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Health & Wellness[®] MAGAZINE

July 2020

Manatee/Sarasota Edition - Monthly

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ABCS OF
SKIN CANCER**

**ARE YOU
OVERWEIGHT?**

**IF YOU HAVE ANKLE
OR LEG SWELLING,
YOU MUST SEEK
MEDICAL ATTENTION!**

**HOW KETAMINE
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**IS HELPING THOSE WITH
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KNOW THE ABCS OF SKIN CANCER

About one in five Americans is likely to develop skin cancer, according to the American Cancer Society (ACS), making it the most common form of cancer in the U.S. Generally, it is highly treatable; however, it should be taken seriously and you should seek a medical evaluation if you notice a suspicious lesion or mark anywhere on your skin. The good news is that skin cancer is also the most preventable cancer. In fact, research indicates that protecting your skin before you turn 18 can cut your risk of some types of skin cancer by as much as 78%.

There are three main types of skin cancer – basal cell, squamous cell and melanoma, which is the most serious type. Basal cell skin cancer is the most prevalent and least dangerous type of skin cancer. It generally appears on the head, neck or upper torso and it grows slowly. Spots, blemishes, freckles and moles are signs of sun-damaged skin. They are usually harmless, but if you notice them changing, see a doctor.

While not as dangerous as melanoma, squamous cell skin cancer can spread to other parts of the body over time. It usually appears as a thickened, red, scaly spot that may bleed easily, crust or ulcerate. It is generally found on those areas of the skin that are most often exposed to the sun.

Risks and Warning Signs of Skin Cancer

Most moles, brown spots and other growths on the skin are usually harmless; however, it's a good idea to have an annual skin check by a professional healthcare provider. Older adults, people who are fair-skinned or those who have a lot of moles are generally at greater risk, so it's important to know your skin well and recognize any changes that you see on your body.

Here is an easy way to recognize if a mole or other skin lesion may be cancerous – just remember the ABCs of skin cancer:



In Florida, there are lots of opportunities to spend time in the sun; however, it's important to take precautions that protect your skin against cancer:

Asymmetry: one half of the mole doesn't match the other

Border: is irregular

Color: is not uniform

Diameter: greater than 6 mm (about the size of a pencil eraser)

Evolving: size, shape or color changes

With all types of cancer, including skin cancer, early detection and diagnosis can make a big difference in outcomes. If you suspect that you may have skin cancer, have your physician check it out immediately. Most skin cancers are easily treated and often cured; and for those more serious types, such as melanoma, the earlier it is discovered and treatment begins, the better the outcome.

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The Most Common Causes of Cartilage Loss

By Regenxx Tampa Bay, Regenerative Medicine

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Oftentimes, patients ask us what they can do to improve their joint cartilage and prevent arthritis. Cartilage acts as a cushion between the bones to protect our joints by absorbing shock.

The visual evidence of arthritis seen on imaging studies can be due to the decrease in quantity and quality of the cartilage, the decrease in joint space width, the formation of bone spurs, and degenerative changes in the bone underlying the cartilage. Besides wear and tear, there is also a biologic/internal component that affects cartilage.

The Truth About Cartilage Loss

Cartilage, in of itself, does not have nerve endings. Therefore, cartilage loss is NOT a direct source of pain. It is, however, the visual evidence that arthritis exists. That is, there are destructive substances in the joint that are breaking down the tissue. The cartilage is the victim of the arthritic disease.

You might be surprised to learn that people can have virtually no cartilage in a part of a joint (“bone on bone”) and have no pain at all. This is actually very common. On the other hand, a person can have robust amounts of cartilage and have a tremendous amount of pain – again, this is very common as well. The point is that cartilage loss is a sign of arthritis and protecting your cartilage is a way of limiting the effects of the arthritic process.

What Causes Joint Pain?

There are a number of structures that do cause pain. The synovial lining of the joint is rich in nerve endings that sense pain and is responsible for producing healthy fluid and lubricating substances. With arthritis, the synovial lining can become bumpy and painful. It will also produce abnormal



inflammatory fluid that breaks down tissue in the joint. Determining what’s in that fluid and how to control the synovial lining is one of the keys to halting arthritis.

Another source of pain in a joint is the bone underneath the cartilage. This bone is quite hardy and able to tolerate heavy loads often without any problems even when there isn’t any cartilage to protect it. There are times when the bone in areas of decreased cartilage begins to breakdown and become swollen representing little micro-breaks in the bone. These bone marrow lesions can sometimes be painful and can only be seen on an MRI.

Can We Re-grow Cartilage?

Getting cartilage to re-grow is an admirable goal and it may one day be possible to consistently do this, but it seems that it’s actually more important to keep the synovial lining under control and to strengthen the bone under the cartilage so that it can withstand more pressure. It is also important to make sure that there is stability around the joint – that is, the ligaments, tendons, muscles, and nerves are healthy and functioning normally.

Stem cells can help cartilage to regrow but it is inconsistent and minimal at this time (despite what you may have heard). They can, however, improve the quality of the remaining cartilage, the strength of the bone, reprogram the synovial lining so that it produces healthy protective chemicals instead of destructive ones, and strengthen the ligaments and tendons so that there is better stability around the joint. Using stem cells in this way requires working with a highly trained physician who performs the proper analysis and executes a procedure to precisely inject the tissues that are in need of improvement.

Receiving a stem cell injection blindly into a joint by someone who dabbles in this approach is not the way to go.

The key to understanding how to keep more cartilage as you age is to understand what causes cartilage loss. Here are the most common causes of cartilage loss along with a few solutions to help prevent it.

1. Obesity (Mechanical)

Physics has taught us that being heavier places more wear-and-tear forces on our cartilage and therefore, arthritis.

Although it can be tough to accomplish, losing weight is the ultimate solution to improve symptoms and slow the progression of arthritis.

2. Obesity (Biochemical)

Not only does obesity break down cartilage by wear and tear, but it also can cause changes in the patient's insulin-response system that can break down cartilage. This is referred to as "metabolic syndrome."

We recommend reducing carbohydrate and sugar intake to minimize spikes in blood sugar and insulin release.

3. Trauma

A sudden traumatic event, such as a sports injury, can injure the cartilage surface and potentially cause a weak spot in the cartilage. If weak spots are present, cartilage can break down faster with normal forces.

Before the issue becomes bigger, look for regenerative medicine cell-based solutions for cartilage repair, such as platelet-rich plasma (PRP) or stem cell injections.

4. Joint Instability

Injured ligaments can cause joints to move around too much and cause joint instability. All of this extra unnatural motion can slowly continue to injure the cartilage in the joint, eventually leading to arthritis.

Injections like prolotherapy, PRP, and stem cells in our clinical experience can help reduce instability whether the ligament is loose or torn (partial or nonretracted). In more severe cases, surgery may be needed.

5. Poor Nutrition

Poor dietary habits and lack of proper nutrition can cause major issues with not only your cartilage and your musculoskeletal system but your entire body. What you eat can turn on or off the genes in your body that protect your cartilage.

It is essential to know what is and what is not good for you and your body. Consider introducing supplements like Glucosamine and chondroitin into your diet to enhance cartilage health.

6. Medications

Surprisingly, the most common medications that are injected into arthritic joints for relief such as local anesthetics and steroids are also likely the most toxic to cartilage. Commonly used NSAID medications, like ibuprofen, naproxen, and celecoxib have also been shown to have negative effects on cartilage cells.

We recommend staying away from "cortisone shots," NSAIDs, and other drugs when not essential.

7. Lack of Exercise

Besides leading to many other health issues, lack of exercise can create problems with our joints. Joints are made for movement. Regular exercise along with utilizing the proper techniques for those exercises is essential.

If you have cartilage loss, you may want to switch from high-impact exercises to low-impact activities to protect your existing cartilage. If you have normal, healthy joints, keep running and exercising regularly, it is likely protective.

8. Poor Alignment and Biomechanics

If you have asymmetrical cartilage loss (loss of cartilage in one knee and not the other), you may have a body-alignment problem that is wearing down certain joints faster than others.

Working with a skilled physical therapist can help you get your muscles balanced and fine-tune your body so that it is biomechanically optimized.

9. Aging and Genetics

Unfortunately, older patients seem to have less cartilage and some people simply have the genetic makeup for weaker cartilage.

While there isn't much that we can do about our genes, we can influence the ways our genes are expressed by leading a healthier lifestyle overall.

Understanding why cartilage breaks down, adhering to a healthy lifestyle, and utilizing regenerative options like PRP and stem cells seems to be the best strategy for maintaining healthy cartilage and decreasing the pain associated with arthritis.



Dr. James Leiber

James Leiber, DO, is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

Dr. Leiber specializes in Interventional Regenerative Orthopedics with years of experience and is honored to have been the first Regenexx Network Provider in Florida. In 2012, Dr. Leiber began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).

He is a published author, presenter, and is currently the program director for the Interventional Orthopedic Foundation.

He lives in Sarasota, Florida with his wife and teenage daughter. Dr Leiber travels regularly to Denver, to teach regenerative orthopedic techniques to fellow doctors, and to Grand Cayman, where he is also licensed to treat patients.

The other physicians at Regenexx Tampa Bay are:



Ron Torrance II, D.O. - Board Certified in Sports Medicine and recent co-author of *Exercise 2.0* for Regenexx and author of the 2018 best paper of the year on *The Concussed Athlete*. Dr. Torrance has achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete.



Ignatios Papas, D.O. - Specializes in Physical Medicine and Rehabilitation. He is a research collaborator with Columbia and Cornell University on multiple projects. Dr. Papas enjoys spending time with his wife and son, playing soccer, practicing guitar, and listening to historical podcasts.



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Are You Overweight?

If you Have Ankle or Leg Swelling, you Must Seek Medical Attention!

By Federico M. Richter, MD

Obesity is a major concern for many health-related issues. According to the CDC, more than one-third of the U.S. adult population is obese. And this overweight nation is at serious risk for developing chronic illnesses and disorders. Obesity can lead to type II diabetes, heart disease, stroke and certain types of cancer.

Calculating Obesity

Although some risk factors for obesity are physically calculable, others are established by physical symptoms affecting your health.

When calculating and determining your risks, your BMI (Body Mass Index) is an excellent place to start. Based on your height and weight, if your calculations are over 30 BMI, then you are thought to be obese. Taking into consideration that humans come in all shapes and sizes, there are other tests that practitioners will include in your obesity estimates, like waist to hip ratio (WHR) and waist to height ratio (WHtR) measurements.

Why are these measurements so important? People that are overweight, especially in the mid-section are prone to secondary health complications. Large midsections very often contain visceral fat, which is deep within the organs.

Contributing health issues and disorders are as follows:

- Arthritis
- Coronary heart disease
- Diabetes
- High cholesterol
- Hypertension (high blood pressure)
- Sleep apnea
- Stroke
- VASCULAR DISEASE

It's common for people that are overweight to be unable to see their ankles, and they may be so affected by the swelling of their ankles and calves that they cannot walk far or get their shoes on. One of the most common causes of leg swelling by far is bad veins circulation and coupled with obesity; this means that disease states are needing to be addressed by a vein specialist.

One of the most common causes of ankle and leg swelling is a blood clot from the "damaged veins" or Venous Insufficiency. This is the most critical possibility, due to the likelihood of it being life-threatening.



Federico M. Richter, MD
American Board of
Venous and Lymphatic
Medicine Diplomate

About Federico M. Richter, MD

Dr. Richter was born and raised in Argentina and grew up in a family of vein doctors. His Grandfather, one of the first vein specialists in Argentina, helped pioneer sclerotherapy for treatment of varicose and spider veins in the 1940s. His Father has been treating veins for over 45 years.

Dr. Richter recently re-located from the busy suburbs of Indianapolis where he completed his residency and practiced for 5 years. Since completion of his residency here in the United States, he has also focused on the newest developments in minimally invasive vein treatments. Dr. Richter received his medical degree in Argentina in 2003 from Universidad Nacional de Cordoba. He then completed a year of general surgery and a 3-year Fellowship in vein and lymphatic disorders in 2007. As a venous and lymphatic medicine specialist, he is dedicated to treating varicose and spider veins and their underlying causes.

With over a decade of experience in the specialized medical field of diagnosing and treating vein disease, Dr. Richter was one of the first doctors to use lasers to treat a variety of vein diseases in Argentina. Certified by the American Board of Venous and Lymphatic Medicine and an active member of the American College Of Phlebology, Dr. Richter has also accumulated an impressive list of qualifications and educational accomplishments during the course of his career.

Dr. Richter's 1st priority is the well-being and quality of life his patients in the Bradenton, Sarasota, Sun City, Ruskin, and surrounding areas.



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IMPORTANCE OF PROSTATE EXAMS

Prostate cancer is a fairly serious blip on the male health radar as the third most common cancer in men over 70. Prostate cancer – and other prostate issues – can cause considerable discomfort, pain and even death, if they are left undiagnosed and untreated.

No man looks forward to dropping his pants for the annual check-up; but if you're smart, you'll bite the bullet and go anyway. Regular screenings cannot only save you a lot of pain and discomfort – they may just save your life.

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

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

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

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

What should I expect during a prostate screening exam?

A prostate screening exam can be done fairly quickly and easily. It might be a little awkward and uncomfortable, but it should be pain-free and over in just a few minutes.

The doctor will likely discuss the procedure with you before getting started. He will answer any questions you might have and he'll make sure you



understand what's going to happen. As uncomfortable as you might be, the very best thing to do is to relax and remember it will only take a few minutes. Remember, the doctor is a professional and he very likely does prostate exams on a daily basis. Relaxing and discussing the process openly with your doctor can take a lot of the discomfort out of the procedure.

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

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

21st Century Oncology uses the latest, most advanced method, which provides a MRI Fusion Biopsy and imaging to be merged in real time to the ultrasound on the day of the biopsy. This targets a lesion with immense accuracy that can then be biopsied.

The key to the best outcome when dealing with the prostate is to get a proper diagnosis early. The MRI Fusion Biopsy is the best chance men have for detailed imaging, early detection, and a healthy life. This technology has helped increase the accuracy of biopsy upwards of 80-90%.

21st Century Oncology is the premier provider of cancer care services across multiple modalities, the largest radiation oncology provider and one of the largest groups of urologists in the U.S. For more than 30 years, 21st Century Oncology has been committed to providing state-of-the-art, academic quality radiation therapy and other cancer treatments in a patient-centric setting focused on continuous innovation.

Florida Urology Specialists

In addition to using MRI technology, Florida Urology Specialists has been performing the fusion biopsy method at Sarasota Interventional Radiology for several years. Patients are very pleased in that it helps to rule out cancer that may have previously been missed with traditional methods of diagnosis.

Florida Urology Specialists' treatment teams develop an individual treatment plan for each patient, taking into consideration the type of cancer, the stage, and location of the cancer, the patient's general health, and the patient's own preferences; among other factors. Patients work with experienced medical professionals and the most advanced radiation therapy technology combined into the best possible cancer treatment. To find out more, please call (941) 309-7000.

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Passport Health Sarasota Offers In-Depth Respiratory Screening Panels & Pneumonia Vaccinations

Panels Include COVID-19

Acute Respiratory Infections (ARIs) are responsible for 4.25 million deaths annually and are the third largest cause of mortality in the world.¹ The symptoms of viral and bacterial respiratory illnesses are often similar and may require testing to differentiate between them. Comprehensive molecular screening panels help clinicians accurately diagnose and appropriately treat their patients within an acceptable time frame.

Our nasal swab test looks for the DNA of 47 different pathogens causing infection of the respiratory tract. Because nothing is grown in a lab, results are sent to your primary care physician within 36 hours of testing, allowing your physician a more accurate and timely way to treat any infection. Your physician will know what harmful pathogens are present and in what quantities-providing you with a more specific treatment for your condition.

Testing with this panel has determined that more than 40% of patients that test positive for Flu or the COVID-19 virus also have a significant bacterial infection that requires treatment with antibiotics. These co-infections can make outcomes worse. Treating and eliminating these harmful pathogens prior to or while being exposed to a viral infection should also allow the body to respond more effectively.

The test is a simple nasal swab performed in office or curb-side by a trained health professional. Insurance is accepted and submitted by the laboratory. The only out-of-pocket cost is the standard co-pay/office visit fee at our office, and Most major insurance carriers and Medicare are accepted.

Appointments are limited. Please call our office to schedule an appointment for your screening.

During the COVID-19 Pandemic, we are all trying to stay healthy, but for many individuals, the pneumonia vaccine can provide extra protection.

Pneumonia is a lung infection that can affect people of all ages. It is often treated with medication, but it can be prevented with vaccination. Pneumonia infection can come from different sources including influenza, coronavirus, bacteria, fungi and various other viruses.

How does pneumonia factor in with viruses such as Coronavirus?

It is well known that bacterial pneumonia infections are a common cause of influenza-related hospitalization in

otherwise healthy individuals. Analysis of the influenza pandemic of 1957 showed that more than two thirds of the fatal cases were associated with bacterial pneumonia.¹

Bacterial pathogens work in two ways to cause a worsened outcome when a viral infection is also involved. If a viral and bacterial infection are present at the same time, the inflammation caused by the bacterial infection can allow the virus to spread without response from the body. Pneumonia causing bacteria can spread undetected by the body causing a super infection even when the viral infection has been taken care of by the immune system.²

Initial studies of Coronavirus show that this virus behaves similarly to other respiratory viruses. The pneumonia vaccine can prevent bacterial pneumonia from becoming part of a co-infection complicating the condition.

What Is the Pneumonia Vaccine?

The pneumonia vaccine provides protection against all forms of bacterial pneumonia. It is primarily designed for use in seniors, to help protect against potentially deadly or life-altering infection. The vaccine does not protect against influenza, coronavirus or fungal pneumonia.

Who Should Get the Pneumonia Vaccine?

Pneumonia vaccination is recommended for all adults 65 or over. Other individuals should consider pneumonia vaccination. These include:

- Adults with chronic illness like liver or heart disease
- People with a weakened immune system over the age of 2
- Individuals with cochlear implants
- Those who smoke
- People with asthma
- People with who are immunocompromised (Cancer, Rheumatoid Arthritis, Multiple Sclerosis, Lupus, HIV, Hepatitis C, etc.)
- Those with a previous history of respiratory infections
- Individuals with diabetes
- People who have COPD or emphysema
- Anyone on oxygen therapy for medical conditions



While the pneumonia vaccine may not be covered by insurance if you are under 65, everyone can elect to get the vaccine if it is not medically contraindicated. To schedule an appointment with one of our travel health specialists, call one of our office locations listed. They can assist you in determining if this vaccine is recommended for you.

Passport Health is the largest and leading provider of travel medicine and immunization services in North America. With 270+ travel clinic locations, a commitment to first-class medical care, and rigorously trained medical staff, Passport Health sets the immunization industry standard. Our deep vaccine inventory and vast clinic network provides clients with what they need, when they need it. We strive to be all travelers' one-stop-shop for all their vaccination, travel document and travel supply needs.

Passport Health was founded in 1994 in Baltimore, Maryland, and now operates 270+ clinic locations across North America. Each travel clinic serves its local community via convenient locations where the public can access travel medicine specialists who have received rigorous training in the fields of travel medicine and immunology.

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2 Koornraad F van der Sluijs, Tom van der Poll, René Lutter, Nicole P Juffermans, and Marcus J Schultz. Bench-to bedside review: Bacterial pneumonia with influenza - pathogenesis and clinical implications. *Crit Care*. 2010; 14(2): 219.

4 Things You Should Know About Alzheimer's Disease & Brain Health

At this point, most of us know someone that is affected by Alzheimer's disease. Numerous studies and statistics show Alzheimer's and other related dementias are on the rise. According to the Alzheimer's Association's latest figures, nearly 5.2 million Americans have Alzheimer's disease, and that number is expected to triple by 2050. Experts estimate that an Alzheimer's diagnosis will affect close to 15 million people by mid-century. Currently, every 66 seconds, someone develops dementia in the United States.

1. What are the risk factors and causes of Alzheimer's and dementia?

For years, medical professionals and researchers have been trying to find the exact cause of Alzheimer's disease (AD). Even with the top three speculative triggers, it's still unclear as to what is causing this devastating disease to rob so many people of their cognition.

The main characteristics of the disease are attributed to amyloid plaques, cerebral amyloid angiopathy, and neurofibrillary tangles. While these pathological markers are evident in many individuals with Alzheimer's disease, they are not always present in all; consequently, they cannot entirely account for the umbrella of cognitive disorders.

In a recent study, top neurologists and researchers went a few steps further, to shed light on a new discovery in the causes of Alzheimer's. The study looked at the cerebrovascular pathologies, cardiovascular health, and microvascular disorders. Almost all individuals with dementia show signs of some vascular impairment on various levels.

2. What are the signs?

The signs and symptoms of dementia are different throughout the various stages of the disease, but common indicators are as follows:

- Forgetfulness, especially short-term memory
- Change in personality
- Agitation/Frustration
- Difficulty with daily tasks
- Social withdraw
- Aphasia (speech disorders)
- Sundowning (confusion and sleeplessness in the evening)

3. What are the treatment options?

Some medications can slow the progression of the disease, but these are unfortunately not a curative treatment method. However, we do know that following helps patients stave off the disorder:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

4. Staying active and social is also a useful method for maintaining optimal brain health. Along with socialization, staying physically active is imperative in the production of oxygen-rich blood flow and can decrease your risk of Alzheimer's and dementia.

A few years ago, there was a cognitive study performed, the first of its kind, which incorporated an interventional methodology to take a multi-domain approach to dementia prevention. The trial called the FINGER Study was conducted over a two-year period in Finland by a team of healthcare providers.

With over 1200 participants, the randomized tests were done on a control group and a multi-domain intervention group. The control group was given regular health advice on a weekly basis, while the intervention group was given tactical exercise, diets and performance studies three to four times per week.

The multi-domain intervention group's protocol consisted of:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

The conclusion of the study showed that it is possible to prevent cognitive decline through physical exercise, diet, cognitive training and socialization, and by lower metabolic risk factors.

If caught early, this progressive disease can be delayed through specifically advanced treatment options like diet, exercise and refining memory skills. Primary Care Doctors, Neurologists and other professionally trained practitioners are essential in putting the pieces back together.

If you need help, Freedom Village of Bradenton has options for you and your loved one.



As a CCRC, Freedom Village of Bradenton offers multiple phases of living for your specific needs, which include Independent Living, Assisted Living, Memory Care and Skilled Nursing.

At Freedom Village of Bradenton, they are committed to doing everything they can to make their senior living community the best it can be. That is why they are excited to announce that Freedom Village's management team will now be working with Life Care Services®, an LCS® Company*, the nationwide leader in senior living that provides management support to over 140 communities across the country. It is the same strong Freedom Village team with even better resources for a vibrant, active community! Freedom Village of Bradenton has been part of the Bradenton, Florida, community for over 30 years.

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*Life Care Services received the highest score in the J.D. Power 2019 Senior Living Satisfaction Study of resident/family member/friend's satisfaction with senior living communities. Visit jdpower.com/awards

Breast MRI Can Be a Powerful Tool in Fight Against Cancer

By Heidi Smith, Contributor

Women in the Venice area who have been diagnosed with breast cancer or who are at high risk for breast cancer now have access to the latest breast MRI (magnetic resonance imaging) technology to aid in further diagnosis and screening through Venice Regional Bayfront Health.



Melinda B. Hart, M.D., is a breast surgeon and an independent member of the medical staff at Venice Regional.

Venice Regional's new breast MRI technology uses radio waves and strong magnets to make detailed pictures of the inside of the breast that are then viewed by the radiologist using an advanced imaging system. The technology may be used to help determine the extent of previously diagnosed breast cancer or to screen for breast cancer, explained **Melinda B. Hart, M.D.**, a breast surgeon and an independent member of the medical staff at Venice Regional.

"Women at high risk for breast cancer or those who have had an abnormal mammogram should not delay in following up on the care plan recommended by their physician," said Dr. Hart.

For women who already have been diagnosed with breast cancer, breast MRI may be used to help measure the size of the cancer, look for other tumors in the breast, and to check for tumors in the opposite breast. But not every woman who has been diagnosed with breast cancer needs a breast MRI. According to the American Cancer Society, MRI is not recommended as a screening test by itself because it can miss some cancers that a mammogram would find.



Courtesy Venice Regional Bayfront Health

At Venice Regional, images collected by the breast MRI are sent to a special display unit that allows the radiologist to review the images with greater clarity and accuracy, and potentially, earlier detection of cancer.

How It Works

At Venice Regional, the breast MRI is an outpatient procedure. As with all activities at the hospital's facilities, strict protocols are in place to protect patients and staff from infectious diseases, such as COVID-19. These procedures are explained to patients when scheduling appointments.

Just as mammograms are done using x-ray machines specially designed for the breasts, breast MRI also requires special equipment called breast coils. At Venice Regional, the images collected by the breast MRI are sent to a special display unit that allows the radiologist to review the images with greater clarity and accuracy, and potentially, earlier detection of cancer.



Before the test, the technologist will ask if you have any types of metal in your body. If you have any of these types of medical implants, you should not even enter the MRI scanning area unless you're told it's okay to do so by a radiologist or technologist: an implanted defibrillator or pacemaker; clips used on a brain aneurysm; a cochlear (ear) implant; or metal coils inside blood vessels.

You'll be asked to undress and put on a gown or other clothes without zippers or metal. Be sure to remove any metal objects you can, like hair clips, jewelry, dental work, and body piercings. The test is given with intravenous contrast so a technologist will start an IV before the procedure.

For the scan, you'll lie face down on a narrow, flat table. Your breasts will be positioned through an opening in the table (the breast coil) so they can be scanned without being compressed. The technologist may use pillows to make you comfortable and help keep you from moving. The table then slides into a long, narrow tube. The test is painless, but you have to lie still inside the narrow tube. You may be asked to hold your breath or keep very still during certain parts of the test.

If you're uncomfortable in confined spaces, your physician may prescribe medication to help you relax. The machine makes loud, thumping, clicking, and whirring noises, much like the sound of a washing machine, as the magnet switches on and off. The technologist can give you earplugs or headphones to help block out noise during testing.



Call **941.483.7205** or visit
VeniceRegional.com

You'll be in the exam room alone, but you can talk to the technologist, who can see and hear what's going on. As the scanning begins, the technologist will inject a contrast dye through an IV in your arm. The dye helps to clearly show breast tissue details. Let the technologist know if you have any kind of allergies or have had problems before with any contrast or dye used in imaging tests.

It's important to stay very still while the images are being made. Each set of images usually takes a few minutes, and the whole test usually takes between 45 and 60 minutes. After the test, you may be asked to wait while the pictures are checked to see if more are needed.

"Breast MRI -- in addition to mammograms -- can be an important tool in managing the health of women with certain high-risk factors for breast cancer," Dr. Hart said. "Talk with your doctor about your family and medical history to understand your risk factors and which screening procedures are best for you."

To learn more about breast MRI, speak with your doctor or call 941-483-7205.

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HOW KETAMINE IV THERAPY IS HELPING THOSE WITH ALCOHOL USE DISORDER

Social drinking has become commonplace in our society, many people are unaware of the long term effects that it has on the body and body and brain and how quickly it can escalate into alcohol use disorders, which affects over 14 million adults and nearly half a million adolescents.

Depending on the length of time someone has been drinking, and the amount consumed regularly, or in binging episodes, the impact can have moderate to severe outcomes. If left untreated, alcoholism can lead to permanent brain dysfunction, disabilities, chronic pain, disease states, and death. 3.3 million people die each year due to alcohol. The cumulative effects of drinking are the most damaging.

For heavy drinkers, trying to abstain from drinking for long periods of time, it is significantly challenging, as the brain is programmed to associate drinking with pleasure, and it's also triggered by environmental and psychological issues.

For years there have been medically assisted treatments that block the NMDA (N-methyl-D-aspartate) receptor in the brain, which reduces the desire to drink. However, there is another way to block this receptor safely, and that is with Ketamine IV therapy.

A recent study was conducted to evaluate the outcome of ketamine IV infusion therapy for alcohol use disorder. The trial included the following baseline information and conclusions:

Objective: *Pharmacotherapy and behavioral treatments for alcohol use disorder are limited in their effectiveness, and new treatments with innovative mechanisms would be valuable. In this pilot study, the authors tested whether a single subanesthetic infusion of ketamine administered to adults with alcohol dependence and engaged in motivational enhancement therapy affects drinking outcomes.¹*

Methods: *Participants were randomly assigned to a 52-minute intravenous administration of ketamine (0.71 mg/kg, N=17) or the active control midazolam (0.025 mg/kg, N=23), provided during the second week of a 5-week outpatient regimen of motivational enhancement therapy. Alcohol use following the infusion was assessed with timeline followback method, with abstinence confirmed by urine ethyl glucuronide testing. A longitudinal logistic mixed-effects model was used to model daily abstinence from alcohol over the 21 days after ketamine infusion.¹*



Results: *Participants (N=40) were mostly middle-aged (mean age=53 years [SD=9.8]), predominantly white (70.3%), and largely employed (71.8%) and consumed an average of five drinks per day prior to entering the study. Ketamine significantly increased the likelihood of abstinence, delayed the time to relapse, and reduced the likelihood of heavy drinking days compared with midazolam. Infusions were well tolerated, with no participants removed from the study as a result of adverse events.¹*

Conclusions: *A single ketamine infusion was found to improve measures of drinking in persons with alcohol dependence engaged in motivational enhancement therapy. These preliminary data suggest new directions in integrated pharmacotherapy-behavioral treatments for alcohol use disorder. Further research is needed to replicate these promising results in a larger sample.¹*

Ketamine IV Therapy

For many years, Ketamine has been studied in patients with severe depression and PTSD. It is now also being studied for its effectiveness in treating alcohol and substance use disorders. A rapid, instantaneous effect takes place immediately upon the drug being dispensed intravenously. When a well-trained physician administers Ketamine, it can help with symptoms associated with depression such as like moodiness, decreased concentration, low self-esteem, impaired sleep, decreased sexual desire, diminished appetite, addiction, and can even alleviate suicidal thoughts. During the treatment, the initial infusions usually take place over approximately two weeks, with six infusions that are administered every other day.

Gulf Coast Ketamine Center

Gulf Coast Ketamine Center works closely with a therapist well-versed in Ketamine therapy to maximize the benefits of the therapy in patients

References:

1. E Dakwar, M.D., A Single Ketamine Infusion Combined With Motivational Enhancement Therapy for Alcohol Use Disorder: A Randomized Midazolam-Controlled Pilot Trial, The American Journal of Psychiatry, December 2019, <https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2019.19070684>

who are appropriate for this particular treatment. The uses of IV Ketamine keep expanding as far as the mental health field is concerned; selecting a practitioner with a significant amount of Ketamine experience who follows and practices evidence-based medicine, and who tailors each patient's individual protocol as best suited to their clinical situation is essential.

Dr. Steven Reichbach states, "In our opinion, IV Ketamine infusions are the gold standard for patients with severe mood disorders or those suffering from chronic pain. It is now purported as viable option for those that suffer from addictions as well.

"IV ketamine provides 100% bioavailability meaning that 100% of the drug administered, gets where it needs to go (the brain). This provides easier titration and a higher likelihood for a positive response. At the end of the day, the out of pocket cost to the patient may be more than the IV infusions depending on an individual's insurance coverage, not to mention the time convenience advantage for the patient of the IV ketamine infusions."

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Board-Certified Anesthesiologist
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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 and is the Manatee Herald-Tribune Awards winner for 2015, 2016 and is the Sarasota Herald-Tribune Awards winner for 2019.



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

By Dr. David S. Zamikoff

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

How Can GAINSWave Prevent & Treat ED?

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

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and



results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronies disease (scar tissue) as well as enhance sexual performance.

Younger Men Should Seek Treatment Early

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

Men are Preventing ED with GAINSWave

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

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

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

Natural Healing Arts Medical Center

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

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A Breakthrough Solution for Men Seeking Better Erections & Optimal Sexual Performance

GAINSWave™

Leg Pain?

It May Be Peripheral Artery Disease or PAD

Do you happen to have these symptoms?

- Painful cramping in your hip, thigh or calf muscles after certain activities, such as walking or climbing stairs (claudication)
- Leg numbness or weakness
- Coldness in your lower leg or foot, especially when compared with the other side
- Sores on your toes, feet or legs that won't heal
- A change in the color of your legs
- Hair loss or slower hair growth on your feet and legs
- Slower growth of your toenails
- Shiny skin on your legs
- No pulse or a weak pulse in your legs or feet
- Erectile dysfunction in men

.....

Then you may have Peripheral Artery Disease or PAD. If peripheral artery disease progresses, pain may even occur when you're at rest or when you're lying down (ischemic rest pain). It may be intense enough to disrupt sleep. Hanging your legs over the edge of your bed or walking around your room may temporarily relieve the pain.

What are the causes and Risk factors?

Atherosclerosis is a process in which blood, fats such as cholesterol, and other substances build up on your artery walls. Eventually, deposits called plaques may form. The deposits may narrow — or block — your arteries. These plaques can also rupture, causing a blood clot.

Peripheral artery disease is often caused by atherosclerosis. In atherosclerosis, fatty deposits (plaques) build up in your artery walls and reduce blood flow.

Although the heart is usually the focus of discussion of atherosclerosis, this disease can and usually does affect arteries throughout your body. When it occurs in the arteries supplying blood to your limbs, it causes peripheral artery disease.



Risk factors of PAD

- Smoking
- Diabetes
- Obesity (a body mass index over 30)
- High blood pressure
- High cholesterol
- Increasing age, especially after reaching 50 years of age
- A family history of peripheral artery disease, heart disease or stroke
- High levels of homocysteine, a protein component that helps build and maintain tissue

People who smoke or have diabetes have the greatest risk of developing peripheral artery disease due to reduced blood flow.

When should I see my doctor?

If you have leg pain, numbness or other symptoms, don't dismiss them as a normal part of aging. Call your doctor and make an appointment.

Even if you don't have symptoms of peripheral artery disease, you may need to be screened if you are:

- Over age 70
- Over age 50 and have a history of diabetes or smoking
- Under age 50, but have diabetes and other peripheral artery disease risk factors, such as obesity or high blood pressure

While many people with peripheral artery disease have mild or no symptoms, some people have leg pain when walking (claudication). Claudication symptoms include muscle pain or cramping in your legs or arms that's triggered by activity, such as walking, but disappears after a few minutes of rest. The location of the pain depends on the location of the clogged or narrowed artery. Calf pain is the most common location.

The Good News is RAVE can help

Our Physicians Dr. Craig Reiheld and Dr. Charles Gordon are able to provide an outpatient minimally invasive surgery that can have you in and out our facility within a few hours. Our state of the art outpatient surgical suite allows us to give you the best treatment option if you suffer with Peripheral Artery Disease (PAD).

If left untreated it could lead to:

- **Critical limb ischemia.** This condition begins as open sores that don't heal, an injury, or an infection of your feet or legs. Critical limb ischemia occurs when such injuries or infections progress and can cause tissue death (gangrene), sometimes requiring amputation of the affected limb.
- **Stroke and heart attack.** The atherosclerosis that causes the signs and symptoms of peripheral artery disease isn't limited to your legs. Fat deposits also build up in arteries supplying your heart and brain

If you feel that you have or have been diagnosed with PAD have your physicians set up a consultation with our Board Certified Interventional Radiologists to review your treatment options.



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Low Dose Naltrexone (LDN): How It's Helping Patients with Autoimmune Disease and Other Conditions

Gerry Letendre, RPh, MBA, CHC

Naltrexone is an opioid antagonist, meaning that it blocks opioid receptors. Taken at high doses of 50mg to 100mg, it's been used for decades to help patients addicted to opiates and/or heroine fight their addiction by blocking the "high" feeling within the brain. Additionally, Naltrexone increases endorphins, which are known to enhance immunity. How does this mechanism work? By blocking opioid receptors, the brain receives a signal that endorphins are low and begins to increase endorphin production.

Years ago, a New York physician, Dr. Bernard Bihari, discovered that low doses of Naltrexone were so effective at increasing endorphins that he began researching it to fight infections, cancer, and autoimmune disorders.

Individuals with cancer, immune deficiencies, and other infections usually have lower endorphin levels. Along with endorphins, cytokines are also thought to be better modulated with low dose naltrexone therapy.

Cytokines are immune system proteins, but when in overdrive, they begin to attack the body's own tissue. This is why many people with autoimmunity have a difficult time fighting infections. Specific cytokines have autocrine, paracrine, and/or endocrine activity and, through receptor binding, can elicit a variety of responses, depending upon the cytokine and the target cell. Among the many functions of cytokines is the control of cell proliferation and differentiation and the regulation of angiogenesis and immune and inflammatory responses.¹

Low Dose Naltrexone is also thought to tamp down inflammation systemically. If left untreated, the inflammatory response can be detrimental throughout the entire body. If you are prescribed LDN, the additional benefit is that it will contribute to less inflammation. However, you will still need to address what underlying causes are contributing to your disorder, such as leaky gut.

Low dose Naltrexone is usually given in doses ranging from 0.001mg – 16mg, and it is a pure antagonist. Typical dosing is 4.5mg, but with compounded LDN, that can be easily adjusted to fit each patient's specific needs.



Compounded Low Dose Naltrexone (LDN): Proving Beneficial for the Following:

- Depression
- Hashimoto's
- Crohn's Disease
- Fibromyalgia
- Rheumatoid Arthritis
- Lupus
- Lyme Disease
- Epstein Barr Virus
- HIV/AIDS
- Cancer
- Cardiac Issues
- Chronic Pain
- Sjögren's syndrome
- And many more conditions

LDN is proving to be beneficial for multiple disorders. As mentioned, compounded LDN can be precisely created and dosed specifically for you. Why is this important? Compounding combines an ageless art with the latest medical knowledge and state-of-the-art technology, allowing specially trained professionals to prepare customized medications to meet each patient's specific needs. Compounding is fundamental to the profession of pharmacy and was a standard means of providing prescription medications before drugs began to be produced in mass quantities by pharmaceutical manufacturers. The demand for professional compounding has increased as healthcare professionals, patients realize that the limited number of strengths and dosage forms that are commercially available are unable to meet the unique needs of many patients. These patients may have a better response to a customized dosage form that is "just what the doctor ordered."

Compounding Benefits:

- Create Pure Drugs-no fillers or additives
- Unique dosages
- Combining drugs together
- Various forms: tablet, capsule, liquid, etc.
- Personalized Care

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Sarasota Specialty Pharmacy and Wellness Center is an independent, family owned pharmacy that has served the Sarasota community for over 40 years. They specialize in meeting patient's needs through innovative compounding. Their compounding pharmacists work with physicians, veterinarians, dentists and other health care practitioners to prepare patient specific medications. Their compounding services allow them to create formulations in unique strengths and dosage forms.

Your Options with Sarasota Specialty Pharmacy are numerous! Stop by and see them today!

References:

1. Alirezai M, Kemball, C. Short-term fasting induces profound neuronal autophagy. *Autophagy*. 2010 Aug 16; 6(6): 702-710. Published online 2010 Aug 14. doi: 10.4161/auto.6.6.12376 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3106288/>



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MEDICAL MARIJUANA

Edible Dosing, Certified Physicians and Dispensary Information from Certified Marijuana Doctors

There are various forms of medical marijuana such as smoking, tinctures, vapors and edibles, but many people are still uncertain of which form is best for them personally. And that's a critical question and more importantly, it's why a certified medical marijuana doctor with extensive research and experience is your best option. The physicians at Certified Marijuana Doctors take great care to understand your condition and how best to dose your initial medical marijuana trial, or to tweak dosing for those that are already familiar with how it affects them personally.

Without an expert to guide you, you can end up having adverse side effects like nausea and paranoia. And because edibles are one of the most requested forms of medical marijuana, the fact that they can easily be overeaten, often leads to unpleasant effects. Being certain of if you specific dosing is essential.

It's important to understand how and why medical marijuana works

The endocannabinoid system was discovered in 1992, yet most medical schools, and nursing programs have not added it to their curriculum. Studies showing the benefits of cannabis (marijuana) on the endocannabinoid system were mostly blocked by the Federal Government.

The endocannabinoid system (ECS) is a group of endogenous cannabinoid receptors located in the mammalian brain and throughout the central and peripheral nervous systems, consisting of neuromodulator lipids and their receptors.

The endocannabinoid system can be found in nearly any mammal with a vertebrae. The endocannabinoid system is involved in regulating many key bodily processes, including blood pressure, immunity, stress, inflammation, neurotoxicity, and digestive functions. The endocannabinoid system within the human body is a network of cell receptors that respond to key molecules found in marijuana – THC and CBD in particular. CB1 receptors are most densely concentrated in parts of the brain and central nervous system, and less densely found throughout the rest of the body. CB2 receptors, on the other hand, are less densely located in the brain regions, and more concentrated in the peripheral nervous system and organs. The mapping of these receptors fits well with the diverse range of symptoms and conditions that are found to respond positively to medical marijuana.

In addition to regulating neuronal excitability and inflammation in pain circuits, the endocannabinoid system has been shown to play a regulatory role in movement, appetite, hypothalamic-pituitary-adrenal axis modulation, immunomodulation, mood, blood pressure, bone density, tumor surveillance, neuroprotection and reproduction. The endocannabinoid system has also been shown to affect sensory perception, cardiac output, cerebral blood flow and intraocular pressure.

A Note on Dispensaries and Vertical Integration

Since Florida's medical marijuana programs inception, vertical integration has been the main force behind each dispensary operation. What this means is that each dispensary is responsible all the way from seed to sale, making it extremely costly to get your feet wet in the industry. If you include the cost of obtaining a license

as a medical marijuana business, the cost to get started can get into the tens of millions. This leaves us the question of "when will small businesses be able to flourish and profit from the industry alongside the conglomerates"?

Industry heavy hitters such as Trulieve, which currently holds the title for 54% of the entire market share in Florida, have completely taken over the state and leaves patients yearning for more options and better competition. Vertical integration inadvertently creates an uncompetitive environment as instead of having thousands of businesses compete for the top, there are about ten multi-million dollar firms coming in with millions ready to invest. Some argue it's unfair but there is a reason behind this; liability. Florida has one of the stricter programs in the U.S. and as such, it was started with an extremely limited selection of products and the laws were made this way so that each company had 100% responsibility for every step of the process. This makes regulation easier for the governing heads in charge of such but ultimately leaves out opportunities for small business to get involved, leading to all the profit going straight into the pockets of companies already set up across the states.

What does this mean in 2020? Well, there is one underdog that has finally had its moment with its single brick and mortar location in Spring Hill, Florida and they go by the name "The Botanist". While they aren't a true underdog, with them being a state-wide company, they are still the smallest dispensary to successfully have operations in the state with products that are actually worth making the trip for. Patients from Miami have made the 10 hour round trip just to see the difference between products of theirs and the rest of the competition. While seeing high percentage flower isn't too unusual in Florida (with Rise's Velvet Glove coming in at a hefty 31.8% THC), it is unusual to see consistent 20% and higher strains with proper curing and high percentages of terpenes. A small glimmer of hope that will eventually set the standard for the rest as they open more stores and create a healthier competition of better product rather than micro efficiencies to squeeze every last dollar out of the process."

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"My Doctor Said There Was No Help For Neuropathy...Until Now!"

Neuropathy Treatment Breakthrough Proves Highly Effective at Reversing Neuropathy Pain and Symptoms

Brought to you by The Foundation for Wellness Professionals

Finally, after all these years of research there is a Medical Breakthrough Treatment for Neuropathy. 10-20 Million Americans suffer from Neuropathy. Many suffering do not even realize that the symptoms listed below could be due to Peripheral Neuropathy.

Do you suffer from:

- 1. Numbness**
- 2. Burning Pain**
- 3. Restless Legs**
- 4. Sharp, electric pain**
- 5. Difficulty sleeping**
- 6. Prickling/tingling feeling**
- 7. Balance & walking difficulty**

If you suffer from one or more of these problems, you may have Peripheral Neuropathy and if you do, you're not alone. Often, these good people have been frustrated by taking prescribed medication such as Lyrica®, Neurotin®, Gabapentin®, or Cymbalta® for these terrible problems.



Do you suffer with pain, burning, numbness and tingling in your feet?

Many patients are still seeking help. Platinum Healthcare has studied 10 years of research on "peripheral neuropathies." In fact, helping people with these problems has become their primary focus.

Discover the Answer to Defeating Neuropathy Pain



This unique individualized program has already helped hundreds of neuropathy pain sufferers nationwide.

It's not unusual for them to hear stories from patients who've suffered for years with terrible symptoms. For many, they are missing out on the things they love to do. They aren't enjoying life as they once did.

Platinum Healthcare utilizes a unique approach to the treatment of pain that only a select group of medical physicians have been trained to treat your neuropathy symptoms. Their "Peripheral Neuropathy Optimal Therapy System" consists of a complete treatment plan that provides a non-surgical and non-narcotic therapy that provides relief by increasing oxygen and blood directly to the nerve-the cause of your pain/burning/numbness/tingling at the source. This type of therapy reduces swelling around the nerve and helps repair nerve function. This type of Neuropathy Treatment system and other progressive treatments attacks the source of the pain in multiple ways. These therapies work together to provide far superior results than anyone could on its own resulting in their high success rates.

Are You A Candidate for this Neuropathy Medical Breakthrough?

There is a treatment for anyone suffering from the symptoms of peripheral neuropathy pain. And, the beautiful thing is that when these health situations are resolved, people have great improvements in the quality of their lives.

Do not let peripheral neuropathy keep you from simply walking or even wearing shoes. Don't let tingling legs keep you up at night.

If all else has failed you may still benefit from this remarkable treatment.

Platinum Healthcare is now accepting 23 patient cases who suffer from these conditions, who will receive a NO COST Screening to determine if you are a candidate for this life altering program. They recommend immediate action as these slots fill up quickly.

Call (941) 927-1123 today to determine if you are a good candidate for acceptance into their program.

When you call, tell the receptionist you'd like to come in for the Neuropathy Screening so she can get you on the schedule and make sure you receive proper credit for this special offer.

The Platinum Healthcare Center is located at:
5560 Bee Ridge Rd. suite 7, Sarasota.
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Add some peace to your life or the life of someone you love.

Call today to make an appointment.
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There is Hope.

P.S. Does your spouse, family member, or friend suffer from peripheral neuropathy? This offer is also available to them too. You can even come together. Their lack of health affects your life also. Maybe this will be your chance to really give them the help they need.

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.



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In just a matter of weeks you could be back on the golf course, enjoying your love life, or traveling again.

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*Rick M. Age 66
Sarasota, FL*

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CARING FOR A DISABLED SPOUSE CAN INCREASE MORTALITY RISK 63%

Journal of the American Medical Association



We have recently reported on the relationship between unmet needs for support with activities of daily living (ADL) and increased mortality risk for the patient. Did you know that caring for a disabled spouse is also independently associated with increased mortality risk for the family caregiver?

Doctors Schulz and Beach published a landmark study in the *Journal of the American Medical Association*.¹ They tracked 819 people, age 66+, who were living with their spouses. Compared to spouses without a caregiving role, spousal caregivers who experienced strain due to the caregiving role had a 4-year mortality increased by 63%. The increase in mortality risk was even higher when spousal caregivers had their own health problems. Among strained spousal caregivers with prevalent disease, the 4-year mortality risk increased more than fourfold.

Senior family caregivers without proper resources lose normal opportunities for self-care.² They have interrupted sleep patterns. They are less likely to rest when ill. They skip doctors' appointments and have other reductions in self-reported health care behaviors. This is the suspected mechanism by which caregiver fatigue causes increased mortality among caregivers.

Statistically significant increased mortality risk only occurred among senior caregivers who reported strain from the caregiving role. Spousal

caregivers who reported no strain did not see the same increases. Similarly, seniors with a disabled spouse, but who did not provide caregiving, did not have an increase in mortality risk. The conclusion is that family caregiving can be done safely, but caregiver fatigue is a deadly condition affecting millions of seniors. Families, friends and healthcare providers can be of great service to their patients by looking for caregiver fatigue and by educating senior patients.

Of course, caregiver fatigue is deadly for more than the caregivers. Among people with dementia, when caregivers report needing help with two or more activities of daily living for the person with dementia, the mortality risk of the person with dementia goes up 37%.³ Those people are also 77% more likely to be placed in a facility. Caregiver fatigue proves deadly for both spousal caregivers and the care recipients, not to mention the effects on quality of life. A recommendation for long-term home care can initiate the support needed to correct increased mortality risk and improve quality of life.

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McKenney Home Care in Naples, FL hosts a Lewy Body Dementia Support Group on the first Wednesday of every month. This ongoing support group is approved by the Lewy Body Dementia Association in Atlanta and is in affiliation with the Parkinson's Association of SWFL and the Alzheimer's Support Network.

For Individuals with neurodegenerative disorders, McKenney Home Care delivers enriched specialized training for its caregivers working with Dementia Patients. In addition to specialized videos and manuals, McKenney educates the caregivers through the use of the Virtual Alzheimer's App. This virtual reality experience helps caregivers understand the feelings and experience of those suffering from Alzheimer's and other forms of Dementia.

Along with their medical expertise, McKenney Home Care is a certified Music & Memory Agency. Providing help for Dementia Patients; this specialized music therapy program is highly personalized and has been shown to reduce the need for anti-anxiety and antipsychotic drugs by up to 50%, while bringing joy to the lives of patients who have Dementia.

If you or someone you know would like more information about McKenney Home Care or the LBD Support Group, please call McKenney Home Care at 941-548-1182, or visit mckenneyhomecare.com.



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Be Mindful of the Connection Between Diabetes and Alzheimer's

By Denise A. Pancyrz - Diabetes Reversal & Holistic Lifestyle Coach, Speaker, Author

Dementia and Alzheimer's Disease have been at the forefront of many health discussions. It is a fear that many of our aging population believe there is no answer. While much research is still needed, there is a term. 'Type 3 Diabetes' that may provide some insight into one area of Alzheimer's Disease.

Over 34.2 million people in the U.S. have diabetes which is the 7th leading cause of death. More than 5 million Americans have Alzheimer's which is the 6th leading cause of death.

We are learning that many with diabetes have brain changes with characteristics of both Alzheimer's Disease and vascular dementia.

High glucose levels can damage blood vessels contributing to mild cognitive impairment (MCI). MCI may precede or accompany Alzheimer's Disease.

Why the term type 3 diabetes? It's linked to the glucose-insulin imbalance. Our brain using sugar and responding to insulin is one piece in helping to keep our brain cells healthy. Insulin is part of the process associated with learning and long-term memory. Insulin resistance could damage brain cells enough to cause memory loss.



The early signs or symptoms of Alzheimer's:

- Forgetting recently learned information.
- Challenges in planning or solving problems.
- Difficulty completing familiar tasks such as driving to a familiar location.
- Forgetting where you are or how you got there.
- Changes in judgment or decision-making such as less attention to grooming or keeping clean.

How can we begin to tackle two diseases when we have limited information and more research is still needed?

Begin with changes and improvements that are in your control. Healthy glucose levels are the key to keeping healthy blood vessels.

- Long-term high glucose levels and impaired insulin levels go hand in hand. Lower your glucose with consuming whole fresh food. If you feel you need to count carbs and calories for everything you eat, you may be eating some of the wrong food.
- Exercise can help move glucose from your bloodstream to your cells where it belongs. A walk after your meal can certainly help!
- Reduce your sugar intake from various food sources (bakery goods, desserts, sugary and energy drinks, high starch foods such as potatoes and rice).
- Limit or eliminate fried foods.
- Limit dining and snacking late in the evening. With diabetes your system may not efficiently metabolize your food and have difficulty returning to healthy glucose levels before bedtime.

It's estimated by 2050, that Alzheimer's cases can increase to 13.8 million people. If you or someone you know is experiencing signs or symptoms, reach out to a physician to begin the planning process for a life change.

Help for a caregiver as well as the patient is necessary. The Alzheimer's Association can be a great place to find help and support for both. You can find more information at www.alz.org.

Visit ReverseMyDiabetes.net to register for upcoming webinars, diabetes information, or book a free consultation. Call (888) 848-1763
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Many Cancer Patients are Seeking a Comprehensive Approach to Treatment

Ask most people what they wish for and finding a cure for cancer is usually at the top of their list. There are innovative advancements in treatment options like immunotherapy, and multiple studies are showing significant outcomes in shrinking tumors, killing cancer cells and eliminating chronic infections and inflammation that attribute to most cancers.

Nutrition

For individuals wanting to ward off cancer or for patients who are living with cancer, an anticancer lifestyle is at the top of the list. This entails multifactorial components including whole foods, fresh raw vegetable juices, anticancer supplements, IV vitamin C infusions, ultraviolet blood irradiation, clearing negative emotions and stress, getting quality sleep to increase melatonin production.

A majority of the diet should be plant-based, and without refined sugar. Sugar feeds cancer. Fresh, organic vegetables should make up the majority of meals. Also, it helps to avoid foods to which one is sensitive. For example, if an individual has a nut allergy or egg sensitivity, it's imperative to avoid those foods and let your cells focus on fighting off viral or bacterial infections, and to allow your body to heal and thrive within a healthy environment.

There was a study published in the *International Journal of Cancer*, which studied 182,145 women's fruit and vegetable intake for a period of 30 years to evaluate their breast cancer incidence. The conclusion indicated that women who ate more than 5.5 servings of fruits and vegetables each day had an 11 percent lower risk of breast cancer than those who ate 2.5 or fewer servings. A serving is defined as one cup of raw leafy vegetables, half a cup of raw or cooked vegetables, or half a cup of chopped or cooked fruits.¹

It is also thought that carotenoids in fruits and vegetables synergistically act with phytochemicals to lower cancer and tumor risks and growth.

Along with standard medicine, in today's world, educated patients want organic products, holistic procedures, advanced treatment options, and alternative methods to keep them and their loved ones healthy, energetic and vibrant. Getting Well & Staying Healthy Naturally is the philosophy of practice that has earned Florida Integrative Medical Center (FLIMC) the reputation as the premier destination for holistic and integrative healthcare on the Gulf Coast.

Florida Integrative Medical Center treats the full spectrum of chronic health conditions including aging, chronic viral illness, immune system regeneration, autoimmune diseases, chronic fatigue, fibromyalgia,

and more. Their diagnostic and treatment services help to promote healthier cells and tissues for a better quality of life by improving energy and promoting overall wellbeing.

FLIMC is a renowned holistic medical facility with over 90 years of combined healthcare expertise. The clinic attracts patients from all over the world because of its warm environment, dedicated staff and practitioners, and by the impressive testimonials of successful patient experiences. Multiple healing modalities are offered at the clinic to address spiritual, emotional, and physical needs. Patients may receive primary care as well as specialized treatments.

Alternative Cancer Treatments

Often, FLIMC's patients are suffering from chronic illness or disease, and many of them have some form of cancer and are searching for unconventional treatment options. At FLIMC, the practitioners work together with multiple treatment modalities to offer their patients an alternative to traditional cancer treatment.

EVOX - Perceptions of experiences that we've encountered in the past, even from a very young age are often an underlying cause of chronic, emotional stress. Repetitive, subconscious negative emotions can wreak havoc not only on the mind but within the cellular structures of the body. A breakthrough, biofeedback process can release these stored emotions, restore health and alleviate illness.

Through cutting-edge technology which measures the frequencies in a patient's voice, the EVOX system reprograms the emotional balance to correct disturbances within certain parts of the brain. EVOX technology can improve other details of an individual's life as well like athletic performance, but when it comes to health recovery, many people are experiencing complete healing, including healing from various forms of cancer. EVOX is also a beneficial tool to help individuals who have cancer to better cope with the emotional stressors associated with the condition.

The EVOX System might sound new age, or like science fiction, but it is genuinely a highly-functional way to release negativity. Negative emotions are known to exacerbate and cause chronic illness. Many patients report feeling an immediate sense of release and positive energy after just one session.

High Dose Vitamin C

Free radical damage contributes to numerous diseases including cancer. Vitamin C is a highly effective antioxidant with the ability to kill cancer cells in high doses. Two-time Nobel Laureate and biochemist, Dr. Linus Pauling was ahead of his time when he conducted a twenty-year study on the effects of high dose vitamin C.



His conclusions showed that the participants taking high dosages of vitamin C had significantly less heart disease and lived on average six years longer than their peers. Dr. Pauling was a proponent of dosing vitamin C above 1,000 mg to fight colds and flu. We now know from multiple studies that intravenous infusions of vitamin C can selectively pinpoint and kill cancer cells. The vitamin induces a redox effect within the cancer cells and acts as an opposing oxidant. Small amounts of hydrogen peroxide buildup within the cell and kill it from the inside out.

Many individuals have digestive malfunctions and liver complications that prevent oral medications and supplementations from getting into the bloodstream and to the appropriate cells in the body. Vitamin C infusions are safe and highly effective antioxidants, which support a healthy immune system and can help to ward off disorders and disease states. It can be coupled with traditional cancer treatment, used a preventative or an alternative treatment option.

RGCC-IST/SOT - The Research Genetics Cancer Center (RGCC) Group is located in Greece and has revolutionized cancer care through their diagnostic studies and treatment. RGCC's testing identifies which chemotherapy drugs would be effective and which supplements would help.

At FLIMC, their practitioners are dedicated to helping you get the right diagnosis and treatment plan that is specifically tailored to your needs.

If you or someone you know is fighting cancer, getting a comprehensive treatment plan customized for you is ideal. Your health is important, and your condition can improve.

To find out more about Florida Integrative Medical Center or to schedule an appointment please contact them today at (941) 955-6220.



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Failure is a Part of Growth

By Pastor Timothy L. Neptune

The Apostle Peter was a bold man. He stepped up when others stepped back. He was often the first to speak in a group setting. Because of his faith, he was able to walk on water. And, like most risk takers, he experienced his share of failures.

Faith involves risk. Failure is a possibility. But that's okay. Step out of the boat anyway. I love a small part of a speech given by President Teddy Roosevelt back in 1910. He said,

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

I would rather die on the playing field engaged in the battle than rot in the grandstands as a spectator.

Did Peter fail when he started to sink? Yes, he failed. But I think there were 11 bigger failures sitting in the boat afraid to even try to walk on water.

We need men and women of courage today. High-impact people who are willing to take risks and trust God with the results.

Failure is an indispensable part of growth.

The greatest lessons I've learned in life are from the many mistakes I've made along the way.

If you want to be a high-impact person, you too, will make some mistakes and need God to bail you out.

Peter took his eyes off of Jesus and his faith began to waver. But give Peter some credit... he was in the middle of a really big storm, he was outside of his boat in the darkest part of the night. Can you imagine how scary that must have been? I get nervous just standing at the back of cruise ship at night looking out at the sea!

Nevertheless, if we keep our eyes on Christ, what do we really have to fear?

As followers of Jesus Christ, we've been called to live a life of adventure that requires great risk and great faith.

Perhaps you've tried before but failed. That's okay. Admit your lack of faith and move on.

Whatever you do, don't give up, give in, or quit.

You lose more often than you win in life. There are more bad days than good days. You fail more often than you achieve. Remember that God is sovereign and always in control. Nothing can happen to you except by divine permission or divine directive.

Don't live with regrets and second guesses. Learn from your mistakes and then move on. It does no good to dwell on the past and wish you could do it over. Just keep moving forward... that's how your faith grows.

Tim Neptune is the lead pastor of Venture Church Naples, a new church located on the campus of Florida SouthWestern State College in Naples, FL. For church times and other information, visit www.venturenaples.com or call (239) 775-5323.



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