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Health & Wellness[®] MAGAZINE

September 2020

Manatee/Sarasota Edition - Monthly

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**UPDATE:
PROSTATE CANCER
AND COVID-19**

**ROBOTIC-
ASSISTED
SURGERY**

CAN MEAN BETTER
OUTCOMES FOR KNEE
REPLACEMENTS

**COMMON
CAUSES
FOR PAIN**

IN THE LEGS
CONCERNING
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Start Feeling Better Today

Robotic-Assisted Surgery Can Mean Better Outcomes for Knee Replacements

By Tracy Ng, D.O.

He's in his 60s and has always been athletic, enjoying golf or tennis nearly every day. Lately, though, pain in his knee is so intense and constant that he needs a long-term, surgical solution to regain an active lifestyle.

For many people, such a diagnosis means undergoing partial or total knee replacement. Fortunately, robotic-assisted surgery performed at Venice Regional Bayfront Health allows enhanced precision that can mean better outcomes for joint replacements.

Here's how it works.

The patient undergoes a preoperative CT scan. A technician loads the CT data into a computer, and I review the information to create a preliminary surgical plan. In the operating room, the computer directs me in mapping the patient's knee using a probe that transmits the information to the computer navigation system.

The process creates a very reliable, three-dimensional model of the patient's knee, in much the same way that engineers design products today, or an architect designs a building. With the design programmed into the robot's computer, I guide the robot's surgical arm to remove bone by the millimeter.

In partial knee replacement (PKR), we save healthy bone and remove only damaged bone. Then we implant the artificial partial knee. The entire procedure typically takes under 90 minutes and usually requires no hospitalization.



Using a surgical robot, a surgeon can precisely remove and replace only the diseased or damaged part of the knee, or remove and replace the entire knee joint.



Courtesy Venice Regional Bayfront Health

Not everyone is a candidate for PKR, however. It is not suitable for people with massive deformities or extensive knee damage from arthritis or injury. People who have had ligament damage around the knee also may not be candidates for PKR.

The process for robot-guided surgery for total knee replacement is similar to PKR, but we resurface the joint and place the full knee implant.

The main benefit in using the robot is precision. With the 3-D model and our surgical plan loaded into the computer, we can align the joint for a better fit, greater comfort, and longer wear for the "new" knee. Sensors applied to the leg around the joint help us to see in real time the range of motion the patient may expect after surgery.

For people experiencing knee pain that limits their mobility, this surgery can be life-changing by helping them return to an active lifestyle. Our online assessment can help determine if you may be a candidate for joint replacement surgery.

To start your free assessment, visit <http://bit.ly/VeniceJointPainAssessment>.



Tracy Ng, D.O., is fellowship-trained in sports medicine and arthroscopy – a minimally invasive procedure for diagnosing and treating joint problems. She performs robot-guided surgery for partial and total knee replacement as a member of the medical staff at Venice Regional Bayfront Health.



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UPDATE: PROSTATE CANCER AND COVID-19

Prostate Screening Has Been Impacted by COVID-19. According to a July 2020 article* published in the journal *Nature*, the National Comprehensive Cancer Network (NCCN) is advising against routine prostate cancer (PC) screening, including prostate specific antigen (PSA) testing and digital rectal examination (DRE), for all asymptomatic individuals until the pandemic subsides. While the decrease in screening may be concerning for some, the NCCN points out that “the recommendation is based on the fact that the risks of a delay in diagnosis of up to 6–12 months would be marginal for most PC.”

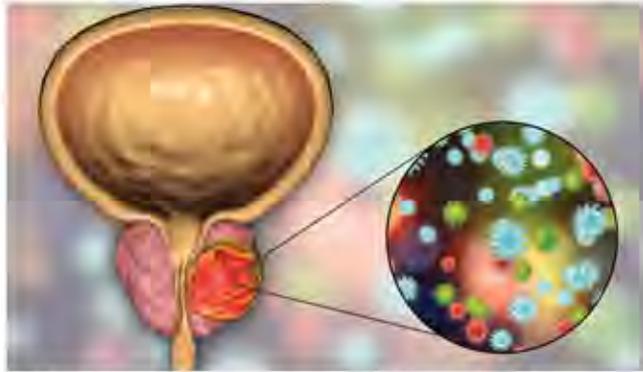
Men who are experiencing any of the symptoms of prostate cancer should contact their primary care physician for a recommendation. Common symptoms of prostate cancer, as defined by the American Cancer Society (ACS), can include:

- Problems urinating, including a slow or weak urinary stream
- Need to urinate more often, especially at night
- Blood in the urine or semen
- Trouble getting an erection (erectile dysfunction or ED)
- Pain in the hips, back (spine), chest (ribs), or other areas from cancer that has spread to bones
- Weakness or numbness in the legs or feet
- Loss of bladder or bowel control from cancer pressing on the spinal cord

*Reference: <https://www.nature.com/articles/s41391-020-0258-7>

Know Your Risk Factors

Although some younger men do get prostate cancer, the risk increases with age. More than 70 percent of all prostate cancer patients are over the age of 65, and about 75 percent of all men over the age of 80 will have some form of prostate cancer, according to the National Cancer Institute. In addition to age, other risk factors include ethnicity, genetic factors and diet. No one knows why, but African American and Latino men have a greater risk of developing prostate cancer than Caucasian men; Asian and Native American men have the lowest risk. There is also some evidence that diet plays a role in prostate cancer. Studies have found a higher incidence of prostate



Other than skin cancer, prostate cancer is the most common form of cancer in American men. About 1 in every 7 men in the U.S. will be diagnosed with prostate cancer during their lifetimes.

cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. A family history of prostate cancer also increases the chances of developing the disease.

Protecting the Safety and Well-being of Cancer Patients

Prostate cancer patients and their families may experience heightened vulnerability and psychological stress during the coronavirus outbreak. However, many safety precautions have been instituted at Florida Cancer Specialists (FCS) that allow our physicians and clinical staff to continue administering needed treatments for our patients. Our team of cancer experts have enacted stringent procedures and safeguards, including, but not limited to, restricting visitors in the clinics, screening all patients and staff members before they can enter the clinic, requiring mandatory masks for all patients and staff members, practicing social distancing, instituting infection control procedures aligned with CDC guidelines and continuously sanitizing the clinics throughout the day, with rigorous cleaning after hours.

Telehealth services are also available at all FCS locations. In fact, we were among the first in Florida to deliver virtual access to cancer care treatment as the health care crisis began. Whenever possible, patients are connecting with their physician, advanced practice provider, nurses, social workers and oncology dietitians securely and conveniently from home. Patients are receiving laboratory results, reviewing treatment plans and accessing vital care management support while mitigating the impact and spread of COVID-19. To date, FCS has had more than 36,000 virtual visits and we anticipate that number will continue to increase.

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Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, in locations throughout Florida. FCS is also a strategic partner of the Sarah Cannon Research Institute, one of the leading clinical trial organizations in the world. This alliance provides FCS patients access to the newest, most innovative and most promising new treatments.

Florida Cancer Specialists treats patients with all types of cancer and offers a number of services, including an in-house specialty pharmacy, an in-house pathology lab, financial counselors at every location and 24/7 access to Care Managers, who help deliver the most advanced and personalized care in your local community.



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For more information, visit FLCancer.com

The Most Frequently Asked Questions About Amniotic, Placental, and Umbilical "Stem Cells"

By Regenexx Tampa Bay, Regenerative Medicine

Utilizing birth tissues to harvest stem cells for orthopedic and other areas of medicine is an exciting topic. However, there are currently no FDA-approved uses for allogeneic (coming from someone else) stem cell products other than cord blood or bone marrow transplantations after certain kinds of cancer treatments. More disturbing is the fact that vials of amniotic, placental, and umbilical "stem cells" that sales reps are selling to many physicians DO NOT contain living stem cells. This has been independently tested and confirmed by major universities and Regenexx. We urge patients to arm themselves with knowledge against these deceptive claims.

What are amniotic, placental, and umbilical tissue-based products?

As you may know, babies, while still in the womb, are encased in a fluid-filled sac known as the amniotic membrane. Following the birth of a child, the amniotic membrane and/or fluid can be collected, sterilized, and processed into a variety of tissue-based products. Placental and umbilical tissue can also be obtained for the same purpose. Regrettably, these products are being pitched and sold to doctors as "stem cell" products. Some of these products do contain growth factors that can stimulate stem cells when injected into one's tissues. However, it is NOT accurate to call them stem cell products. Legally, representatives shouldn't be making these claims to physicians and in-turn physicians should not be making these claims to patients.

Are there stem cells in these tissues?

There are in fact stem cells in these tissues at the time of birth. However, once the tissues are processed, the cells are sterilized (killed). If these products did contain stem cells, the product would be classified as a drug by the FDA, requiring approval before being used in human clinical trials. It would not be marketable until clinical trials for each indication were completed and the drug was determined to provide benefits that outweigh its potential risks. This takes many years and can cost \$1 billion or more. No wonder some unscrupulous companies want to bypass this process. The FDA has issued enforcement letters to companies selling unapproved products stating that their products are regulated as drugs. However, until now, the FDA has only enforced these rules sporadically expecting that the industry would regulate itself. Unfortunately, companies knowing the FDA has stated that they won't get aggressive with enforcement until Nov. 2020, have flourished.



To clarify, either these companies are selling an illegal unapproved drug or more likely, as confirmed by testing, selling dead tissue products that they claim have living stem cells. Both of these scenarios are problematic.

What else does amniotic fluid contain?

Processed amniotic fluid does retain some growth factors and cytokines that can be injected to help promote healing. But, before spending thousands of dollars on a vial of these products, you may want to consider another alternative. At this time, there is no data supporting that the use of these tissue products is better than your own platelet-rich plasma (PRP). PRP contains your own healing growth factors, is not nearly as expensive, and is easier to obtain. PRP is an excellent option that likely accomplishes the same thing, if not better than, a vial of amniotic fluid for a fraction of the price.

Why are sales reps pushing amniotic, placental, and umbilical "stem cells"?

Expensive vials of these tissue-based products represent a scalable, one-size-fits-all product that aligns with the pharmaceutical industry's traditional mass marketing business plan. On the other hand, PRP requires a doctor's office to take blood from the patient and process it into a growth factor-rich therapeutic. Because the PRP comes from the patient's own blood, this eliminates any possibility of bodily rejection. If processed correctly, it can also be customized to the needs of the specific patient. So why are sales reps pushing ready-to-inject vials? For many providers, PRP is inconvenient and time-consuming. Also, most providers probably believe they are using live "stem cells" because they believe what they are being told. Unless a physician has access to state-of-the-art labs to fully investigate a product, they must rely upon sales pitches that are potentially full of deceptive claims.

How do you know these vials contain no stem cells?

If these products 'did contain living stem cells and were approved by the FDA, Regenexx would have signed on to become one of the biggest customers. The reality is that we have conducted lab research, determined the validity of these claims, and uncovered deception. Research scientists at Regenexx and the Interventional Orthopedics Foundation (IOF) were the first to begin testing these claims. Other academic research labs have since validated the initial findings -that is the results concluded that there were no living cells in these products, the products didn't help older stem cell performance, and didn't contain more growth factors than a PRP injection.

Regenexx has published a large percent of all orthopedic stem cell research worldwide, has the world's largest database patient registry tracking outcomes and safety, and is the only protocol when delivered by certified Regenexx physicians, that is receiving insurance coverage by self-insured employers across the country (>7 million covered lives).

Knowledge is power. The marketing of amniotic, placental, and umbilical "stem cells" has been misleading at best. Even though we may be able to justify using them for their growth factors, the reality is that your own PRP or concentrated bone marrow (compliant with FDA regulations) is likely a better overall treatment option.



James Leiber, D.O. | Ron Torrance II, D.O. | Ignatios Papas, D.O.



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Hurricane Preparedness: Freedom Village of Bradenton

We've been forewarned that this year's storm season is going to be much more active than normal, and so far, it's been going strong. We can hope that our coast won't get hit, but it's essential to make plans for hurricane season. It's important to have a plan.

- Lists of medication or prepacked bags of extra's (enough for two weeks)
- List of shelters
- Extra COVID-19 PPE (masks, sanitizer, etc.)
- Extra water (two-week's worth)
- Evacuation routes
- Organizing hurricane shutters or buying boards
- Trimming back trees and limbs
- Flashlights and batteries
- Tying down outdoor furniture, garbage cans, umbrellas, etc.
- Pet food, beds, medications and a list of shelters that take pets
- List of friends and neighbors phone numbers
- Homeowners Insurance paperwork
- Medical insurance
- Non-perishable foods
- Keep gas in your vehicle for evacuation purposes
- Sandbags

If you live at an Independent Living Facility like Freedom Village of Bradenton, most of the hurricane preparation list is taken care of for you. One of the things individuals and couples love most about independent living is no yardwork or hurricane preparations in seasons like this. Freedom Village is of course always fully stocked on emergency supplies, water, and food for their residents as well.

Your Options

Freedom Village is committed to enriching the lives of each resident by providing personalized care, welcoming living spaces, remarkable amenities, and customized services within the phases of living arrangements that many senior communities fail to offer. We are a CCRC, (Continuing Care Retirement Community), that offers independent living, assisted living, and memory care and skilled nursing.

Independent Living at Freedom Village of Bradenton

At Freedom Village, our independent living is for seniors who are able to live on their own and desire the conveniences of life that provide top-of-the-line amenities and services, such as social activities, chef-inspired dining, transportation, and security within a

community that feels like family. Independent Living is where many individuals and couples begin their journey, and if they ever need to transition into the higher level care, it is conveniently located within the same comfortable and family-oriented community.

Freedom Village's senior living commitment and expertise are to help residents thrive in a vibrant environment through socialization, personalized care, comfortable and inviting living spaces, numerous amenities, and incomparable services for the aging population.

You'll experience maintenance-free living as part of a lovely, secure community. Stay close to friends and enjoy a host of social, recreational, spiritual, and educational activities. Our staff will ensure the movers place everything in the correct area and leave everything else in your capable hands.

You'll feel right at home as we strive to give you a warm welcome, including introducing all of our staff members, encouraging visits from other residents, inviting you to social events, and more. Your family and friends are always welcome and will quickly become a part of the community as well.

Amenities:

- Private dining room for family gatherings
- Walking paths
- Business Center with computers and internet access
- Wi-Fi throughout common areas
- Guest suites
- Clinic
- On-campus postal services
- On-campus chapel
- Restaurant-style, chef-prepared meals
- Café/Bistro
- On-campus, full-service beauty and barber shop
- Indoor heated pool
- Fully equipped Fitness Center
- Wellness Center
- Fitness and Wellness programs
- Many wonderful places to gather, including our courtyard and gardens, Library, Game Room, Pub/Sports Bar, meeting rooms, fireside living room
- Located minutes away from several of the most beautiful beaches in the U.S.

Nearby Conveniences

People of all ages want to live near conveniences. Freedom Village is located close to shopping centers, markets, restaurants, medical facilities, and pharmacies. But you don't have to worry about leaving on your own; if it suits you best, you can take the community transportation if you desire. Many residents find the conveniences within our resort-like campus.

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.

Your Life, Your Way, Every Day—Contact Freedom Village of Bradenton Today to Find Out More at 941-798-8122 or visit fvbradenton.com.



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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

Common Causes for Pain in the Legs Concerning Vascular and Venous Issues

By Federico M. Richter, MD

Chronic Venous Insufficiency is a medical condition in which the veins are unable to pump deoxygenated blood back to the heart. This is caused because the one way valves that are inside the veins are damaged (Incompetent) and this causes venous reflux (Blood pooling on the legs instead of returning in the heart) often resulting in chronic swelling of the legs, skin discoloration, Venous Eczema (itching), and Lipodermatosclerosis (Thin, shiny leathery skin). If Venous Reflux is left untreated, it will cause Venous Ulcers (skin sores) and it can take years for them to heal.

Deep Vein Thrombosis is the formation of a blood clot within a deep vein and can be a complication of varicose veins and chronic venous insufficiency. Classic symptoms of deep vein thrombosis include swelling, pain, and redness of the affected area. Restless Leg Syndrome (RLS)

Varicose Veins and Restless Leg Syndrome (RLS) have many symptoms in common: an urge to move your legs, that creepy-crawly feeling, itching, tingling and restlessness. These symptoms may be an indication of poor circulation, even though you have no visible varicose veins.

RLS is common in patients with both saphenous and nontruncal varicose vein disease and can respond frequently and rapidly to EVLT and sclerotherapy.

Studies show that the treatment of venous insufficiency can relieve symptoms of restless leg syndrome. According to a study in the journal Phlebology, in patients with restless leg syndrome and venous insufficiency, 98% of patients experienced relief from restless legs syndrome symptoms by treating their venous insufficiency, and 80% had long-term relief.

This subpopulation of RLS sufferers should be considered for phlebological evaluation, venous insufficiency should be checked as a possible cause, as correction of the vein reflux provides long-term and likely permanent relief of symptoms before being consigned to chronic drug therapy with potential side effects.

Florida Vein Center utilizes the most ground-breaking procedures as well as traditional methods to get your veins in top shape.

Diagnostic Tools & Treatments Include:

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VenaSeal™ — closure system is the only non-tumescent, non-thermal, non-sclerosant procedure that uses a proprietary medical adhesive delivered endovenously to close the vein.

Visual Sclerotherapy — a popular treatment for spider veins and reticular veins. The sclerosing agent irritates the inside of the vein causing the vein to close, after which it is reabsorbed by the body. This minimally invasive procedure inflicts little if any discomfort or bruising and there is no down time. Patients can do it in their lunch time and get back to normal activities right away, including exercising.

Ultrasound Guided Sclerotherapy — minimally invasive non-surgical method of treating varicose veins and chronic venous insufficiency, uses FDA approved medications that are injected into a vein, causing it to close.



Federico Richter, MD,
RPhS, DABVLM
Board Certified

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.



To schedule a consultation, call Florida Vein Center

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FLORIDA UROLOGY SPECIALISTS OFFERS A BETTER WAY TO DETECT AND TREAT PROSTATE CANCER

The prostate gland is a tiny plum sized organ that lies just beneath the bladder; the urethra runs through the prostate releasing urine from the bladder. As men age, it can become enlarged, infected and cancerous. Over the last thirty years, the way most medical practitioners check for prostate cancer hasn't changed very much, and unfortunately, this has led to higher statistics of men being underdiagnosed.

There are approximately 2.9 million men in the U.S diagnosed with prostate cancer. Other than skin cancer, prostate cancer is the leading malignancy in men. It is often referred to as a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. This year alone, it will take over 27,000 men's lives. But it doesn't have to be this way.

Underdiagnosed and Misdiagnosed Prostate Cancer

Traditional rectal exams miss the smaller tumors that are progressively growing, and although the level of a man's PSA (prostate-specific antigen) is an essential marker in detecting issues with the prostate, unfortunately, this test alone is not always detailed enough. In some cases, men with completely normal PSA levels will regrettably have prostate cancer. And on the contrary, high PSA levels can sometimes coincide with a healthy normal prostate. For men in their mid to later life, it is beneficial to have additional forms of diagnostic tests.

Through the years there have been many different variants of testing and imaging for the prostate. One of those is ultrasound. Conversely, with ultrasound many times the transrectal imaging is not clearly visible. In some cases, cancer and lesions can go undetected. If a transrectal biopsy is being performed with ultrasound, it sometimes is done blindly, meaning that the physician is "sightlessly" aspirating tissue, and may inadvertently miss the actual cancer within the prostate.

Groundbreaking Diagnosis and Treatment

There is a better test. The most advanced MRI (Magnetic Resonance Imaging) is done with an MRI Fusion Biopsy. This technology blends ultrasound and MRI biopsy to assure correct location,



aspiration, and treatment take place. The unique MRI unit, shows detailed prostate anatomy, revealing the tiniest lesions that would otherwise go unnoticed, enabling the physicians to visualize the prostate like never before. With the MRI Fusion Biopsy, physicians are also able to map out intricate treatment options for each patient individually on a case-by-case basis.

This year alone, over 700,000 men will undergo repeat prostate biopsies, with MRI Fusion, the difference in the complex details is beyond comparison, and that's ideal for both the patient and the physician. In addition to the scientific advancements in locating and treating prostate cancer, the comfort and reduced anxiety to the patient is also advantageous.

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 of Sarasota has been performing the fusion biopsy method 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 Specialist's 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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Ketamine for Pain Management

In the U.S. over 100 million people reportedly suffer from some form of chronic pain. Most people can relate to having experienced physical pain in their lifetimes, but to have to live with that pain on a daily basis can become intolerable. Neuropathic pain syndromes are the root cause of many individuals' chronic discomfort. Neuropathic pain syndromes are related to disorders like diabetes, fibromyalgia, CRPS, Lyme disease and migraines to name a few.

The most common treatment for neuropathy is to mask it with narcotic prescription pain medications. Narcotics like opioids are highly addictive, and our state is currently leading the country in abusing the drug and overdose episodes. The CDC reports that nearly half of all opioid-related deaths are due to the narcotic being prescribed for pain related circumstances.

Pain medications have adverse side effects and also, in many cases, show signs of cognitive decline in long-term use. The other issue with standard pain medication is that they, more often than not, become ineffective and are unable to mask the pain signals. This is called treatment resistance.

Opioids fool the body by binding to the opioid receptors in the brain, spine and other areas of the body. They DON'T treat the health condition; they merely mask the pain by disrupting the signals to the brain. Opioids are one of the most highly addictive classes of drugs available.

ONE OF THE MOST PROMISING ALTERNATIVE METHODS IS KETAMINE IV THERAPY

How does ketamine work?

Ketamine is an NMDA receptor antagonist. Through this mechanism, it is able to modulate the neurotransmitter glutamate. This, in turn, leads to a cascade of events that can allow for "hardwired" changes in the brain which may result in lifting of depression, reductions in anxiety as well as improvements in other mood disorders. It also allows for a "resetting" of the pathways responsible for central pain, which is a large component of chronic pain in many patients.

A recent study conducted at Thomas Jefferson University Hospital involved 61 patients with intractable migraines. Of the 61 patients in the study, 75% showed a decrease in the intensity of their headaches after receiving low dose IV ketamine infusions over five days.



On a scale of zero to 10 (10 being the highest), the self-reported pain score from patients was an average 7.5 before the initiation of the study and 3.4 at the conclusion of the IV ketamine infusions.

IV ketamine is currently used to help treat neuropathic pain syndromes such as CRPS, fibromyalgia, trigeminal neuralgia, migraines and herpetic neuralgia's. There is a growing body of evidence to support that it may have long term effects for pain relief.

In recent FDA and other professional associated studies, patient results with ketamine show:

- Reduced pain
- Decrease depression
- Diminished suicidal thoughts an episodes
- Rapid ability to reverse depression and symptoms

How is ketamine administered?

In our office, ketamine is administered intravenously. The initial series of infusions are completed over a one week. For pain and over a two week. For mental health and mood disorders.

Ketamine IV therapy impacts pain relief, mood, and anxiety and can result in positive treatment outcomes for the following disorders:

- Severe or chronic depression
- Chronic pain
- Bipolar disorder
- Obsessive compulsive disorder OCD
- Post-traumatic stress disorder PTSD
- Produces rapid onset of neural connections

With our ongoing drug related epidemic, ketamine therapy can reduce the risk of opioids, benzodiazepines, and other narcotic addictions. Physicians are often over prescribing these types of highly addictive drugs to help minimize or mask patients chronic pain, depression or other ailments. With ketamine therapy, the treatment is safe, non-habit forming and highly effective.

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 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."

Steven Reichbach, MD, Board-Certified Anesthesiologist, specializes in pain management. For more information, please contact their office today at 941-213-4444, or visit their website at findpainrelief.com.



Steven Reichbach, MD
Board-Certified Anesthesiologist
President and Founder,
Gulf Coast Ketamine Center



Lolita Borges, RN
Clinical Director, Gulf Coast
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Contour Light Therapy for Fat Loss and Body Contouring

Do you have problem areas even though you eat right and exercise? Perhaps, you just want your skin to look tighter, or you'd like to lose a few inches from your arms, hips, back stomach or thighs. Do you have stubborn love handles or a bulge of some sort here or there, that really bother you? Or maybe you have that little black dress you want to get back into for an upcoming event. WE GET IT!! We have solutions that work! Whether you want to lose some inches in a problem area or lose 20 pounds in 6 weeks, WE CAN HELP! We offer natural solutions with no down time, no pain, no drugs or surgery, and no side effects. Our goal is to give you the resources to make lasting change and get your body back.

LED light therapy has been used for many years. It not only regenerates the skin on a surface level, but it actually can penetrate fat cells to make them release fat percentages. Low level red light therapy has evolved into one of the highest in-demand treatments caused by an increased public awareness of many non-surgical, non-invasive options made available by this new and growing technology. The Contour Light can be used on any part of the body; hips, waist, thighs, back, upper arms and neck.¹

LED-Based Technology - Redefined

Contour Light is the latest advancement in light emitting diode (LED) technology and is exceptionally effective on all body areas due to its unique pad design. The large, soft and flexible pads will contour to the shape of the human body, allowing the light source to be as close as possible to the skin; the optimum way to deliver photonic energy. The wavelengths of 635nm and 880nm light are emitted by the pads of the Contour Light system, combining the beneficial aspects of both frequencies to attain optimal results.¹



The Contour Light incorporates a reflective surface which traps and redirects light energy back into the tissue. Because the reflective coating is only available on the Contour Light, there is no other LED-based system available on the market that delivers and retains more mid-600nm and infrared light energy.¹

The protocol associated with the Contour Light system involves simple to follow directions but does not require a strict diet or strenuous exercise. As with any type of weight modifying program, diet and exercise will have an effect on the results, specifically if a person does not make an attempt to maintain a healthy lifestyle. A small amount of exercise and a recommended level of water consumption will help with lymphatic stimulation to optimize results. The Contour Light protocol can help to motivate a person and jumpstart a person's determination to improve their appearance, making it much easier to attain their goal of a sleeker and leaner profile.¹

Currently, for all who call, we are offering our platinum package, (normally \$329) for only \$59. The Platinum Package includes: Consultation and Health History with Dr. Gary Bolen, D.C., Body Composition Analysis, Relaxing 25 Minute Light Session, Before and After Measurements, 10 Minute Whole Body Vibe Session, and a review of your results.



To find out how Contour Light Therapy can Help you Shed those inches and pounds, contact Contour Light Therapy of Venice today at 941-497-7424!



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4140 Woodmere Park Blvd, Suite #2
Venice, FL, 34293
www.contourlightvenice.com

Source: 1. https://contourlight.com/?gclid=CjwKCAiAhe7yBRAdEiwAplGxX-5V1A_Gy4kOdPkvoNcrzFa-AH86atX3JCJaW60ESrr7-9K7D1o-h4RoCzg0QAvD_BwE

HEALTHY AGING:

Advice from Millennium Physician Group's Dr. Torres Urrutia

Healthy aging doesn't mean that you will not get wrinkles or gray hair, but rather it will provide years of health vs. diseased cells and illnesses. We know that people are living longer, but the goal should be to learn to age well and reduce chronic conditions like cancer, Parkinson's disease, dementia, diabetes, and osteoporosis. While there is no magic pill, there is a set of well-studied pillars that can help.

Dr. Torres Urrutia, an Internal Medicine physician with Millennium Physician Group, wants to give patients helpful advice to stay healthy and age well. We spoke to him to find out more about these useful tips.

Dr. Torres Urrutia

It's been well studied that certain lifestyle pillars are what typically sets the bar when it comes to healthy aging. We don't want to simply add years to someone's life; we want to add quality of life to their years. These healthy aging pillars help stave off and even reverse certain conditions or reduce symptoms in many cases.

Quality Sleep

Sleep is the foundation of longevity. The body needs to rest and requires 7 to 9 hours of sleep. The body and brain must regenerate during uninterrupted sleep cycles. Making time to unwind before bed and creating a comfortable sleeping environment can be helpful. If you have trouble with sleep disturbances, it's imperative to speak to your physician.

Staying Active

Another pillar is staying both physically and mentally active. People are different, and their activity levels are also, so whether it's walking, gardening, going to the gym or running, any movement that you can do, is always helpful to circulate oxygen-rich blood and increase cognitive function, along with many other benefits. Exercise is beneficial for the body and brain, and stimulating the brain is great for the body. Engaging the mind often gets less attention, but it's essential for brain health. I tell patients never to stop learning. This can be a new hobby, a language, how to build something, brain training games—anything that stimulates the mind is never a waste of time.



Physical activity is vital as we age to limit sarcopenia (muscle loss). Other conditions are correlated with sarcopenia like obesity, diabetes, osteoporosis, and inflammatory response, to name a few. Resistance training for building muscle mass is crucial. We start losing approximately 5% of muscle mass per decade after age 30, and at a higher rate after the age of 50, so improving nutrition and adding resistance training is essential. Depending on your fitness and health level, you can use light weights, resistance bands, or heavier, more strenuous training. Time-under-tension is a helpful technique that I show patients because it's effective at building muscle with light resistance.

Nourishment

Nourishment is one of the most important things we can control for healthy aging. You have to eat well to age well. One thing that helps tremendously is to avoid processed foods. Most menu options at restaurants, convenience stores, fast food places, or even prepackaged foods at the grocery store are full of processed carbohydrates, sugar, sodium, vegetable oil, and chemicals.

Eating whole, healthy foods is beneficial for the body and brain. I tell my patients to eat as their great-grandparents did, which included plenty of fresh vegetables and high-quality proteins and ingredients. However, each patient has unique needs, so I work with them on what foods are optimal for them specifically.

Community

Staying connected through relationships with others is also very important. As humans, we need a support system. Now, with COVID-19, it might be difficult or impossible in some situations to see loved ones and friends, especially for those with compromised health. Thanks to technology, like Facetime and Zoom, this is helpful to connect. It's important not to feel lonely. If you do need help, speaking to a professional is critical.

Stress Management

Maintaining a positive attitude is a great tool to mitigate stress. Stress and anxiety can affect one's overall health in many ways. Stress can be reduced by exercising, meditating, breathing techniques, yoga, tai chi, taking a bath, reading a book, journaling, and giving yourself an outlet. Again, seeking professional medical help is crucial if you have uncontrolled anxiety.

Medication Management

I also recommend supplements for certain patients depending on their specific needs, but I caution those that take these without consulting their physician, as some interfere with prescription medications, and some may make a condition worse. Medication management is very important. If you see a specialist and they put you on a new drug, you must tell your other physicians so that there are no adverse interactions. I like to review a list of medications that my patients are on, and we ask them to keep us updated on any changes.

Chronic Conditions

Health conditions like diabetes, obesity, hypertension are often interrelated due to metabolic syndrome. This comes down to a hallmark of issues such as elevated blood sugar, low HDL. High waist circumference, High BMI, and hypertension.

If these are left untreated, other issues may possibly arise like strokes, heart or vascular disorders, cognitive decline, and cancer.

I address lifestyle changes as well as any medications to help mitigate these conditions. With lifestyle, we sometimes recommend specific nutrients and dietary changes along with exercise. Many patients do well on a low carb, low processed, healthy fats, and whole-food program.

It's interesting, concerning diabetes, the American Diabetes Association CEO, Tracy Brown, recently went on record in a podcast interview, explaining how she successfully manages her type II diabetes by eating a low carb diet and avoiding sugar. She explained that she has completely come off of three medications and her insulin by this lifestyle change.¹

The American Diabetes Association has recommended the low carb diet lifestyle for several years now, and it is helpful for many people. Again, exercise is necessary; I encourage patients to try and work out first thing in the morning, which is known to increase a higher metabolic rate for the rest of the day. Cardiovascular exercise and resistance training are essential.

It's also essential to stay connected with your physician, maintain your regular checkups, and get your yearly screenings. If you have any new symptoms, please contact your physician, as some conditions can rapidly escalate.



Juan Carlos Torres Urrutia, M.D
Dr. Torres Urrutia is a graduate of the UCC School of Medicine in Bayamon, Puerto Rico. He trained in internal medicine at the Mount Sinai School of Medicine in New York City.

Dr. Torres Urrutia has been practicing in Florida since 2006. Juan Carlos Torres Urrutia, M.D. is board certified in internal medicine. He is fluent in English and Spanish.

*Resources:
 1. Sisters4Fitness, Diabetes Care Pt 1, Tracey Brown, CEO, American Diabetes Assoc Sisters4Fitness Wellness Show, Jan 29, 2020 3692SHARESAVE, <https://www.youtube.com/watch?v=S6eNS7qJg38&feature=youtu.be&t=1326>*



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Accountable Inpatient Medicine

A New Group of Young and Energetic Medical Providers Have Returned Home to Continue to Provide Care to Their Community.

Accountable Inpatient Medicine "AIM" was founded on the basis of providing a sense of continuity to an area of medicine that has always seemed to struggle. AIM was founded by Dr. Richard "Alex" Houston and Dr. Gaby Coatti just out of residency. Trained in internal medicine with a focus on hospital acute care, Dr. Houston and Dr. Coatti noticed there was a lack of continuity, communication, and relationship between the physicians in the inpatient world and the outpatient world; and the patients are the ones that end up suffering. Going to medical school at LECOM in Bradenton, meeting his wife and building a family in the Sarasota area, Dr. Houston reached out to his good friend and colleague, Dr. Coatti, to solve these issues. After completing residency together in Palm Beach, they made it their mission to return back home to the Sarasota-Bradenton area to create a hospitalist group uniquely structured to nurture the relationships with primary care physicians and subspecialists. Per Dr. Houston, "I met my wife here, our families are here, I went to medical school here, and I have built so many amazing relationships within the community. Being able to provide care to my friends and family brings me so much joy, and providing an unprecedented service to many of the outpatient specialists in this area is what drives me to be accountable in every way...thus Accountable Inpatient Medicine was born."

AIM is a local hospitalist group that integrates and collaborates with primary care physicians and subspecialists to provide quality care for their patients when hospitalized. With an aging population of growing healthcare needs, primary care physicians are finding it difficult to accompany their patients' care beyond the outpatient setting. This, in addition to the growing complexity of inpatient medicine, has left a gap in healthcare that Accountable Inpatient Medicine aims to help bridge.

AIM has a specialized transitional care team whose sole job is to communicate to outpatient specialists on patient status and ensure seamless transitions between the inpatient and outpatient world. This transitional care team also allows one point of contact no matter which hospital their patient is at.



With excellent communication comes a streamlined admission process, direct admissions, if appropriate, which saves emergency department costs and allows sicker patients to be seen more promptly. All of which shows improved clinical outcomes, decreased length of stay, decreased readmissions, better patient satisfaction, saves healthcare costs, but most important it provides a sense of comfort and continuity for the patients themselves.

"I'm glad to have found a Hospitalist service that not only treats my patients with skill and care but communicates with me in real time about their progress. Dr. Houston, Dr. Coatti, and their team have only received praise from my patients when I see them for their post hospitalization follow up."

-Dr. Achilles Kalnoky (Family Medicine)

"I have had the unique opportunity to follow Dr. Houston since his student years through residency and now as an effective and competent hospitalist. He, Dr. Coatti, and their fellow providers have put together a dedicated professional communicative team to help my hospitalized patients. My patients relay how pleased they are that they have an in-house doctor who actually speaks to them. Thank you, and stay humble and kind."

-Dr Anthony Montanaro (Geriatrician)

"Working with AIM has been a breeze. They have been professional, extremely timely and efficient. I have an open line of communication with them at all times and they give me constant direct input and info about my patients. As a specialist it is imperative to be in constant contact with the hospitalist. I literally have them on speed dial. I highly recommend them."

-Dr. Bahram Ahmadi (Gastroenterology)

Dr. Houston and Dr. Coatti have formed an efficient practice that is rapidly growing. AIM is adequately staffed and equipped to service primary care physicians and consultants interested in providing a better continuity of care for their patients. They cover the following locations: Sarasota Memorial Hospital, Lakewood Ranch Medical Center, Doctor's Hospital of Sarasota, Blake Medical Center, Venice Regional Bayfront Health, and Encompass Health Inpatient Rehab Facility. Throughout the COVID-19 pandemic, AIM is proud to be on the front line of patient care. AIM has hired new physicians and advanced practice providers doubling down on their commitment to their community. For patients, primary care physicians, or other outpatient specialists interested in partnering with AIM, check them out at www.aimgroup.health or by calling directly at 941-499-2700.



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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.

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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.

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*Rick M. Age 66
Sarasota, FL*

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Natural Ways to Reduce Stress, Depression and Anxiety

Gerry Letendre, RPh, MBA, CHt

The isolation, fear of what's to come, and dealing with our lives in these uncertain times, has left many people feeling anxious, overwhelmed, stressed out and even depressed. Many people are trying to balance work, making sure their kids are attending school online and trying to prepare for whatever the future holds. Our already busy lifestyles have now become micromanaged, they are somewhat in disarray and if we're honest, reasonably uncomfortable. Stress is made up of both psychological and physical symptoms, and it should never be left untreated.

Along with medications, there are also alternative therapies that work very well to reduce stress, depression and anxiety.

The Benefits of Yoga & Meditation

Yoga helps to improve flexibility, blood flow, muscle strength, posture, immune function, bone health, decreases depressive episodes, and can regulate blood pressure. Meditation also reduces stress, reduces anxiety, promotes emotional well-being, can help fight addictions, can generate health and improve immune function, it can stave off memory disorders and increase neuronal plasticity (grow your brain).

Exercise

Exercise is universally recommended as a means of improving overall health and well-being. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, reduces stress, helps with depression, improves nutrient and oxygen rich blood flow, and helps you build strength and lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise. Want even more benefits? Get out in nature. Researchers found that "green" exercise produced even greater reductions in anxiety and depression. Talk with your physician about the right exercise plan for you.

LDN-Low-Dose Naltrexone

Naltrexone was first approved by the FDA in 1984 to treat opioid addiction. Later on, it was discovered that low-dose naltrexone (LDN)---low dose being one-tenth of naltrexone's usual dose---has anti-inflammatory and immune-modulating effects. It also

promotes the release of chemicals in the brain called *endorphins* that help relieve stress and pain and boost pleasure. Endorphins are considered one of the 'happy hormones' group produced by the body usually after exercising, laughing, meditating, and getting massages. As a result, they promote the feeling of well-being. LDN is safe with few side effects and no abuse potential. It is also cost-effective because only a small amount is needed. LDN also helps with a variety of other *conditions*.

LDN helps decrease the severity of depression and helps lessen depressive symptoms. LDN may also aid in the treatment of depression relapse or recurrence. Its brain-altering effects may be responsible for its positive impact on depression.

LDN is only available from a compounding pharmacy. We encourage you to talk to your doctor about whether LDN might be appropriate for you to try or you can speak with Gerry, owner and lead pharmacist. Our trained pharmacy staff will compound your specific LDN dose with a prescription from your doctor.

Sarasota Specialty Pharmacy prepares LDN as immediate-release pills with no fillers or binders to interfere with the drug's absorption. Plus, we take your allergies and dietary concerns into consideration. We make sure our compounded LDN capsules and tablets are free of common allergens like gluten, lactose, and dyes.

In addition to LDN, there are well-studied adaptogenic supplements that also reduce stress and anxiety, and help improve mood. Adaptogens support the body's natural ability to deal with stress.

NeuroScience has an array of supplements to support wellbeing. Some of these include:

1. AdreCor – Adrenal/Fatigue – Adrenal health & reduce stress-induced fatigue
2. TravaCor – Anxiousness/Stress/Mood/Sleep - Improve mood & reduce stress
3. Alpha GABA – Anxiousness/Stress – promotes calm during times of anxiousness
4. Alpha GABA PM – Anxiousness/Stress/Sleep – Naturally improves sleep during times of stress

Sarasota Specialty Pharmacy and Wellness Center offers these and many more products to help you. You can find out more about these supplements by contacting Sarasota Specialty Pharmacy or from <https://www.neuroscienceinc.com/products>.

Combined Therapies

In order to overcome stress, depression and anxiety, we need a well-rounded treatment protocol that incorporates stress management, nutrition, exercise, meditation, medication (if necessary), hormone balancing and other therapies that can help to stabilize our systems.

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If you are having suicidal thoughts or uncontrolled anxiety, please get help immediately. National Suicide Prevention Lifeline Available 24 hours. Languages: English, Spanish. 1-800-273-8255

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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.

Sarasota Specialty Pharmacy and Wellness Center are members with PCCA (Professional Compounding Centers of America), which means they have access to and use the highest-quality ingredients for all of their compounded pharmaceutical formulations.

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Good Cholesterol Levels Are Critical for Cardiovascular Health

Cholesterol is a natural substance that the body produces through the liver. It's waxy and circulates through the bloodstream, feeding the heart and brain. But when cholesterol is derived from foods like saturated fats and trans fats, the body overproduces LDL, which is the "bad" cholesterol.

HDL is the "good" cholesterol our bodies crave. Without HDL, our brains would not function properly, and we would suffer from other bodily disorders, like heart attacks and strokes. HDL helps to remove the bad cholesterol (LDL) from the body. High levels of LDL may also adversely affect overall health by causing atherosclerosis (plaque in the arteries), cardiovascular disease, and other disorders.

Cholesterol Numbers

Your total cholesterol is made up of both LDL and HDL numbers. Your doctor may order tests in order to check your numbers. The healthiest combination of both types of cholesterol measures HDL, good cholesterol,) around 40, and LDL, bad cholesterol,) around 100.

Risk Factors

Cholesterol, along with triglycerides in the blood, can form atherosclerosis, which as previously mentioned is the plaque that builds up in the arteries. Excessive plaque can increase the chances of a coronary heart attack, heart disease, stroke, and other related issues. Triglycerides are the fat that is stored in the bloodstream from the excess fat in our diets. Triglycerides combine with the high LDL level and create harmful plaque build-up.

Diet & Exercise

Because high levels of LDL and triglycerides are both associated with food intake and the body's inability to burn fat, adopting healthier habits can help lower cholesterol naturally.

- Eat a healthy diet
- Quit smoking (contributes to atherosclerosis)
- Start a regular exercise program
- Cut back on alcohol and processed foods

Incorporate Healthy Foods and Nutrients in Your Diet

A significant contributor to successfully lowering LDL is the addition of soluble fiber, omega-3 fatty acids, mono-saturated fatty acids (MUFAs), powerful antioxidants and lutein, to your diet. However, in order to see the benefit of ultimately lowering bad cholesterol, an overall healthy diet must be maintained. This includes decreasing, and in some cases, completely eliminating processed foods from your diet. Cholesterol-lowering foods can drop your bad cholesterol levels by 5-10% within a few weeks; your cardiologist can speak with you about a personalized dietary plan.

Medications

The most common cholesterol-lowering drugs are statins. In recent years there have been other medication developments that may help to lower your total cholesterol levels.

It's best to speak with your physician before changing your diet or exercise program. Your doctor will develop a strategy to suit your specific needs, along with a coordinated medication and lifestyle strategy.

Bradenton Research Center

Pharmaceutical companies are consistently researching new promising medications and treatment options to slow the progression of diseases and conditions and to find a cure. By participating in studies, you help to advance research and the availability of new drugs to other patients in need, like you.

Bradenton Research Center offers numerous medical studies, one in particular, is a focused on a new medication that may significantly decrease the chances of someone having a stroke, heart attack or peripheral arterial disease and decrease directly related fatalities.

This drug being studied, may decrease the chances of someone having another stroke, heart attack, multiple strokes, other vascular disorders, and it may help patients lose weight.

For over 25 years, Bradenton Research has provided clinical research trials for patients and their families for a wide variety of medical conditions. Patients enrolled in our studies are closely monitored by our research physicians and coordinators. All study-related care and medication is provided to our patients at no cost.

To find out more or to participate in a study, please contact Bradenton Research Center today at (941) 708-0005.

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AT-HOME NUTRITION INTERVENTIONS

Reduce Medical Costs and Hospitalization

Among older adults, the prevalence of malnutrition ranges from 17% to 65% - depending on the group and setting.¹ Patients from rehab facilities, long-term care residents, and elderly patients requiring a higher level of care make up the upper end of that range. The prevalence of malnutrition among older adults presents a particular concern for doctors, families and care planners, because malnutrition has been connected with increased rehospitalization/hospitalization, increased length of stay with inpatient care settings, falls, hip fractures, depression, poor quality of life, and increased mortality.²⁻⁵

Earlier this year, the *Journal of Parenteral and Enteral Nutrition* published an important study demonstrating the clinical efficacy of home care interventions for malnutrition.⁶ Five home care branches offered nutritional support for a total of 1,546 patients determined to be at moderate or high risk of malnutrition. Teaching and facilitation for certain nutritional supplements were a consistent component of their intervention. Ensure, Glucerna, or Nepro were prescribed according to individual patient need. Outcomes of at-home malnutrition interventions were compared to the outcomes of matched cohorts. The home health malnutrition intervention was associated with a hospitalization risk lowered by 24%, 23%, and 18% at 30, 60, and 90 days, respectively. This improved health resulted in 90-day medical costs reduced by \$1,500 per patient, on average. The results demonstrate (1) the clinical relevance of nutrition among elderly patients and (2) the potential efficacy of simple at-home interventions.

Who among your patients, friends and family would benefit from nutritional support from a home care agency? In the current study, Riley et al. used a simple, 12-question screening tool to determine which patients were most likely to benefit. These questions could be used to trigger a conversation about independence with important ADLs and the availability of reliable, professional home care services.

With access to the home and making multiple visits per week, McKenney Home Care can be involved in pantry review, health monitoring, patient/caregiver



education, grocery planning and shopping, meal preparation, and adherence to therapeutic diets. As demonstrated by the current study, at-home nutritional support can make large, measurable changes in patient health.

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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.

McKenney Home Care provides exceptional in-home health services and client-centered care. With a passion for maximizing the quality of life of their clients and their families, they are driven to ensure social engagement and specialty services during all stages of life.

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 239-325-2273, or visit mckenneyhomecare.com.



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10% THC CAP PROPOSAL

Evidently, the last few years within the Florida cannabis industry have progressed rapidly with proposed changes such as the Smoking amendment that currently allows patients to purchase cannabis for smoking use. Other small victories such as defeating a proposal for recreational cannabis that would have further exacerbated the issue of vertical integration have created quite the storm of optimism among those in the community. But despite these wins, there are other problems surfacing this coming year that could negatively affect both dispensaries and patients.

Rep. Jose Oliva is proposing a hard limit on the percentage of THC allowed in all medical marijuana products; a leap back from the current progression in the program. Cited from a UK study done in the 1950's, Oliva is quoted saying "We're seeing different strains now in Europe that are 100 times stronger, and we're starting to learn that this has some schizophrenic results, especially in young, developing brains." Every year we see similar policies trying to trek its way into senate and undermine Florida's already strict medical program and Florida marijuana cardholders see this as an uphill battle they're willing to fight for. Patients across social media outlets



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cannot stress enough how much this could negatively affect them as well as the dispensaries revenue. The bottom line is that this proposal will not benefit anybody in the marijuana industry from the patients all the way to the top executives at places like Trulieve.

While these initiatives have not slowed down yet, it is very important to note that most of these laws have not made it past the House

and should not be a major concern to current card holders. Despite this, it is important to stay up to date with the current direction of Florida's ballooning marijuana industry although this particular proposal shouldn't worry any medical card holders anytime soon.

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Early Detection of Prostate Cancer Saves Lives

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

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

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

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

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

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

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

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



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

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

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What is a 3T MRI?

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

Benefits of 3T MRI

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

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



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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/>

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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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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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Hope and Optimism

By Pastor Timothy L. Neptune

Hope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, *"Where then is my hope? Who can see any hope for me?"* (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, *"May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: *"And now these three remain: faith, hope and love. But the greatest of these is love."* (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

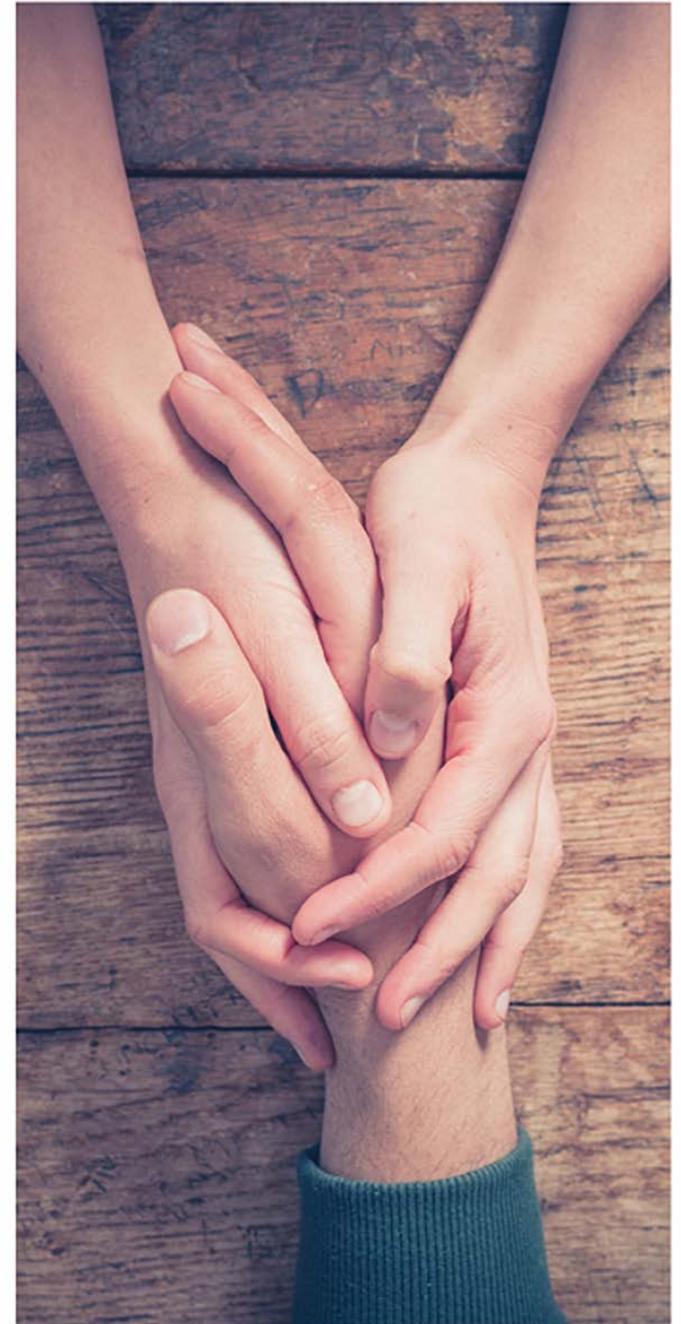
Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, *"...I will go to the king, which is against the law; and if I perish, I perish!"* (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)."* (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!



VENTURECHURCH
Naples

Tim Neptune is the lead pastor of Venture Church in Naples, Florida. Venture Church meets on the campus of FSW State College on Lely Cultural Blvd. in East Naples. For times and directions, visit www.venturenaples.com.



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