

SOUTHWEST FLORIDA'S

Health & Wellness[®] MAGAZINE

March 2021

Manatee/Sarasota Edition - Monthly

www.swfhealthandwellness.com

f t **FREE**

Anti-Aging

Wild Lily Medspa Offers
Microneedling with
RegeneDerm!

Save Your Vision

Important Information
About Protecting Your
Eyesight

What You Need to
Know About Your

Immune System

Healthy Eating

Reduces Vascular
Disease

National Nutrition Month



127,150+

REGENEXX PROCEDURES
PERFORMED SINCE 2005

Joint Surgery Alternatives?

Return to your active lifestyle without drugs, cortisone shots, or surgery.

We offer **the nation's most advanced non-surgical stem cell and platelet treatments** for osteoarthritis, joint injuries and spine conditions. We use the patient's own bone marrow derived stem cells, which is the only FDA-compliant tissue source in the U.S. for orthopedic procedures.

All injection procedures are performed using ultrasound and fluoroscopic guidance for precise cell placement.



James Leiber, DO
Medical Director



Ron Torrance II, DO



Ignatios Papas, DO



Regenexx[®]
Tampa Bay

The Trusted Alternative to Orthopedic Surgery.

2401 University Parkway, Suite 104 | Sarasota, Florida 34243 | **941.213.7518**

RegenTampaBay.com



TAKING CARE OF YOUR UROLOGIC NEEDS



FLORIDA UROLOGY
SPECIALISTS



GenesisCare

OUR UROLOGISTS

Thomas H. Williams, M.D., FACS

William J. Tingle, M.D., FACS

A. Joseph Bilik, M.D., FACS

Tracy B. Gapin, M.D., FACS

Matthew J. Perry, M.D.

1 S. School Avenue, Suite 200 • Sarasota, FL 34237

941.309.7000 • Fax: 941.308.8508

flurologyspecialists.com

SARASOTA VEIN CENTER

The Leading Vascular Specialists in the Tri-County Area for 30 Years.

INTERNATIONALLY
RENOWNED
VASCULAR SURGEONS
ESTABLISHED IN
SARASOTA FOR MORE
THAN 30 YEARS.

941-371-6565



WWW.VEINSANDARTERIES.COM

600 N Cattlemen Rd, Sarasota, FL 34232



Be In The Clear For The New Year!

Academic Alliance in Dermatology provides the highest quality medical and aesthetic dermatology in 23 locations throughout Florida



Dr. Panos Vasiloudes
MD, PhD, FAAD, FAAP, FASMS



Dr. Paul A. Stevenson
D.O., FAOCD

Adult & Pediatric Dermatology
Medical & Surgical Dermatology
Mohs Micrographic Surgery



**Academic
Alliance in
Dermatology**
SM/TM

Most insurances accepted

www.AcademicAllDerm.com



SARASOTA - LAKEWOOD RANCH

Center Point Medical Office

6600 University Pkwy, Suite 302, Sarasota, FL 34240
(941) 800-5001

If a significant missing investment or tax fact was costing you a lot of money, when would you want to find out?

WHAT YOU BELIEVE DETERMINES HOW YOU INVEST.

- 1 WE BELIEVE IN MARKETS.
- 2 WE BELIEVE IN EFFICIENT RISK.
- 3 WE BELIEVE IN LIFETIME INCOME.



Stuart Dickson, Fiduciary of Vimvest

Call 941-925-2121 now or go to www.vimvestadvisors.com

If you would like to learn how wealthy high-income investors avoid myths and misconceptions and shelter income and assets from higher tax rates and risk going forward join us at our complimentary educational dinner event. This is not a product or investment sales presentation and the content is best suited for those with \$500,000 and above in retirement assets.

END Your Burning, Numbness & Tingling in Your Legs and Feet!... NEUROPATHY?



Defeat Neuropathy Now

- ✓ NO Addictive Drugs
- ✓ NO Surgery
- ✓ FDA Approved

NEW TREATMENT FOR NEUROPATHY
State-of-the-art technology targeting nerve damage

PLATINUM HEALTHCARE

PHYSICAL MEDICINE

5560 Bee Ridge Rd., Suite 7

*Insurance may cover all or parts of your care.

Call Now for your **FREE** screening to see if you qualify for this amazing treatment.

(941) 927-1123

The Proven Leaders in Neuropathy Treatment

We are so confident that you will be happy with your care, that we guarantee that if within 3 days of accepting our free offer you're not happy, you will not have to pay for any services performed in addition to this free service. For Medicare recipients this certificate will cover a 20-minute conversation with the doctor and a health screening/prevention evaluation.

FREE DEMONSTRATION ON HOW PEMF CAN IMPROVE YOUR CELL HEALTH

How would it feel to have quicker recovery time from your sporting events AND have less pain?

Wellness Achievers can help, leave a message for Sheryl @ 949-220-4900 and someone will return your call within 24 hours. Be sure to mention Health & Wellness article!

PEMF and Magnetic Resonance Stimulation (MRS) has been proven to:

- Regulates the autonomic nervous system
- Improves the respiratory volume due to improving respiratory muscle functioning
- Alleviates pain • Activates the immune system
- Stimulates the bone cartilage and improves bone density

Acts as an anti-inflammatory and regulating throughout the body

- Nerve recuperation • Improves wound healing
- Improves circulation • Reduces stress • Enhances endorphin, dopamine, serotonin production in the brain
- Regulates digestive activity
- Improves melatonin production which is important for sleep
- Improves the effects of medication due to improved metabolism and circulation
- Reduces the tendency of blood clot



Wellness Achievers

Call Today! 949-220-4900

- 6** Surgeon Uses Advanced Techniques to Keep Athletes in the Game
- 8** Healthy Eating Reduces Vascular Disease
- 9** Orthopedic Conditions Can be Painful and Debilitating: Finding The Right Doctor is Critical
- 10** Nobody Wants to Hear it, but We Will Say it Anyways
- 11** 5 Reasons to Avoid Knee Replacement Surgery
- 12** Anti-Aging: Wild Lily Medspa Offers Microneedling with RegeneDerm!
- 13** Kidney Stones & Other Kidney Disorders Can Be Quite Dangerous
- 14** ZERO! At Academic Alliance in Dermatology The Mission is Clear: ZERO Deaths from Melanoma
- 16** Save Your Vision: Important Information About Protecting Your Eyesight
- 18** IV Ketamine for TBI and PTSD
- 19** What You Need to Know About Your Immune System
- 20** Signs & Symptoms of Hormone Imbalance
- 21** Lymphedema Must Not Be Ignored: Now a Mobile Treatment Service Comes to You
- 22** Veterinary Compounding Your Pets Are Special & Their Medication Should Be Too!
- 23** Direct Primary Care: The Doctor Is Always In!
- 24** Neuropathy Treatment Breakthrough Proves Highly Effective at Reversing Neuropathy Pain and Symptoms
- 26** Effective & Proven Chronic Pain Relief with VAX-D®
- 27** National Nutrition Month
- 28** Care Managers Advocate for Seniors - And Their Caregivers
- 29** GAINSWave is Making Headlines Due to its Ability to Prevent & Treat ED
- 30** Can Omega-3 Fish Oil Help Prevent Muscle Wasting?
- 31** Spiritual Wellness: Maintaining Healthy Friendships

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR - Lisa Minic



Publishing • Advertising • Web Design • Graphic Design

239.588.1200

Southwest Florida's Health & Wellness Magazine can be found in over 600 Southwest Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Southwest Florida's Health&Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239.588.1200
Cristan@gwhizmarketing.com

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

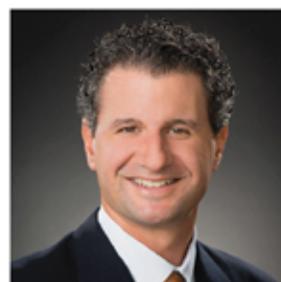
©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2020. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTHWEST FLORIDA'S Health & Wellness Magazine. SOUTHWEST FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTHWEST FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



SKIP & GAIL SACK

As a result of treatment - feeling great and enjoying life!

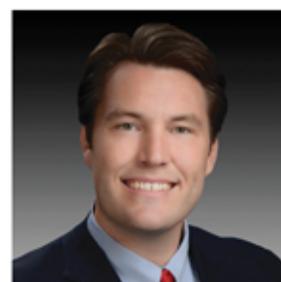
My wife and I consider ourselves very fortunate to have been treated by Sforzo | Dillingham | Stewart Orthopedics. Dr. Sforzo's assessment of my broken wrist and Gail's broken finger and rotator cuff damage was spot on. We both are physically as good as we were before our injuries. They are not only excellent and caring doctors, they actually see patients within minutes of the appointment time. Additionally, the staff is not only pleasant, they are cheerful and made us feel like we were among friends.
 - Skip & Gail Sack



CHRISTOPHER SFORZO, M.D.



CHRISTOPHER DILLINGHAM, M.D.



CHARLES STEWART, M.D.



PHILIP MEINHARDT, M.D.

BOARD-CERTIFIED. FELLOWSHIP-TRAINED. ORTHOPEDIC SURGEONS.



5831 Bee Ridge Road
 Suite 300 • Sarasota, FL 34233
 941.378.5100
sforzodillingham.com



Surgeon Uses Advanced Techniques to Keep Athletes in the Game

By Heidi Smith, Contributor

Courtesy Venice Regional Bayfront Health

When injuries, aches or pains strike, the frustration of being kept from something you love to do is real, no matter your activity level.

Lisa Perrault, Cindy Eaton and Clare Halsey know exactly what that's like. As players in Englewood-based Senior Women's Legends League Softball, the women have been sidelined in the past by a variety of injuries.

But fortunately, one of their league mates is an orthopedic surgeon who specializes in correcting problems related to the wear and tear of sports and aging. And while they are amateur athletes, they received the same advanced care as professionals.

"I believe every patient should be treated equally. If you're a weekend warrior and like to play sports, we're using the same treatments and technologies that professional athletes receive to help with your recovery," said Tracy Ng, D.O., with Gulf Coast Medical Group Orthopedics.

Dr. Ng is fellowship-trained in sports medicine and arthroscopy – a minimally invasive procedure for diagnosing and treating joint problems. She also performs robotic surgery for knee replacement as a member of the medical staff at Venice Regional Bayfront Health, and is the Atlanta Braves Spring Training orthopedic surgeon in North Port.



The Pitcher's Story

Lisa Perrault, 46, grew up playing competitive softball. Today the Port Charlotte resident is a schoolteacher and a pitcher in the softball league. She came to know Dr. Ng, whom she calls Tracy, as a "great athlete" – a strong hitter who is also very quick on defense. When pain

in Perrault's left knee became intolerable, she knew where to go for help.

Dr. Ng starts with a conservative approach to treatment.



Cindy Eaton, Infielder | Clare Halsey, Outfielder | Tracy Ng, D.O., Surgeon

"When I examine the patient, I see where their issue is based on history and a physical exam," the physician explained. "I try to treat conservatively first with physical therapy, exercises, weight loss, rest, bracing and over-the-counter, anti-inflammatory medication. The next step may be injections of a steroid or hyaluronic acid gel, which can help with pain. If those measures fail, then we order an MRI and consider surgical options."

In Perrault's case, the MRI showed a defect "like a pothole" in the left kneecap, Dr. Ng explained. The surgery, performed at Venice Regional, involved opening Perrault's knee, removing damaged tissue and applying a high-tech patch containing cartilage cells. The surgeon then applied amniotic fluid to accelerate healing and help reduce pain.

"The cartilage graft used on Lisa and the amniotic fluid are examples of 'orthobiologics,' new technologies and products that really help reduce inflammation, accelerate healing and reduce pain," Dr. Ng explained. "These are the same advanced technologies that are used on professional athletes."

"Our goal was to prevent me from having a knee replacement at a relatively young age," Perrault says. "And it worked!"

About 18 months later, pain in Perrault's other knee sent her back to Dr. Ng. This time, the MRI dictated a different approach: arthroscopic surgery, also performed at Venice Regional. Dr. Ng was able to use the minimally invasive technique to "clean up" the knee, then inject amniotic fluid.

"Tracy found places where the cartilage was worn away, so I'm probably headed for a knee replacement in the future," Perrault said. "We'll do everything we can to hold off on that for as long as possible."



The Infielder's Story

Infielder **Cindy Eaton**, 56, remembers meeting Dr. Ng three years ago through softball.

"She was so down-to-earth," recalls Eaton, who is semi-retired and lives in Nokomis. "It was probably a

month into the softball season before I found out she was a doctor."

Like Perrault, knee pain was Eaton's major complaint. Under Dr. Ng's care, she tried steroid injections and strengthening exercises, but over the course of the next year, the pain increased. An MRI showed tears of the meniscus, which is rubbery knee cartilage that cushions the shinbone from the thighbone. Additionally, a ganglion cyst – a noncancerous lump filled with fluid – surrounded the anterior cruciate ligament (ACL). Because the ACL is a key ligament that helps stabilize the knee joint, the cyst needed to go.

Using the minimally invasive arthroscopic technique, Dr. Ng trimmed the meniscus on both sides of Eaton's knee, removed the cyst, and smoothed the cartilage that interfered with the joint's movement. Again, she used amniotic fluid to facilitate healing.

Eaton's surgery at Venice Regional and subsequent rehabilitation were successful, and she returned to softball two months later.

The Outfielder's Story

Wellen Park resident **Clare Halsey**, an outfielder and occasional catcher in the league, was a firefighter in Virginia before moving to Florida. After years of lifting and carrying heavy weights in her job, her left shoulder became increasingly more painful.



Halsey, 65, learned about Dr. Ng through fellow softball players. An MRI showed bone spurs, a partially torn rotator cuff, and bursitis (inflammation around the joint). Dr. Ng also diagnosed impingement syndrome, which is shoulder pain caused by rubbing of the rotator cuff between the humerus (arm bone between the elbow and shoulder) and the top outer edge of the shoulder. Fortunately, all of the damage could be repaired arthroscopically.

"For the partial tears to Clare's rotator cuff, we used another orthobiologic," Dr. Ng recounted. "Called a bioinductive implant, it's like a patch we place over the tears and attach with staples that are bioabsorbable. The implant is composed of collagen that advances the healing process, and the patch increases tendon thickness. This helps with the biomechanics of the shoulder, which reduces pain and improves range of motion and strength."

Four months after surgery, Halsey was playing softball again.

"You don't realize how much you use your shoulder," Halsey said. "Before I had surgery, I couldn't reach into the clothes dryer with my left arm. Reaching for a dish on a shelf, I couldn't do it."

All of the players gave Dr. Ng high marks for the care they received, and the surgeon appreciates that her patients trusted their athletic futures to her expertise.

"I can relate to my patients because we are all sports-oriented," Dr. Ng continued. "We all have this drive to play better, work harder and get back to the game when you're recovered."

"Tracy fixes us all and gets us back out on the field," said Perrault with a laugh. "As an athlete, she knows the competitive spirit and wants to get people back on the field. It's nice to be treated like a superstar even when you're just playing in the 'old lady' softball league."

Tracy Ng, D.O., sees patients at Gulf Coast Medical Group Orthopedics in Venice and Sarasota. To schedule an appointment, call 844-406-1007.

To take a free joint pain assessment, visit GulfCoastMedicalGroup.com/JointPainRelief.

Tracy Ng, D.O.
Gulf Coast Medical Group Orthopedics



VeniceRegional.com

HEALTHY EATING REDUCES VASCULAR DISEASE

Vascular disease affects millions of Americans, and it's a leading cause of death. There are multiple comorbid disease states that are interrelated to vascular issues. Although arterial and venous disease can happen to anyone, the most common factors that put you at risk are family history, smoking, being overweight, and a sedentary lifestyle. Atherosclerosis is the primary cause, which is a buildup of plaque, which hardens the arteries and causes life-threatening complications.

Complications

- Stroke
- Heart attack
- Amputation
- Poor wound healing
- Pain upon standing or walking

For severe cases, there are important interventional procedures that are necessary; however, cardiovascular disorders are initially treated with lifestyle changes. These include getting blood pressure and cholesterol levels at a normal range through medications. It also includes treating any underlying or comorbid conditions. There are several primary factors that shouldn't be overlooked. These include, regular exercise and dietary changes. If you smoke, stop now or seek out a smoking cessation program.

The main offenders of cardiovascular issues are being overweight, poor dietary habits, having high blood sugar levels, chemical and toxin overload, and living a sedentary lifestyle.

Too Much Sugar

High blood sugar cardiovascular disease have more in common than most people are aware. In our country nearly 30 million people have diabetes, and a vast majority of our population unknowingly has what's known as prediabetes, which quickly escalates into the disease within a short amount of time. Sugar causes inflammation in the body and metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes a hardening of the arteries.



Too Much Salt

Excessive salt causes inflammation, which pushes water into the arteries. This causes high blood pressure and makes the heart work extra hard. Too much salt increases your risks of strokes and heart failure, along with other disorders and diseases.

Potassium can help to flush some excess salt out of your body. That is why most salt alternatives have a higher ratio of potassium in the mix. Many foods that contain potassium are bananas, plums, coconuts, avocado, potato and many more. But eating potassium to flush out salt is not a good idea, as it will take an excessive amount, and potassium in excess causes other bodily harm like arrhythmias and muscle weakness.

Keeping your sodium low is one of the major keys to keeping your blood pressure and heart healthy. Eating whole foods is imperative to keeping your sodium levels in check and also to make you healthier, by lowering cholesterol and increasing antioxidants and nutrients from meals.

Improve Your Diet

Shopping the periphery of the grocery store is a great way to avoid all of the processed foods, excessive sugar and salt in the center aisles. There are exceptions of course, like frozen fruits and vegetables, and no salt added canned produce as well as dried spices to take the place of your saltshaker. However, for the most part, you should focus your shopping efforts on fresh produce, lean protein like poultry, seafood and eggs and some dairy.

The Mediterranean or the Dash diet are exceptional examples of what foods you should be eating, which provide essential nutrients for the brain's condition. All three of these diets emphasize eating plenty of vegetables, fruit, healthy fats, whole grains and lean protein (especially cold-water fish) while avoiding excess salt, sugar, simple carbs and saturated fats. Eating this way is thought to prevent cognitive decline by proving the heart, brain and entire body with antioxidants, and the good fats that it needs to function properly. Excessive sugar, simple carbohydrates, processed foods, and chemicals are known to cause inflammation and degeneration.

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 Vascular Specialists

Sarasota Vascular Specialists have been the leading vascular specialists in the tristate area for over 30 years. Their practice is the only medical practice in the Tri-county area dedicated to the treatment of patients with disorders of the veins and arteries. Unlike most vascular surgical groups, they are also uniquely trained and experienced to offer all forms of diagnosis and therapy including:

- Varicose veins, spider veins, deep venous thrombosis
- Carotid artery surgery and carotid stenting
- Medical management, angioplasty, bypass
- Thoracic and abdominal aortic aneurysms

Sarasota Vascular Specialists has an onsite lab to perform ultrasound and give rapid diagnostics. Their vascular lab can non-invasively diagnose all arterial and venous diseases. Their experienced vascular lab staff includes eight registered vascular technologists.

It's the first vascular laboratory in Sarasota to be certified by the International Commission for the Accreditation of Vascular Laboratories. The lab was also featured as the gold standard facility by ABC Television's Prime Time when it evaluated vascular labs in Florida. They have state-of-the-art equipment and vascular software.

To schedule your appointment, please call 941-371-6565, or visit veinsandartries.com to find out more.

SARASOTA VEIN CENTER

941-371-6565

WWW.VEINSANDARTERIES.COM

Sarasota

600 N. Cattlemen Road, Sarasota, Florida 34232



Orthopedic Conditions Can be Painful and Debilitating: FINDING THE RIGHT DOCTOR IS CRITICAL

Orthopedic injury and degenerative disorders are common conditions that millions of patients face. For example, the knees are one of the joints that take on extreme pressure in daily functioning, and if an individual is an athlete or exercise enthusiast, the knees are often one of the primary joints that are injured, cause pain and immobility issues. Additionally, osteoarthritis is a progressive disorder that also requires treatment.

Whether your orthopedic condition needs surgery, minimally invasive repair, or regenerative medicine, choosing an orthopedic surgeon should not be something that is taken lightly. Making sure the physician you select has the credentials and experience necessary is essential, and when it comes to healing your body, improving range-of-motion, functionality, and comfort level finding the best orthopedic surgeon is critical.

You have a choice when deciding on an orthopedic surgeon. It's essential for patients to do their research, look at real reviews and patient testimonials, and most importantly, to go with a physician or group that has the experience level and training necessary to improve their condition, restore their joints, and get them back to living the life they deserve.

Board certification and fellowship-trained doctors are the elite in the orthopedic industry. Their training, skills, and experience are bar none compared to others; it is an important factor to consider when choosing an orthopedic surgeon.



Christopher Dillingham, M.D., Charles Stewart, M.D., Philip Meinhardt, M.D., Christopher Sforzo, M.D.

**Sforzo | Dillingham | Stewart
Orthopedics + Sports Medicine
EVERYTHING HEALTHCARE SHOULD BE**

Providing elite, advanced meticulous orthopedic care is what Dr. Christopher Sforzo envisioned when he opened the doors to Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine in 2004. And that's just what you can expect today when you choose the practice for your orthopedic and sports medicine needs.

To alleviate your pain and get you back to doing what you love, Dr. Sforzo, Dr. Christopher Dillingham, Dr. Charles Stewart, and Dr. Philip Meinhardt specialize in both non-surgical and surgical treatment for the shoulders, hand, wrists, elbows, hips, knees, ankles spine and neck. This includes unparalleled expertise in fracture care, sports injuries, tendonitis, arthritis, bursitis, joint replacement, rotator cuff repair, carpal tunnel syndrome, reverse shoulder replacement, ACL reconstruction, and knee replacement total hip replacement both traditional and anterior approach.

But you are more than your injury, more than your pain. And so, the true healthcare practiced at Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine offers a much more personal approach.

From the sincerity of their hand-selected staff of Sarasota's elite medical and service professionals to ample time with and full attention from Drs. Sforzo, Dillingham, Stewart, and Meinhardt provide dedicated care where a doctor, not a policy, determines your best interests.

Today more than ever, Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine's personalized level of care is more than a goal and certainly more than something of the past—It's a reality.

Here are what some of their patients have to say: "After tearing my rotator cuff, not only was I experiencing pain, but my quality of life was diminished. Playing golf and working out were painful rather than enjoyable. Graci and I sought out fellowship-trained Dr. Christopher Sforzo and the team at Sforzo • Dillingham • Stewart Orthopedics. I was treated non-surgically and am now pain-free, mobile and enjoying everything I did before."—Graci and Dennis

"As soon as the elevator door opened on the third floor, the VIP treatment began. The professionalism and respect, and customer service began. Dr. Sforzo diagnosed my issues and has given me several options. I've elected to have surgery and feel I'm in the best hands going forward."—Warren

"Too bad there is not a sixth star for me to select. I work as a Consultant for a Large Medical Network in Pennsylvania and would hope they could reach the level of this experience in the care that I received on my first visit.

The staff is one of the most professional that I have been privy to, from the receptionists, nurse, radiology tech to the Doctor and billing. The offices are meticulous and immaculate. There is no clutter, furniture needing repair, no nonworking appliances, or any of the other items that you'd find in other Medical facilities. I was not left unattended from the moment I walked into the facility. It was a wonderful experience!"—Charles

**The Physicians at Sforzo | Dillingham | Stewart
Orthopedics + Sports Medicine**

Christopher R. Sforzo, M.D. is a board certified orthopedic surgeon and fellowship-trained in hand and upper extremity surgery. He provides expert care in the treatment of problems involving the shoulder, arm, elbow, forearm, wrist, and hand.

Christopher L. Dillingham, M.D. is a board certified orthopedic surgeon and fellowship-trained in hand, shoulder, and arm surgery. He is an expert in the treatment of problems with rotator cuff disorders, carpal tunnel syndrome and nerve injury, joint replacement, arthritis surgery, fracture repair, and tendon repair.

Charles E. Stewart, M.D. is a Johns Hopkins fellowship-trained orthopedic surgeon specializing in adult complex reconstruction of the lower extremity. His specialties include lower extremity sports injuries, meniscal injuries, ACL reconstruction, partial knee replacement, total hip and knee arthroplasty (replacement), as well as, the reconstruction of failed hip and knee arthroplasties, and complete fracture care.

Philip A. Meinhardt, M.D. is a board certified orthopedic surgeon and fellowship-trained spine surgeon. He specializes in adult spinal surgeries, including reconstruction of spinal deformities, minimally invasive/microscopic spinal procedures, decompression, spinal instrumentation, fusion procedures, and microscopic cervical disc replacements. Additionally, Dr. Meinhardt offers the latest in stem cell and regenerative treatments helping many patients eliminate the need for surgery.

You Have a Choice

Any physicians you choose to see are always your personal decision. It Should never be mandated by policy or chosen for you without regard to your needs and best interest. When you choose Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine, you can rest assured that you will be treated with respect, given the opportunity to ask questions, your options will be explained in detail, and you will be in the hands of experienced surgeons with the utmost integrity, receiving optimal care.

SFORZO | DILLINGHAM | STEWART

ORTHOPEDICS + SPORTS MEDICINE

5831 Bee Ridge Road.. Suite 300, Sarasota, FL 34233 | (941) 378-5100 | sforzodillingham.com

Nobody wants to hear it, but we will say it anyways.

The market is primed for a pullback.

We cannot know whether the sell-off will come next week, next month, or sometime thereafter. But it seems a market correction – an overall drop of 10% or more – is coming sooner than you think. And, frankly, we look forward to it after the irrational behavior we have seen in the markets recently. Of course, we are speaking mostly about the collaborative strategy retail speculators are using to squeeze short sellers from highly shorted stocks, like GameStop (GME) and AMC Entertainment (AMC)... with no regard for the fundamentals of the businesses or the fact that these companies are struggling holdouts of dying industries.

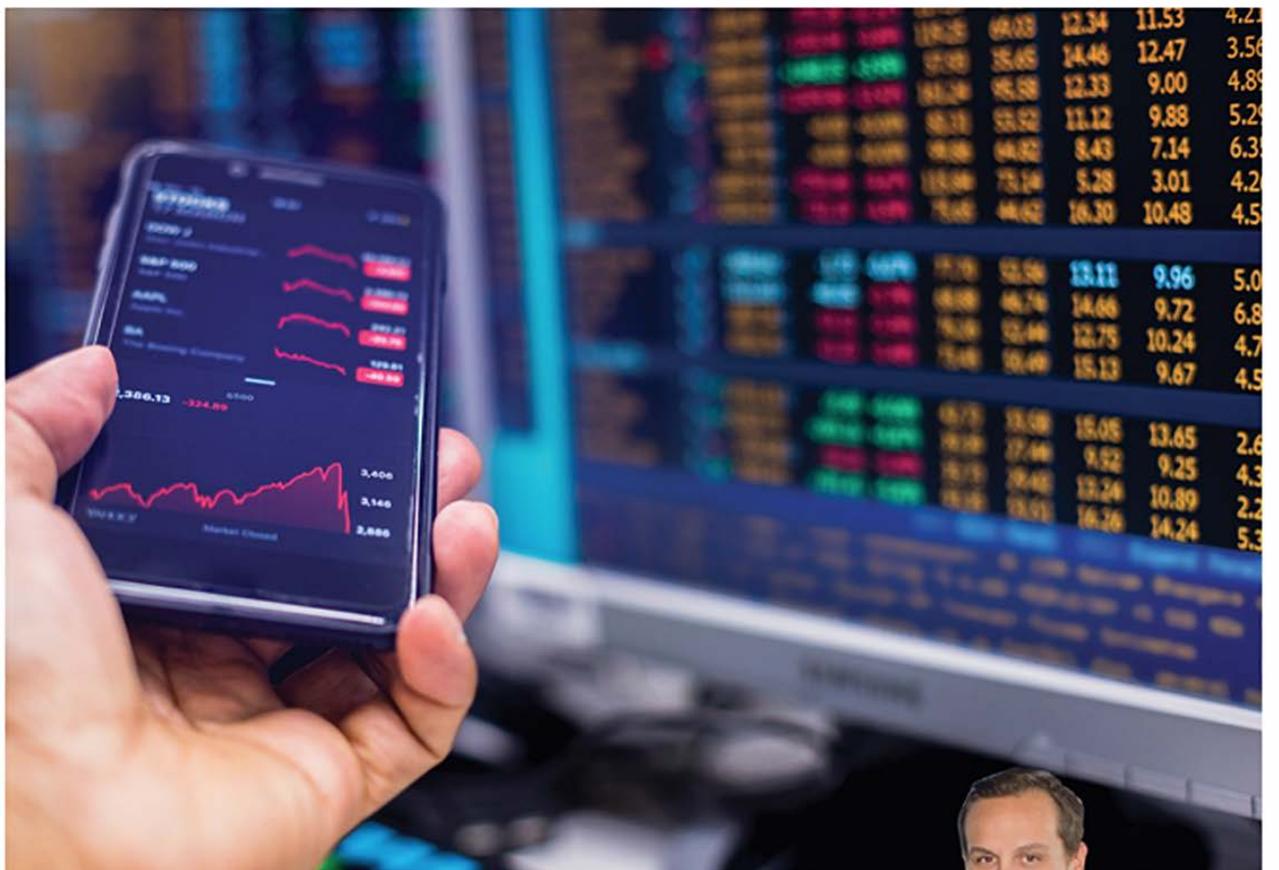
It is OK to make speculative bets on stocks from time to time. And if you have money to play with and want to make some "just for fun," gambler-style investments, that is your prerogative. But please remember... that is not what we do here.

At Vimvest, we think long term. We do not chase quick returns. We do not "trade" stocks. We *invest in Exchange traded Funds* based on deep study of the fundamentals – revenue, profitability, using science as our guide.

Market sentiment can move prices significantly in the short term. But it is the fundamentals that drive sustained stock price performance. You cannot simply wish them higher.

We are not calling a top or predicting a depression, but corrections are a normal and healthy part of a long-term rising market. That is why we see stock market corrections – like the one we had last year – not just as a healthy, natural part of the investing life cycle... but also as *an opportunity*.

Sound investing.



YOUR SUCCESS IS OUR GOAL.

Stuart Dickson, Fiduciary of Vimvest



941-925-2121 | www.vimvestadvisors.com



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.



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



RegenTampaBay.com

8600 Hidden River Parkway, Suite 700
Tampa, FL 33637

941-254-2757

ANTI-AGING:

Wild Lily Medspa Offers Microneedling with RegeneDerm!



Microneedling also known as Collagen Induction Therapy is known for its ability to stimulate growth of collagen and elastin, which is the key to new, youthful-looking skin. Some doctors would even go so far as to say that the procedure is the most powerful way to stop aging in its tracks and prevent new fine lines and wrinkles from forming. With its ability to trigger the generation of new skin cells, just a few sessions of microneedling will noticeably reduce fine lines, crow's feet, and deep wrinkles on the forehead. Microneedling is able to utilize the body's own natural healing mechanisms to tighten the skin.

At Wild Lily Medspa we combine Microneedling with RegeneDerm growth factors.

These growth factors stimulate and accelerate the repair of damaged and aging skin by increasing production of collagen and elastin, making it an effective anti-aging remedy.

What's in RegeneDerm?

- **Epidermal growth factor** – Clinically improves wrinkling, skin thickness, and density by over 30% and produces new collagen formation within the skin.
- **Fibroblast growth factor** – Improved skin softness, thickness, and viscoelasticity, as well as reducing wrinkle volume and depth. Rejuvenation of aging skin.

- **Platelet-derived growth factor** – Increases healthy cell growth and type 1 collagen and skin fibroblasts that maintain skin integrity and youth.

- **Erythropoietin** – Reparative and rejuvenating for skin tissue. Reduces inflammation and helps heal.

- **Transforming growth factors Alpha & Beta** – Stimulation of collagen secretion and maintaining healthy skin structure. Enhances the rate of healing damaged skin.

- **Interleukins** – Stimulate immune responses within cells. Reduces inflammation, enhances healing and activation of growth factors.

- **Insulin-like growth factors 1 & 2** – Increase healing and healthy cell growth, collagen and elastin. Decrease both intrinsic skin aging (natural aging process) and extrinsic skin aging (aging from environmental factors).

Call to schedule with a licensed professional today! There's minimal downtime and pain-free!

Wellness and aesthetic procedures are a great way to boost your confidence, mood, and satisfaction. And who of us doesn't need more of that right now?

If you're ready to get started or want more information, call us today at 941.350.9008, or visit wildlilymedspa.com.

TREATMENTS & SERVICES

Dermal Filler & Neurotoxins

- Versa
- Restylane
- AquaGold
- Dysport
- Botox

CryoSkin Therapy

- CryoSkin Fat Reduction
- CryoSkin Double Chin Reduction
- CryoToning Cellulite Smoothing

Facial Treatments

- Procell Therapy
- Hydrafacial
- Signature Glo Treatment
- Custom Facial
- Microdermabrasion
- Microneedling Rejuvenation
- Dermaplane (deep cleanse & hydration mask included)
- CryoToning Facial
- Glycolic Peel
- TCA Peel

Add Ons

- Dermaplane
- HydroJelly Mask
- Extractions

NEW Plastic Surgery Procedures

- Face (Mini lifts, face lifts, blepharoplasty, etc.)
- Breast (Augmentation, reconstruction, reductions, lifts)
- Body (Liposuction and body contouring procedures)

If you're ready to get started or want more information, call us today at 941.350.9008, or visit www.wildlilymedspa.com.

WILD LILY
Medspa

2650 Bahia Vista Street #303
Sarasota, Florida 34239
941.350.9008

KIDNEY STONES & OTHER KIDNEY DISORDERS CAN BE QUITE DANGEROUS: WHAT YOU SHOULD KNOW ABOUT WARNING INDICATORS & TREATMENT

The kidneys are a major part of our detoxifying system. These two small bean-shaped organs clean the blood and filter waste and toxins to make urine. If there is an imbalance or insufficient fluids, the waste can build up in the kidneys and cause kidney stones.

Many people are unaware that they've ever had kidney stones because they can easily move through the urinary tract and are passed out with little to no discomfort if they are small enough. However, larger kidney stones do cause irritation, and in severe cases, can be extremely painful. Other symptoms of kidney stones are bloody urine, back pain, nausea, vomiting, fever, pain while urinating, cloudy urine, and a strong odor.

The National Kidney Foundation information clearly explains the following statement on the types of stones and their causes:

There are four main types of stones:¹

1. Calcium oxalate: The most common type of kidney stone which is created when calcium combines with oxalate in the urine. Inadequate calcium and fluid intake, as well other conditions, may contribute to their formation.

2. Uric acid: This is another common type of kidney stone. Foods such as organ meats and shellfish have high concentrations of a natural chemical compound known as purines. High purine intake leads to a higher production of monosodium urate, which, under the right conditions, may form stones in the kidneys. The formation of these types of stones tends to run in families.

3. Struvite: These stones are less common and are caused by infections in the upper urinary tract.

4. Cystine: These stones are rare and tend to run in families

Kidney Stone Treatment

If the stone is small enough, the physician will want you to try and pass it naturally through urinating. Drinking adequate amounts of water is essential. You may also need IV fluids to help your body pass the stone more quickly and efficiently, and pain

medications can be given to ease the discomfort. If the stone is large, has blocked the ureter, and caused urine retention, or if there are signs of infection, surgery may be required.

Noninvasive Treatment to Break up the Stone(s)

Shock-wave lithotripsy is a noninvasive procedure that uses high-energy sound waves to blast the stones into fragments that are then more easily passed out in the urine. In ureteroscopy, an endoscope is inserted through the ureter to retrieve or obliterate the stone. Rarely, for very large or complicated stones, doctors will use percutaneous nephrolithotomy.¹

Other Kidney Disorders

Because the kidneys work in overdrive most of the time, they are susceptible to disease. These include kidney failure, urinary tract infections, chronic and polycystic kidney disease, and glomerulonephritis, to name a few.

Urinary tract infections may seem harmless and commonplace, but if they are left untreated, the bacteria can spread into the kidneys and cause a kidney infection, which can quickly turn critical.

If you have symptoms such as the following, they are often common warning indicators of kidney disorders:

- Discomfort when urinating
- Foul odor in urine
- Fluid retention in the lower extremities and feet
- Shortness of breath
- Fatigue
- Decreased urine output
- Nausea
- Irregular heartbeat
- Muscle weakness
- Chest pain

Prevention

To prevent and alleviate kidney disorders, it's important to drink plenty of water to help flush out waste and to stay hydrated. Eating a healthy diet with plenty of vegetables and fruits is essential. It's also important to note that too much protein can exacerbate kidney stones.

Reference:

1. National Kidney Foundation, Kidney Stones.
<https://www.kidney.org/atoz/content/kidneystones>

If you do a ketogenic type of diet, make sure to get plenty of plant-based protein and fiber. There are some herbs and herbal supplements that can also help filter out the kidneys. It's always best to speak to your physician about adding any supplements to your routine. This is especially true if you are on any prescription medications or suffer from ongoing health disorders.

When to See a Urologist

If you have any new or ongoing symptoms, see your doctor immediately or, in severe cases, seek emergency care. Early diagnosis and treatment will provide the most optimal outcomes.

Florida Urology Specialists

We are committed to providing you with the best individualized, quality medical and surgical care available today. We expect to be able to correct your present urologic condition and return you to an active, productive life. We are also dedicated to the prevention and early detection of potential urologic problems.

The physicians of Florida Urology Specialists implement the most modern technological innovations. We constantly educate ourselves and practice the latest diagnostic and treatment techniques.

Florida Urology Specialists provide seminars at local hospital venues and their main office in Sarasota, as well as having resources at their office and writing articles so that their patients are well informed about their diagnosis and treatment options. The physicians give you the knowledge so that you can collaborate in making the best decisions for your personal care.

Our nursing and office team are a dedicated group of experienced and compassionate health professionals. They too are dedicated to making your experience as pleasant, efficient, and convenient as possible.



FLORIDA UROLOGY
SPECIALISTS



1 S. School Avenue, Suite 200 • Sarasota, FL 34237

941.309.7000 • Fax: 941.308.8508

flurologyspecialists.com

ZERO!

At ACADEMIC ALLIANCE IN DERMATOLOGY THE mission is clear: ZERO deaths from Melanoma; We should never lose a life to Melanoma.

Melanoma is the sixth most common fatal malignancy in the United States. We are seeing a record number of newly diagnosed skin cancers worldwide, with the incidence of melanoma increasing at a faster rate than almost all other cancers. Due to the focus on early detection, despite the rapid increase in melanoma incidence, we have seen a significant reduction in the death rate for melanoma over the past decade. Academic Alliance in Dermatology is pioneering the efforts for early detection of Melanoma.

As dermatologists, we will continue to have the greatest impact on reducing this incidence through better methods of early diagnosis of melanoma, applying proven prevention methods and techniques. Academic Alliance in Dermatology with over 40 trained providers are leading the efforts to increase the training of health care personnel who can diagnose and treat this record number of patients with melanoma.

Furthermore, Academic Alliance in Dermatology, continues to expand its footprint, from Tampa east to Orlando and south to Naples, giving access to more and more Floridians. With our weekly conferences and the focus on early detection of melanoma, we are improving our algorithm to diagnose melanoma early. Our Melanoma training Program, spearheaded by Dr. Vasiloudes, has study over 7,500 melanoma cases, shared their clinical scenarios and evaluate all melanoma cases weekly.

Educate the staff and educate the patient, such as understanding the family history, co-malignancies, importance of total body skin exams and improved education across several generations.

Academic Alliance in Dermatology has refined the ABCDEFG criteria for EARLY detection of melanoma as follows:



A: ANCESTRY ANALYSIS of the whole family, deep to the roots and wide to the branches.

B: BLADE BIOPSY when in doubt; a razor blade biopsy is easy to perform but powerful to make the diagnosis

C: COLOR, CO-MALIGNANCIES; knowing all malignancies in the family tree is very powerful as the genes can be the same.

D: DERMOSCOPY, DISTRIBUTION; knowing the anatomic site, performing exam with a magnifying glass (dermatoscope)

E: EVOLUTION, EMBRYOLOGY; understanding change and embryologic development.

F: FAMILY TREE, FUNNY LOOK; examine all generations of the family and expand it to even distant relatives.

G: GENERATIONS, GENETICS; understand all genes in every generation causing any type of cancer.

H: HISTORY, HISTOPATHOLOGY; every aspect of history just like histo-pathology, the examination of tissue under the microscope.

I: INSTINCT OF THE DOCTOR and the **PATIENT;** listen to the patient, listen to the **INSTINCT** of the **PATIENT**.

Part of the AAD research findings have been presented at the **WORLD CONGRESS OF DERMATOLOGY** in Milano, Italy, in June 2019. Academic Alliance in Dermatology will continue to deliver quality dermatology care and continue its pioneering efforts to detect melanoma in its earliest and most curable form in every community and patient.

Academic Alliance in Dermatology's Melanoma Prevention

Cancer prevention starts with a detailed skin evaluation from one of our board-certified dermatologists. We take the time to get to know our patients, asking questions about their medical history and performing a thorough skin exam.

Early detection is the best way to prevent skin cancer. By removing precancerous lesions and providing ongoing education to our patients, we can help reduce the risk of developing serious skin conditions and skin cancer.

If surgery is necessary, our approach to surgical dermatology is to deliver the medical treatment specific to the needs of the patient. Our surgical experts deliver specialized care for many forms of cancer, including invasive cancers such as melanoma. Using safe and effective procedures to remove all types of skin growths, both cancerous and noncancerous.

Our Mohs surgical team are board-certified dermatologists who specialize in Mohs micrographic surgery. Mohs – is a specialized surgery developed to mitigate many forms of cancer with the highest success rates and best cosmetic outcomes. This allows for the best available treatment for complex cancers. Our diagnostic expertise translates into a high success rate, helping more patients become cancer-free.

There's a reason why we're the best in the business. For over three decades patients have trusted us with their care, and for over three decades we've exceeded expectations.

Academic Alliance in Dermatology is excited to be a part of SARASOTA and the Waterside Community. With our team of 40+ medical providers, each bringing a unique talent to the table, many who have trained at some of the most prestigious universities and with their continued pursuit of knowledge, we're here to assist with the dermatological needs of our Sarasota community.

When it comes to your skin health, seeing a dermatologist regularly is critical. This is especially true here in Florida where we have higher cases of skin cancer and melanomas. It can be difficult to know which dermatologist office will be a good fit for your needs, that's why we've highlighted a few of our leading resources, which set us apart from the rest.

We are Your Local Dermatology Experts

Our team of board-certified dermatologists have completed advanced medical training in dermatology, acquiring decades of experience. As medical experts in both adult and pediatric dermatology, our physicians specialize in complex diseases of the skin and surgical dermatology. This allows us the ability to prevent, diagnose and treat a wide range of skin disorders including skin cancers for both our adult and pediatric patients.

We look forward to caring for the families in the Lakewood Ranch Waterside Community.

Call today to schedule your appointment.

(941) 800-5001
www.AcademicAllDerm.com



**EXPERIENCE
MATTERS.
WE GET RESULTS!**

CryoSkin \$350
(Buy 2 get 1 free for readers)



Reduce fat and lose inches. During CryoSlimming® treatments the skin is warmed then rapidly cooled. We recommend 3 – 6 sessions for best results. On average, people see 18.96% fat reduction in treated areas. Improve skin appearance. With CryoToning® treatments, cold temperatures boost collagen production, which tightens loose skin, reduces the appearance of cellulite, and improves the skin's overall texture and appearance.

WILD LILY
Medspa

941.350.9008 | 2650 BAHIA VISTA ST UNIT 303, SARASOTA, FL 34239
WILDILYMEDSPA.COM |

SAVE YOUR VISION: Important Information About Protecting Your Eyesight

To protect eyesight in general, we need to eat a healthy diet full of carotenoids, fresh fruits, and vegetables, as well as food high in Omega 3-fatty acids such as salmon and flaxseeds. Getting annual eye exams or more frequent exams if you have an ongoing issue is imperative to protect your vision and diagnose or treat eye conditions and diseases early on.

Several well-studied supplements can improve or slow the progression of certain eye disorders. These are vitamins C and E, zinc, lutein, zeaxanthin, omega-3 fatty acids, beta-carotene, zinc, copper, DHA, and EPA.

Most of us know that the sun's UV rays are damaging to the skin, but sometimes forget how important it is to protect our eyes.

The American Academy of Ophthalmology recently published the information below in an article entitled, *Seven Myths About Sunglasses That Could Damage Your Vision*.

Did you know that too much sun on unprotected eyes increases the risk of eye disease? The good news is that prevention is simple: Wear sunglasses that block 99 to 100 percent of UVA and UVB radiation. But there are a lot of common myths about sunglasses and eye health. That's why the American Academy of Ophthalmology is working to debunk the myths and offer tips to promote smart eye health choices.

UV light gets through clouds and haze. Regardless of the season, sun exposure can increase the risk of developing cataracts, growths on the eye and cancer. Sun reflecting off ice and snow can also lead to photokeratitis, a painful eye condition sometimes referred to as snow blindness.

Sunglasses don't have to cost a lot of money to provide adequate eye protection. Less expensive pairs marked as 100 percent UV-blocking can be just as effective as more expensive options. Labels can sometimes be confusing. Some indicate sunglasses offer 100 percent protection from UVA/UVB radiation, others offer 100 percent UV 400 protection. Both block 100 percent of the sun's harmful radiation.

The more coverage sunglasses provide, the less sun damage inflicted on the eyes. Consider oversized sunglasses or wraparound-style glasses, which can help cut down on UV light entering the eye from the side. Wrap-around glasses may also protect against dry eye due to the wind.



Polarized lenses do not block more radiation; however, they can cut down on glare reflecting off cars, water or pavement, which can make activities such as driving or boating more enjoyable.

Make sure the label on the lens says 100% UV-blocking.

Amber, green and grey lenses do not block more of the sun's harmful rays. However, tinted lenses do offer increased contrast for those who play sports, making a softball or a golf ball easier to see.

Your Options

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

Independent Living at Freedom Village of Bradenton

At Freedom Village, our independent living is for seniors who are able to live on their own and desire the conveniences of life that provide top-of-the-line amenities and services, such as social activities, chef-inspired dining, transportation, and security within a community that feels like family. Independent Living is where many individuals and couples begin their journey, and if they ever need to transition into the higher level care, it is conveniently located within the same comfortable and family-oriented community.

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

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

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

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.



**Freedom Village
of Bradenton**

941-798-8122

www.fvbradenton.com

6406 21st Avenue West
Bradenton, FL 34209

AL Facility #5415, 1168096

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



Schedule Your Virtual Visit Today!

Monday - Friday
9am - 5pm

Independent Living • Assisted Living • Memory Care • Wellness

Your Life, Your Way, Every Day!



Freedom Village
of Bradenton

Every day at Freedom Village of Bradenton our goal is to ensure your overall physical, social and psychological wellbeing.

Please call to schedule a Virtual Visit with one of our residential counselors.

Contact Us Today

941-798-8122

www.fvbradenton.com

6406 21st Avenue West
Bradenton, FL 34209

AL Facility #5415, 1168096



IN CUSTOMER SATISFACTION
AMONG SENIOR LIVING COMMUNITIES

GULF COAST KETAMINE CENTER

Conditions

- Anxiety Disorders • Chronic Fatigue Syndrome
 - Several Types of Depression (- Unipolar Depression - Bipolar Depression - Postpartum Depression) • Obsessive Compulsive Disorder (OCD)
 - Post-Traumatic Stress Disorder (PTSD) • Suicidal Ideations
 - Atypical Facial Pain • Central Post-Stroke Pain (CPSP)
 - Chronic Headaches and Migraines
 - Chronic Joint and Musculoskeletal Pain
 - Chronic Neck and Back Pain • Chronic Temporomandibular Joint (TMJ) Pain
 - 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
Sarasota, FL 34243

Phone: 941-213-4444

<http://findpainrelief.com>

Start Feeling Better Today

Southwest Florida's Health & Wellness Magazine



On the Web

swfHealthAndWellness.com



On Facebook

[facebook.com](https://www.facebook.com/swfHealthAndWellness)



On Twitter

[twitter.com](https://twitter.com/swfHealthAndWellness)



In Your Inbox

Receive our monthly newsletter. Sign up online

Providing information that will promote living a healthy, well-balanced lifestyle.

Southwest Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

IV Ketamine for TBI and PTSD

Traumatic Brain Injury (TBI) can be debilitating, and in many cases causes long-term disorders and symptoms such as a memory recall deficits, depression, disability, multitasking deficits and seizures. TBIs are the leading cause of death and disability in the US. Often, TBIs a major symptoms associated with the injury is depression.

With Traumatic Brain Injuries, prompt treatment is the key to alleviating or lessening long-term effects. Ketamine has been used for many years in cases of TBI. With neurogenesis and regeneration, experts want to see a response in the glial proliferation, specifically in the hippocampus region and cellular renewal.

Ketamine administration shows significant modulation of the brain response after traumatic brain injury, and the studies suggest that long-term, less symptoms are experienced and behavioral outcomes are optimal.

Ketamine

Over the past ten years, Ketamine has been studied in patients with severe depression and PTSD. A rapid instantaneous effect takes place immediately upon the drug being dispensed intravenously. When a well-trained physician administers ketamine, it can help with symptoms like moodiness, chronic pain, decreased concentration, low self-esteem, impaired sleep, decreased sexual desire, diminished appetite and can even alleviate suicidal thoughts. During the treatment, the initial infusions usually take place over approximately two weeks with six infusions that are administered every other day.

In parts of the brain that control mood and emotions, ketamine infusion creates new connections in the brain. These new neurological connections help the brain to send positive signals to the psyche, along with beneficial physical conditions to the body. The effect is notable within hours, but most patients report the results are instantaneous. These astonishing changes can be seen on brain scans and imaging, and the results are long-lasting.

Post Traumatic Stress Disorder (PTSD)

PTSD causes extreme side effects. Many individuals have severe nightmares, flashbacks, hyper startle responses, and loss of interest, severe anxiety and are often suicidal. Numerous military veterans with PTSD have issues with employment, violence, and relationships, brought on by severe flashbacks.



However, in our current state of affairs, more people are experiencing PTSD. The pandemic has brought fear, despondency, anxiety and death to our families and friends. The ongoing stress that is attributed to the unknown, losing a business or job, financial distress, lingering health symptoms, marital discourse, cabin fever, etc., is making PTSD a much more common condition.

Many people who suffer from PTSD have difficulty sleeping. They also feel detached and estranged, which can lead to mental imbalance and in many cases causes difficulty with daily living activities, which can lead to job loss or permanent disability.

The standard treatment options for PTSD are anti-depressant medications. Some of the most widely known drugs prescribed are Prozac, Lexapro, Zoloft, and Oxycontin. The classes of these medications play a role in how the neurotransmitters affect the mood by improving your state-of-mind and creating a more peaceful, cheerful spirit, by extinguishing the brain's transmitters. The problem is these drugs are highly addictive, have adverse side effects, and also in many cases, show signs of cognitive decline in long-term use.

The other issue with standard medications is that they more often than not, become ineffective and are unable to reverse feelings of severe depression. This is called treatment-resistant depression.

Standard PTSD Medication's Adverse Reactions

- Nausea
- Anxiety
- Weight gain
- Loss of sexual desire
- Severe fatigue
- Inability to focus
- Sleep disturbances
- Dry mouth
- Vision issues
- Constipation
- Forgetfulness
- Ineffective in treating PTSD Symptoms

Ketamine impacts mood, anxiety and alleviates pain, which can result in positive treatment outcomes for the following disorders:

- Severe or Chronic Depression
- Post-Traumatic Stress Disorder (PTSD)
- Chronic Inflammation and Pain
- Bipolar Disorder
- Obsessive Compulsive Disorder (OCD)
- Post-Partum Depression (PPD)
- Produces Rapid Onset of Neural Connections

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. 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. Ketamine is a very good option for patients with severe mood disorders which have not responded to treatment modalities. Ketamine can also be extremely beneficial for certain chronic pain conditions."

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



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



Lolita Borges, RN
Clinical Director, Gulf Coast
Ketamine Center

2415 University Parkway, Building #3,
Suite 215, Sarasota, FL 34243
941-213-4444 | www.findpainrelief.com



What You Need to Know About Your IMMUNE SYSTEM

By Sheryl Hensel

As long as your immune system is running smoothly, you don't even notice it's there or think about what it's doing.

What happens when it doesn't work properly? Diseases like Colorectal Cancer, Endometriosis, Kidney Disease, Vision Impairments, and Brain Disorders to name a few start to set in.

The role of an immune system is to protect your body against harmful substances, germs, bacteria, viruses, parasites, and cell changes that could make your body sick. It also recognizes and neutralizes harmful substances from the environment, like radioactive frequencies from your smart devices.

What are you doing to equip your system with the tools to fight it? We aren't living in the same world our grandparents and great grandparents lived in. They didn't have the assaults against their body that we have today. The ground was left to build minerals back before crops were planted again. The air and water wasn't riddled with toxins and pesticides. The list is long comparing the differences in just our environment alone, not to mention stress levels. They weren't surrounded by cement or driving for hours every day in a car. Being sedentary just wasn't part of their lifestyle. Times are very different and we need to be proactive in preventing our immune system from breaking down.

Imagine sitting at a table with 6 people and you're the only one whose body doesn't subside to the nasty germ roaming around. Why is it that some people exposed to the same germ get sick and some don't? They have a strong immune system and that doesn't happen by chance.

The innate immune system, which you are born with, recognizes an invader and immediately goes into action. The cells of this immune system surround and engulf the invader. The invader is killed inside the immune system cells.

The adaptive immune system, which your body develops as it is exposed to things, produces cells (antibodies) to protect your body from a specific invader. Once the body has come into contact with a



disease-causing germ for the first time, it usually stores information about the germ and how to fight it. Then, if it comes into contact with the germ again, it recognizes the germ straight away and can start fighting it faster.

How do you help your immune system be as optimal as it can be?

Are you getting 8 hours of sleep? Are you drinking water, many recommend half your weight in ounces? Is your food organic, nutritionally dense, vegetables full of color? Do you get 30 minutes of exercise a day? These are a few things that you can do to support your immune system and help build healthy cells. There are also things that decline cellular health and provide a greater opportunity for disease to develop. Are you eating processed and high sugar foods? Do you cook with a microwave? Are you in constant stress? Are you taking medication? Are you sitting for long periods of time? Are you constantly around smart devices or wifi? There are so many things in our lives today that harm our immune systems that our ancestors never had to worry about.

Are you going to do the things your body really needs to be optimally healthy? For many of us, the answer is no. As much as we know eating sugar is bad for us, we often partake in too much at times. We know smoking has been linked to cancer yet it isn't just that easy to quit. Most of us know what needs to be done to take weight off and keep it off, yet our nation's obesity rates are sky rocketing. What we know and what we do are often two different things.

That is why it's so important to support your cell health. Without cell health disease is likely to invade your body. Remember from last month's article, once a cell has lost 60% of its energy, it stops working and uses the remaining energy to survive. Magnetic resonance stimulation (MRS) may indeed come to the rescue therapeutically and/or preventatively, acting as a "whole body battery recharger". We know that cells that are oxygenated can do battle easier in your body than a depleted cell. Prevention is much less expensive and less painful than disease. Give yourself the gift of cell health this year and start 2021 off with a step in the right direction. Living a quality life with your well-earned time left is the name of the game, not sitting in doctor's offices.

If you'd like to learn more about how our PEMF devices can help you eliminate, or greatly alleviate, your pain contact Sheryl at (949) 220-4900. Please leave a message and someone will return your call within 24 hours. We do have weekly presentations.

ONE FREE 15 MINUTE MAT SESSION DURING THE MONTH OF MARCH.

Located in U2 New U Browtique & Spa.
4313 E. CR 466,
The Villages.

LEAVE A MESSAGE AT
949-220-4900.

PEMF MAT IS A HOME USE DEVICE



Wellness Achievers

For more information, or to have your own personal presentation, leave a message for Sheryl @ 949-220-4900.

Someone will get back to you within 24 hours.

Signs & Symptoms of Hormone Imbalance

What Are the Signs and Symptoms of Low Testosterone and Hormonal Imbalance in Men?

A low level of testosterone in a man means more than just a low sex drive or erectile dysfunction (ED). Hormones are important for regulating most major bodily processes, so a hormone imbalance can affect a wide range of bodily functions.

Symptoms consistent with low testosterone and other cases of hormonal imbalance include:

- Low sex drive
- Erectile Dysfunction (ED)
- Chronic fatigue
- Loss of muscle mass
- Increased body fat
- Mood changes
- Lower mental capacity
- Depression
- Irritability
- Brain Fog
- Decreased bone mass

Additionally, studies have shown there are some conditions that are consistent with low levels of testosterone including:

- Diabetes
- Cardiovascular Disease
- Depression
- Stress
- Anxiety
- High Cholesterol

What Are the Signs and Symptoms of Hormonal Imbalance in Women?

Hormonal imbalances occur when there is too much or too little of a hormone in the bloodstream. Because of their essential role in the body, even the smallest hormone imbalance can cause side effects throughout the body. You may have low estradiol if you are experiencing symptoms of menopause. An increase in UTIs, depression or painful intercourse may also indicate a hormone imbalance in women.

There are a variety of symptoms of hormone imbalance in women including:

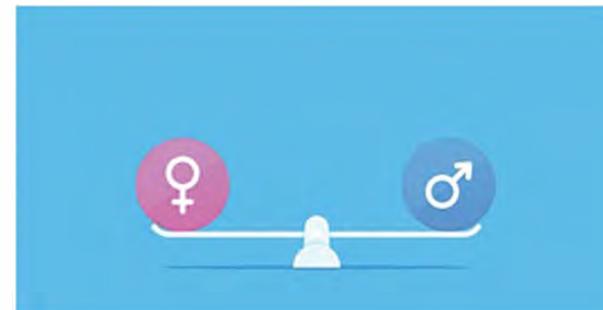
- Fatigue
- Night Sweats
- Hot flashes
- Decreased sex drive
- Insomnia
- Irritability
- Anxiety
- Depression
- Cold hands and feet
- Weight gain

BioTE[®] Medical was developed to alleviate the myriad of issues that can arise from hormone imbalance. BioTE[®] Medical only provides bioidentical hormone replacement pellet therapy to those suffering from a hormonal imbalance. Every pellet we make is customized for each individual patient's needs, and we use hormones similar to those found in the human body, which avoid the unwanted side effects of synthetic hormones. These pellets are subcutaneously inserted in a quick, painless insertion, then they dissolve into the body, keeping hormone levels consistent throughout the day and avoiding the rollercoaster effects from other forms of hormone therapy.

Extend vitality by contacting your RAVE's Interventional Radiology Department, a certified BioTE Medical provider.

Identify with the Symptoms of Hormonal Imbalance, What Do I Do Next?

- A RAVE Medical Provider will test your current hormone levels.
- Based on a hormone consultation and a review of your blood panel, your provider will determine if you are a candidate for bioidentical hormone therapy.
- Immediately after your consultation, or a day in the future, your pellet insertion will be completed.



Why BioTE?

1 Million + Insertions

BioTE Medical has performed over one million pellet insertions, making us one of the leaders in bioidentical hormone replacement therapy, or BHRT.

Dr. Charles Gordon and Dr. Josiah Bancroft, III are providers of BioTE Medical pellets and nutraceuticals call to schedule your consultation today with our Interventional Department.



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



Lymphedema Must Not Be Ignored: Now a Mobile Treatment Service Comes to You

By James Ferrara, Lymphedema Therapist

Do You Have Lymphedema? Lymphedema is a build-up of lymphatic fluid throughout the body, and it is usually a secondary issue that arises after cancer treatment or lymph node removal; it can also be a critical indicator for individuals that an illness or adverse reaction is occurring in their bodies.

Lymphedema is a threatening disorder that needs to be treated and properly managed. The fluid must be safely guided through the body to remove the excess. Lymphedema can happen to anyone, but women are more susceptible to the disorder and often, are unfortunately underdiagnosed or misdiagnosed altogether. Lymphedema can cause physical debilitations and physiological distress.

Lymphedema disposes the affected area to an ongoing inflammatory process that, if untreated, can progress to skin fibrosis, adipose tissue accumulation, and further accumulation of fluid, causing disfiguring swelling, disability, and infections such as cellulitis.¹

WHAT IS THE TREATMENT FOR LYMPHEDEMA?

Complete Decongestive Therapy

- 1. Manual Lymphatic Drainage (MLD)** — A manual technique to mobilize fluid in the lymph system that is very light and gentle.
- 2. Compression** — Low stretch compression bandages that help increase lymph flow by increasing resting and working pressures to decrease the lymphedema in the limb; this also assists the efficiency of the muscle pump to decrease lymphedema and prevents fluid from returning.
- 3. Skin Care** — Reduces the risk for infection and helps prevent dry skin from cracking.
- 4. Exercises** — Improves lymph flow and improves venous return.
- 5. Self-Care Management and Training** — Allows the patient to minimize spikes in fluid retention.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5665410/>



YOU CAN GET TREATMENTS IN THE COMFORT OF YOUR HOME

Many people are concerned about visiting a medical office due to COVID-19. My services are unique in that we come to you via our Mobile Outpatient Occupational Therapy Services. You don't have to leave your home.

MOBILE OUTPATIENT OCCUPATIONAL THERAPY SERVICES

Lymphedema therapy

- Decrease lymphedema
- Promote wound healing
- Decrease fibrotic tissue hardening
- Increase functional mobility and quality of life
- Decrease swelling due to acute trauma
- Help reduce edema from chronic venous insufficiency

Occupational Therapy

- Upper Extremity Orthopedic Injuries
- Work on ADL's
- Home Safety Evaluations
- Work On IADL's
- Strengthening
- Patient Education
- Functional Balance
- Transfer Training

Fluid and inflammation, whether lymphatic or venous, can be life-threatening. It's critical to speak to your doctor if you are experiencing any fluid retention in your body.

IF YOU ARE IN NEED OF LYMPHATIC THERAPY, CONTACT JAMES FERRARA'S MOBILE OUTPATIENT THERAPY TODAY AT 941-830-3749.

**TO FIND OUT MORE, PLEASE VISIT
JAMESFERRARALYMPHEDEMA.COM**



Veterinary Compounding

Your Pets Are Special & Their Medication Should Be Too!

Gerry Letendre, RPh, MBA, CHt

Just like their owners, pets are unique. They come in all shapes and sizes.

Pets are members of the family, and you want them to have medical treatment that's as attentive and innovative as you expect for yourself. Today's veterinarians understand this, and many rely on compounding as one way to deliver this advanced level of care.

Compounding – Customized Medication

Compounding, or the preparation of customized medications, is an increasingly popular solution to veterinary patient and human patient problems. When it comes to things like skin rashes, eye and ear infections, heart conditions, cancer, and diabetes, animals and humans have a lot in common. But giving pets medication presents a unique set of challenges that can often be addressed through compounding.

Problem, Meet Solution

Cats are notorious for refusing to swallow pills (you probably have the scratches to prove it), and they'll usually eat right around one disguised in food. Administration can be equally tricky with dogs — a dose of medication that is therapeutic for an 80-pound Golden Retriever could be deadly for a six-pound Yorkie. Large and exotic pets, such as horses, rabbits, birds, ferrets and reptiles, all pose a variety of different medication challenges, too. But the solution is often the same for them all: veterinary compounding.

In Good Taste

Veterinary compounding is ideal for pets that won't take medication because of the taste. Cats don't like pills, but they do like tuna. Dogs aren't wild about medication being squirted into their mouths, but they'll take it gladly when it's meat-flavored or part of a tasty biscuit or treat. Birds can't take large volumes of liquid medication, but they'll open wide for a small dose of a tasty, fruit-flavored, concentrated solution.



MARCH SPECIAL GIVEAWAY

Dogs and Cats love treats!

Mention this article and receive a treat for your 4-legged fur baby.

Make Medicine Time A Treat

A compounding pharmacist can work closely with your vet to prepare medicines in easy-to-give, flavored dosage forms that pets of all kinds will happily devour.

Right-Sizing

Just like their owners, pets are unique. They come in all shapes and sizes, and may be sensitive to ingredients like lactose. It makes sense that commercially available medicines aren't always appropriate for each and every pet. But with veterinary compounding, your veterinarian can prescribe a treat, liquid or other dosage form with the exact ingredients, flavor and dose that's right for your pet.

Veterinary Compounding

Sometimes, manufacturers discontinue a veterinary medication because there's not enough demand to make mass production cost effective. But that does not mean there aren't still pets that need it. When a medication that has worked well

for your pet isn't commercially available, a compounding pharmacist can prepare a prescription and tailor the strength, dosage form, combination and flavor to meet your pet's specific needs. Compounded medications are free of any additives, dyes, or fillers.



Customizing Medications for People and Their Pets

Sarasota Compounding Pharmacy and Wellness Center specializes in human and animal health. They work directly with your physician or your pet's veterinarian to create the highest quality personalized medications that are custom-tailored for each patient's needs.

Sarasota Compounding Pharmacy: More Than Just a Pharmacy

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



YOUR OPTIONS WITH SARASOTA COMPOUNDING PHARMACY ARE NUMEROUS! STOP BY AND SEE THEM TODAY!



Monday - Friday 9:30am - 5:30pm

Call **941.366.0880** or visit sarasotarx.com
2075 Siesta Drive, Sarasota, FL 34239



DIRECT PRIMARY CARE THE DOCTOR IS ALWAYS IN!

By Michele Gero, MD

Can you imagine calling your doctor and getting a same-day appointment for your urgent needs? What about sending a picture by text to your doctor, discussing diagnosis and developing a treatment plan without ever leaving your home? Can you imagine not being rushed when you see your doctor, with the ability to address multiple concerns in the same visit? Direct Primary Care makes all this possible.

Direct Primary Care (DPC) is a growing model of healthcare delivery where the patients contract directly with their doctor for their primary care services for only a monthly fee. Doctors wanting to practice more personalized and comprehensive medicine without the burden of dealing with insurance in a traditional fee-for-service system are choosing this model of care for their patients. The freedom and ability to truly care for my patients drew me to Direct Primary Care in 2018. I had been feeling increasingly torn between providing an exceptional level of care and the burdens of administration from my hospital owned practice. Not to mention, the requirements of the insurance companies and the cost that kept a lot of my patients from accessing healthcare the way they needed.

When I decided to become a physician, it was to become a partner in the health care and goals of my patients by helping them live long and healthy lives.



Unfortunately, that cannot be achieved in 5 or 10 minute visits. In my practice, Aspire Direct Primary Care, appointment lengths are 30-60 minutes long, allowing me to take the time that is necessary to know my patients and work with them to be healthy and stay healthy. Like most DPC offices, I am on call 24/7/365 for my patients. They can contact me via text message, phone or email. I can even come in to see patients in the evening or weekends, so I can try to keep them out of the ER or urgent center.

DPC practices have patients with all types of insurance and those patients without insurance as well. We work within all budgets to provide exceptional healthcare to our patients and families. Often times saving money for our patients because we are able to manage illness

before complications occur. Prices are based on age, and at my office, children are \$25 per month with a parent membership.

Adults range from \$55 to \$100 per month depending on age. Additionally, like most DPC offices, we have contracts with local companies that provide greatly reduced prices on imaging and laboratory testing for our patients. Aspire DPC patients pay about \$50 for a set of yearly screening bloodwork, compared to the \$700 that most insurances bill. Furthermore, DPC patients save on the cost of prescriptions that can be dispensed through their physician office. At Aspire DPC, I have kept several of my Medicare patients out of the "donut hole" by filling their prescriptions in our office at significant savings over their contracted insurance prices at the pharmacy.

Direct Primary Care is a model of care that allows me to practice medicine that benefits my patients the most. At Aspire DPC, I am able to provide the level of care that I would provide my family with the luxury of time and personalization. Additionally, I can save them money and assist them in accessing the often confusing healthcare system in the U.S. I truly feel DPC is the way primary care should be delivered – direct primary care is modern medicine with an old-fashioned delivery.

Dr. Gero graduated from SUNY Upstate Medical University in 2001 with her MD and completed her residency training there as well in 2004. Her office, Aspire Direct Primary Care, is located at 415 Commercial Ct, Ste. C in Venice FL.

She can be reached at (941) 800-1630 or aspiredpc@gmail.com

COMPOUNDING PHARMACY & WELLNESS CENTER
Transfer to Sarasota's most trusted Compounding Pharmacy!

Join Our Compounding Family!  **\$25 OFF** Your First Rx Transfer

Has your pharmacy stopped compounding? Several pharmacies have either stopped compounding, relocated, or closed altogether, leaving their patients in a scramble. Keep Compounding Local!

FREE SHIPPING
2075 Siesta Drive
M-F 9:30am - 5:30pm
941.366.0880
www.sarasotarx.com

 **SARASOTA COMPOUNDING PHARMACY**
Customized Medication & Wellness Center

 **Gerry Letendre**
RPh, MBA, CHC

   **Serving Sarasota for over 40 years!**

It's your Choice.
3D Mammography

Radiology Associates of
Venice, Englewood
and Sarasota



Call to schedule **941-488-7781**

VENICE • ENGLEWOOD • SARASOTA

"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.
(Adjacent to SMH Urgent Care)

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!"

JAMES FERRARA LYMPHEDEMA THERAPIST

MANUALLY RESTORING FUNCTIONAL INDEPENDENCE

MOBILE OUTPATIENT OCCUPATIONAL THERAPY

Call **941-830-3749** for your **FREE** Consultation.



LYMPHEDEMA THERAPY

Treat Lymphedema
Reduce Edema from:
Chronic Venous Insufficiency
Acute Trauma
Promotes Wound Healing

OCCUPATIONAL THERAPY

Ortho Upper Extremity Injuries
Functional Balance
Home Evaluations
Adls, Transfer Training
Generalized Strengthening

Accept Medicare Part B and Private Pay. For all other Insurances, we are out of network and will check the patients insurance for coverage/cost. Many only have a co-pay.



Like WD-40® for Your Aching Joints

We live in an eat-fast-go-fast-isn't-there-a-pill-to-fix-it world. Memory troubles, sleep issues, stress and pain (oh, the pain!) are the price we have to pay.

Or do we?

Try Omega Cure® Extra Strength — an easy-to-swallow and effective way to provide omega-3 benefits to every cell, organ and joint in your body.

Omega3 Innovations | omega3innovations.com | 941.485.4400

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.

BACK PAIN INSTITUTE OF WEST FLORIDA
5221 26th Street West, Bradenton, Florida 34207

Second Location: 7345 International Place, Suite 101
Lakewood Ranch, Sarasota 34240

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 and runner up for 2020.



Voted #1
Chiropractic Physician
Herald-Tribune
Awards Winner for 2020



NATIONAL NUTRITION MONTH

March is National Nutrition Month and what exactly does that mean? Well, for starters it provides an opportunity for you to assess your current nutritional intake and health. How do you care and feed/fuel your body, your amazing organic machine? Before you think about that let's start with a basic explanation of nutrition.

The Encyclopedia Britannica defines nutrition as "the assimilation by living organisms of food materials that enable them to grow, maintain themselves and reproduce."

Since attempts to find a definition on the Academy of Nutrition and Dietetics and the American Medical Association failed, I looked on MedicineNet. They define nutrition as the "process of taking in food and using it for growth, metabolism, and repair. Nutritional stages are ingestion, digestion, absorption, transport, assimilation and excretion.

Your body, your weight and your health depend on what you choose to eat and drink. Nutrition is key!

The study of nutrition has been around for centuries; however, only in the last 100 years has the role of nutrition in complex non-communicable chronic diseases (diabetes, heart, obesity, renal and cancer) been studied at length. The first vitamin was chemically defined and isolated only in 1926 (thiamine)! It was synthesized in 1931 and called vitamin B1. Vitamin C was identified in 1931, 200 hundred years after a ship's surgeon (James Lind) realized that lemons worked for the treatment of sailors with scurvy. Between 1910 and 1950 the focus centered on the identification and synthesis of essential vitamins and minerals. This knowledge led to the prevention and treatment of nutritional deficiency related diseases such as rickets, scurvy and nutritional anemias (to name a few).



The Great Depression and World War II created fears of food shortages. It was at this time that the US government along with the British Medical Association and the League of Nations generated minimum recommended daily allowances (RDA). These were announced in 1941.

From the 1950's through the 1970's the discussion of sugar versus fat was all the rage. Calories became important. The development of processing foods at a low cost fortified with minerals and vitamins led to the rise of diet related non-communicable diseases.

From 1970 through the 1990s the push for the modernization of food processing and agriculture continued. What followed was a rise in type 2 diabetes, obesity and several cancers.

It has been a scary time from the 1990s to the present. With the growth of agribusiness and the increase of manufactured foods we have no idea what the long-term health issues will be. The way crops are planted (GMO vs Non-GMO), livestock are fed and housed, grain milling, etc. we must be even more mindful of nutrition and what we should feed ourselves and our loved ones. Do we want to live to eat or eat to live.

Nutritional advances have shown that diet patterns and foods rather than nutrient (vitamins) have more of an effect on non-communicable diseases.

Whether you are a vegetarian, vegan, pescatarian, flexitarian, paleo, keto, DDF*, PNP* – the message is this: less is more. Your mouth is NOT supposed to have a party at every meal. Eat to sustain life not reduce it.

What simple change can you make that will affect your health and your weight? Make Wednesdays and Fridays VEGAN days. Avoid all animal products from meat and cheese to eggs and yogurt. Focus on avocado toast or an apple with almond butter for breakfast, a salad with quinoa and chickpeas for lunch. How about brown rice pasta with marinara sauce, along with a salad for dinner? It is not that hard. Give your organic machine a break from heavy eating. Keep it simple.

Try it for the month of March. Who knows, it just might become a healthy habit and part of your 2021 lifestyle.

*DDF – Data Driven Fueling™
*PNP – Pancreatic Nutritional Program™
*Remember to consult with your physician before beginning any new way of eating especially if you are on medication!

Candice P. Rosen, R.N., B.S., M.S.W., C.H.C. is a health counselor and creator of the PNP and DDF. She is the author of *The Pancreatic Oath and Forget Dieting!* (available on Barnes & Noble and Amazon). She lives and has a private practice in Los Angeles. www.candicerosenrn.com

818-570-7204

@candicerosenrn (twitter & instagram)
<https://www.facebook.com/candicerosenRN>

Candice Rosen,
Health Counseling



Introducing *Cryoskin Toning, Cryoskin Slimming & Cryoskin Facials* at *The Back Pain Institute of West Florida* now available.

CRYOSKIN **LESS FAT. MORE YOU.**
Fat Loss & Body Contouring

Non-invasive fat loss technology to help you shape the body you want.

Contact Dr. Aderholdt's office at **(941) 756-5528** today for a free consultation.

Dr. Craig S. Aderholdt, BSc, DC

Back Pain Institute of West Florida
5221 26th Street West, Bradenton, Florida 34207
7345 International Place, Suite 101 Lakewood Ranch, Sarasota 34240

Voted #1 Chiropractic Physician
Herald-Tribune Awards Winner for 2019

BACK PAIN INSTITUTE OF WEST FLORIDA

CANDICE P ROSEN

Forget Dieting!

IT'S ALL ABOUT DATA-DRIVEN FUELING

Forget Dieting!

IT'S ALL ABOUT DATA-DRIVEN FUELING

Order Your Copy Today!

Barnes & Noble, Amazon

<http://candicerosenrn.com>
candicerosenrn@gmail.com

CARE MANAGERS ADVOCATE FOR SENIORS – AND THEIR CAREGIVERS

In the past, extended families often shared the job of tending to their senior loved ones. These days, families may live farther apart, and the responsibility for care can fall on one overwhelmed family member.

The good news is that Care Managers can help. These professionals, sometimes called “aging life care managers,” are usually licensed nurses or social workers trained in senior care. They act as private advocates and guides for family members who want to ensure their loved one is in the best hands, and they generally serve clients and families whose incomes are too high to qualify for publicly financed services.

“Caring for a senior can often be an overwhelming process,” says Cathryn A. Devons, assistant clinical professor of geriatrics and palliative medicine at Mount Sinai Hospital in New York City. “Geriatric care managers seek to make the process easier by serving as an advocate or counselor — taking the pressure off of family members who often have other commitments, such as parenting and workplace responsibilities.”

The number of caregivers who need help will continue to increase.

People 65 and older now make up about 16 percent of the U.S. population, according to the Washington, D.C.-based Population Reference Bureau. By 2060, that share is expected to rise to 23 percent, and the number of seniors is projected to nearly double to 95 million, in part because people are living longer.

For caregivers juggling paying jobs and their responsibilities to loved ones, Care Managers can offer a more efficient path forward, in the same way you might hire a guide to help you climb a mountain.

Many Care Managers started their careers in geriatrics, nursing, occupational therapy, physical therapy or social work and decided to become geriatric care managers later, having seen such a need for their clients, Wagner says.

What they do now is a range of assessments and coordination of care. Among the services Care Managers can provide:



- **Evaluating, arranging for and monitoring** in-home personnel and care needs.
- **Coordinating medical appointments** and arranging for transportation.
- **Identifying social services** and programs that could help the care recipient.
- **Making referrals** to financial, legal or medical professionals and suggesting ways to avert problems.
- **Explaining complex or difficult topics** with the recipient of care or family members.
- **Creating short- and long-term care plans** that could include other living arrangements.
- **Acting as a liaison** to families who may be hundreds of miles away.
- **Answering questions** and addressing emotional concerns of caregivers and their loved ones.
- **Arranging for relief** or respite care for stressed-out caregivers.

“The manager ensures that the senior’s personal and practical needs are met and can help with more mundane tasks, freeing up family members so that they can enjoy more quality, stress-free time with their loved one,” Devons says. “Very often, we see geriatric care managers become a much-valued part of the family.”

AARP May 15, 2020

If you or a loved one could benefit from Professional Care Management, please contact McKenney Home Care. We have been providing Care Management Services in Collier and Lee Counties since 2013.

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

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

By Dr. David S. Zamikoff

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

How Can GAINSWave Prevent & Treat ED?

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

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of



new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronies disease (scar tissue) as well as enhance sexual performance.

Younger Men Should Seek Treatment Early

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

Men are Preventing ED with GAINSWave

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

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

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

Natural Healing Arts Medical Center

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

To schedule your consultation, please call **(941) 761-4994** or visit myofficeinfo.com.



2215 59th Street West, Bradenton, FL 34209
941.761.4994
www.NaturalHealingArtsMedical.com

EVERY FAMILY HAS A STORY
We look forward to hearing yours

CALL US TODAY!
941-548-1182
www.mckennyhomecare.com

Care that will LAST FOREVER

Home Care at its finest.

- **Companion Care** - companionship, errands, meals, light cleaning and more
- **HHA and CNAs** - showers, dressing, transfers, med reminders and more
- **LPN and RN** - Med administration and set up, dressing change, post op care and more

Michele McKenney, MPH, JD
 Patrice Magrath, JD

ACHC Accredited
 BBB Approved
 AHCA Registration #299994901

871 Venetia Bay Blvd #231, Venice, FL 34285

941.761.4994
 2215 59th Street West, Bradenton, FL. 34209

Dr. David S. Zamikoff - Chiropractic Physician
One of America's Best Chiropractors
 Selected as one of America's Best Chiropractors for 2014, 2015, 2016, 2017, 2018 & 2019 by the National Consumer Research Board

Medical Services: Stem Cell • Trigger Point Therapy • Headaches
Knee Pain Treatment • Hormone Therapy • PRP Treatment

www.NaturalHealingArtsMedical.com

www.Facebook.com/NaturalHealingArts

www.Instagram.com/realdrz

www.Twitter.com/doczammie

Can Omega-3 Fish Oil Help Prevent Muscle Wasting?

By Anne-Marie Chalmers, MD

Muscle wasting. It's a nasty phenomenon that scares many of us over the age of 40 – especially when we stand naked in front of the mirror!

Known more formally as sarcopenia, muscle wasting is a major issue. As many as 25-45% of older adults in the United States suffer from problematic loss of muscle mass and strength. Besides making it harder to carry out everyday physical tasks, sarcopenia is associated with a long list of negative health outcomes, like fractures, hospitalization and early death.

The good news is that there are ways to fight muscle loss. In addition to traditional measures – like regular exercise, getting enough protein, and maintaining healthy vitamin D levels – research indicates that omega-3 fatty acids may also be important for preserving our muscle strength.

Does Omega 3 Help with Muscle Growth?

A number of studies have indicated that omega-3s play a role in muscle growth.

Just in the last year, a study from South Korea found that older women with higher omega-3 levels had a lower risk of sarcopenic obesity. In addition, a 2020 meta-analysis of 10 randomized controlled trials found that taking more than 2000 mg of omega-3s daily was associated with a 0.73 pound increase in muscle mass in elderly individuals.

While such improvements may seem minor, keep in mind that most people after age 50 lose 2% of their muscle mass on a yearly basis. Thus, even small improvements in muscle mass and mobility can be meaningful.

These 2020 findings importantly reiterate the results from previous trials. Consider one 2015 study, which found that giving healthy older individuals 3360 mg of EPA/DHA omega-3s daily for 6 months increased thigh muscle volume, handgrip strength, and one-repetition muscle strength (compared to the control group). The researchers of this study noted that, in functional terms, taking the omega-3 supplements had prevented 2 – 3 years worth of normal age-associated losses in muscle mass and function.



Why Does Fish Oil Help Build Muscle?

While researchers are still working to understand exactly how omega-3s influence muscle mass, they have some educated ideas:

One of the central theories is that omega-3s help fight a phenomenon known as “inflammaging,” which is age-related chronic low-grade inflammation. With inflammaging, the body produces higher levels of pro-inflammatory cytokines that affect signaling pathways for muscle anabolism (ie. muscle building) and catabolism (ie. muscle breakdown).

Since omega-3s have been shown to reduce high levels of pro-inflammatory cytokines, they may help resolve destructive ongoing inflammation and make the body more effective at building muscle.

Another mechanism could be that omega-3s support muscle mass by counteracting the damage of oxidative stress. Oxidative stress – which is generally caused by poor eating habits, inactivity, smoking, pollution, etc. – contributes to sarcopenia by decreasing muscle protein synthesis. Over time, prolonged oxidative stress can reduce muscle mass quantity. Promisingly, omega-3 fatty acids have been shown to reduce certain oxidative stress markers.

Omega-3s May Fight Anabolic Resistance

Part of what makes these theories especially exciting is that they could help address one of the biggest challenges with sarcopenia: Anabolic resistance.

Anabolic resistance refers to the body's reduced ability to build muscle, even when getting enough exercise, amino acids, protein, etc. Since anabolic

resistance increases with age, some researchers believe that adding omega-3s to the mix could be key to achieving better exercise results in older individuals.

How Much Omega-3 Do You Need Every Day?

One of the tricky things about the current omega-3 literature on muscle building is that the trials use a variety of supplement sources, exercise protocols, and other variables. Therefore, the findings are not always conclusive.

With that said, several reviews have identified that getting at least 3000 mg of EPA/DHA omega-3s daily may be necessary in order to achieve positive results for muscle mass in older adults. Since most fish oil capsules contain just 10% of that amount (approximately 300 mg of EPA/DHA per gel cap), this dosage can be hard to replicate through regular omega-3 supplements.

For easier-to-swallow alternatives, liquid products like Omega Cure® Extra Strength and Omega Restore provide 3000 mg of EPA/DHA in pre-measured vials. That's roughly the same amount of omega-3s found in a 6oz. fillet of wild-caught salmon.

This article was abbreviated from a longer version published on omega3innovations.com. For the full text and references, visit:

<https://omega3innovations.com/blog/can-omega-3-fish-oil-help-prevent-muscle-wasting/>

About Anne-Marie Chalmers, MD

Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. Dr. Chalmers practiced medicine in Norway for many years. Today, she serves as president of Omega3 Innovations.



OMEGA3
INNOVATIONS

Call us at 941.485.4400
www.omega3innovations.com

Maintaining Healthy Friendships

By Pastor Timothy Neptune

In last month's article we talked about the importance of investing in our relationships with our friends. In this article I want to share with you four steps to building and maintaining healthy friendships.

The first step is to realize that you really do **NEED** friends.

Solomon, the wisest man that ever lived said, *"As iron sharpens iron, so one person sharpens another."* Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, *"A man who has friends must himself be friendly..."* Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do you find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

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



Rediscover the joy of life without hip pain. RSVP for this free, live online seminar.

If severe hip pain is interfering with your active life, turn to the orthopedic specialists at Venice Regional Bayfront Health. We provide services that range from pain management to total joint replacement, plus physical therapy. To find out more about treatment options that may be right for you, attend our free, online hip pain seminar.

Virtual Hip Pain Seminar

VeniceOrthoSeminar.com

Thursday, March 11 • 5-6 p.m.

Thursday, April 8 • 5-6 p.m.

