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Health & Wellness[®] MAGAZINE

July 2026

Manatee/Sarasota Edition - Monthly

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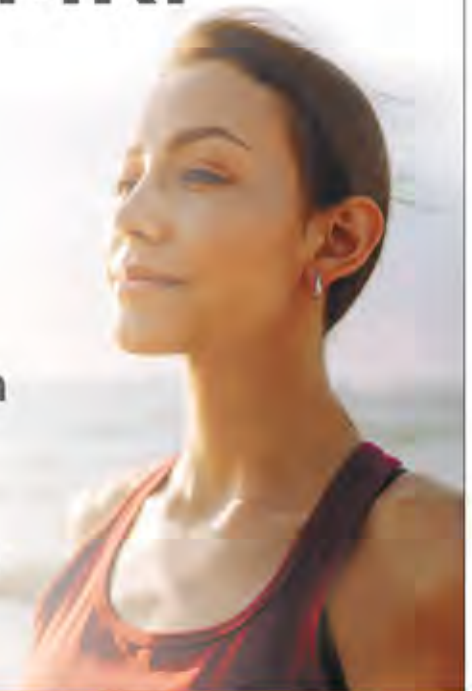
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Disclaimer: These figures are general averages and vary by cancer type. Survival rates vary significantly based on cancer type, individual health factors, and available treatments. The statistics referenced are general averages across multiple cancer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

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CONTENTS JULY 2026

- 5** Emergency-Ready in Every Season
- 6** You Could Have Cancer Right Now and Have No Idea - This Scan Changes That
- 7** Protect Your Skin This Summer
- 8** "Hearing Health Should Feel Like a Scoop of Your Favorite Ice Cream"
- 9** North Port Behavioral Health Urges Southwest Floridians to Prepare Their Minds - Not Just Their Homes - as Peak Hurricane Season Approaches
- 10** Step Forward with Freedom: Honoring Our Veterans as America Turns 250
- 11** Why Seniors Are Choosing Life Plan Communities Over Aging in Place
- 12** What If We Could Change Your Mind? Transforming Brains... And Lives Through Advanced Regenerative Medicine
- 16** Finding Balance: How Upper Cervical Chiropractic Can Alleviate Vertigo
- 18** Elevate Your Self-Care with Exomind Technology
- 19** Why Does Consistency Matter to Long-Term Investment Returns?
- 20** Blindness and Burns in Backyard: Fireworks Displays Can Go Haywire in a Hurry
- 21** The Silent Thief: How Uterine Fibroids Drain More Than Just Your Energy
- 22** 3D Mammography
- 24** Effective & Proven Chronic Pain Relief with VAX-D®
- 25** Oxygen Therapy for Stroke: Can it Help to Regenerate the Damaged Brain?
- 26** Breaking Through Chronic Pain: How Myofascial Release Offers Hope When All Else Fails
- 27** Spiritual Wellness: The Power of Helpful Habits

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
sonnygensing@yahoo.com



Publishing • Advertising • Web Design • Graphic Design

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Cristan@gwhizmarketing.com

G WHIZ Marketing, LLC | 1630 Caxambas Court | Marco Island, Florida 34145

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You Could Have Cancer Right Now and Have No Idea – This Scan Changes That

Most people don't find out something is seriously wrong with their body until they feel it. By then, the window for the easiest, most effective treatment has often already closed.

That's the uncomfortable truth about how most of us approach our health: we wait. We wait for symptoms. We wait for a doctor to order a test. We wait until we have no choice. And statistically, that waiting costs lives.

But what if you didn't have to wait?

The Scan That Sees What You Can't Feel

BodyView Full Body MRI, offered by Encore Imaging, is rewriting the rules of preventive medicine. In under 60 minutes, this single, non-invasive scan can screen for cancer and over 500 health conditions across 13 major organs, including the brain, thyroid, spine, lungs, liver, gallbladder, pancreas, spleen, kidneys, adrenal glands, bladder, ovaries, uterus, and prostate.

And here's the part that stops people in their tracks: it uses zero radiation.

No X-rays. No contrast dye. No exposure to anything harmful. Just powerful 3T MRI technology creating detailed, high-resolution images of your body's most vital systems, while you simply lie still.

Why Early Detection Is Everything

We've all heard "catch it early", but most people don't realize just how dramatic the difference really is. Early-stage detection of many cancers can dramatically improve survival outcomes compared to late-stage diagnoses. BodyView's advanced imaging can detect tumors and cysts as small as 0.5 cm, findings that would be completely invisible to any other routine test or physical exam.

Think about that for a moment. Something that small, something that could be growing silently inside you right now, can be identified and monitored before it ever becomes a crisis.

That's not just peace of mind. That's a potential lifesaver.

1 in 2 Men.
1 in 3 Women.
Will Develop Cancer

Most don't know until it's too late.

Don't wait for symptoms.

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Who Should Be Getting This Scan?

The honest answer is: almost everyone. But BodyView is especially powerful for:

People with a family history of cancer or chronic disease. If your parents, siblings, or grandparents have faced serious health conditions, your risk profile is different and your approach to health monitoring should be too.

Anyone who is proactive about their health. You work out, watch what you eat, stay on top of wellness trends. This is the logical next step, a data-driven baseline that tells you what's actually happening inside.

Anyone over 40. The statistical reality is that risk for a wide range of conditions rises significantly with age, often without any outward signs.

People who just want to know. There is something genuinely powerful about getting a comprehensive look inside your own body and walking away with real information, not guesses.

How It Works — Simpler Than You'd Expect

The process begins with a preliminary consultation with a Preventive Medicine Concierge who walks you through every detail, scheduling, timing, and choosing the right program package. Then comes the scan itself, conducted using Encore Imaging's state-of-the-art 3T MRI equipment. Within one to two weeks, board-certified radiologists deliver a thorough evaluation of your results, and you receive everything through a personalized app with detailed findings and recommendations. A follow-up consultation with a healthcare practitioner walks you through what it all means.

Program Options Built Around You

BodyView offers three flexible program tiers. The **Premier** package covers head, neck, abdomen, and pelvis. The **Elite** adds either spine or chest imaging to that foundation. The **Elite+** goes further, allowing you to add a specific area of concern, a knee, a shoulder, for a truly customized scan. Every tier includes the full consultation, radiologist review, and app access.

The technology to look inside your own body, safely, thoroughly, without radiation, exists right now. Board-certified specialists are ready to evaluate what they find. The only thing standing between you and that knowledge is the decision to schedule it.

What would you do differently if you knew?

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PROTECT YOUR SKIN THIS SUMMER: ART OF DERMATOLOGY WANTS YOU TO TAKE CAUTION

July marks UV Safety Month, a crucial time when Art of Dermatology reminds patients and the community about the importance of taking caution and protecting their skin from harmful ultraviolet radiation. As summer temperatures soar and outdoor activities beckon, exercising caution with your skin should be your top priority.

July marks UV Safety Month, a crucial time when Art of Dermatology reminds patients and the community about the importance of protecting their skin from harmful ultraviolet radiation. As summer temperatures soar and outdoor activities beckon, taking care of your skin should be your top priority.

Understanding UV Radiation Risks

Ultraviolet radiation from the sun poses significant risks to your skin health year-round, but summer's intense rays make protection even more critical. UV exposure is the leading cause of skin cancer, including melanoma, basal cell carcinoma, and squamous cell carcinoma. Additionally, prolonged sun exposure accelerates skin aging, causing wrinkles, age spots, and loss of skin elasticity.

Art of Dermatology's Summer Protection Strategy

At Art of Dermatology, we believe prevention is the best medicine. Our comprehensive approach to UV safety includes education, early detection, and personalized protection plans for each patient's unique skin type and lifestyle.

ESSENTIAL SUN PROTECTION TIPS:

- **Sunscreen Selection and Application** - Choose broad-spectrum sunscreen with SPF 30 or higher. Apply generously 15-30 minutes before sun exposure, and reapply every two hours or immediately after swimming or sweating. Don't forget often-missed areas like ears, feet, and lips.
- **Seek Shade Strategically** - UV rays are strongest between 10 AM and 4 PM. Plan outdoor activities during early morning or late afternoon hours when possible. When shade isn't available, create your own with umbrellas, wide-brimmed hats, or UV-protective clothing.
- **Protective Clothing Matters** - Invest in UPF-rated clothing, sunglasses with 100% UV protection, and



wide-brimmed hats that shade your face, neck, and ears. Dark, tightly woven fabrics offer better protection than light, loose weaves.

YEAR-ROUND VIGILANCE

UV Safety Month serves as an important reminder, but skin protection shouldn't end when summer does. UV rays reflect off snow, sand, and water, making protection necessary during all seasons and weather conditions.

Professional Skin Examinations

Regular dermatological check-ups are essential for early detection of skin changes or potential cancers. Art of Dermatology recommends annual skin examinations for most adults, with more frequent visits for those with risk factors such as fair skin, family history of skin cancer, or numerous moles.

Take Action Today

This UV Safety Month, commit to making sun protection a daily habit. Schedule your annual skin examination with Art of Dermatology, update your sunscreen supply, and invest in quality protective clothing and accessories.

Your skin is your body's largest organ and deserves the best care possible. By following these guidelines and partnering with Art of Dermatology, you can enjoy summer activities while keeping your skin healthy for years to come. Remember: today's sun protection is tomorrow's healthy skin.

The Art of Dermatology Difference

At Art of Dermatology, we combine medical expertise with aesthetic sensibility. Our comprehensive skin examinations include advanced technologies

for detecting subtle changes invisible to the naked eye. Our dermatologists take time to understand your concerns, family history, and lifestyle factors affecting your skin health.

Rather than simply treating visible problems, we partner with you in preventative care—identifying risk factors and potential issues before they manifest. This approach not only supports graceful aging but potentially prevents serious health complications.

Don't wait for visible problems to appear. Schedule your comprehensive skin check at Art of Dermatology today and take the first step toward lifetime skin health. Remember, healthy aging isn't about fighting time—it's about supporting your skin's natural processes with expert care and attention.

Your skin's journey deserves the art of professional dermatology. Call Art of Dermatology today for more information.



Art of Dermatology is the premier choice for comprehensive **Dermatology, Surgical, and Aesthetic** services. We are dedicated to offering exceptional care for the diagnosis, treatment, and enhancement of your overall skin health.

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“Hearing Health Should Feel Like a Scoop of Your Favorite Ice Cream”

By Rodney Robison, H.A.S.

July is National Ice Cream Month and honestly, who doesn't love that? Whether you're a chocolate fudge swirl loyalist or a pistachio purist, there's something about a good scoop of ice cream that just makes everything better.

And funny enough, I've been thinking lately about how hearing care has something in common with ice cream. Stick with me here.

We all know that the experience of eating ice cream isn't just about the scoop, it's the whole experience. The friendly smile behind the counter. The extra effort to get just the right flavor. The toppings, the cone, the service with a sprinkle of joy. It's a moment that feels personal, sweet, and satisfying.

And that's exactly how hearing healthcare should feel, too.

It's Not Just About the Devices

When people think of hearing care, they often picture hearing aids—and yes, those are an important part of the process. But great hearing healthcare is so much more than just fitting someone with a device. It's about listening, understanding, adjusting, following up, and being there through every twist and turn of the hearing journey.

As an audiologist, I'm not just here to help you hear better, I'm here to make sure you feel supported, informed, and cared for.

Service Is the Secret Ingredient

Just like a great scoop of ice cream, the experience matters. It's what keeps people coming back and what makes all the difference in long-term success. We see it all the time: someone comes in for their first hearing test, maybe a little unsure or nervous. They're not sure what to expect, and maybe they've put it off longer than they'd like to admit. Our job isn't just to run the tests, it's to make them feel comfortable, explain things in a way that makes sense, and walk alongside them as they begin to reconnect with the world around them.



It's in the little things: a clean and cozy office. An audiologist who remembers your name—and your dog's name. A front desk team that greets you like a friend. And regular check-ins that make sure your hearing aids are performing just as they should be.

These aren't “extras”—they're the foundation of great hearing care. Because hearing loss doesn't just affect your ears, it affects your relationships, your confidence, and your daily joy. The service you receive along the way is what helps rebuild all of that.

Better Hearing, Better Health

Of course, hearing is also deeply tied to your overall health. Studies have shown that untreated hearing loss is linked to everything from increased fall risk to cognitive decline. On the flip side, treating hearing loss with properly fitted devices and follow-up care has been shown to support brain health, emotional well-being, and even social engagement.

So yes, better hearing can help you stay sharper, safer, and more connected. But it's the ongoing care and service that help you get the full benefit of that better hearing.

Hearing aids are powerful tools, but they don't work their magic alone. It's the regular cleanings, the minor adjustments, the conversations about what's working (and what's not) that keep everything running smoothly.

Don't Settle for Just a Scoop—Go for the Sundae

This July, while you're enjoying a well-deserved frozen treat, I invite you to think about your hearing health the same way. Don't settle for just the basics. You deserve the full experience, great hearing technology, yes, but also great service, follow-up care, and a team that's truly in your corner.

At AudioNova, we're committed to making your hearing care journey feel easy, personalized, and even a little joyful. We offer hearing solutions for every lifestyle and budget, but what really sets us apart is our focus on people first, always.

If it's been a while since your last hearing test, or if you've never had one, now's a perfect time to start. Come in, meet our team, and let's talk about what's possible when your hearing care comes with a cherry on top.

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NORTH PORT BEHAVIORAL HEALTH URGES SOUTHWEST FLORIDIANS TO PREPARE THEIR MINDS – NOT JUST THEIR HOMES – AS PEAK HURRICANE SEASON APPROACHES

Local behavioral health leader expands trauma-informed services, free community resources, and rapid-access support ahead of August-October peak storm window

As the 2026 Atlantic Hurricane Season moves toward its historic peak, **North Port Behavioral Health (NPBH)** is calling on Southwest Florida residents, families, employers, and first responders to put mental health preparedness on the same checklist as water, batteries, and shutters. NOAA's 2026 outlook projects 8–14 named storms, 3–6 hurricanes, and 1–3 major hurricanes between June 1 and November 30 — and forecasters caution that "it only takes one" to devastate a community. [spacecoastdaily.com], [noaa.gov]

While the season is forecast to be **below-normal** due to a developing El Niño, NPBH leaders suggest that a quieter forecast does not equal a quieter mind. Research shows that **30–40% of people directly affected by a major disaster develop significant PTSD symptoms**, and Florida residents repeatedly exposed to hurricanes face elevated rates of post-traumatic stress, generalized worry, depression, and functional impairment long after the skies clear. [floridacoa...seling.com], [tools.niehs.nih.gov], [cambridge.org]

"In Southwest Florida, hurricane season isn't just a weather event — it's a mental health event," said **Kelly Shanklin, Director of Business Development at North Port Behavioral Health**. "We see it every year: the hypervigilance when a system enters the Gulf, the sleepless nights, the children who flinch at thunderstorms, the seniors who isolate, the first responders carrying secondary trauma home with them. Preparing your mind is just as essential as boarding up your windows."

The Hidden Storm: What the Data Tell Us

- **Repeated exposure compounds harm.** Floridians who lived through previous storms show higher post-traumatic stress symptoms and worry with each subsequent hurricane — a pattern documented in representative Florida samples after Hurricanes Irma and Michael. [tools.niehs.nih.gov]
- **PTSD doesn't always look like fear of storms.** Common signs include hypervigilance during storm season, nightmares, irritability, avoidance of flooded areas, trouble concentrating, and a persistent "on-edge" feeling that doesn't fade. [floridacoa...seling.com]

- **Secondary trauma is real.** First responders, healthcare workers, teachers, and even neighbors who absorb others' stories can develop PTSD-like symptoms without ever being in the storm's direct path. [leehealth.org]
- **Children, seniors, and people with prior trauma are at highest risk** for lasting depression and anxiety following hurricanes and flooding. [cambridge.org]

How NPBH Is Responding This Hurricane Season

In July, North Port Behavioral Health is launching a Hurricane Season Mental Wellness Initiative for the communities we serve, including:

- **Rapid-Access Crisis & Assessment Line** — Walk-ins and same-day evaluations for adults, youth (ages 10–17), and seniors experiencing storm-related anxiety, panic, or PTSD symptoms.
- **Free Community Workshops** — "Calm Before the Storm: Mental Preparedness for Families" sessions throughout July and August at NPBH and partner sites.
- **Youth & Senior Outreach** — Trauma-informed group therapy for children ages 10–17 and a dedicated seniors track addressing isolation, displacement fear, and grief.
- **Detox & Co-Occurring Care** — Storms often trigger relapse; NPBH's medically supervised detox and co-occurring mental health/substance use programs remain fully staffed and accessible throughout the season.
- **Free "Mental Health Go-Bag" Checklist** — Available at npbehavioralhealth.com and at all NPBH locations.

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A Mental Health Preparedness Checklist for Every Florida Household

NPBH clinicians recommend that every family add the following to their hurricane plan:

1. **Refill prescriptions early** — A minimum 30-day supply of all psychiatric and other medications.
2. **Write down provider contacts** — Therapist, psychiatrist, crisis line, and pharmacy numbers on paper, not just your phone.
3. **Identify a "calm person"** — Pre-select a friend or family member to check in with daily before, during, and after the storm.
4. **Build a comfort kit for kids** — Familiar toys, books, headphones, and a written reassurance plan.
5. **Limit storm-media exposure** — Set scheduled check-in times rather than continuous coverage to reduce vicarious trauma. [leehealth.org]
6. **Know the signs of trauma** — Sleep changes, withdrawal, irritability, panic, and substance use are signals to seek help, not to "tough it out." [hup-cfl.com]
7. **Have a post-storm mental health plan** — Schedule a wellness check-in with a provider 2–4 weeks after any major weather event.

Free Help Is Available — Before, During, and After the Storm

North Port Behavioral Health encourages anyone struggling — whether from this season's anxiety or from unhealed wounds of Ian, Helene, Milton, or earlier storms — to reach out today, not after the next watch is issued.

NPBH 24/7 Access Line: 941.867.9470

Admissions Fax: 941.213.0124

npbehavioralhealth.com

In crisis? Call or text **988** (Suicide & Crisis Lifeline) or **211** for disaster mental health resources via Florida Disaster. [floridadisaster.org]

About North Port Behavioral Health

North Port Behavioral Health is a Southwest Florida-based provider of comprehensive behavioral health services, including inpatient and outpatient mental health treatment, medically supervised detox, co-occurring disorder care, and specialized programs for youth (ages 10–17) and older adults. NPBH is committed to accessible, outcomes-driven care that strengthens the resilience of the communities we serve.

STEP FORWARD WITH FREEDOM: Honoring Our Veterans as America Turns 250

By Dr. Ron Adduru, DPM

As the calendar turns to the Fourth of July, our nation prepares for a milestone of historic proportions. This Independence Day, America celebrates its 250th semiquincentennial anniversary. Two and a half centuries of freedom, innovation, and resilience are written into the fabric of our country. It is a time for fireworks, backyard barbecues, and community parades. But more importantly, it is a time for profound reflection and gratitude.

At Family Foot & Leg Center in Sarasota, we believe you cannot truly celebrate American freedom without honoring the individuals who stepped up to defend it. That is why, as we salute our nation's 250th birthday, we are dedicating our highest praise to our local veterans.

As a podiatrist, I have the daily privilege of treating members of our military community. Every day, I am reminded that the liberties we enjoy today were secured by the miles marched, the burdens carried, and the sacrifices made by the men and women of our armed forces.

A Proud Partnership with the Sarasota VA Clinic

Serving those who served is not just a professional duty for us; it is a deeply personal honor. Family Foot & Leg Center works in close, seamless collaboration with the Sarasota VA Clinic. This partnership ensures that our local veterans receive timely, world-class lower extremity care without bureaucratic delays.

Military service takes a massive physical toll on the human body, and perhaps no area bears that burden more directly than the feet and ankles. From basic training to active deployment, service members log countless miles on unforgiving terrain, often carrying equipment weighing upwards of 60 to 100 pounds.

Over time, this intense wear and tear manifests as chronic conditions. Our mission is to provide veterans with the relief, mobility, and dignity they deserve, ensuring they can walk comfortably in the land they fought to protect.

From Routine Relief to Complex Reconstruction

Podiatric ailments among veterans span a wide spectrum. Whether a patient served decades ago in Vietnam or recently returned from a modern deployment, we tailor our treatments to their specific lifestyle and health history. Our comprehensive services include:



1. Everyday Ailments: Ingrown Toenails & Skin Care

While they might seem minor to some, conditions like ingrown toenails, fungal infections, and severe calluses can completely ground a person. In heavy combat boots, a minor ingrown toenail can quickly escalate into a severe infection. We provide quick, virtually painless in-office procedures to eliminate the pain and get veterans back on their feet.

2. Chronic Heel Pain & Plantar Fasciitis

Decades of marching in rigid footwear often lead to debilitating heel pain. Plantar fasciitis—inflammation of the thick band of tissue supporting the arch—is one of the most common complaints we see. We utilize cutting-edge diagnostics and advanced therapies, ranging from specialized stretching protocols to regenerative medicine, to target heel pain at its source.

3. Custom Orthotics & Biomechanical Support

No two feet are alike. For veterans dealing with flat feet, high arches, or joint instability, mass-produced shoe inserts simply won't cut it. We design custom, medical-grade orthotics that distribute weight evenly, absorb shock, and correct alignment issues, dramatically reducing pain in the feet, knees, and lower back.

4. Advanced Foot & Ankle Reconstruction

For veterans dealing with severe trauma, advanced arthritis, or old service-related injuries that healed poorly, conservative treatments may not be enough. Our clinic specializes in complex reconstructive surgery. From ankle fusions and total joint replacements to correcting severe deformities, we utilize the latest surgical innovations to restore function to severely damaged limbs.

Our Promise to Our Heroes: No matter how simple or complex your foot or ankle issue may be, you will never be treated like just another chart number. You will receive the focused, compassionate, and expert care you earned.

Freedom of Mobility: The Ultimate Goal

When a veteran walks into our Sarasota office, our ultimate goal is to restore their freedom of mobility. Independence isn't just a grand national concept; it is a deeply personal reality. It is the ability to walk down the driveway to grab the morning paper, play in the backyard with grandchildren, or stand comfortably at a community ceremony without counting the minutes until you can sit down.

As America marks 250 years of independence, we want to ensure our local veterans maintain their physical independence. Pain should never be the barrier that keeps you from enjoying the life you defended.

Don't Let Foot Pain Halt Your March: Contact Us Today

If you are a veteran experiencing foot or ankle discomfort, or if you are a caregiver looking out for a loved one who served, please know that you do not have to live with the pain. Through our close relationship with the Sarasota VA Clinic, accessing our specialized care is easier than ever.

Let's make this historic 4th of July the turning point for your health and comfort.



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.

3110 Fruitville Commons Blvd
Suite 102
Sarasota, FL 34240

(239) 430 - 3668 (FOOT)
www.NaplesPodiatrist.com



WHY SENIORS ARE CHOOSING LIFE PLAN COMMUNITIES OVER AGING IN PLACE

Where do you see yourself in retirement? Will you be busy at home or branching out as part of a larger community? How will you spend your free time? If you're considering the options of aging in place at home or moving to a Life Plan Community – also known as a continuing care retirement community (CCRC) – it pays to look closely at the costs and benefits of each option. Keep in mind that perspectives may evolve and priorities may shift as you make plans for your future.

THE REALITIES OF AGING IN PLACE

The idea of aging in place in your home may sound appealing, but modifying your home with age-friendly features and/or potentially hiring in-home care can be expensive, labor-intensive, and stressful. Most private homes have to be modified to accommodate the needs of seniors, such as wider hallways, wheelchair-accessible bathrooms, and entryway ramps. People often assume the option of staying in their home will be less costly than moving to a Life Plan Community. However, you may be surprised to see how the costs add up in the long run.

Instead of living with the burden of home maintenance and the uncertainty of how to handle future health care needs, you can live in luxury and comfort when you choose a Life Plan Community. Plus, you'll enjoy the peace of mind that comes with having a solid plan for the future.

WHAT IS A LIFE PLAN COMMUNITY?

A Life Plan Community, also called a continuing care retirement community (CCRC), provides an exceptional value for older adults who want financial protection from the rising costs of senior care and guaranteed care for life. The entrance fee, which is paid upfront to secure your place in the community, ensures you'll have priority access to health care services offered by the community, such as assisted living, memory care and skilled nursing care ... and that you can receive these services at prices well below market rates. If you're on the fence about moving to a Life Plan Community, here are some compelling reasons to choose a community like Freedom Village of Bradenton for your next home:

Maintenance-free Living

Owning and maintaining a home is a lot of work, and there may come a time in life when you'd rather be



relaxing or spending time with loved ones instead of doing chores around the house. When you move to a Life Plan Community, you can let the professionals take care of lawn mowing, housekeeping, meal preparation, home repairs and more. You'll have more time to enjoy what you've earned, and more freedom to travel without worrying about who will take care of your home while you're away.

Financial Security

Choosing a Life Plan Community with a Life Care contract can save you money by protecting you from the rising costs of senior care. Life Care gives you guaranteed access to higher levels of care at predictable monthly rates with little to no increase above the cost you pay for independent living.

Resort-like Lifestyle

With distinctive homes and floor plans to fit every lifestyle, you can customize your senior living residence to match your preferences. Plus, you'll enjoy a host of amenities and services that make each day fun and fulfilling. You can choose to be as active as you'd like, with an array of wellness activities, educational lectures, social events and more. Experience the benefits of a Gulf Coast retirement lifestyle at Freedom Village of Bradenton.

Social Engagement

Maintaining social connections as you age is one of the best ways to protect your health and well-being. It's easy to expand your social circle when you choose to be part of a community filled with friendly and like-minded peers. Seniors who age in place at home are often at risk for social isolation, especially if they

aren't driving places to visit friends and socialize. Learn more about how senior living combats social isolation.

Peace of Mind for Your Loved Ones

You can't predict the future, but you can take control of your options now so your loved ones don't have to worry. Moving to a Life Plan Community means they won't have to rush to find health care if the unexpected happens and you suddenly need help with activities of daily living or round-the-clock care. Your family will have peace of mind knowing you'll have access to advanced levels of care, if needed, along with the safety of having staff available 24/7 should an emergency occur.

DISCOVER TRUE FREEDOM

It's normal to feel hesitant about giving up the space you have at home to move into a senior living community. However, once you experience the expansive lifestyle waiting for you at Freedom Village of Bradenton, you'll see how your living space opens up to a whole world of opportunities that you don't want to miss.



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What If We Could Change Your Mind?

Transforming Brains... And Lives Through Advanced Regenerative Medicine

Leading Alzheimer's Dementia Out of the Shadows and Into the Light... Naturally!

**TOP
DOCTOR
MAGAZINE**

By William J. Cole Jr., D.O.

Double Board Certified in PM&R Interventional Medicine and Regenerative Medicine

Here is the moment that "Changed My Mind" ...
And became very personal.

It was a typical morning,

But, as I walked into the kitchen, the stove was on.

The water was running.

The back door was standing wide open.

And mom was nowhere to be found...

My mother is 88 years old.

She is diabetic.

She has dementia and memory loss.

And in that moment, my greatest fears were realized...

This was not happening to one of my patients.

This was "my" mother.

As a physician, I understood what was happening.

As a son, it broke my heart.

Because this is our mom.

I now see the world through a different perspective, as Dementia had hit home.

So, I Got To Work on Advanced Regenerative Treatments for Alzheimer's Dementia....

What if we could change your mind?

Not your opinion.

New thought process.

Not the way you think about the world.

What if we could change your mind by improving brain function?

What if the future of Alzheimer's Dementia is not simply about slowing decline?

What if it is about restoring hope?

What if it is about improving function?

What if it is about helping patients achieve a better brain... and a better "Quality of Life"?

Isn't that what is most important?

For decades, families facing Alzheimer's Dementia have been told to prepare for the inevitable.

Manage the symptoms.

Get your affairs in order.

Hope for more time.



What if there is another question worth asking?

What if the brain possesses a greater Neuroplastic capacity for adaptation, repair, and restoration than we once believed?

I began asking those questions long before they became personal.

And if someone you love is suffering from Alzheimer's Dementia, memory loss, cognitive decline, brain disorder or another neurological disorder, then you understand exactly what I am talking about.

You understand the fear.

The uncertainty.

The sleepless nights.

The constant worry.

You understand what it feels like to wonder whether your loved one is still safe when nobody is watching.

Alzheimer's Dementia doesn't simply steal memories.

It steals confidence.

It steals independence.

It steals relationships.

And eventually, it can steal the very identity of the person you love.

Nobody wants to lose their mind.

Nobody wants to forget the people who matter most.

Nobody wants to lose the memories that define who they are.

Yet that reality is affecting millions of families every single day.

Today, approximately 580,000 Floridians are living with Alzheimer's disease. More than 7.2 million Americans are affected, and worldwide, tens of millions of families are facing the challenges of dementia.

But every statistic represents a person.

A mother.

A father.

A spouse.

A grandparent.

A family desperately searching for answers.

For decades, conventional medicine has focused primarily on managing symptoms and slowing progression.

But perhaps we have been asking the wrong question.

Instead of asking:

"How do we manage Alzheimer's Dementia?"

What if we asked:

"Why is the brain struggling in the first place?"

At The Stem Cell Institute, those questions form the foundation of our Rebuild Your Brain™ Program.

As I often tell my patients:

"The Body Tells You What Is Wrong... We Just Need to Listen."

The brain is no exception.

Many individuals suffering from memory loss, cognitive decline, Long-COVID Brain dysfunction, and neurological disorders demonstrate underlying problems involving chronic inflammation, impaired circulation, metabolic dysfunction, insulin resistance, hormonal imbalance, nutritional deficiencies, toxic exposures, sleep disorders, and loss of neuronal connectivity.

In other words, the brain may not always be broken.

Many times, it is simply a short in the wiring. For years, medicine taught that damaged brains could not improve.

Today, the science of neuroplasticity tells a different story.

The human brain contains approximately 86 billion neurons connected through trillions of pathways. Research continues to demonstrate that the brain remains remarkably adaptable throughout life.

The brain can create new pathways.

Strengthen existing connections.

Develop alternative routes around damaged circuits.

And under the right circumstances, Rebuild Brain Tissue, Improve Memory, and Improve Function.

That understanding forms the foundation of our philosophy:

Have the Body Heal the Body®

Because there is "Nothing" on God's green earth that heals the body better than the body itself.

The body possesses extraordinary regenerative potential.

Our goal is to identify obstacles, optimize function, and create an environment where healing and restoration can occur.

Through advanced diagnostics, metabolic optimization, neuro-restorative strategies, precision treatment planning, and Natural Exponential Advanced Nano Biologics, we seek to support the body's own ability to repair, restore, and rebuild.

The objective is simple:

Better Brain. Better Function. Better Life.

Over the years, I have had the privilege of helping patients from across the nation who were searching for answers after being told little more could be done.

Many describe their outcomes using two words:



Transformational Results.

For one family, it was hearing:

"Her memory returned and she can now function normal."

For Debbie, who struggled with Long-COVID Brain dysfunction:

"The fog lifted and now I have clarity."

For Melissa:

"Mom is responding and talking again."

For Lily:

"Mom is safe and secure and can now be left alone again."

These are more than testimonials.

They are stories of hope.

Stories of possibility.

Stories that remind us why we continue searching for better answers.

As our population ages, Alzheimer's Dementia is rapidly becoming one of the defining healthcare challenges of our generation.

The question is no longer whether brain disease will affect our families.

The question is what we are willing to do about it.

Will we simply accept decline as inevitable?

Or will we continue searching for better answers?

Better diagnostics.

Better understanding.

Better strategies.

Better Quality of Life.

In my opinion, Quality of Life should be the goal of all medical treatments.

And if it isn't... you're seeing the wrong doctors.

There is one thing every family facing Alzheimer's Dementia eventually discovers:

TIME is our Most Precious Commodity.

Once the memory is gone and the functions decline, we wish we would have started earlier.

Once opportunities are lost, we wish we had more time.

TIME WAITS ON NO ONE!

Make time to ask questions.

Make time to explore your options.

Make time to discover what may still be possible.

If I can make time for my own mother, I can make time for your family too.

At TheStemCellInstitute.com, we would love to have a conversation with you and your loved one.

Whether in person or through a Zoom consultation, our goal is simple: help you understand your options and determine whether a customized Advanced Regenerative Treatment Plan may be appropriate.

You deserve to know the truth about Alzheimer's Dementia treatments and what may be possible through today's evolving regenerative technologies.

Life itself is an experiment. Medicine is an experiment. These therapies continue to evolve, and patient outcomes vary. But the science behind helping the body support its own healing and restorative processes continues to advance.

And that is why we are committed to leading Alzheimer's Dementia out of the shadows and into the light... naturally.

Because hope matters.

TIME matters.

Quality of Life matters.

And for some families, the most important call they ever make may be the one they make today.

To learn more, visit TheStemCellInstitute.com, RegenaMed.US, or call 941-371-7171.

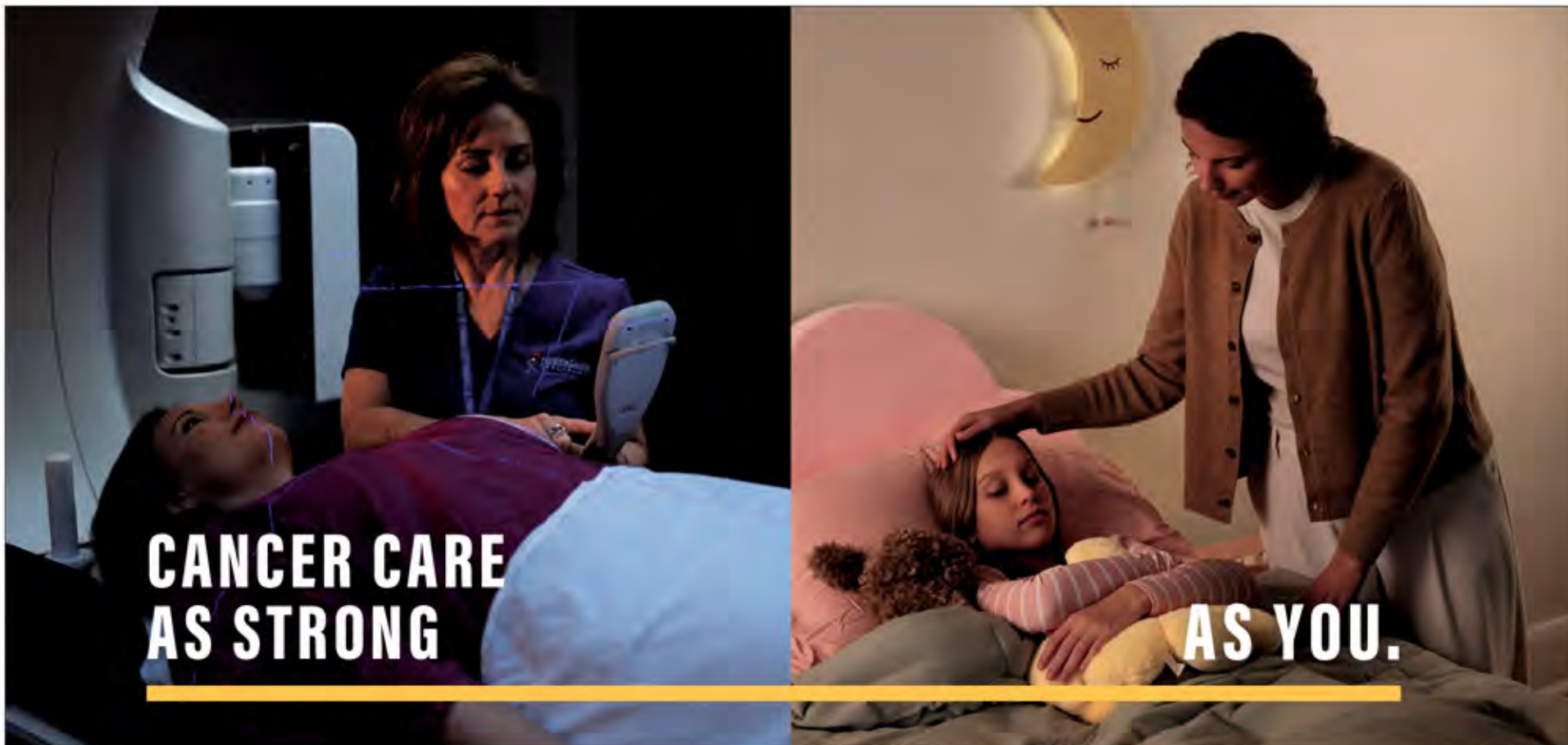
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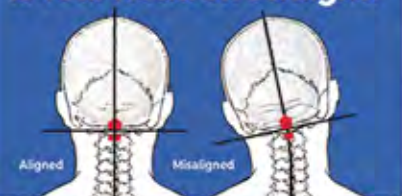
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- Dr. Drew Hall

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FINDING BALANCE

How Upper Cervical Chiropractic Can Alleviate Vertigo

By Dr. Drew Hall

Vertigo is a distressing condition that affects millions of people worldwide, causing dizziness, disorientation, and a spinning sensation. While there are various causes of vertigo, one alternative treatment approach that has shown promising results is upper cervical chiropractic. This specialized branch of chiropractic care focuses on the alignment of the uppermost bones in the neck, known as the upper cervical spine. In this article, we will explore how upper cervical chiropractic can help individuals suffering from vertigo and provide insights into its potential benefits.

Understanding Vertigo

Vertigo is characterized by a false sense of movement, where individuals may experience spinning, swaying, or tilting sensations even when they are stationary. It often occurs due to problems in the inner ear, specifically the vestibular system, which is responsible for our sense of balance. Conditions such as benign paroxysmal positional vertigo (BPPV), Meniere's disease, and vestibular migraine can lead to recurring episodes of vertigo. While traditional medical approaches focus on managing symptoms through medications or physical therapy, many individuals are seeking alternative treatments like upper cervical chiropractic to address the underlying cause.

Causes of Vertigo

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

BPPV (benign paroxysmal positional vertigo) BPPV occurs when tiny calcium particles are dislodged from their normal location and collect in the inner ear. The inner ear sends signals to the brain about head and body movements relative to gravity. It helps you keep your balance. BPPV can occur for no known reason and may be associated with age.

Meniere's disease. This is an inner ear disorder thought to be caused by a buildup of fluid and changing pressure in the ear. It can cause episodes of vertigo along with ringing in the ears (tinnitus) and hearing loss.

Vestibular neuritis or labyrinthitis. This is an inner ear problem usually related to infection (usually



viral). The infection causes inflammation in the inner ear around nerves that are important for helping the body sense balance.

Vertigo may also be associated with:

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

The Upper Cervical Chiropractic Approach

Upper cervical chiropractic is a specialized branch of chiropractic care that emphasizes the correction of misalignments in the uppermost vertebrae of the neck, namely the atlas (C1) and axis (C2) bones. These two vertebrae play a crucial role in supporting the head's weight and facilitating the proper functioning of the nervous system. Misalignments or subluxations in this area can disrupt the communication between the brain and body, leading to various health issues, including vertigo.

By employing gentle and precise adjustments, upper cervical chiropractors aim to restore proper alignment and alleviate pressure on the nervous system. These adjustments are tailored to the individual's unique needs and involve no twisting or cracking of the neck. The goal is to facilitate the body's self-healing capabilities and promote overall well-being.



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Symptoms of Vertigo

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

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

Other symptoms that may accompany vertigo include:

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

Effectiveness in Managing Vertigo

Several studies have indicated the potential effectiveness of upper cervical chiropractic in managing vertigo symptoms. Misalignments in the upper cervical spine can affect the vestibular system's function, leading to vertigo. By realigning the vertebrae, upper cervical chiropractic may alleviate the pressure on the nerves and provide relief.

One case study published in the Journal of Upper Cervical Chiropractic Research reported a significant improvement in a patient suffering from chronic vertigo following upper cervical chiropractic care. The study highlighted the restoration of the normal function of the vestibular system after specific upper cervical adjustments.

Another study published in the Journal of Manipulative and Physiological Therapeutics examined the impact of chiropractic care, including upper cervical adjustments, on patients with chronic recurrent vertigo. The results showed a reduction in both the frequency and severity of vertigo episodes, suggesting the potential benefits of this treatment approach.

It is important to note that upper cervical chiropractic is not a one-size-fits-all solution, and individual responses may vary. A thorough examination and evaluation by a qualified upper cervical chiropractor are necessary to determine the suitability of this approach for each patient.

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Elevate Your Self-Care with Exomind Technology

By Dr. Michael Jonathan Clark

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.

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 breathe 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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Why Does Consistency Matter to Long-Term Investment Returns?

By Rick Walker, Financial Planner & CPA, and Kimberlee Clark, Financial Planner

When we talk about consistency in investing, we're referring to the ability to generate solid, dependable returns over many years rather than chasing spectacular gains one year followed by significant losses the next.

Why does this matter? The concept has parallels in many areas of life. In baseball, players who consistently get on base help their teams score more runs and win more games over the course of a season. Investing works much the same way. While some investments may post exceptional returns in a single year, those gains can be erased if they are followed by sharp declines. That type of volatility often creates unnecessary stress, sleepless nights and leads investors to make emotional decisions at the worst possible times.

Consider two hypothetical investment funds. One experiences dramatic highs and lows, while the other delivers steadier, more consistent returns. Although the more volatile fund may outperform in certain years, investors often react emotionally—buying after periods of strong performance and selling after significant declines. Unfortunately, this pattern of chasing returns and locking in losses can be one of the greatest obstacles to long-term success.

The real key isn't how you react during a difficult market. More important is the discipline exercised during periods of strong performance. Investors who remain focused on long-term goals rather than short-term market movements are often better positioned to achieve lasting results.

Flexibility in Decision-Making

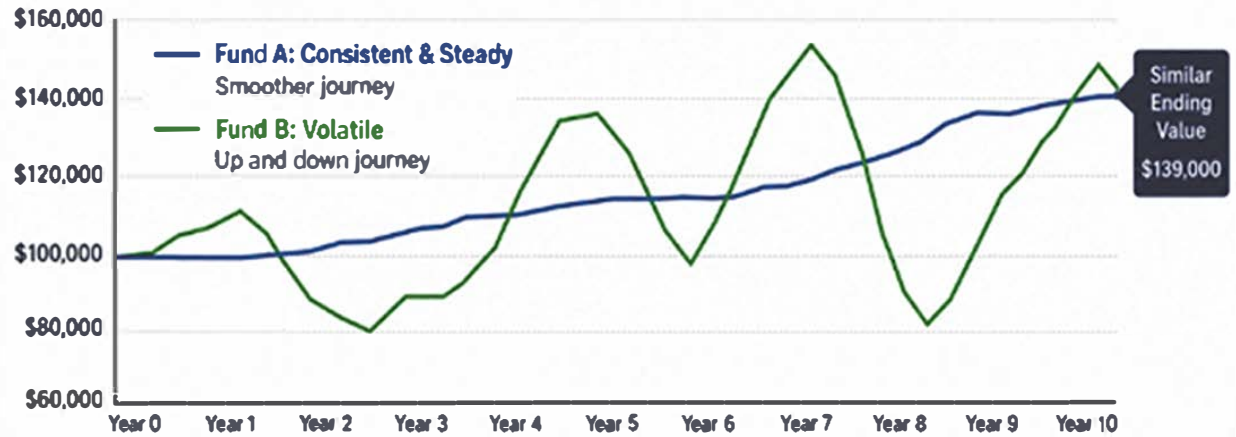
Consistent investment performance also provides greater flexibility when building a portfolio. When investors have confidence in the stability of part of their portfolio, they often feel more comfortable allocating an appropriate portion to long-term growth investments. That balance can help improve long-term returns while reducing the temptation to make emotional investment decisions.

Using Income to Fuel Growth

Many investors establish a "core" portion of their portfolio consisting of high-quality income-producing investments. These holdings often generate interest and dividends while providing greater stability during periods of market volatility.

THE POWER OF CONSISTENCY

Two funds. Similar ending returns. Very different journeys.



Rather than spending that income, some investors choose to reinvest it into growth-oriented investments. For example, a \$500,000 income portfolio generating approximately \$27,000 annually could provide about \$2,250 each month to invest in growth assets. Over time, consistently reinvesting that income may significantly increase long-term portfolio value while preserving the stability of the core holdings.

Consistency During Retirement

Consistency becomes even more important during retirement. Owners of traditional IRAs and 401(k) plans are generally required to begin taking Required Minimum Distributions (RMDs) beginning at age 73. The amount required increases over time and is based partly on the value of the account.

A portfolio with more consistent returns can provide retirees greater flexibility in deciding when to take those withdrawals, reducing the likelihood of having to sell investments during unfavorable market conditions.

Knowing When to Harvest Gains

Successful investing isn't just about buying quality investments—it's also about knowing when to take profits. Occasionally, certain holdings appreciate far beyond expectations. Rather than allowing a single investment to become an outsized portion of a portfolio, investors may choose to trim the position, rebalance into more diversified holdings, or simply recover their original investment while allowing the remaining shares to continue growing.

needs, and income sources all influence the appropriate strategy. As those circumstances change, investment plans should evolve as well.

Financial planning software and professional guidance can help investors evaluate different scenarios objectively and develop strategies designed to support their long-term goals. While no investment can guarantee future results, maintaining a disciplined, consistent approach often provides investors with greater confidence and a better opportunity for long-term success.

If you have questions about your own investment strategy or retirement plan, we'd be happy to discuss your individual circumstances. Please contact us at (239) 434-6613 or *RSVP to our next Luncheon at Seasons 52 August on 28th!*



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BLINDNESS AND BURNS IN BACKYARD: Fireworks Displays Can Go Haywire in a Hurry

By Rick Weber

Kelly Goebel can't unsee the horrific images. They are permanently embedded in her memory, forever altering how she views the events that caused them.

In her 36 years of nursing experience, she has witnessed the devastating consequences of fireworks-related injuries. Having worked in a Level I trauma center and served as Chief Flight Nurse for an aeromedical transport program, she has cared for and transported patients suffering from severe burns, traumatic eye injuries and even amputations caused by fireworks.

"I am certain that none of those individuals anticipated that a day meant for celebration would end with a trip to the emergency department—or an emergency flight to a trauma center," says Goebel, program director and assistant professor in the School of Nursing in the Marieb College of Health & Human Services at Florida Gulf Coast University.

"Many believed they were taking appropriate precautions, yet accidents still occurred. These experiences have reinforced my belief that no celebration is worth a life-altering injury and that safer alternatives can create lasting memories without the devastating consequences that can accompany fireworks. Years of providing care in these arenas have taught me one thing: People rarely expect to become the patient."

She says backyard fireworks displays are clouded by the misconception that legal means safe. In reality, even legal fireworks are considered small explosives and are capable of causing severe injury.

"Consumers also may believe that certain fireworks such as sparklers are safe," she says. "While media and advertising portray fireworks as fun and exciting, the devastating injuries they can cause receive less attention. Fireworks are deeply associated with celebrations such as the Fourth of July and New Year's Eve, and many people have used fireworks for years without incident. But it's important to remember that while people may have had years of backyard fireworks display, it only takes one incident to change a life."

Class 1.4G consumer fireworks are legal to purchase in Florida for those 18 years of age or older, but their recreational use is restricted to three designated

holidays: New Year's Eve, New Year's Day and the Fourth of July. Year-round use is only legal for agricultural purposes or if the devices are non-aerial "sparklers."

Lee County's strict burn ban—which was extended through the spring months due to drought—has officially been rescinded following recent seasonal rainfall. But local fire departments still urge extreme caution and recommend keeping a connected hose or fire extinguisher immediately on hand. And if you live in a neighborhood governed by a Homeowners Association, your HOA rules can legally override state law. Many Lee County HOAs fine residents heavily for setting off loud or aerial fireworks.

As a Critical Care Nurse Practitioner currently practicing at Naples Comprehensive Health (NCH), Goebel would rather see fewer people celebrate the holiday with backyard fireworks displays.

"I think attending a community fireworks display is safer," she says.

But if consumers are determined to stage their own backyard fireworks displays, Goebel stresses that they should follow established safety guidelines by the Consumer Product Safety Commission (CPSC), the National Safety Council, HealthChildren.org, Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF), the American Burn Association (ABA) and the National Fire Protection Agency.

"Consumers should never point or throw fireworks at another person, never hold lighted fireworks in their hands, never use fireworks while impaired by drugs or alcohol, never ignite devices in a container," she says. "Additional safety measures include wearing protective eyewear when using or standing near someone using fireworks."

In 2024, there were 11 reported fireworks-related deaths in the United States—a 38% increase over 2023, with most involving misuse and device misfire/malfunctions, according to the CPSC. An estimated 14,700 people were injured by fireworks, up 52%. An estimated 1,700 emergency room-treated injuries in 2024 involving sparklers.

In multi-year tracking of fireworks-related deaths by the CPSC, 44% of the victims had consumed alcohol or drugs prior to the fatal incident. Multi-year injury estimates analyzed by Monge & Associates reveal that 11.7% of all adult fireworks injury cases treated in emergency departments directly involve alcohol or drug impairment.

"Burn injuries account for most firework injuries and may involve the hands, face, arms and legs," Goebel says. "Burn injuries may result in redness, blistering, swelling, severe pain, and in full-thickness injuries, the burn may destroy all layers of the skin and underlying tissues. Do not apply ice, butter, ointments or home remedies. Burns should be covered with a clean, dry dressing. 911 should be called for severe burn injuries."

Goebel's recommendation: Keep kids out of the equation.

"Children should never be allowed to play with or ignite fireworks, including sparklers," she says. "While sparklers may be considered 'safe', they burn at temperatures of about 2,000 degrees Fahrenheit and, according to the National Fire Protection Association, accounted for 29% of fireworks injuries for children under the age of 5 in 2022.

"Safer alternatives to sparklers or traditional fireworks include glow sticks, LED light toys, bubble machines, confetti poppers and colored streamers. Families can create a festive atmosphere and reduce the risk of fireworks-related injuries by planning safer alternatives such as outdoor movie nights, glow-in-the-dark games and patriotic craft activities. Decorating flag, painting rocks and other hands-on projects provide children with engaging experiences while eliminating the risk of injury."

Have fun. But be safe.

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THE SILENT THIEF:

HOW UTERINE FIBROIDS DRAIN MORE THAN JUST YOUR ENERGY

By Parveen Vahora, M.D.

Every day, women walk into my office convinced they're simply "tired." They've blamed their exhaustion on work stress, motherhood, or just getting older. But when we run the bloodwork, the real culprit often reveals itself: anemia, caused by a condition hiding in plain sight for years, uterine fibroids.

It's one of the most under-discussed health issues affecting women today, and yet it's staggeringly common. By age 50, up to 80% of women will develop fibroids, noncancerous growths in or around the uterus. Many never notice a symptom. Others find their entire lives quietly rearranged around pain, bleeding, and bone-deep fatigue they can't explain.

When "Heavy Periods" Become a Medical Emergency

We've normalized so much when it comes to women's pain. "Heavy periods" get treated like an inconvenience rather than a warning sign. But when a period requires changing a pad or tampon every hour, lasts longer than seven days, or includes blood clots the size of a golf ball, that's not just heavy, that's a fibroid symptom that deserves attention.

This bleeding isn't only disruptive; it's dangerous. Chronic blood loss month after month depletes the body's iron stores faster than diet alone can replenish them. The result is iron-deficiency anemia, a condition that leaves women feeling perpetually exhausted, short of breath, dizzy, and mentally foggy. I've had patients describe climbing a single flight of stairs as feeling like running a marathon. Their hearts are working overtime simply because their blood can't carry enough oxygen.

The Pain No One Talks About

Beyond bleeding, fibroids can cause a deep, aching pelvic pressure, like carrying a constant weight low in the abdomen. Depending on their size and location, fibroids can press against the bladder, causing frequent urination, or against the bowel, leading to constipation and bloating. Some women experience sharp, stabbing pain during intercourse or unpredictable cramping that has nothing to do with their cycle at all.

What makes fibroids especially insidious is how gradually these symptoms creep in. A little more bleeding each month. A little more fatigue. A little more pain



that becomes "just how my body is now." By the time many women seek help, they've been quietly suffering for years.

Reclaiming Your Body — and Your Energy

Here's what I want every woman to know: you do not have to live this way, and you are not imagining your symptoms. Fibroids are treatable, and treatment doesn't always mean major surgery. Depending on the size, number, and location of your fibroids, options range from hormonal therapies and minimally invasive procedures to advanced surgical techniques that preserve fertility.

Just as important is addressing the anemia itself. Iron supplementation, dietary changes, and in more severe cases, iron infusions can restore your energy while we work on the underlying cause. Treating only the symptom without addressing the fibroid is like mopping the floor while the faucet keeps running.

If you find yourself canceling plans because of period pain, feeling breathless doing everyday tasks, or quietly dreading your cycle each month, please don't dismiss it as "normal." Your exhaustion has a cause, and it has a solution.

You deserve more than survival mode. You deserve answers, real treatment, and your energy back. That conversation starts with one simple step: talking to your doctor.

Expert Care for Your Pelvic Health

If you're experiencing persistent pelvic pain and suspect endometriosis or fibroids may be the cause, don't wait to seek expert medical evaluation. Dr. Parveen Vahora specializes in diagnosing and treating gynecologic conditions that cause pelvic pain, offering both conservative and surgical treatment options tailored to your individual needs.

Take the first step toward improving your pelvic health and quality of life by calling Dr. Vahora's office at 727-376-1536 or visiting ParveenVahoraMD.com.

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Our gynecologist's office is small, intimate, and welcoming. Women under our care are treated with the utmost respect, which means we offer personalized care, educating them on conditions, treatment options, and preventive measures. Our focus is on sexual health. We are proud to offer the *MonaLisa Touch*® for patients going through menopause as well as post-menopausal women, breast cancer survivors, and those suffering from pain during intercourse or intense dryness. We also offer genetic testing for breast, ovarian, and colon cancer. From birth control to robotic surgery, we have got you covered.



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3D MAMMOGRAPHY

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

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

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

What is 3D Mammography?

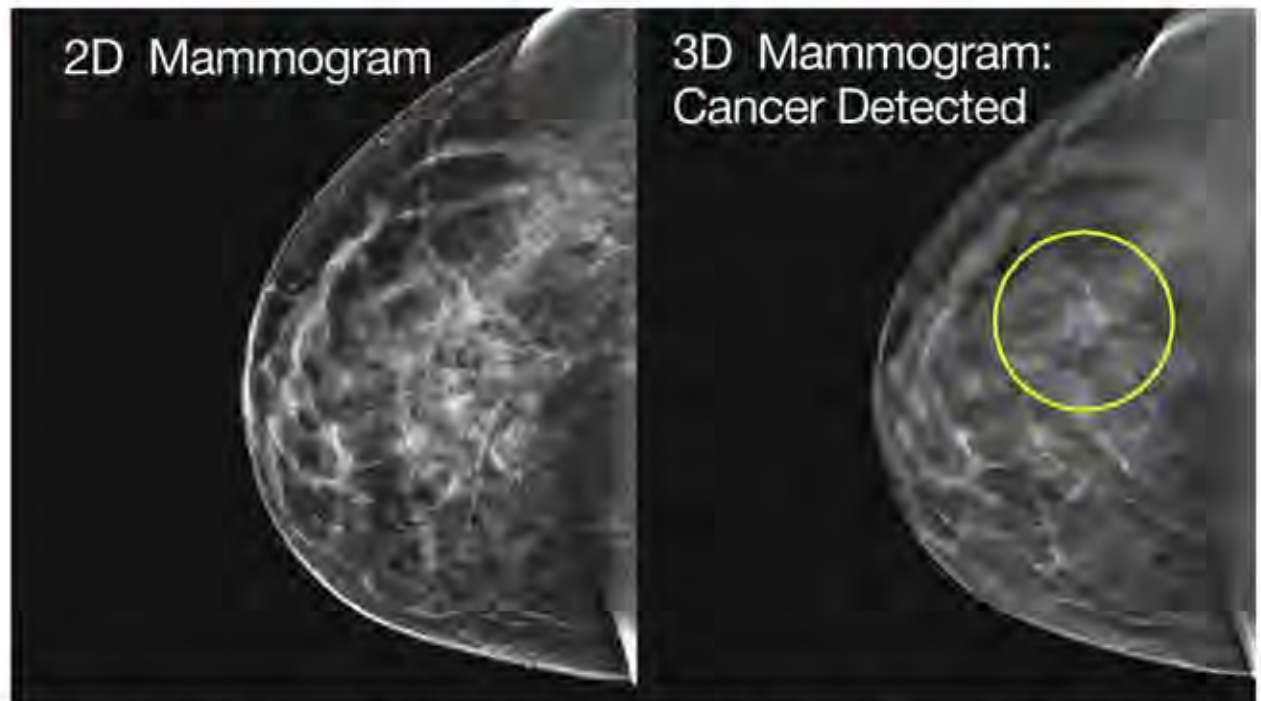
3D mammography is a revolutionary state of the art technology approved by the FDA in February 2011, which gives radiologists the ability to view inside the breast layer by layer, helping to see the fine details more clearly by minimizing overlapping tissue. During a 3D mammogram, multiple low-dose images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

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

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

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

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



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

What are the benefits?

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

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

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

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

How long will it take?

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

How much radiation will I be exposed to?

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

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

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

Why is RAVE Radiology offering 3D Mammography?

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

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

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

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

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

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

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RAVE is happy to announce
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DEXA with TBS (Trabecular Bone Score) is a tool to assess risk of fractures, bone micro-architecture, and providing additional information about bone health. This special for self-pay patients of \$103.00 will only be available for the month of July to bring awareness to this advanced study.

Make sure to look out for our special in September for Vascular Disease Awareness.

FOR THE MONTH OF JULY DEXA with TBS is only \$103.00 for self-pay patients at all three locations!

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Radiology Associates of Venice and Englewood (RAVE) has provided the highest level of patient care over the past 50 years. Being first to adopt advanced life saving imaging, RAVE were the first to use 3D mammography in the area, prostate MRI, lung and bone screenings, and much more.

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



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Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

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

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

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

How does VAX-D work?

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



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

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

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

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

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

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

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

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

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

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Dr. Craig S. Aderholdt, BSc, DC



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

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

Dr. Aderholdt also holds certification in chiropractic adjunctive physiotherapy from New York Chiropractic College and completed extensive postgraduate training in therapeutic modalities at National-Lincoln School. He is a member of the Florida Chiropractic Association and American Chiropractic Association and is a certified VAX-D consultant. He was also voted a Bradenton Herald People's Choice Awards Winner for 2008, 2025 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, 2025 and winner in 2019 and 2024.



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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.¹

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.

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
- Brain Injury
- Bells Palsy
- 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

To find out more, or to schedule your appointment today, please call Hyperbaric Centers of Florida at 813-788-3969.

References:

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

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BREAKING THROUGH CHRONIC PAIN:

How Myofascial Release Offers Hope When All Else Fails

By Michael Via, MSPT

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

Understanding the Hidden Culprit

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

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

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

The Gentle Power of Sustained Pressure

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

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

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

Why Traditional Approaches Fall Short

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

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

A Beacon of Hope

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

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

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

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

Call Now and SAVE \$25 OFF Initial Evaluation!

About

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

**MICHAEL VIA
THERAPY AND SERVICES, INC.**

941-444-7688

michaelviatherapy.com

5310 Clark Road, Suite 101

Sarasota, FL 34233

THE POWER OF HELPFUL HABITS

By Pastor Tim Neptune

In our fast-paced world, it's easy to get caught up in busyness and miss what truly matters. We only get one chance to make our mark in the world, so it is important that we make wise choices and build good habits that will help us reach our goals.

Have you ever wondered what habits Jesus had during his life? In the Gospel of Luke, we discover that when Jesus was just 12-years-old, he stayed behind in Jerusalem during Passover. His parents discovered that he was not with him and went to search for him. When they found him, he was in the temple listening to teachers and asking questions.

Everyone was amazed at His understanding. Luke 2:52 reveals the balanced growth Jesus experienced: *"And Jesus grew in wisdom and stature, and in favor with God and man."* This covers intellectual development (wisdom), physical growth (stature), spiritual connection (favor with God), and social well-being (favor with man).

Jesus didn't skip the ordinary. He worked as a carpenter, spent time with family and friends, fished, laughed, and learned Scripture through regular synagogue attendance and prayer. These weren't flashy moments but consistent rhythms that shaped Him. Even during His ministry years, Jesus rose early for solitary prayer (Mark 1:35), withdrew to quiet places amid crowds (Luke 5:16), and returned to the Mount of Olives *"as was His custom"* (Luke 22:39). As the Son of God in human flesh, He modeled disciplined habits to stay grounded amid life's demands.

The same principle applies to us. Success in health and wellness rarely comes from one dramatic change but from small, repeated actions. As James Clear notes in *Atomic Habits*, tiny adjustments compound into remarkable results. Your weight reflects your eating habits, your energy your movement patterns, your peace your daily rhythms with God and others.

Think of an ice cube in a 25-degree cooler. Raising the temperature one degree at a time does nothing visible—until 32 degrees, when it melts. Breakthroughs build from incremental shifts. Reduce calories by 500 daily for steady weight loss. Commit to a short morning prayer or Scripture reading, even if just a few verses or sentences, like King



David's habit: *"In the morning, Lord, you hear my voice"* (Psalm 5:3). Take a brief walk, sit quietly in your car, or pause in the shower to breathe and recenter.

If you're feeling stressed, rushed, or disconnected, examine your habits. Struggle with consistent Bible time or exercise? Start with 10 minutes. Want deeper relationships? Schedule regular, undistracted connections. Scripture reminds us: faithfulness in little things leads to greater things. Compound interest works in finances, fitness, and faith alike.

We face evil days, as Ephesians 5:15-16 warns, so wise living means making the most of every opportunity. Daily habits of prayer, movement, learning, and connection build resilience, reduce stress, and align us more closely with God's design for flourishing.

One year from today, you'll be the same person you are today unless you choose new rhythms now. Don't wait for motivation—build the habits that create it. Commit to small, consistent steps toward intellectual curiosity, physical stewardship, spiritual depth, and meaningful relationships. You're a work in progress, being conformed to the image of Christ (Romans 8:29). Make the changes today, and watch transformation unfold.

Pastor Timothy Neptune is the founding lead pastor of Venture Church Naples. For more on building life-giving rhythms, visit venturenaples.com.



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