers and patients with the knowledge needed to initiate targeted and proactive treatment strategies.

Clearly goes beyond conventional cardiovascular assessments by furnishing your physician with a comprehensive analysis of your heart scan, delivering a profound understanding of your specific heart disease and individual risk factors. This invaluable insight equips your heart care team with the knowledge to make informed decisions tailored to your unique condition. By guiding them toward a more effective and personalized treatment plan, Clearly transforms the landscape of heart health management. The innovative Track Your Plaque™ feature enables physicians to monitor the progression of the disease over time, facilitating a dynamic and adaptive approach to care.



Moreover, Clearly recognizes the significance of empowering individuals in their journey to heart health. The Clearly Patient Report is a user-friendly resource, offering straightforward educational materials about heart disease and presenting analysis results in understandable language. This accessible platform ensures that you receive the correct information at the right time, aiding you in adhering to the treatment plan crafted by your physician. Clearly's commitment to patient-centric care is reflected in its ability to demystify complex medical data, fostering a collaborative and informed approach to managing heart health.

The rationale behind embracing the Clearly heart scan is rooted in compelling statistics that underscore the limitations of traditional methods in identifying and preventing heart attacks. Shockingly, 50% of individuals who suffer a heart attack do so without exhibiting any prior symptoms, emphasizing the elusive nature of cardiovascular risks that may go undetected. Moreover, a staggering 70% of heart attack victims are categorized as low risk by conventional methods of assessing heart disease, highlighting the inadequacy of existing risk evaluation strategies.

Traditional stress testing methods also face significant shortcomings, as 75% of lesions responsible for heart attacks only result in a mild narrowing of the arteries, making them easily overlooked. This critical insight underscores the importance of adopting a more sophisticated and precise approach to cardiovascular assessment.

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Our specially formulated immune-support IV drips typically include high doses of vitamin C, a well-known antioxidant that plays a crucial role in immune function. Research has shown that vitamin C can help reduce the duration and severity of respiratory infections. We also incorporate B-complex vitamins, which support energy production and help your body manage stress—a key factor in maintaining strong immunity.

Zinc is another essential component of our flu-prevention protocols. This mineral is vital for immune cell development and communication,



helping your body mount an effective response to viral threats. Combined with other powerful antioxidants like glutathione, our IV therapy formulations create an optimal environment for your immune system to thrive.

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while others opt for more frequent visits when they feel run-down or have been exposed to illness.

It's important to note that while IV therapy can significantly support your immune system, it works best as part of a comprehensive wellness strategy. We recommend combining your treatments with adequate sleep, regular exercise, a balanced diet, and good hygiene practices for optimal protection against the flu.

At Ultimate IV and Wellness, our experienced medical professionals customize each IV therapy session to meet your individual needs. Whether you're looking to prevent illness, recover from a weakened immune state, or simply maintain optimal health, we're here to help you feel your best all season long.

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# Oxygen Therapy for Stroke: Can it Help to Regenerate the Damaged Brain?

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications. When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly.

Oxygen is the critical element of every cell in our body. Our bodies take in oxygen, and our bloodstream begins to flood our tissues and organs with oxygen-rich blood.

Countless researchers conceive that increasing the supply of oxygen to a stroke patient's damaged brain areas will alleviate brain damage by reducing swelling and regenerating brain matter.

Hyperbaric oxygen therapy (HBOT) is a medical treatment that delivers 100% oxygen to a patient's pulmonary system while they are within a pressurized chamber. This saturation of oxygen allows high-levels of life-sustaining oxygen to be delivered to the tissues and organs. This increase of the partial pressure of oxygen at the cellular level accelerates the healing processes and assists in the recovery from numerous indications.

In 2014 an extensive study called *Hyperbaric Oxygen Therapy in Acute Ischemic Stroke*, researchers studied Acute Ischemic Stroke patients and how HBOT effects oxidative stress, inflammation, apoptosis, neuroprotection and cerebral blood flow. They concluded that HBOT seems promising in reducing secondary hemorrhage of ischemic stroke patients which is worthy of further studies.<sup>1</sup>

Many patients have tried HBOT for various disorders and disease states, and the majority of them will give glowing reviews for disease reversal and regression. There are no guarantees and off-label use is at the person's personal discretion. Individuals wanting to explore HBOT have the right to do so, although results are always based on a patient's overall health, physical condition, and other medical factors.

References:

1. Z Ding, Hyperbaric Oxygen Therapy in Acute Ischemic Stroke: A Review, *Interv Neurol.* 2014 Aug; 2(4): 201-211.



Hyperbaric Centers of Florida is a premier hyperbaric treatment facility located in the Tampa Bay area. Their state-of-the-art hyperbaric clinic provides therapy to outpatients on a 7-day per week basis, closing only on major holidays.

**Currently, There Are 15 FDA Approved HBOT Conditions:**

- Air or Gas Embolism
- Carbon Monoxide Poisoning
- Compromised Skin Grafts or Flaps
- Crush Injury, Compartment Syndrome
- Decompression Sickness (Bends)
- Diabetic & Other Non-healing Wounds
- Enhancement of Healing in Selected Problem Wounds
- Exceptional Anemia: Resulting of Bleeding
- Gas Gangrene
- Intracranial Abscess
- Osteomyelitis
- Radiation Injury
- Refractory Osteomyelitis
- Thermal Burns
- Idiopathic Sudden Sensorineural Hearing Loss

HBOT is used "off-label" for various disease states and disorders and HBOT may be ordered by a physician for off-label indications. Hyperbaric Centers of Florida makes no claims as to the efficacy for any indications other than the fifteen approved by FDA.

**Common Off-Label Indications:**

- Autism
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- Cerebral Palsy
- Cosmetic Surgery
- Infections
- Inflammations
- Lyme Disease
- Multiple Sclerosis
- Nerve Injuries
- Oral Disease
- Peripheral Neuropathy
- Rheumatoid Arthritis
- Scleroderma
- Shingles
- Severe Migraines
- Sports Injury
- Stroke
- Tendon Injuries
- Ulcerative Colitis
- Venomous snake and spider bites

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

By Craig S. Aderholdt, BSc, DC

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

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

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

## How does VAX-D work?

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



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

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

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

## Is VAX-D Right for Me?

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

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

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

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

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

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

## BACK PAIN INSTITUTE OF WEST FLORIDA

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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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# The Season of Love: Give Yourself and Your Partner the Gift of GAINSWave

By Dr. David S. Zamikoff

Is your relationship lacking? It's common to experience lulls in the romance department, especially if you are suffering from erectile dysfunction. ED can not only inhibit performance, but it often takes its toll on men and their partners emotionally and mentally.

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.<sup>1</sup>

## 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 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: GAINSWave

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

## Natural Healing Arts Medical Center

Dr. David Zamikoff and Natural Healing Arts Medical Center - a professional Bradenton Chiropractic and Medical office. In practice as well as online, Bradenton Florida 34209 chiropractor Dr. Zamikoff strives for excellence through superior patient treatment, education and satisfaction.

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# ADVANCE CHRONIC MOBILE WOUND CARE: How Amniotic Membrane Therapy Is Saving Lives in Florida

For the millions of Americans suffering from chronic wounds that refuse to heal after 30 days, hope arrives through advanced regenerative medicine. Jean Remy, FNP-BC, brings cutting-edge amniotic membrane therapy directly to patients throughout Southwest Florida offering a life-saving solution for diabetic ulcers, chronic pressure ulcers, venous leg ulcers, and other non-healing chronic wounds unresponsive to traditional treatments.

## The Critical Nature of Chronic Wound Care

Chronic wounds affect over 6.5 million patients annually in the United States, with approximately 5 million deaths resulting from complications including severe infections, sepsis, and gangrene. These non-healing wounds—defined as wounds that fail to progress through normal healing stages within 30 days—create devastating impacts on patients' quality of life while placing enormous strain on healthcare systems and families.

Common chronic wounds include diabetic foot ulcers, pressure ulcers (bedsores), venous stasis ulcers, arterial ulcers, surgical wounds with delayed healing, and traumatic wounds resistant to conventional therapy. Without proper treatment, these conditions can rapidly progress to life-threatening infections requiring amputation or resulting in death.

## Advanced Amniotic Membrane Technology

Amniotic membrane allografts represent a revolutionary approach to chronic wound healing. These bioactive tissue grafts, derived from human placental tissue, contain powerful growth factors, cytokines, and structural proteins that stimulate cellular regeneration and reduce inflammation. Unlike traditional wound dressings that simply cover wounds, amniotic membranes actively promote healing at the cellular level.

The membranes provide a natural scaffold for new tissue growth while delivering essential nutrients directly to damaged areas. This advanced therapy has shown remarkable success rates in healing wounds that have remained open for months or even years, often preventing the need for amputation and dramatically improving patient outcomes.

## Concierge-Level Chronic Wound Care

Jean Remy, FNP-BC, provides personalized, concierge-level mobile wound care services that extend far beyond traditional clinical visits. Understanding



that chronic wound patients often face mobility challenges, he offers comprehensive home visits throughout southwest Florida and in his downtown Naples location. He will also make visits to independent living facilities, assisted living communities.

His collaborative approach involves working directly with patients' primary physicians, caregivers, family members, and home health agencies to ensure seamless continuity of care. This coordinated treatment model ensures proper wound assessment, infection management, amniotic membrane application, and ongoing monitoring throughout the healing process.

## Flexible Treatment Options

Recognizing that chronic wounds require urgent attention regardless of the day or time, Jean Remy maintains availability five days a week for wound treatments. His downtown Naples office provides a welcoming and safe clinical environment, while his mobile services bring advanced care directly to patients who cannot travel.

Services are available for Cigna and Medicare patients, making advanced amniotic membrane therapy accessible to those who need it most. This insurance coverage removes financial barriers that often prevent patients from accessing life-saving wound care treatments.

## Comprehensive Wound Assessment and Treatment

Each patient receives thorough wound evaluation including assessment of underlying conditions contributing to delayed healing such as diabetes, peripheral vascular disease, or autoimmune disorders. Treatment protocols address infection control, proper wound preparation, precise amniotic membrane application, and detailed aftercare instructions.

The goal extends beyond simply healing wounds—it's about restoring patients' independence, keeping them in their preferred living situations, and preventing the devastating complications that can result from untreated chronic wounds.

For patients and families struggling with chronic wounds that won't heal, Jean Remy's advanced amniotic membrane therapy offers new hope for recovery and improved quality of life.



## About Jean E. Remy, FNP-BC

Jean Evins Remy, FNP-BC is a dedicated healthcare provider with a diverse background in medicine and nursing. Originally from Haiti, Remy earned his medical degree from Faculté de Médecine et de Pharmacie, Université d'Etat d'Haiti, and practiced as a licensed doctor of medicine before relocating to the United States. Here, he pursued further education, graduating with honors from Florida International University with a Bachelor of Science in Nursing and a Master of Science in Nursing.

With over a decade of experience, Remy has worked in various healthcare settings, including hospitals, outpatient clinics, and home health environments. His roles have spanned clinical technician, registered nurse, and family nurse practitioner, with notable positions at Naples Community Hospital, Millennium Physician Group, David Lawrence Center, CVS, Humana, and Korunda Pain Management Center.

Remy is a proud member of the Florida Nursing Association. Fluent in Creole, French, and English, he is committed to providing culturally competent care to his diverse patient population.

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# What's Your Diet?

By Pastor Roger P. Felipe

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

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

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

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



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

McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy

is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

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

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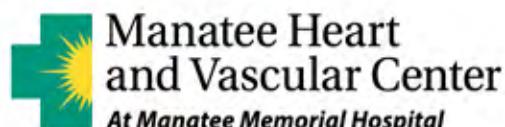
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- **Transcarotid Artery Revascularization (TCAR):** A minimally invasive procedure that removes a blockage within the carotid artery (carotid stenosis).
- **Transcatheter Edge-to-Edge Repair (TEER):** Treats conditions in which the heart's valves do not close properly, causing blood to leak backward.
- **Mitral Valve Clip:** Fixes or replaces a leaky or stiff mitral valve in the heart, which limits the amount of blood pumped to the rest of the body.

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