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Health & Wellness[®] MAGAZINE

November 2020

Manatee/Sarasota Edition - Monthly

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**ALZHEIMER'S
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**MEDICARE OPEN
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**IT'S TIME TO REVIEW AND
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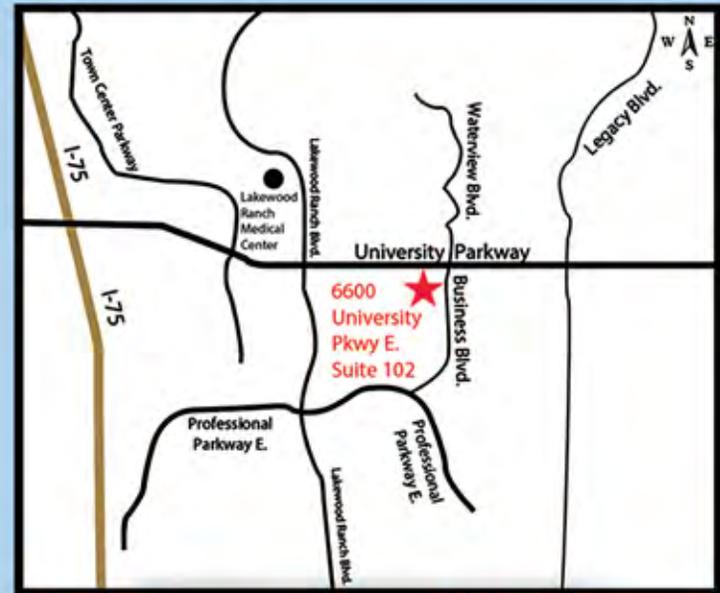


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SIR-Florida serves patients who choose us directly and those referred to us by their physicians, but the choice of facility is ultimately up to the patient. We collaborate fully with referring physicians and assist in the development of a treatment plan that is based on the individual patient's needs.



IMAGING TECHNOLOGY

We are pleased to announce our latest imaging equipment:

The **Koning 3D Digital Breast Imaging** system uses CT technology to produce real 3D images with exceptional image resolution. With this new method of breast imaging, there is **no compression**, so there is **no pain**. The quick 10-second scan produces hundreds of images to give a comprehensive view of the breasts, which means that **no callbacks for additional views** are needed. SIR-Florida is one of only three facilities in the U.S. to have this new technology.

The **Canon Digital 3T MRI** is an extremely fast advanced scanner that produces high-resolution digital images to ensure accurate diagnoses. It accommodates patients of all sizes in an open, quiet, and comfortable environment. Designed to enhance the patient experience, its larger bore and shorter magnet create an open feeling that significantly reduces patient anxiety. Conscious sedation (twilight anesthesia) may be administered to claustrophobic patients by our board-certified anesthesiologists without compromising the quality of the scan.

The **Canon Aquilion One CT** is acclaimed for its high levels of imaging detail, reduced radiation dosage, and ability to individualize contrast dosage. Its design and intelligent technology adapt to



the patient with targeted modeling for the brain, body, lungs, bone, and the heart. Screening exams conducted with CT include lung cancer screening, colorectal screening (virtual colonoscopy), cardiac CT for coronary calcium, and coronary CT angiography.

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Interventional radiology (IR) uses nonsurgical and minimally invasive techniques, combined with image guidance, to diagnose and treat a wide range of medical conditions. The scope of IR services is constantly expanding and, at SIR-Florida we are committed to ongoing learning and growing in this dynamic environment.

IR services at SIR-Florida include:

Interventional—SIR-Florida's procedures include biopsies to evaluate for the presence of cancer, osteoarthritis treatments, tissue regeneration therapies (exosomes and platelet rich plasma), peptide therapy, uterine fibroid relief, infertility evaluation, and treatments for kidney and bile duct obstructions.

Pain Management—SIR-Florida utilizes image-guided, minimally invasive, non-opioid techniques for the treatment of pain. Nerve and joint pain, acute and chronic pain, back pain, and degenerative disc disease are types of pain frequently presented to us. Procedures include epidural steroid injections, selective nerve root blocks, trigger point injections, facet joint injections, sacroiliac joint injections, and pain blocks.

Vascular Health—Procedures performed to identify narrowing or blockages in blood vessels include the aortogram, carotid arteriogram, cerebral angiogram, coronary angiogram, iliac angiogram, peripheral angiogram, and renal angiogram. Atherectomy is the primary procedure for the treatment to remove plaque buildup from narrowed vessels.

Many IR procedures are performed with conscious sedation administered by board-certified anesthesiologists. Also known as twilight anesthesia, the patient does not feel a thing and wakes up immediately after the procedure with no memory of it.



Gerald E. Grubbs, MD, Founder and Medical Director of Sarasota Interventional Radiology

In 2006, Dr. Grubbs established SIR-Florida where he has dedicated himself to becoming a trailblazer in the field of Interventional Radiology and one of the first Interventional Radiologists to introduce and perform some of today's most sophisticated minimally invasive procedures.



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5 Reasons to Avoid Knee Replacement Surgery

By Regenxx Tampa Bay, Regenerative Medicine

We understand the growing concern surrounding the Coronavirus (COVID-19) across the communities we serve. The health and safety of our patients, physicians, and staff is our top priority. Regenxx Tampa Bay has been actively preparing its offices, physicians, and employees to address these uncertainties and prevent the transmission of COVID-19. To schedule a Telehealth call with one of our physicians, please call us at 941-357-1773 in Sarasota and 813-544-3123 in Tampa. For Gold Coast Orthopedics in Aventura, FL, please call 786-855-4800.

Knee replacements are occurring far too often today and the simple truth is that many are entirely unnecessary. In some cases, the knee pain may actually be stemming from another part of the body. Even when using standard criteria for determining candidacy, about one-third of knee replacements are deemed inappropriate when evaluated by independent researchers.

When knee pain is legitimately caused by a knee condition, many knee replacement candidates seek out effective alternatives to surgery. For those who are still considering a replacement, here are five reasons that may make you want to think twice.

1. Chronic Knee Pain

Relief from chronic knee pain is the main reason that most people decide to have a knee replacement. Although many people can get good relief from a knee replacement, unfortunately, for some people, surgery may come with continued or additional pain. Studies have shown that many patients still have at least mild pain after their knee replacement. Most people decrease their sporting and athletic activities within 5 years of their surgery.

Although there are many reasons why someone may continue to have pain, one explanation of chronic knee pain could be that the source of the pain was not actually a knee condition, to begin with. If the knee pain is actually caused by spinal nerves from the back, for example, then your pain will not simply go away after a knee replacement. It is essential that the root cause of the pain is discovered and is the focus of treatment.

2. Pseudotumors & Tissue Damage

Wear particles are microscopic pieces of metal, ceramic, or plastic that come from the joint replacement part, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in



the blood, have been the subject of many class-action lawsuits and can cause harmful metal toxicity as well as create pseudotumors, tissue damage, and even DNA injury. According to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes, psychological status changes, kidney function impairment, and thyroid dysfunction.

3. Device Failure Caused By Allergies

In the past few years, multiple studies have discussed that the components of knee replacement prostheses can cause allergies. Two groups of people are at a significantly higher risk of potential rejection or loosening of their device and/or toxicity from wear particles.

1. Those with any type of allergy. Even patients with allergies to pollen or dander should think twice about knee replacement surgery. These people have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful.

2. Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.

4. Increased Risk of Heart Attack & Stroke

Knee replacement patients aged 60 and up are about 30 times more likely to experience a heart attack or stroke in the two weeks following surgery. When you amputate a joint from a patient, there is severe trauma to the blood vessels and bone marrow space. The stress of undergoing joint removal alone may be enough to trigger a stroke or a heart attack. Additionally, there is a higher risk of blood clots that could potentially cause an embolism in the heart, lungs, or brain.

5. Increased Risk of Hip Fracture

A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A national Dutch study showed a 54% increased risk of

hip fracture after a knee replacement among adults aged <71 years old. We are also seeing bone density loss in hips.

Alternatives to Surgery

Although many patients have tried steroid injections to decrease pain in their knee joints, this is not the best approach. Steroid shots kill off stem cells, cartilage cells, and increase cartilage breakdown. Even commonly used local anesthetics can be toxic to stem and cartilage cells.

Those who suffer from mild arthritis may benefit from precise injections of highly concentrated platelet-rich plasma (PRP). These natural growth factors from your own platelets can support healthy cartilage and prevent the natural breakdown over time.

The Regenxx protocols allow for the ability to produce higher quality and more individualized platelet products than the typical PRP centrifuge. Precise guided injections of your own bone marrow derived stem cells may also be a better choice to provide relief especially in those with moderate to advanced arthritis.

When considering knee replacement surgery, make sure that you research alternative options. Our website is a great place to start understanding if regenerative orthopedic medicine is right for you.

Regenxx Tampa Bay provides trusted solutions by orthopedic stem cell experts. We offer the nation's most advanced, researched, and evidence-based non-surgical stem cell and platelet treatments for injuries and arthritis.



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Skin Cancer Prevention

Academic Alliance and Dermatology advocates a practice culture of Skin Cancer Prevention through early detection.

Millions of Americans may not be aware of the threat of skin cancer, including, for example, men and women who regularly participate in outdoor activities without sunscreen or protective clothing or you may have a personal or family history of skin cancer. In fact, more than two million people are diagnosed with skin cancer in the U.S. each year. The good news is that most types of skin cancer are preventable and treatable when caught at an early stage.

The results of a recent survey performed by the American Academy of Dermatology, demonstrates why patient education is critically important for early detection. Here are the findings:

1. Almost three-quarters of respondents (74%) did not know that skin cancer is the most common form of cancer in the US.
2. Only half (53%) knew how to examine their skin for signs of skin cancer.
3. Thirty percent of respondents were either unsure or did not know skin cancer can be easily treated if caught early.

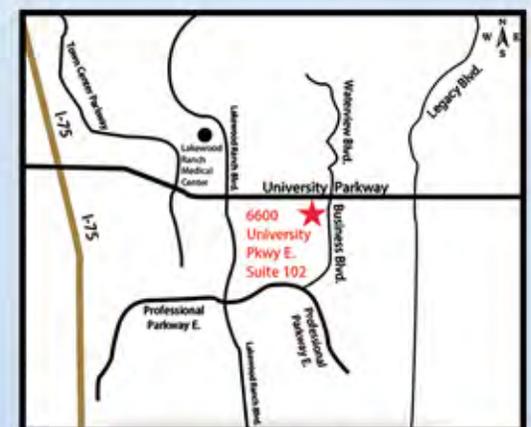


Early detection of Skin Cancer, specifically, Malignant Melanoma, can be life saving. The first step to early detection is a "Full Body Skin Examination". Most people do not realize a "Full Body Skin Examination" is the easiest of all preventative medical examinations and an integral part of our overall health.

What to expect from a "Full Body Skin Examination": Annually, all patients should be examined from the top of their scalp to the bottom of their feet, including between the toes. Throughout this examination, patients should feel free to ask the dermatologist questions about any skin growths and/or unusual skin appearance. Once your "Full Body Skin Examination" is completed, ask yourself the following questions:

1. Did your dermatologist answer your questions to your satisfaction and understanding?
2. Did the dermatologist ask you if you had any questions?
3. Did the dermatologist give you written material on proper use of sunscreen or sun protection and self-skin examinations?

If you can answer yes to all the three questions above then you are on your way to a comprehensive plan of good health by way of "Skin Cancer" Prevention.



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Lung Cancer & COVID-19

According to the American Cancer Society, lung cancer is the leading cause of cancer deaths in the United States, with more people dying of lung cancer in a year than from breast, prostate, colorectal and brain cancers combined. It is the second most common cancer in both men and women, ranking just behind prostate and breast cancer, respectively.

IMPACT OF COVID-19

While the COVID-19 pandemic has affected just about every aspect of our lives to some degree, cancer screening, diagnosis and treatment have been highly impacted. Many have chosen to delay cancer screenings and, in some cases, cancer surgeries and treatments because they do not want to risk going to a doctor's office or hospital and being exposed to the virus. It's a concern that is understandable because cancer patients, especially those who are in active treatment, are extremely vulnerable to COVID-19 due to their compromised immune systems.

Lung cancer patients, in particular, tend to be older and have a variety of underlying conditions. They are not necessarily more susceptible to the virus, but if they get it, they are more likely to have more severe complications, according to a recent study conducted at Memorial Sloan Kettering Cancer Center in New York and published in June 2020 in the *Annals of Oncology**. The study reported that 62% of the lung cancer patients were hospitalized and 25% died. Severity of the disease was suspected to be linked to how much or how long the patient was smoking or had smoked. Because of this increased risk, lung cancer patients should be extremely vigilant about taking precautions to prevent the disease.

* <https://doi.org/10.1016/j.annonc.2020.06.007>

EARLY DETECTION SAVES LIVES

Although there have been some real advances in the treatment of lung cancer, the average five-year survival rate for lung cancer in the U.S. is only 19%, unless it is detected early. If the disease is detected early, while it is still localized within the lungs, the five-year survival rate soars to 61%. So, your chances of surviving lung cancer are three times greater when it is detected early.



Smoking remains the greatest risk factor for lung cancer with approximately 85% of all cases of lung cancer occurring in people who are smokers or have smoked in the past.

Unfortunately, only about 15% of all lung cancer cases are diagnosed at an early stage. Why? Because often in the early stages there are no real symptoms. That is one of the reasons why regular screenings are so important – especially if you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years.

IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade, including the development of medications known as targeted therapies, which interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment more effective and safer for patients.

LUNG CANCER RESEARCH INVESTIGATES MANY POSSIBILITIES

Many clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective. Especially important for older patients who may have other health problems, doctors are studying these combinations to discover if treatment outcomes can be further improved. Sometimes, chemotherapy is also being used in combination with some targeted therapies and has been shown to improve survival rates.

There is still much research needed to develop even more effective treatments for lung cancer; however, today many more people are surviving the disease than ever before.

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Florida Cancer Specialists & Research Institute (FCS) has a network of expert, Board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state in nearly 100 locations. FCS is on the leading edge of clinical trial research, which provides patients access to the newest, most innovative treatments.

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For more information, visit FLCancer.com



Courtesy Venice Regional Bayfront Health

Having Trouble Sleeping? Home sleep test may provide answers.

By Heidi Smith, Contributor

Even before the COVID-19 pandemic, more than a third of Floridians reported not getting enough sleep, according to the Centers for Disease Control. Insufficient sleep can be more than just an annoyance; it is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease and obesity. Insufficient sleep is also responsible for motor vehicle and machinery-related crashes, causing substantial injury and disability each year.

“Ideally, adults should get seven hours of uninterrupted sleep. Studies show that less than six hours or more than nine may indicate underlying medical problems,” said Walid Tanyous, M.D., a board-certified pulmonary medicine specialist with Gulf Coast Pulmonology Associates. Dr. Tanyous treats patients with lung conditions and diseases such as bronchitis, emphysema, sleep disorders and cancer.

“The most common condition we find causing insufficient sleep is sleep apnea, which is usually associated with snoring, but can be present without snoring,” Dr. Tanyous said. “With sleep apnea, the airway constricts, making the heart work harder. When that happens, hormonal and chemical changes in the body can cause the kidneys to react, making the person wake to urinate.”

Hormonal changes caused by poor sleep also can contribute to weight gain. With insufficient sleep comes fatigue during the day, which can make a person exercise less, which only adds to the overweight problem. And since excess weight and obesity can contribute to sleep apnea, the cycle can become life-threatening. Sleep apnea can be hereditary since the shape and size of the airway are involved. The condition is more prevalent with age.

Diagnosing sleep disorders may begin with your primary care physician or a specialist like Dr. Tanyous. Your routine, sleep environment, diet, caffeine intake, medications and other medical issues will be part of the discussion. Sometimes, lab tests may be indicated, or a sleep study may be prescribed.

For a sleep study, patients used to have to go to a sleep lab overnight, but today, technological advances make it possible for most patients to undergo a sleep study at home.

For the home sleep test, Dr. Tanyous’ office provides a comfortable, low-profile and high-tech wireless recorder worn on the forehead. The device, which is designed to accommodate all

sleep positions, captures information about the patient’s breathing and sleep. The next day, the patient returns the unit to Dr. Tanyous’ office where the stored information is retrieved and analyzed. The patient is then notified by phone of the results and next steps.

If the diagnosis is sleep apnea, the doctor is likely to prescribe a CPAP (continuous positive airway pressure) machine with a mask that pushes air into the airway, keeping it open.

“Patients with sleep apnea usually receive tremendous benefits from the CPAP,” Dr. Tanyous said. “They are amazed at how much better they feel during the day – more clear-headed and energetic. They may even experience improved memory.”

Advances in CPAP technology allow the machine itself to know how much air the patient needs and give it to them, Dr. Tanyous said. The physician also monitors the CPAP remotely and adjusts the settings.

Treatment of sleep apnea is dependent on its cause. If other medical problems are present, such as congestive heart failure or nasal obstruction, sleep apnea may resolve with treatment of those conditions. As interruption of regular breathing or obstruction of the airway during sleep can pose serious health complications, symptoms of sleep apnea should be taken seriously. Treatment should be sought from a health care provider.

To find out more about sleep disorders, such as sleep apnea, or whether a home sleep test is right for you, talk with your primary care physician. Or call Gulf Coast Pulmonology Associates at 941-488-1906.

Walid Tanyous, M.D., is a board-certified pulmonary medicine specialist with Gulf Coast Pulmonology Associates.



 **Gulf Coast
Medical Group**

Call **941-488-1906** or visit
VeniceRegional.com

PEYRONIE'S DISEASE

What is Peyronie's Disease?

Peyronie's Disease is a condition in which plaque formation occurs inside the penis. The plaque build up leads to a reduction in the elasticity of the tissues and the flexibility of the penis during erection, leading to curvature.

Prevalence and Impact:

Peyronie's Disease is estimated to affect up to 9% of men each year. It is more likely to occur in men over the age of fifty. However, the occurrence of Peyronie's Disease may actually be higher due to men's embarrassment about the condition and limiting reporting of disease. Therefore, this condition can cause a great deal of stress to patients, so detailed history and physical examinations are important.

Causes:

The cause of Peyronie's disease is not completely understood, however, it appears to be most commonly due to trauma or injury. Additionally, men who have a connective tissue disorder such as Dupuytren's Contracture, appear to have an increased risk of developing Peyronie's Disease. There is inconsistent evidence between the association of Peyronie's Disease and diabetes, high blood pressure, and high cholesterol.

Signs and Symptoms:

- Penile Pain with or without an erection
- Abnormal penile curvature
- Difficulty attaining or maintaining an erection
- Difficulty or complete inability to penetrate penis
- Palpable fibrosis plaque
- Indentation in the shaft of the penis

Peyronie's Disease can be divided into two phases. The acute phase usually last for the first 18-24 months. During this phase, penile pain can occur and some bending/curvature of the penis. The chronic phase is often characterized by stable plaque formation, and penile angulation. Erectile dysfunction is often related to the chronic phase.



Peyronie's Disease is often diagnosed on physical examination. No imaging study is mandatory for the diagnosis of Peyronie's Disease, however, under certain circumstances; additional imaging through ultrasound may be beneficial to locate plaque that not easily palpated on physical examination.

Treatment

Spontaneous resolution of Peyronie's Disease is unlikely to occur. This condition can remain stable or worsen over time. Treatment is based on how bothered the patient is by penile pain and the impact it has on patients sexual relations. The optimal treatment for Peyronie's Disease has not

yet been identified, however; there are a number of different options. Oral medications, injections, and surgical options are available depending on the severity of the disease course. The success of the treatment is measured by the degree of improvement in the penile curvature and plaque, and the return of sexual functioning.

It is always recommended to consult an experienced urologist to determine the best next step in the treatment of Peyronie's Disease.

Florida Urology Specialists

We aim to keep you healthy and well educated about your particular condition. Florida Urology Specialists provides educational seminars throughout Sarasota county, as well as resources and articles so that you are well informed and can make the most appropriate decision for your care.

Florida Urology Specialists' treatment teams develop an individual treatment plan for peyronie's disease, taking into consideration the patient's general health, and the patient's own preferences; among other factors. To find out more, please call (941) 309-7000.



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LONG PERIODS OF TRAVEL OR SITTING ARE MORE DANGEROUS THAN MOST PEOPLE REALIZE

Do you sit for long periods of time? Just like when traveling by plane or in other vehicles, it's essential to move your legs, feet and ankles during these stages and it's important to get up and take breaks. Walking around or doing a few leg exercises can help to recirculate the blood and get things flowing in the right direction.

Individuals with Peripheral Arterial Disease (PAD) have blood flow disruptions usually in the feet and legs, but it can also occur in the brain, arms, and heart. When the blood vessels are narrowed or damaged, the blood flow becomes obstructed, and other complications can coincide. Individuals with arterial disease due to atherosclerosis (plaque buildup in the arteries) often have peripheral vascular disease (PVD) as well. These conditions are interrelated with other blood vessel conditions like DVTs, varicose veins, pulmonary embolisms, and venous insufficiency are interrelated.

Long periods of sitting can exacerbate DVTs

DVT Symptoms:

- Prominent varicose vein
- Heavy aching legs
- Leg swelling
- History of a previous clot
- Family history of blood clotting
- No Symptoms

DVTs—Deep Vein Thrombosis

Every year, nearly one million people are affected by deep vein thrombosis, and sadly, approximately 100,000 of these cases end in death! These are grim statistics since the treatment is minimal and so readily available to patients. Along with the common indicators mentioned above, nearly half of the individuals affected by DVT have no symptoms at all. Unfortunately, the majority of these people do not realize that they have a medical issue until it's too late.

DVTs are a blood clot that can form in the legs or arms. When a blood clot breaks free, it can travel to the lungs or brain and cause an embolism, which is when the thrombus or blood clot moves through the vessels or arteries. If it lodges in the lungs, it can cause death, and if it travels to the brain, it will



cause a stroke, along with the probability of death. If you have any discomfort in your limbs, it's imperative that you see a specialist.

Causes

When a vein's inner lining is damaged, blood clots can form deep inside the vein by either trauma, biological, or chemical factors. Varicose veins are an indicator of deep vein thrombosis. When veins are impaired, they can lead to more severe health issues. A medical professional will be able to report whether or not your symptoms are superficial or unsafe and in need of restorative treatment.

Although it can happen to anyone, the most common factors that put you at risk for DVT are sitting for extended periods. If you drive long distances, travel by train, bus, or plane, or perhaps you're deskbound at work, these lengthy episodes of sitting can all lead to deep vein thrombosis. Other causes are vascular malformations, pelvic tumors, a family history of varicose veins, smoking, being overweight, pregnancy, and an overall sedentary lifestyle.

Because the veins and arteries balance each other out, when a person experiences chronic symptoms, it's critical to see a physician. If the veins are damaged, it's not unusual that the arteries are not pumping blood efficiently either. DVTs and Chronic venous insufficiency can be fatal and must be treated to prevent further damage to your circulatory system and your overall health.

If you or a loved one has any of the venous symptoms or risk factors discussed above, you must seek medical attention immediately. Making an appointment with a vascular surgeon specializing in venous disease is critical.

Sarasota Vein Center and Sarasota Vascular Specialists

Sarasota Vein Center and Sarasota Vascular Specialists is one of the most respected vein clinics in Southwest Florida. Their surgeons, Dr. Michael Lepore, Dr. Deepak Nair, Dr. Richard Hershberger, Dr. Inkyong Parrack and Dr. Jason Wagner have performed thousands of vascular and vein surgeries over the past 30 years.

They focus on diseases of the vascular system that can range from harmless but unattractive spider veins to dangerous conditions such as peripheral artery disease. Their caring and dedicated team will help you identify problems and offer the best treatment options for you.

Sarasota Vein Center and Sarasota Vascular Specialists offer a fully equipped vascular lab and state-of-the-art Angio suite to provide a higher level of service and care for their patients. You'll find comfort in knowing they have a long-standing reputation for positive surgical outcomes that allow you to get back to healthy living.

Call Sarasota Vein Center or Sarasota Vascular Specialists today at 941-371-6565

SARASOTA VEIN CENTER



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Sarasota

600 N. Cattlemen Road, Sarasota, Florida 34232



Medicare Open Enrollment: It's Time to Review and Make Changes to Your Plan

Getting the most from your health plan is important to many seniors, but it is not always easy to navigate your way through all of the benefit plans and options. Your plan choices may vary depending on the county in which you live, the medical conditions you have, and your financial status.

It is essential to review your benefits each year between October 15th and Dec 7th. Unless there is a special exception, this is the time you can enroll, disenroll, or change your plan. This timeframe is referred to as the Open Enrollment Period (OEP).

What Do I Need to Know About my Medicare Options?

Medicare is a sophisticated system—maneuvering your way through the intricacies is the tricky part. You'll want to have the best coverage based on what your income will allow.

Medicare has several parts:

- Part A (Hospital)
- Part B (Physician & Out-Patient Services)
- Part C (Medicare Advantage Plan)
- Part D (Prescription Drug Coverage)

Because Medicare only covers approximately 80% of Part B expenses, most individuals will need to enroll in supplemental coverage to cover the cost associated with outpatient services. At age 65, most people enroll in Medicare Part A & Medicare Part B. Medicare only covers about 80% of Part B expenses. You are responsible for the other 20%.

When you opt to enroll in Medicare Part C (Medicare Advantage Plan), it combines Part A, Part B, and sometimes Part D coverage. This is similar to PPO & HMO plans, which have copays or deductibles instead of the 20% balance that Medicare does not cover. The benefits depend upon the policy you select.

Special Enrollment Period (SEP)

Whether you're moving out of state or making a town move, there are opportunities to change your plan or to enroll in a new plan if necessary. Special



Enrollment Period allows you to change your policy outside of the Open Enrollment Period. Typically, you have 60 days to change your plan if you move. This will enable you to either keep your existing plan or enroll in new coverage.

Because this is the season for open enrollment, it's critical to review your plan and to seek help if you're considering making changes to an existing plan.

The best way to enroll in a new plan is to call 1-800-MEDICARE.

*Regardless of Open Enrollment and age restrictions, those that already carry a supplement plan can choose to change their plan at any time.

Millennium Physician Group reminds you to make sure your primary-care provider participates in the plan that you choose because your continuity of care is the most important thing, and your connection to a healthier life.

Millennium Physician Group

Millennium Physician Group is one of the largest comprehensive independent physician groups with more than 500 healthcare providers located throughout Florida.

We are here to connect you to a healthier life, contact Millennium Physician Group today.



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.

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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- Complex Regional Pain Syndrome (CRPS or RSD) • Diabetic Neuropathies
- Fibromyalgia • Lichen Sclerosus • Lyme Disease • Multiple Sclerosis Pain
- Post-laminectomy Syndrome (Failed Back Surgery Syndrome)
- Shingles Pain (Post-Herpetic Neuralgia) • Small-Fiber Peripheral Neuropathy
- Traumatic Brain Injury Pain • Trigeminal Neuralgia
- Other Forms of Neuropathic Pain



Lolita Borges, RN
Clinical Director,
Gulf Coast Ketamine Center



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



2415 University Parkway
Building #3, 2nd Floor, Suite 215
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Phone: 941-213-4444
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Start Feeling Better Today

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,
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<https://millenniumphysician.com/open-enrollment-2021/>



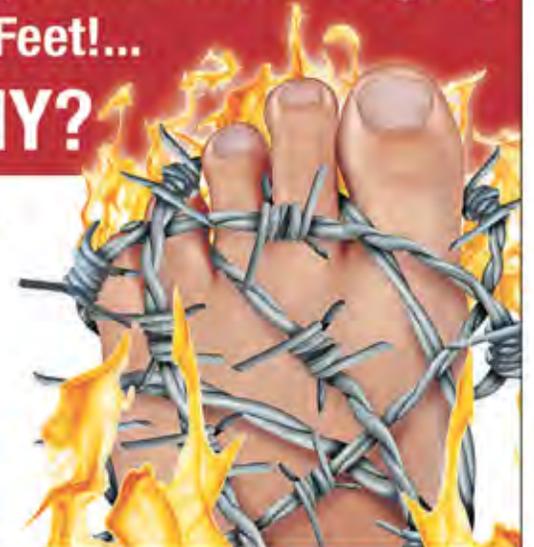
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How Stress Affects the Skin

Naples Soap Company

Many people have been under a great deal of stress recently. With all of the adverse health disorders associated with psychological stress and anxiety, people often overlook the impact that stress can have on the skin. Recent research has confirmed skin is both an immediate stress perceiver and a target of stress responses.¹ As the largest organ of the body, skin serves as a barrier and plays an essential role in immune functions by maintaining homeostasis between the external environment and internal tissues.¹

From temperature, PH balance to oil production, and inflammation, the central nervous system communicates with the skin and can cause irritations and imbalance. For example, during acute and ongoing/uncontrolled stress, many people will have more breakouts, rashes, hives, fever blisters, flares of rosacea, or eczema. Stress can even cause the skin to become colder, secrete more sebaceous oil, or become dry and cracked. Controlling anxiety is crucial for your overall health and wellbeing, as well as your skin.

Controlling Stress

Some of the things that can help control stress are breathing techniques, meditation, exercising, reading, or journaling. You can even see a therapist online, in the privacy of your own home. However, if you've got uncontrolled anxiety, it's imperative to talk to your physician about your treatment options.



Time for Self Care

Sometimes, just performing a little self care at home can do wonders for stress relief. Enjoying a warm bath, taking an aromatic steamy shower, or performing a home pedicure, can help you re-center and refocus your thoughts and divert your attention away from what is making you anxious.

Caring for Skin that Is Showing Signs of Stress

If you are experiencing blemishes or dry patches, pay attention to the products you are putting on your skin. Everything that touches our skin penetrates our body, bloodstream, and organs. It's essential to look for products made with natural ingredients and stave off chemical-laden products as much as possible.

No Chemicals—Toxins and chemicals like triclosan, sodium lauryl sulfate, sodium laureth sulfate, formaldehyde, phthalates, and parabens are harmful carcinogens, allergens, and pore-clogging ingredients that are absorbed directly into your skin and into the body.

These can create an unhealthy environment and cause adverse reactions and damage. Even more dangerous, some of these chemicals and toxins are absorbed directly into the lymph nodes and bloodstream, which causes disease states and disorders to arise. Look for products that are free from these harsh chemicals and try to avoid synthetic fragrances, harmful dyes, and preservatives.

Natural Ingredients Are More Synergistic— Seek out products with ingredients such as cocoa butter, shea butter, coconut oil, olive oil, hemp seed oil, fruit seed oils, and Pro Vitamins. Your skin will look and feel better when choosing products made with natural and organic ingredients.

Naples Soap Company

Deanna Wallin, founder and CEO of Naples Soap Company, personally suffered from psoriasis and eczema, two skin conditions commonly know to be exacerbated by stress.

Deanna explains, "Having been a nurse, I understood the effects harsh commercial chemicals can have on the body. Reading labels of products and researching common ingredients in cosmetic and beauty products was a real eye-opener. I began using natural products myself and on my daughter, who was also diagnosed with eczema. Before long, we saw amazing results. The combination of better skincare products and our efforts to try to reduce the stress in our lives has made a tremendous difference with our skin."



DEANNA WALLIN
Naples Soap Company
Founder & CEO

There are so many options to help you with your skin concerns or to simply help you relax.

From the body butter to their shampoo, when you step into one of their stores, all of the products invigorating scents, health benefits, and beauty are mesmerizing. Since launching Naples Soap Company over a decade ago, the company is now in eleven retail locations in Florida to serve you.

To find out more, please visit naplessoap.com, or stop by one of their 10 stores located throughout Florida.



www.naplessoap.com



Reference:
1. Y. Chen, Brain-Skin Connection: Stress, Inflammation and Skin Aging, *Inflamm Allergy Drug Targets*. 2014 Jun; 13(3): 177-190. Published online 2014 Jun. doi: 10.2174/1871528113666140522104422. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4082169/>

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The Great American Smokeout

On November 19th of this year Gulfcoast South Area Health Education Center (GSAHEC) will celebrate another Great American Smokeout®, a national holiday hosted by the American Cancer Society that provides an opportunity for people who smoke to commit to healthy, smoke-free lives: not just for a day, but year round. The Great American Smokeout® also provides an opportunity for individuals, community groups, businesses, healthcare providers, and others to encourage people to plan to quit on the date, or plan in advance and initiate a smoking cessation plan on the day of the event. This event not only challenges people to stop smoking, but it also educates people about the many tools they can use to help them quit and stay quit.¹

Despite what you may think, it is never too late to quit smoking. In fact, you can experience several benefits of quitting smoking within minutes of cessation and can enjoy the benefits of quitting for years to come. As soon as a person quits, his or her body begins to heal:²

- 20 minutes after quitting: heart rate and blood pressure drop
- 12 hours after quitting: the carbon monoxide level in blood drops to normal
- 2 weeks to 3 months after quitting: blood circulation improves and lung function increases
- 1 to 9 months after quitting: coughing and shortness of breath decrease. Structures in the lungs begin to heal and clean the lungs, reducing that person's risk of infection. This is critical in fighting illnesses that threaten lung health, such as bronchitis and COVID.
- 1 year after quitting: the risk of coronary heart diseases is half that of someone who smokes. Risk of heart attack decreases significantly.
- 5 years after quitting: risk of mouth, throat, esophagus, and bladder cancer is cut in half. Cervical cancer risk is now that of a nonsmoker. Risk of stroke falls to that of a non-smoker after 2-5 years.
- 10 years after quitting: risk of dying from lung cancer is half that of a smoker.
- 15 years after quitting: risk of coronary heart disease is the same as a nonsmoker.



Along with these great benefits, quitting smoking also reduces the risk of diabetes and improves the health of blood vessels, the heart and the lungs.²

If you or a loved one are looking to quit smoking (or all tobacco use), or if you want to promote The Great American Smokeout® to your business, community groups, or patients, many free resources are available to help someone quit! GSAHEC offers free cessation classes—sponsored by the Florida Department of Health's Tobacco Free Florida program—that are available to help someone quit all forms of tobacco. These virtual cessation classes provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum or lozenges (if medically appropriate and while supplies last) are provided with the class. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist. Contact us today at **866-534-7909** or visit www.ahetobacco.com to schedule a class or learn more about the program!

¹ <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/history-of-the-great-american-smokeout.html>

² <https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html>



QUIT YOUR WAY

Quitting tobacco isn't easy. Finding help should be.

In the wake of the COVID-19 pandemic, quitting is more important than ever! Let us help you get the support you need from the comfort of your own home.

Gulfcoast South Area Health Education Center is offering free group quit classes virtually!

Pre-registration required!

Call 866-534-7909 to register.

You will be emailed a link to join by ZOOM conference via video or audio. Cessation groups cover all forms of tobacco.

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EARLY DETECTION SAVES LIVES:

WHAT YOU SHOULD KNOW ABOUT THE LATEST LIFE-SAVING TECHNOLOGY

The best way to conquer, fight and overcome any disease state is to have early diagnostic testing at the onset of symptoms, or as a preventative measure. Individuals with high-risk factors for coronary artery disease, or certain cancers are highly encouraged to have annual screenings for their specific disease states potentials.

RAVE RADIOLOGY

At RAVE Radiology, they put your health at the forefront of their mission, by investing in the latest most up to date technology available. RAVE, Radiology Associates of Venice & Englewood understand the importance of providing the best methods and the most advanced diagnostic tools for their patients.

RAVE is a radiology practice, which has been active for over 30 years. They currently consist of 10 board-certified radiologists, many of which have postgraduate fellowships with subspecialty training, all of whom have years of full-time experience. There are over 90 healthcare professions working with RAVE to provide the best possible radiologic services in Sarasota County. In addition to their personnel, they have some of the best radiologic imaging devices available. Superior visualization makes your diagnoses accurate and timely, preventing potentially dangerous delays in initiation of your therapy. At RAVE, you can have confidence you're getting top-notch professional assistance in your diagnosis and care.

CRITICAL CARDIAC TESTING

Cardiac Scoring is a Non-Invasive CT Scan of the heart, which calculates the risk of developing Coronary Artery Disease by measuring the amount of calcified plaque in the coronary arteries.

LEADING LUNG DISEASE DIAGNOSTIC TOOLS

CT Lung Screening: If you have been a heavy smoker, then you are at significantly increased risk of developing lung cancer. CT can find small lung nodules that might be cancer before any other test can detect them. If you are between the ages of 55 and 75, then national experts recommend you undergo low dose CT screening for lung cancer. These recommendations come from many groups of medical experts including the National Lung Screening Trial Research Team, the American College of Chest Physicians, and American Society of Clinical Oncology.

RAVE is committed to you and your family's health. If you wish to undergo a lung cancer screening, you should ask your doctor to order it, or you can contact RAVE directly to schedule an appointment.

THE DIFFERENCE BETWEEN MRI AND CT SCANS

MRI uses a strong magnetic field, radio waves and a computer. This enables MRI to make very detailed pictures of bone, organs, soft tissues and any other body structures. Differences between normal and abnormal tissue is often clearer on an MRI image than a CT.

CT uses a very thin unique X-ray beam to produce detailed, cross-sectional views of the area being studied. CT is often the preferred method of diagnosing causes of pain and many different forms of cancer.

KNOW YOUR RISK FACTORS

CARDIAC

- Smoking
- Atherosclerosis
- Family History
- Shortness of Breath
- Lethargy
- Chest pain
- Leg pain

LUNG

- Smoking
- Pollutants
- Asthma
- COPD
- Frequent Coughing
- Shortness of Breath and more...

ADDITIONAL RAVE DIAGNOSTIC SERVICES

- Magnetic Resonance Imaging
- 3T Wide Bore MRI (Open)
- Multi-Slice CT
- Cancer & Heart Calcium Screening
- MRA
- CTA
- P.E.T. (Positron Emission Tomography)
- Digital Mammography
- Nuclear Medicine
- Ultrasound
- Osteoporosis (Bone Density/DEXA) Evaluation
- Diagnostic Radiology/X-ray
- Non-invasive Vascular Testing



To find out if you're a candidate for CT Lung Cancer Screening, you can use the Lung Cancer Risk Calculator at <http://www.shouldiscreen.com>.

For more information on early diagnostic testing and screenings, please visit their website at www.RaveRad.com



www.raverad.com

VENICE

512-516 S. Nokomis Ave
Venice, FL 34285
941-488-7781
Hours: 8:00am-5:00pm

ENGLEWOOD

900 Pine Street
Englewood, FL 34223
941-475-5471
Hours: 8:00am-5:00pm

SARASOTA

3501 Cattlemen Road
Sarasota, FL 34223
941-342-RAVE (7283)
Hours: 8:00am-5:00pm

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!**



Contour Light Therapy of Venice
4140 Woodmere Park Blvd, Suite #2
Venice, FL, 34293
www.contourlightvenice.com

Source: 1. https://contourlight.com/?gclid=CjwKCAIAhe7yBRAdEiwAplGxX-5V1A_Gy4kOdPkvoNcrzFa-AH86atX3JCJaW60ESrr7-9K7D1o-l4RoCzg0QAvD_BwE

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.

aim

Why is Communication Important for the Hearing Part of Your Brain?

Over the past decade, there have been more evidential conclusions or studies related to hearing loss and cognitive decline. Study reveals that older adults with hearing loss are significantly more likely to suffer from dementia than those who retain their hearing. When there is auditory deprivation, there is a significant strain on the area of the brain that processes communication. This area of the temporal lobe is called the primary auditory cortex and it not only controls hearing, but also the way language is processed. Individuals that struggle with hearing often become less social, and therefore their cognitive decline is affected by less interaction and less mental processing.

Hearing loss and increased gray matter

A recent study looked at the effects of high and low frequency hearing loss and the degree of gray matter and communication disruptions in various areas of the brain. The subjects were screened with brain scans and hearing tests to measure the degree of cognitive disorder with and without hearing devices.

The results of this study are consistent with the premise that high frequency hearing loss has cascading effects throughout the auditory system in older adults.¹ High frequency hearing loss was associated with lower auditory cortex gray matter volume and increased cerebrospinal fluid (CSF) in the same region, suggesting that auditory cortex is atrophying with hearing loss.¹ These effects were present even after controlling for age and gender effects, thereby providing additional support for direct effects of hearing loss on auditory cortex morphology.¹

“Communication is crucial to keep the brain active and reduce the risk of cognitive decline. Less interaction means less brain function, and more likelihood for degenerative changes” explains Dr. Wazen, Ear Research Foundation, Director of Research. He urges that despite the stay at home orders, those suffering from hearing loss should continue to stay connected whether it is by using online platforms like Zoom, FaceTime or other video chatting platforms. Long term hearing deprivation can impact cognitive performance by decreasing the quality communication leading to social isolation and depression. Treating your hearing loss does not prevent cognitive disorders like Alzheimer’s or dementia, but if you do have such disorders, it is always important to maintain your brain stimulated.

How do I keep the hearing part of my brain (auditory cortex) active despite the stay at home orders?

If hearing loss is treated with hearing devices, the cognitive decline can be thwarted in many cases and it seems as though it might reverse some damage. The important point is to wear the hearing devices regularly on a daily basis.

1. Wear your hearing aids or implant processors despite being alone at home.

It is more critical for you to wear your hearing aids now than any other time. Hearing aids are not treating your ear; they are treating your brain by keeping it active.

It is important if you have hearing loss or have a history of brain disease to manage your hearing to at least prevent the hearing part of your brain degeneration. Effective intervention with hearing aids or cochlear implants may improve social and emotional function, communication, cognitive function, and quality of life

2. Have a face time or a zoom call with family member.

Social distancing does not mean you should stop your social interactions. With today’s technology, you can socialize at a distance. Make sure to pick up your smartphone and talk to someone at least once a day. If you do not hear, you tend to withdraw, you tend not to communicate, and that withdrawal will lead into more possibility of brain degeneration.

3. Listen to podcasts

Our hearing advocate Bill Fellows shares, “With time on my hands as a result of pandemic isolation, I have discovered the wide world of Podcasts. It is amazing the variety of helpful, educational, and entertaining Podcasts that are available. I am fortunate to have hearing devices that link to my phone allowing me to hear every word crystal clear. Try it..”

What to do if your loved ones suffer from hearing loss?

Make sure you check in and talk with your loved ones at least once a day and be patient. When people struggle to hear, communication can be difficult. Thus, social disengagement follows. If in person visits are not possible, make a phone or video call regularly.

Are you a healthy hearing advocate?

Wear this communicator clear face mask in public to help the hearing impaired communicate better.

These masks are made with:

- a clear window panel to assist in lip reading
- double layered fabric surrounding anti-fogging PET (CDC recommends at least two layers)
- tie around the head to reduce the risk of losing hearing aids.



Join Ear Research Foundation’s Hearing Advocate’s Coalition as a founding member with a monthly donation of only \$5, \$10 or more! Approximately 48,975 adults in Sarasota County are living with hearing loss, and 5,975 of those are living in poverty. The group was initiated to raise money for under-insured patients that need care during these trying times. Upon donating, you will receive a clear face mask as a gift.

Call Jodel Velarde at (941) 556 4219 or visit www.EarRF.org/HAC to advocate for healthy hearing with your mask!

References:

1. M. Eckert, Auditory Cortex Signs of Age-Related Hearing Loss, *J Assoc Res Otolaryngol*. 2012 Oct; 13(5): 703-713. Published online 2012 May 23. doi: 10.1007/s10162-012-0332-5 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3441956/>

Ear Research Foundation

In 1979, the Ear Research Foundation was established in Sarasota, Florida by President and Founder, Dr. Herbert Silverstein. The Foundation was created out of his desire to continue research and development, and to contribute to medical education in a private setting. In the field of Otolaryngology. A non-profit 501C-3 organization, Ear Research provides essential and innovative research, educational sessions to inform the community about hearing health and to train professionals in the field, and community care for people in need of hearing devices and care who could not otherwise afford it. Vital to the Ear Research Foundation is the strong partnership with Silverstein Institute.

Silverstein Institute

The Silverstein Institute has locations in Sarasota, Venice, and Lakewood Ranch. An internationally respected physicians’ practice dedicated to diseases and surgery of the ears, nose, and throat. Silverstein Institute provides innovative, high quality patient care. A state-of-the-art organization, the staff and physicians work together every day to improve the health and well-being of their patients.



Jack J. Wazen, MD, FACS

Director of Research for Ear Research Foundation
Dr. Wazen, American Boards of Otolaryngology, Head and Neck Surgery, and Neurotology Recognized repeatedly as one of Sarasota, New York, and American’s “Best Doctors”.

Dr. Wazen is one of the nation’s leading authorities on hearing and balance disorders, pioneering new research that expanded treatments for people with singlesided deafness and complex cases of hearing loss. He also is author of the seminal book, *Dizzy*, providing new treatment options and hope for people affected by balance and hearing disorders. Last Tuesday, October 22, 2020, he was named Chief of Staff of the Sarasota Memorial, serving as the top representative the hospital’s more than 1,400 medical staff members and advanced practice providers.

Start your path to better hearing, please contact the Silverstein Institute to schedule your appointment today.

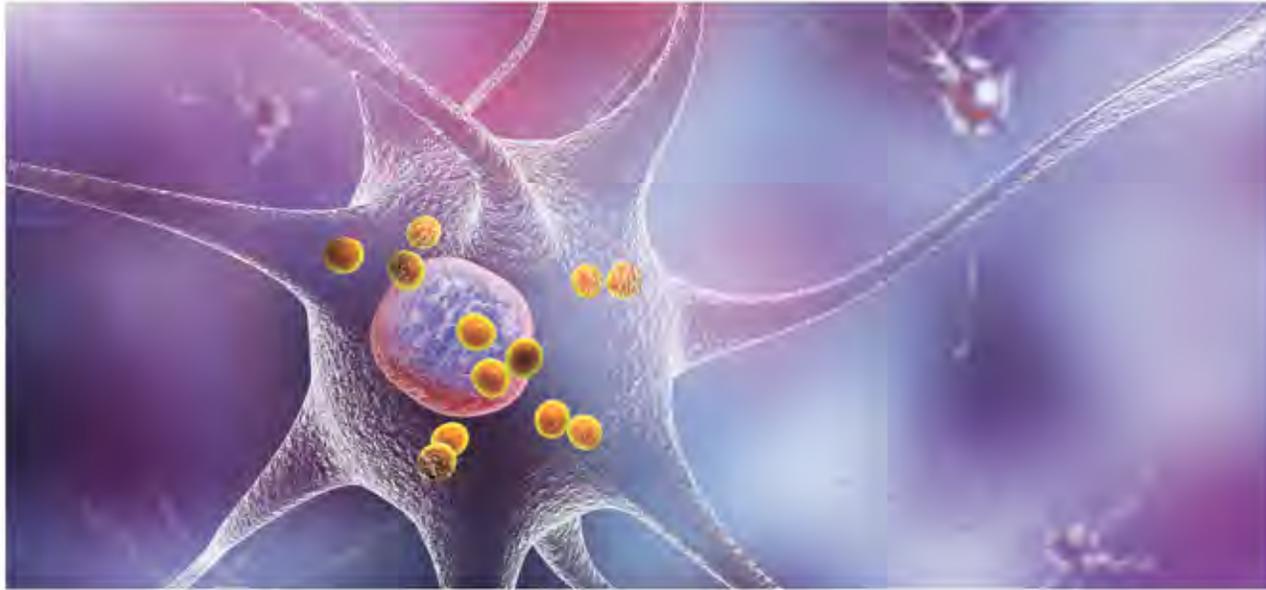


Ear Research Foundation

(941) 365-0367 | www.earrf.org

1901 Floyd Street, Sarasota, FL 34239

LIVING WITH LEWY BODY?



With 6 million Americans already diagnosed with Alzheimer's disease, a growing number of these individuals also have a lesser known form of Dementia called Lewy Body Dementia or LBD. Lewy Body proteins can be found in Alzheimer's patients, Parkinson's patients or can be independent diagnosis. This medical condition takes on strong characteristics of Parkinson's and Alzheimer's disease and unfortunately, is often misdiagnosed. Although nearly 1.4 million people have LBD, medical professionals are just now beginning to better understand the symptoms, diagnosis and management of the disorder. The recent news that Robin Williams suffered from Lewy Body Dementia has brought additional attention to this very difficult disease.

What is LBD?

In the early 1900's a German neurologist discovered a protein in the brains of Parkinson's patients. This protein's medical term is Alpha-synuclein, but the common name is Lewy Body. These Lewy Body proteins build-up abnormally in the brain stem and migrate throughout the brain causing sleep disturbances, muscle stiffness, muscle twitching, memory problems, problem-solving disruptions, and behavioral changes.

In addition, Lewy Body Dementia causes other physical changes like blood pressure, heart rate, body temperature fluctuations, chronic rhinitis (runny nose) incontinence, and hallucinations, delusions and aggression.

Lewy Bodies deposit themselves inside the neurons (nerve cells). This interrupts synapse cell communication and eventually causes cellular death.

The imaging scans of individuals with progressed LBD show significant deposits and disruption in the middle brain area. The midbrain controls speech, hearing, temperature and sleep.

A person with LBD will experience mild symptoms at the onset of the disease that progress, including: cognitive, motor, physical, sleep and behavior symptoms, including hallucinations, insomnia and acting out. Following directly behind Alzheimer's disease, it is the second most frequent form of dementia.

One of the symptoms of LBD is medication sensitivity. Many of the traditional treatments for Alzheimer's and Parkinson's diseases will make LBD much worse. It is important to work with a physician who understands the disease well including the treatment options. Each patient will respond to medication differently.

Quick Facts – LEWY BODY DEMENTIA:

- Different from Alzheimer's disease and related to Parkinson's disease
- Degenerative – not curable but can be slowed
- Caused by microscopic Lewy Bodies in the cognitive and motor areas of the brain
- More common in men than women
- A multifaceted disease with cognitive, physical and perceptual, behavioral and motor symptoms.

McKenney Home Care, in Naples, FL hosts a Lewy Body Dementia Support Group the first Wednesday of every month. This is an ongoing support group approved by the Lewy Body Dementia Association in Atlanta and 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 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 a Virtual Alzheimer's App. This virtual reality experience helps caregivers understand the feelings and experiences of those suffering from Alzheimer's and other forms of 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



CALL US TODAY!

941-548-1182

871 Venetia Bay Blvd #231

Venice, FL 34285

AHCA Registration #299994901

Cannabis & Coronavirus

Covid-19 has slowly spread its way into the lives of almost every person starting with financial distress and ending in the constant fear of carrying on with everyone's daily routine. These strange times have called for unorthodox measures to be taken in order to flatten the curve of the spread such as work from home, telemedicine, and other contact free options of their previous counterpart. As such, the Florida Department of Health has now temporarily allowed patients to re-certify their marijuana prescriptions over the phone up until April 15th, giving them an alternative to the typical doctor office visit. The clinical side of the industry isn't the only side taking preventative measures; dispensaries are now doing minimal contact purchases as well as ramping up the delivery sector to protect patients especially for those who are immunocompromised.

What this entails for the future of the industry will ultimately be within the hands of the state of Florida with many hoping tele-medicine is here to stay past the April 15th deadline. Those who are bedridden or unable to go out in public collectively breathed a sigh of relief despite the temporary nature of it all.



This opens up the question if telemedicine could be a permanent option in the small percentage of cases and possibly hail an increase in demand for being a card holder as it will open up a completely untapped demographic. The convenience being the obvious factor in this but meeting at some point down the middle seems crucial to those wanting to become a cardholder and are unable to be in public disregarding the current situation with the virus. Regardless, as we all go through the unknowns of this novel coronavirus, let's

continue to observe the way this industry reacts to this unfortunate scenario (from 6 feet away, of course).

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Michele McKenney, MPH, JD
Patrice Magrath, JD

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Accountable Inpatient Medicine

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www.aimgroup.health



"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.
(In Centergate Office Park)

Add some peace to your life or the life of someone you love.

Call today to make an appointment.
(941) 927-1123

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.



Call today. They may be able to help you live a normal, pain-free life again...941-927-1123

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

Listen to what Others are Doing to Solve their Neuropathy & Pain Problems...



Rick M. Age 66
Sarasota, FL

"...I've taken thousands of pain pills, tried physical therapy, podiatrist and a neurologist who told me I needed surgery, all with no improvement...Platinum Healthcare correctly diagnosed the root cause of my problems and developed a special treatment protocol designed for me, and it was so successful it helped my low back pain, neuropathy burning, and even my erectile dysfunction! My wife and I are finally making travel plans, many Thanks!"

It's your Choice.
3D Mammography

Radiology Associates of
Venice, Englewood
and Sarasota

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Visit EarRF.org/HAC to sign up!
Questions? Contact us at (941) 556-4219 info@EarRF.org

Find out about our program and the importance of the hearing part of your brain on page 26.

Ties do not interfere with your hearing aids

Lip reading friendly

Just open your phone's camera and scan the image on the right to fill out our secure online form!
Your donation Helps Us. Help Others Hear.



Alzheimer's Disease: Causes and Treatments That Work!

Gerry Letendre, RPh, MBA, CHt

Alzheimer's disease (the most common form of dementia) affects 6 million Americans, and it's rising astronomically. By 2050, researchers and experts expect that number to be closer to 20 million. There is no meaningful cure by pharmaceutical standards. The drugs available are thought to slow the progression, but more and more experts are finding that those drugs actually make the progression worse.

Neurodegenerative Causes

From studies, experts now know that multiple factors cause dementia. Some patients can have ten or more of these contributors, including neurodegenerative chemical or environmental toxins, infections, mold toxicity, head trauma, a sedentary lifestyle, cardiovascular disorders, and a diet known to contribute to the disease. Some of the most dangerous foods to eat are gluten, sugar, excessive animal protein, dairy, soy, and processed foods.

Meaningful Treatment Protocols That Works

If someone told you there was something you could do to stave off or, in many cases, reverse Alzheimer's disease, would you do it? The fact is there is under a precise program developed by a world-renown neurologist, Dr. Dale Bredesen called ReCODE (Reversing Cognitive Decline). Over 100 of Dr. Bredesen's patients with Alzheimer's/Dementia have fully recovered, and many of them have had no symptoms or signs for years after following this protocol.

There is a genetic link to dementia, but there is also as equally a high risk of lifestyle choices that put many people in jeopardy. It's critical to get tested for genetic variants and heavy metals, mycotoxins, hormonal imbalance, underlying infections such as Epstein Barr, advanced lipid panels, and the health of the gut microbiome.

Dr Julio Cantero, a triple board-certified neurologist with The Center for Brain Health, works closely with Sarasota Specialty Pharmacy and has been trained under Dr. Bredesen. He offers their patients a comprehensive, customized program to diagnose, treat, and prevent dementia and other neurodegenerative conditions. If a patient has the

ApoE4 genetic mutation with either one or two variants (maternal, paternal, or both), those individuals' chances are at a higher risk at 50 to 90%. If a patient is ApoE4 or a double 4, the ReCODE protocol is very specific and includes time-restricted eating plans, advanced dietary recommendations, MRIs with volumetrics (measures atrophy), and numerous other recommendations. There are also supplements that are well studied and are critical for prevention and treatment.

One of the types of Alzheimer's described by Dr. Bredesen is Type 2, Atropic Cold, which is the result of suboptimal hormone levels such as thyroid, adrenal, estrogen, progesterone, testosterone, and pregnenolone. Sarasota Specialty Pharmacy, an advanced compounding pharmacy, works directly with Dr. Cantero and many other practitioners and physicians compounding customized formulations of bio-identical hormones that are safe and effective. Using no fillers, dyes, allergens and free of chemicals, they customize medications that suit the patient's particular needs.

The Center for Brain Health is testing their patients for Multiple Antibiotic Resistant Coagulase Negative Staph (MARcoNS), which is a relatively newly understood bacteria that can play a role in cases of patients who have previously been diagnosed with Chronic Fatigue, Multiple Chemical Sensitivity, Fibromyalgia, Lyme Disease, Lupus, MS and other autoimmune conditions.



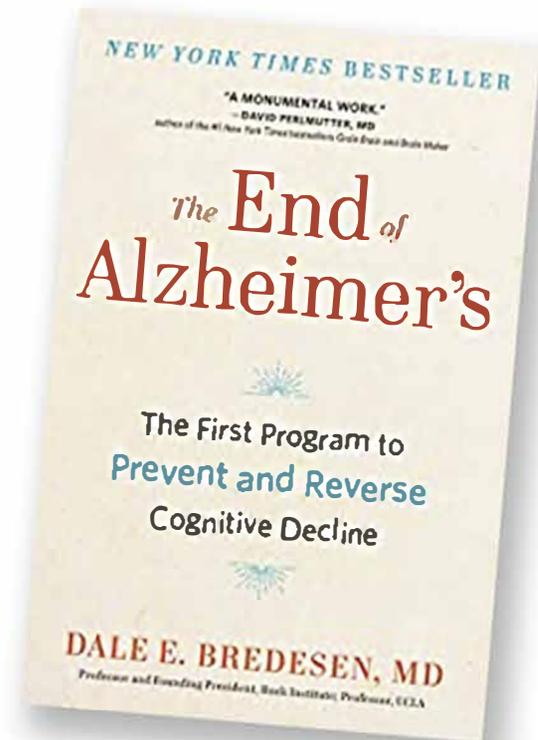
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Dr. Dale Bredesen's book, *The End of Alzheimer's* is a number one best seller and for good reason, as it's helping numerous people prevent and reverse neurodegenerative disease.



Sarasota Specialty Pharmacy is offering a **FREE COPY** of the Book to the first **10 people** that mention this article when they stop by or call.

Sarasota Specialty Pharmacy is compounding the nasal spray treatment to address the bacteria believed to be involved with MARcoNS. An exclusive to PCCA only pharmaceutical called Mucolox™ disrupts the biofilm of bacteria and is available by prescription through Sarasota Specialty Pharmacy.

Sarasota Specialty Pharmacy: More Than Just a Compounding Pharmacy

Sarasota Specialty Pharmacy and Wellness Center is an independent, family owned innovative compounding only pharmacy that has served the Sarasota community for over 40 years. 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!

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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What's Your Diet?

By Pastor Roger P. Felipe

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

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

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

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

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



McGrath probes us to consider this question:

"Suppose our longing for fulfilment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

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

Roger P. Felipe is the Discipleship 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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