

S O U T H W E S T F L O R I D A ' S

Health & Wellness[®] MAGAZINE

April 2021

Manatee/Sarasota Edition - Monthly

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**STRESS
MANAGEMENT
TIPS**

**KIDS WITH
ASO (AUTISM)
AND ADHD**

Eliminating The Symptoms
With Neurofeedback

**VENICE
WOMAN
REGAINS
ACTIVE
LIFESTYLE**

After Carotid,
Heart Valve Surgeries

**PARKINSON'S DISEASE
AWARENESS MONTH**

 **Neuro Challenge**
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A Better Approach to Parkinson's



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- Skip & Gail Sack



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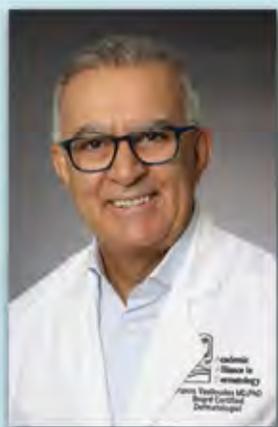
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At Academic Alliance in Dermatology, we have a select team of surgical dermatologists who specialize in Mohs Micrographic Surgery, a specialized surgery. This form of surgery is not only the best treatment available for many forms of complex skin cancers, but also provides the best clinical and cosmetic outcome.

Our pediatric dermatology experts provide the specialized care that brings much needed relief for both child and parent. Even if you or your child cannot describe the symptoms, we can often pinpoint the source of the dermatological problem.

With our team of over 40 medical providers and 23 locations throughout Florida, our mission is to deliver dermatological care for the **WHOLE** family. We achieve this by integrating education, experience, and instinct with a personal touch.

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Parkinson's Disease Awareness Month: Neuro Challenge Foundation for Parkinson's Offers Comprehensive Educational and Therapeutic Support

Nearly 1 million people in the U.S. have Parkinson's Disease (PD), a chronic and progressive disorder. 100,000 Americans are diagnosed with PD each year, and 15% of those are under the age of 50, which is called "young-onset." As of yet, there is still no cure for Parkinson's disease. The treatments available are medications, which help alleviate symptoms, and a high emphasis is placed on a healthy diet, exercise, and mobility training, but for those with the disorder and their caregivers, a well-respected foundation for Parkinson's specializes in comprehensive support.

Neuro Challenge Foundation for Parkinson's is dedicated to improving the quality of life of people with Parkinson's and their caregivers. Those affected by Parkinson's disease can live a life of wellness with hope for the future.

Neuro Challenge Foundation for Parkinson's (NCF) is a non-profit organization that originated in Sarasota in 2008. Neuro Challenge provides more than 45 monthly educational, therapeutic and support programs to people with Parkinson's and their caregivers. Currently all programs and services are available online. Neuro Challenge is working on a plan to return to community-based programs in the near future.

In addition, NCF offers individualized care advising via phone or video chat, community resource referrals, semi-annual Distinguished Speakers Series events, an annual Parkinson's Symposium, and the Neuro Challenge Network. NCF serves more than 3,000 people annually and provides all programs and services at no charge.

PLEASE JOIN NEURO CHALLENGE FOR THEIR HIGHLY-REGARDED PARKINSON'S EXPO

Neuro Challenge Foundation's signature annually held, day-long event was created in 2018 to educate, engage and empower the Parkinson's community. The Expo features several presenters who are nationally renowned Parkinson's experts. More than 1,400 people attended the Parkinson's Expo in 2020 making it the largest event of its kind in the country.



**The 4th Annual PARKINSON'S EXPO
is going VIRTUAL!**

**Join us on June 12, 2021 from any location!
Register at NeuroChallenge.org/Expo.**

**There is no charge to attend the expo thanks to
generous support of donors, partners and
sponsors - like you.**

The Expo will comprehensively address the needs of people with PD and their caregivers by offering high-quality, important information presented by nationally renowned experts in the field. The Expo will also feature interactive demonstrations and a myriad of resources.

Please consider partnering with Neuro Challenge to support the Parkinson's community at the Parkinson's Expo.

Please visit Neurochallenge.org/Expo to learn more.

**To connect with a thriving community of
support and resources contact Neuro
Challenge Foundation for Parkinson's at
(941) 926-6413 or visit NeuroChallenge.org**

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MORE ABOUT NEURO CHALLENGE

Neuro Challenge for Parkinson's is a local 501(C)(3) non-profit organization dedicated to improving the quality of life of people with Parkinson's and their caregivers, today.

Care Advisors – The Neuro Challenge Care Advisor helps people with Parkinson's and their caregivers navigate the complexities of managing the disease by providing individualized support and community resource referrals for boxing, cycling, movement and yoga classes, voice therapy, art therapy, and more.

Monthly Educational and Support Programs – Care Advisors coordinate and facilitate, along with partners, monthly virtual and community-based programs. Participants in these programs gain valuable information and have the opportunity to meet others also facing the journey with Parkinson's while being enveloped in a community of caring and support.

Distinguished Speakers Series (DSS) – Semi-Annually held mid-sized events (100-200 attendees) that typically feature two local speakers presenting on various topics that are important to the Parkinson's community. DSS events are currently held in Manatee, Charlotte, Pinellas, Highlands, and Marion counties.

The Annual Parkinson's Symposium – The Symposium is held in partnership with the Sarasota Memorial Health Care System. The Symposium features presentations from Parkinson's experts with a special presentation from their partner. The Symposium has a capacity crowd each year of 550 attendees.

The Parkinson's Expo – Neuro Challenge Foundation's signature annually held, day-long event created to educate, engage and empower the Parkinson's community. The Expo features several presenters who are nationally renowned Parkinson's experts. NCH Expos is the largest Parkinson's Disease event in the country.

 **Neuro Challenge**
Foundation for Parkinson's

A Better Approach to Parkinson's

Venice Woman Regains Active Lifestyle After Carotid, Heart Valve Surgeries

By Heidi Smith, Contributor

Ellen Hofmann already knew she had a heart condition, so when she and her husband moved to Venice, she looked for a cardiologist. She believes she's alive today because she didn't delay following up on her care.

"I found out in 2018 that one of my carotid arteries was 90 percent blocked (by plaque), then later, my aortic valve – which I already knew was a potential concern – became dangerously narrowed," said the 71-year-old retired teacher/librarian. "My father died of a stroke when I was 13 years old, so when I started having shortness of breath, I was very concerned."

On the recommendation of a neighbor, Hoffman consulted with James Landis, M.D., an interventional cardiologist with Gulf Coast Medical Group. Dr. Landis reviewed her case with John Galat, M.D., a cardiothoracic surgeon also with Gulf Coast Medical Group. Dr. Galat founded and directs the heart program at Venice Regional Bayfront Health. The physicians determined the immediate priority was the carotid artery, and the aortic valve could be monitored.

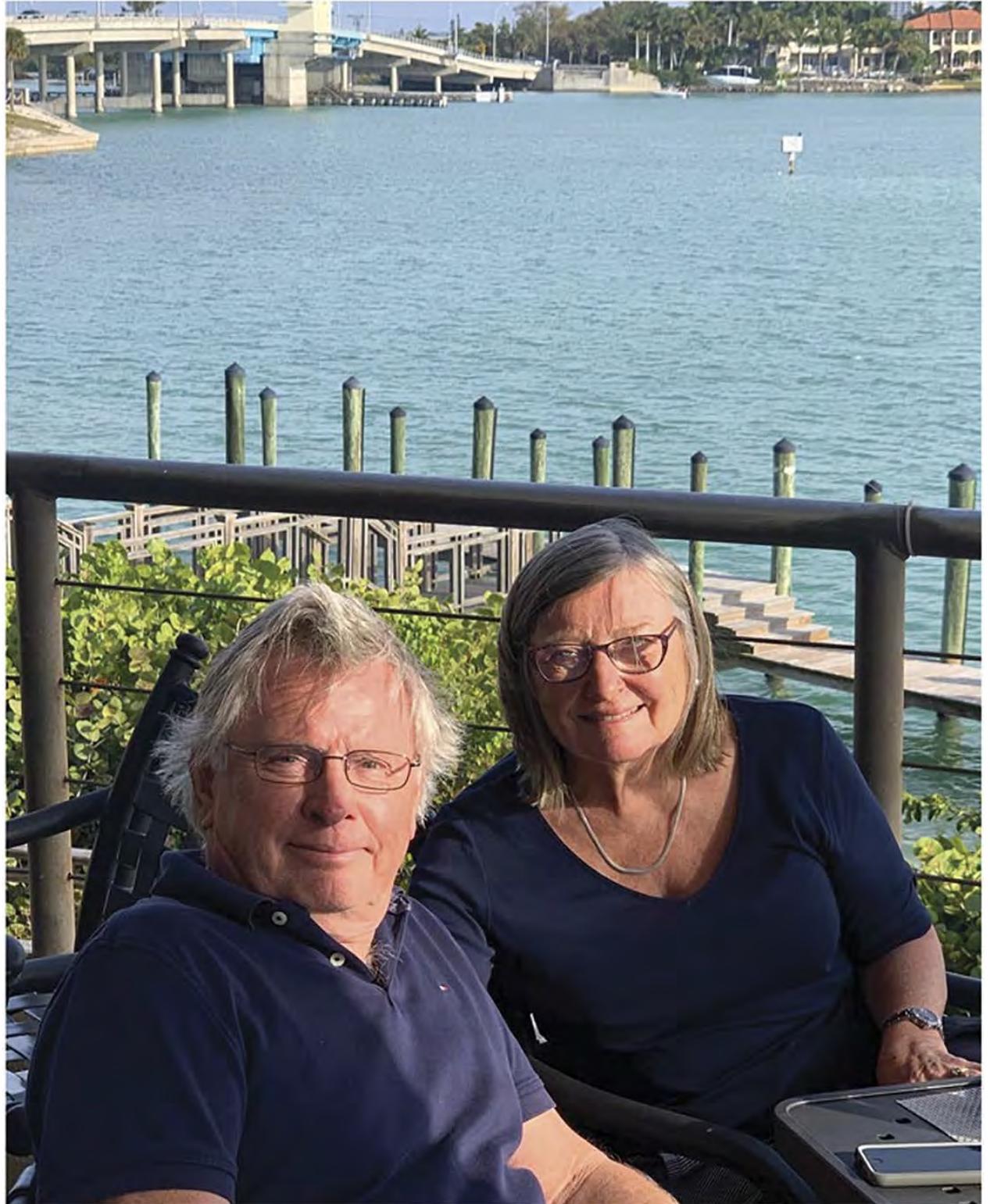
In 2018, Dr. Galat performed surgery on Hofmann's carotid artery to "clean out" the plaque. He opened the carotid artery, removed the plaque, and then placed a patch along the incised area to act as a pleat.

"Imagine sewing two pieces of fabric together. If you just sew the edges together, you have to overlap the edges, so you can narrow the artery," Dr. Galat explained. "Using the patch material, we actually widen that area of the artery."

"Although I had had medical procedures before, I was anxious," Hofmann related. "But Dr. Galat has a very steady, easygoing, reassuring manner that gave me comfort. I knew I was in the right hands. On the morning of the procedure, Dr. Galat and his team surrounded me and gave me their strength. It was a very emotional moment for me."

Hofmann's recovery from the carotid surgery proceeded normally. Then in 2020, her aortic valve had narrowed to the point that surgery was called for.

Courtesy Venice Regional Bayfront Health



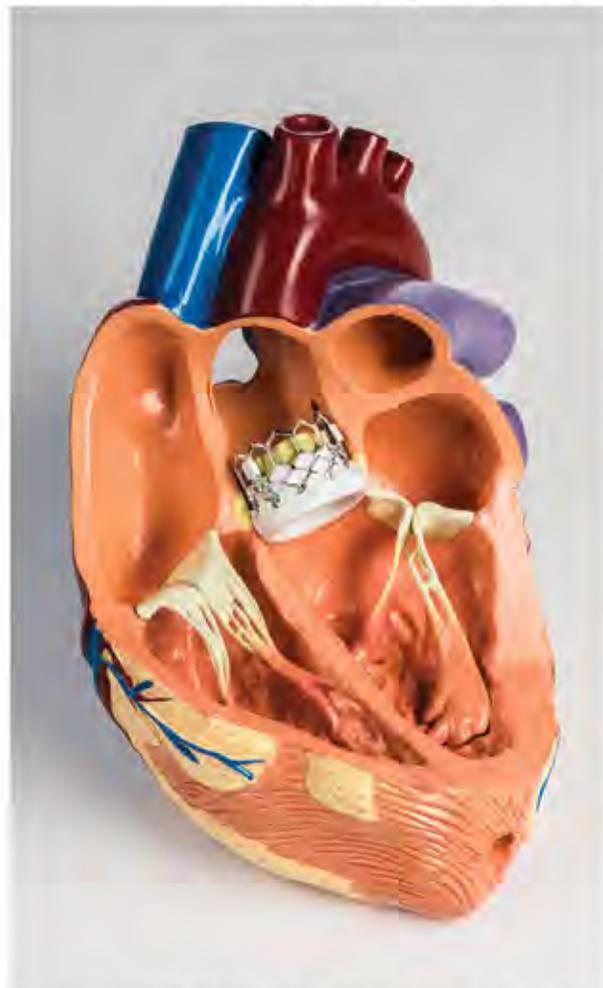
Ellen Hofmann, pictured with her husband Gerhard, enjoys an active lifestyle following carotid artery surgery and minimally invasive heart valve surgery with Venice Regional's heart team.

"Fortunately, medical science has advanced to a level where we have a number of options for addressing aortic valve stenosis to prolong and enhance the quality of patients' lives," Dr. Galat said. "Our interdisciplinary heart team at Venice Regional performs the same procedures – from open heart to minimally invasive – that are done at the largest institutions."

"Aortic stenosis is a mechanical problem; it can't be solved with medication," Dr. Landis explained. "To resolve Mrs. Hofmann's aortic valve condition, we presented a number of surgical options, including a minimally invasive procedure called transcatheter aortic valve replacement (TAVR)."

TAVR surgery involves insertion of a delivery system into an artery, typically in the groin area. The interventionalist and surgeon guide the delivery system to the heart to place the new valve, which is made from heart tissue from a cow. It's the same material used for valves in open heart surgery, but the TAVR valve is designed to expand inside the existing valve.

Courtesy Venice Regional Bayfront Health



The valve used in the TAVR procedure is designed to expand inside the patient's existing valve.

In 2019, TAVR was approved for all patients with severe aortic stenosis.

"Before TAVR, the only option was open heart surgery to replace the valve. Especially with patients of more advanced years, open heart presents greater risk and a much longer recovery period," Dr. Landis explained.

Benefits of TAVR compared to open heart include shorter procedure and hospital stay times, relief of symptoms almost immediately, improved heart function, faster recovery, and less medication. Patients quickly experience improved energy and easier breathing. Patients who undergo this procedure also experience a significant decrease in all-cause mortality compared to traditional valve surgery.

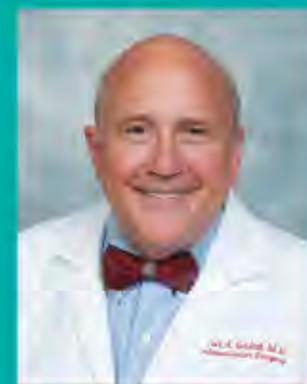
"I knew I wanted to go forward with the TAVR, and given my experience with Dr. Galat, Dr. Landis and all the team, I was confident they would be successful for me. Both doctors said, 'You can go anywhere you want to go (for the procedure).' My husband and I said without hesitation, 'We're going with Dr. Galat.'"

Hofmann's TAVR surgery was performed in January 2021 by Dr. Galat and Edmund Bermudez, M.D., who is an interventional cardiologist with Gulf Coast Medical Group and oversees the TAVR program at Venice Regional.

"The exciting thing is that patients feel an immediate benefit when the aortic stenosis is relieved," Dr. Galat said. "Instead of pushing blood through a small opening, the heart can push blood flow through a much larger opening. The ultimate benefit for Mrs. Hofmann is that her risk for sudden death decreased."

"I watched a video that prepared me for the procedure and how I might feel physically after surgery. Everything was exactly how they told me it would be," Hofmann said. "I came home the day after surgery. Within a week I was walking on the beach. Two months later, I was pretty much back to normal. I would recommend Venice Regional's heart team to anyone. You feel confident and consoled. You feel they have compassion for you."

How healthy is your heart? Find out in just five minutes. Take a free heart risk assessment at [GulfCoastMedicalGroup.com/HealthyHeart](https://www.gulfcoastmedicalgroup.com/HealthyHeart) or call 844-406-1007 to schedule an appointment today. In-person and telehealth visits are available.



John Galat, M.D.
Cardiothoracic Surgeon



James Landis, M.D.
Interventional Cardiologist



Edmund Bermudez, M.D.
Interventional Cardiologist



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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*.

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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, a non-surgical approach 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 and functionality, finding the best orthopedic surgeon is critical.

You have a choice when deciding on an orthopedic surgeon. It is 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 your condition and getting you back to doing the things you love.

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.

Providing advanced meticulous orthopedic care is what Dr. Christopher Sforzo envisioned when he opened the doors to Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine in 2006. And that is 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, reconstruction of spinal deformities, fusion procedures, knee replacement, total hip replacement both traditional and anterior approach. Additionally, the doctors offer the latest in stem cell and regenerative treatments helping many patients eliminate the need for surgery.

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."

**Sforzo | Dillingham | Stewart
Orthopedics + Sports Medicine
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Christopher Dillingham, M.D., Charles Stewart, M.D., Philip Meinhardt, M.D., Christopher Sforzo, M.D.

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. Including, carpal tunnel syndrome, joint replacement, fracture and tendon repair.

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, tendon repair and total reverse shoulder surgery.

Charles E. Stewart, M.D. is a Johns Hopkins fellowship-trained and board-certified 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.

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 and 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.

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Stress Management Tips From Freedom Village of Bradenton

Back in the 1980s there were numerous Calgon bath commercials that promised to wash away your worries. The tagline was "Calgon take me away." Not too bad of an advertising messaging, because there is actually truth to it. Taking time for yourself can definitely help to decrease stress and anxiety.

Here are 3 simple tips to reduce stress:

#1 Take a Break From the Worries of the World

It might be difficult, but carving out time to relax, take a bath, take a walk or simply shut yourself in a separate room for 10 minutes to do deep breathing exercises can reduce anxiety significantly and over time, you will most likely notice that these personal care methods will help you to become calmer throughout the day.

#2 Keep Moving

Talk with your physician about the right exercise plan for you. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, reduces stress, it also improves nutrient and oxygen rich blood flow, and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

#3 Meditation & Prayer

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

In some cases anti-anxiety or antidepressant medications may be necessary. Talk to your physician if you have unresolved, ongoing stress.

Freedom Village of Bradenton is a senior living community that offers many amenities and social activities to help alleviate stress. Plus, knowing that your needs are taken care such as no more moving the lawn, home maintenance or preparing for hurricanes cases anxiety and the worries of the world. The residents at Freedom Village can enjoy each day relaxing, joining in on activities, enjoying the well-manicured outside areas or chatting with friends.



Freedom Village Options to Suit Many Needs

- Personalized care
- Welcoming living spaces
- Remarkable amenities
- Customized services
- Phases of living arrangements

Freedom Village is 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.

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KIDS WITH ASD (AUTISM) AND ADHD

Eliminating The Symptoms With Neurofeedback

ASD and ADHD symptoms can be directly related to an imbalance of brainwave function. For example, an excess of Delta energy can cause the loss of focus and concentration typically seen in ADD patients. Too many Alpha waves – this can lead to slower information processing, and an inability to do multiple tasks without difficulty. Can't sit still? Too much energy in Beta waves on the right side of the brain.

Neurofeedback training is an all-natural technology that can provide long-lasting improvements for children and adults.

For example, many autistic clients struggle with communication with others. This is frequently due to an excess amount of brain energy in the Delta frequency.

Neurofeedback can improve the balance of brainwave function in the brain, creating the opportunity for significantly improved behavior and communication.

Neurofeedback Can Improve These Imbalances

There are 4 basic brainwave frequencies – Delta, Theta, Alpha and Beta. All 4 of these brainwave patterns are present all of the time, but they are present in different amounts, depending on what you're doing, and also how old you are. **The imbalances measured can give the needed information to design a personalized neurofeedback training protocol for you.**

For example – Anxiety is typically related to an excess of Beta brainwave energy on the right side of the brain. ADD symptoms – the loss of focus and concentration is usually noted when an imbalance in Delta brainwave energy is measured.

Regardless of the challenge you're facing, this "Brain Map" provides an excellent starting place to begin improving your brainwave balance and decreasing the symptoms caused by them.

For the patient, all that is needed for neurofeedback training is for them to sit back, relax, and watch a video or movie they find interesting. While they watch the video, our computers will be measuring their brainwave activity.



If they lose focus due to too many Delta waves, the movie dims and the sound drops down. This dimming acts as feedback to the brain, letting it know it's not operating within normal parameters.

Over time the continuous feedback helps the brain to develop new, more efficient neural pathways. **As a result, they are able to think and communicate more clearly. This decreases their frustration, and also improves their ability to learn new things.**

Neurofeedback is a safe, natural approach in improving brain function.

One Parent's Success

"I'm thrilled to say my son's condition has improved without the use of additional medication! We have seen a huge improvement in his focus all around. Improvements in his grades at school, focus on the soccer field and his home life. Thank you, Brain Wave Center Staff!" Jules LM

First We Measure The Actual Imbalances

This is done using a time-tested technology known as an electroencephalogram (EEG). It's a painless, easy test – we place a cap on the head that allows the computer to measure your actual brainwaves.

The data is used to create a **customized training program to correct the imbalances that are likely the cause of the symptoms in the first place.**

The Training Is Fun

All the patient needs to do (child or adult) is come in, sit down in a comfortable chair, and watch a movie or video that they pick. A normal training session is 30 minutes long. During that time, we will place two small sensors on the scalp that measure the brainwave output in real time. Just like in real life, if your brain speeds up while you watch the movie (you get fidgety, or anxious) – this is too much Beta energy. When this excess is detected, the movie dims, and the sound decreases.

This is a signal to your brain to slow down. Over time, the brain creates new, more efficient neural pathways that allow you to think in a calmer, healthier manner.

Long Term Results

This learning process is known as operant conditioning. It's not only fully natural, but safe, and produces permanent improvements in brain function, since the new neural pathways remain in place after the training is completed. Just like when you learned to tie your shoes, **once your brain develops the pathways needed, they are available for use whenever you call upon them.**

Find out today how neurofeedback can help you or a loved one. Call The Brain Wave Center at 941-552-4500 or visit www.BrainWaveCenters.com.

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ANTI-AGING:

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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.

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- **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).

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The Herbal Treatment Of Sleep Apnea

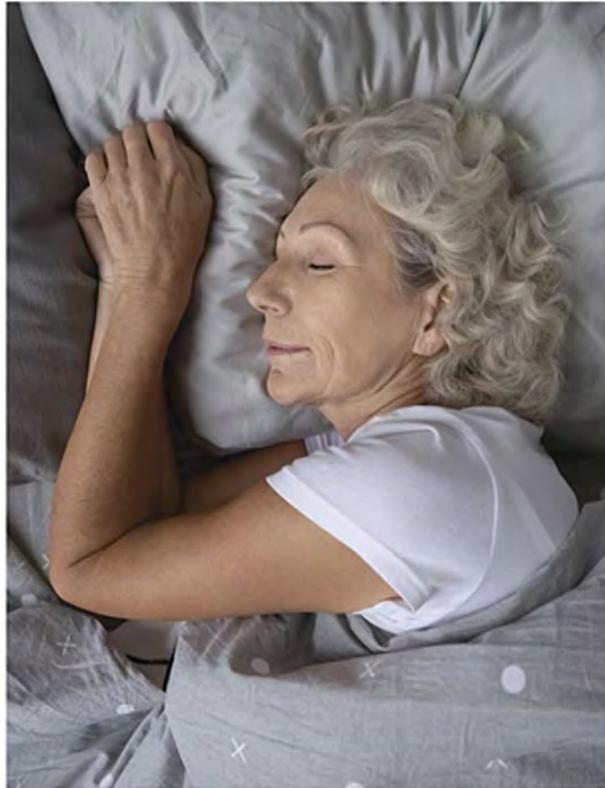
Sleep apnea is one of the most common sleep disturbance problems in America. It ruins the sleep of 25 million Americans with likely millions more un-diagnosed sufferers. The condition prevents the sleeper from entering REM and Delta sleep causing them to become anxious, cantankerous and tired during the day. There are very serious health consequences of prolonged sleep disturbance and deprivation.

When diagnosed, the patient is told to lose weight, drink less alcohol and quit smoking. Beyond that, surgery is offered, though it is painful and has provided only limited success. Dental mouth-pieces can be difficult to sleep with and long-term effects on tooth alignment are questionable. Another common option is CPAP. This is a forced air mask, worn during sleep, that insures proper inhalation. Experience has shown that 60% of patients are not able to tolerate the mask and ultimately discontinue using the equipment. Some users develop respiratory infections from the mask. Finally, there is an herbal and natural approach that we can explore.

Cause of the condition:

Before we evaluate the "solutions", let's consider what is causing the condition. When we begin to fall asleep, we move from stage one (drowsiness) into stage two sleep. Stage two sleep, is the transition stage before entering REM (rapid eye movement). REM sleep is where we dream. Dreaming is critical to a good nights sleep. When we enter stage two sleep in preparation for dreaming, muscular activity is inhibited (blocked). It is called "reduction of muscle tonus". This is a function that occurs primarily to keep the dreamer from physically acting out the movements of their dreams.

The first problem is that the inhibition of signals from the brain tends (inadvertently) to reduce the signal that tells the diaphragm to breathe. In some individuals, upon entering stage 2 sleep, the breathing will actually come to a stop (Sleep Apnea means *cessation of breathing*).



As our breathing becomes shallower, the blood oxygen level drops and the carbon dioxide levels rise. In a young and healthy individual, this would elicit stronger and deeper breathing from the physiological control system that regulates these activities. In an older individual the respiration reduces in intensity and the blood oxygenation drops. This is where the safety back-up system comes in. When the blood gas levels get too far imbalanced, the brain intervenes and causes the body to make a large and immediate inhalation. This causes a large pressure differential in the pharynx and literally sucks the sagging-soft palate into the airway. This obstructs the air flow and causes a loud "SNORT" partially or fully awakening the subject. Most times, the subject is not fully awakened and thus isn't aware that this is even happening. It still disturbs their sleep enough so that they return to stage 1 sleep.

Upon awakening or returning to stage 1 sleep, the inhibition causing the reduction of muscle tonus for entry into stage two sleep is released and respiration begins again in a somewhat normal manner. As the subject starts to drift off to sleep again, they move into stage two, the muscle tonus drops, the soft palate sags, the signal to the diaphragm diminish and the cycle repeats. The resulting snorting awakenings typically occur every 1 to 5 minutes or so.

The Solution:

If your breathing was sufficiently deep enough, then you would not make a rapid inhalation, suck your soft palate into the airway and snort; disturbing your sleep.

The appropriate solution is to accentuate (increase) the ability of the brain to communicate with the diaphragm so that you breathe deeply and steadily throughout the night.

Sure it is beneficial to strengthen the muscles of the soft palate. Yes it is advantageous to reduce muscular tension in the neck. Both of these things will make a noticeable improvement in the condition. In fact some foods like wheat products and cheese should not be eaten near to bed time as they can cause congestion which aggravates the condition. However; the most dramatic impact can be made by the administration of just a few common herbs.

Lobellia, when used in small doses, acts as a respiratory stimulant. It has been used for thousands of years to treat respiratory conditions. This herb, when taken before bed, can *actually increase* the quiescent level of respiration sufficiently so as to avert the dangerous drop in blood oxygen level that occurs upon muscular inhibition. It can maintain deep steady breathing throughout the stage 2 sleep period.

Thyme has traditionally been used to enhance pleural activity. It actually improves the ability of the lungs to exchange CO2 for oxygen and makes an excellent contribution to maintaining sufficient respiratory amplitude. To round out the combination, Chamomile aids the subject in relaxing and Cramp Bark helps the upper trapezius muscles to relax.

This combination of herbs taken before bed has been demonstrated to relieve sleep apnea in most cases.



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EXERCISE AND VENOUS DISEASE

Exercise is one of the most important factors in determining how healthy our veins are. Vein diseases, namely venous insufficiency and varicose veins are caused by a variety of factors, but fortunately there are exercises that can make a huge impact in improving overall vein health.

CHRONIC VENOUS INSUFFICIENCY

As many as 40 million people suffer from varicose veins or a more serious form of venous disease called chronic venous insufficiency (CVI), according to the Society for Vascular Surgery.

CVI is a progressive medical condition that worsens over time and affects the veins in the legs that carry blood back toward the heart. Common signs and symptoms of CVI include leg heaviness and fatigue, leg or ankle swelling, leg pain, aching or cramping, varicose veins, skin changes, ulcers, open wounds or sores, and restless legs.

There are many causes and contributing factors of venous insufficiency and venous disease. Family history, gender, age, sedentary lifestyle, trauma, prolonged standing or sitting, obesity or excess weight, current or previous pregnancies and smoking can all play a role.

There are built-in mechanisms in our legs that function to help return blood back to the heart via the veins. CVI develops when the veins in the legs can no longer pump blood back to the heart effectively. Usually, when the leg muscles contract, they squeeze the deep veins of the legs, facilitating circulation and the return of blood to the heart.

Exercise strengthens the calf muscles and helps to pump blood throughout both legs, promoting better circulation.

Techniques that improve and strengthen the calf and ankle pumps include compression therapy, exercise, hydrotherapy, and physical therapy.

Direct physical conditioning of the calf musculature with specific exercises is proven beneficial for patients with chronic venous insufficiency.

Exercise is considered the No. 1 healthy vein principle. However, certain exercises are proven to be better for vein health. As you exercise, blood is



pumped from the veins in the arch of the foot toward the heart by the calf muscles. This process promotes healthy blood circulation and reduces vein disease.

Circulation is key. An active lifestyle is beneficial if it involves easy, fluid movements of the legs such as walking or swimming.

Simple leg and calf exercises that may be performed for additional benefit include bouncing your legs under your desk while seated and rotating your ankles and rocking your feet back and forth on the ground. In addition, wearing a good pair of compression socks or pantyhose will improve circulation back to the heart.

Varicose veins and venous insufficiency affect millions of people in the United States. To prevent or slow the progression of venous disease, exercise is one of the most important measures recommended by physicians across the nation.

But not all exercises are beneficial for optimal vein health. Walking, cycling, and swimming are most beneficial and may be performed at any age and mobility.

While exercising will not remove varicose veins and insufficiency, it can help to reduce the effects and symptoms. If you have symptoms of venous insufficiency and varicose veins, contact a vein specialist at Sarasota Vascular Specialists.

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APRIL, PARKINSON'S DISEASE AWARENESS MONTH "PD TREATMENT CENTER OF SWFL". OUR LIVE PROGRAM

By Ramon A. Gil, M.D., Medical Director, Parkinson's Disease Treatment Center of SWFL

Dear Friends:

The Chinese called 2020: "Year of the Rat". In their culture, this animal represents "fertility, reproduction and wealth". For mankind 2020 will be a year "which will live in infamy". Others have called it: "The Year of the Zoom". Well, I do not know about you all, but this is now 2021 and we need to work together to bring our lives back to normal.

The Parkinson's Disease Treatment Center of SWFL, in partnership with the Charlotte County Medical Society, is proud and excited to bring you LIVE our 2021 PARKINSON'S DISEASE AWARENESS MONTH SYMPOSIUM. This event will take place on Friday, April 30, 2021 from 12 noon to 5:30 pm at the "Charlotte Harbor Event and Conference Center", in Punta Gorda, FL.

As in previous years (but not 2020) our program will bring to the audience the latest information about this disease and ways in which we can all optimize the quality of life of those affected, along with their caregivers.

We will hear from Ms. Anissa Mitchell, Vice President, Programs, at the Parkinson's and Movement Disorder Alliance (PMD Alliance), an independent national organization dedicated to serve the more than 40 million Americans affected by these disorders. She will address the audience sharing her thoughts about how we can work together to overcome the challenges imposed by PD and related disorders, utilizing the benefits of an organization like PMD Alliance.

Tyan Aleshire and Rachel Klasmeyer, certified clinical research coordinators from our site (Parkinson's Disease Treatment Center of SWFL), will provide a brief review of the process of clinical research and the benefits and importance of participating in clinical trials, as well as clarifying a lot of misconceptions that many of you have.

This will probably be the first time that you attend a presentation reviewing dental care in patients with Parkinson's Disease. There is more than what you may think connecting your brain with your digestive system. Your mouth is the entry to the rather complex "gut-brain axis". Sara Maltese, D.M.D. will provide you with most useful information in terms of how to improve your dental health and prevent complications that may lead to periodontal disease and tooth loss.




2021 PARKINSON'S DISEASE AWARENESS MONTH SYMPOSIUM

Friday • April 30, 2021 12:00 pm to 5:30 pm

Charlotte Harbor Event and Conference Center

75 Taylor Street, Punta Gorda, FL

Guest Speaker:
Ramon Rodriguez, MD
Professor of Medicine (Neurology) at University of Central Florida, Orlando, FL
Medical Director, "Neurology One", Orlando, FL

Special Guest:
Anissa Mitchell, LCSW
Vice President, Programs
Parkinson & Movement Disorder Alliance

Other Faculty Members Include:
Mabel Lopez, PhD
Neuropsychologist
Director, Mind and Brain Care, Fort Myers, FL
Sara Maltese, D.M.D.
Dental Office of Dunedin, Dunedin, FL
Tyan Aleshire, CCRC and Rachel Klasmeyer, CCRC
Clinical Research Coordinators
Parkinson's Disease Treatment Center of SWFL
Ramon A. Gil, MD
Program Director and Medical Director
Parkinson's Disease Treatment Center of SWFL

AGENDA

12:00 pm to 12:45 pm	Registration and light lunch/refreshments
12:45 pm	Opening Remarks
12:50 pm to 1:10 pm	Anissa Mitchell, LCSW
1:10 pm to 1:40 pm	Participating in Clinical Research..... T. Aleshire and R. Klasmeyer
1:40 pm to 2:25 pm	OHI* for Parkinson's Disease patients.....Dr. Maltese
2:25 pm to 3:00 pm	Mood and Cognitive Problems in Parkinson's Disease Dr. Lopez
3:00 pm to 3:20 pm	Break
3:20 pm to 4:00 pm	10 tips to better manage your Parkinson's Disease Dr. Gil
4:00 pm to 5:00 pm	Current drugs and the busy Pipeline for Parkinson's Disease.....Dr. Rodriguez
5:00 pm to 5:30 pm	Q's and A's..... Faculty

*Oral Hygiene Instructions

FREE ADMISSION... Seating is limited...
*CDC Guidelines will be followed.

To register or for more information, contact office@parkinsonsfl.com or call 941-743-4987



Photo: LIVE Program - January 2021



Dr. Mabel Lopez is a neuropsychologist trained at University of Florida in Gainesville. This is one of the most prestigious surgical centers for PD and other movement disorders, and as such, during her training and all along her career, Dr. Lopez has been very involved in the evaluation and treatment of patients like you. She will share information about mood and cognitive disorders often affecting patients with PD. Her approach is rather interesting, as it focuses for the most part, in non-pharmacologic interventions and lifestyle changes that will result in a much better and brighter future.

The title of my presentation in this symposium speaks by itself: *"10 tips to better manage your Parkinson's Disease"*. I look forward to providing you with practical tips to help you improve the outcome of your treatment and, working along with your physicians to find ways to improve even more your quality of life. The answers to questions such as: "Do I really have PD?", "Which medications should I avoid and why?", "What should I do when I find myself hospitalized?" are critical for you and your family members and could certainly help you to prevent problems.

Our guest speaker is Dr. Ramon Rodriguez. He was trained at the University of Florida, in Gainesville, where (after finishing his fellowship in Movement Disorders) was named Associate Professor and occupied this position for 7 years. Subsequently he moved to Orlando where he became Professor of Medicine at the University of Central Florida and now in private practice, as the medical director of "Neurology One". We asked Dr. Rodriguez to bring us not only a brief review of the latest medical treatment for PD, but even more exciting: a review of the busy "pipeline" for new drugs with different approaches to treat PD being currently investigated.

Thanks to our sponsors, this program is FREE. "Social Distancing" and other CDC guidelines will be followed; therefore, seating is limited.

We encourage you to register early. Please contact us at office@parkinsonsfl.com or call 941-743-4987.

We hope to see you in our upcoming educational program this coming Friday, April 30.

Ramon A. Gil, M.D.

- Diplomate American Board of Psychiatry and Neurology
- Diplomate American Board of Internal Medicine
- Former Clinical Associate National Parkinson Foundation
- Medical Director and Founder, Parkinson's Disease Treatment Center of SWFL

Parkinson's Disease Treatment Center of SW Florida

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New Treatments For Knee Arthritis Now Available

By: Regenexx Tampa Bay, Non-Surgical Orthopedic Specialists

Knee arthritis affects more Americans than any other joint disorder in the United States. By age 60, an estimated 10 percent of men and 13 percent of women have knee arthritis. Knee arthritis and chronic knee pain often mean that you have to avoid the activities you love (from hiking to dancing to chasing the grandchildren), relying on over-the-counter pain medications, toxic steroid injections, dangerous narcotics, knee arthroscopy (which increases the likelihood of a knee replacement down the line), and knee replacement surgery. But new advancements in precise image-guide injections using bone marrow concentrate containing your own stem cells offer hope, healing, and pain relief for arthritis of the knee.

Symptoms and Treatments: How is Knee Arthritis Identified and Cured?

Arthritis of the knee, as with arthritis anywhere else in your body, is the result of chronic inflammation in your joints resulting in deterioration and degeneration of the structures in the knee. Common symptoms for knee arthritis include:

- Swelling and tenderness in your knee especially after activity.
- Unstable knee. Over time, ligaments can weaken and result in instability in your knee. This can cause a buckling sensation when you put weight on it.
- Poor, limited range of motion in your knee when doing everyday activities, such as sitting, standing, and walking.

If your doctor diagnoses you with knee arthritis, he or she may recommend a combination of medical interventions and lifestyle modifications. These may include:

- Low-impact exercise/Physical Therapy
- Losing weight if you're overweight
- Other treatments such as: Acupuncture, natural topical creams, and ice packs

Common medical interventions often start with taking over-the-counter pain medications like aspirin, ibuprofen, and other nonsteroidal anti-inflammatory drugs (NSAIDs). NSAIDs can temporarily help pain associated with arthritis but can lead to damage in the heart, kidneys, and GI tract over the long term (and sometimes even in the short-term) and do not improve long-term pain. More serious medical approaches often graduate to:



- Prescription pain drugs
- Injections, such as corticosteroid injections to temporarily reduce pain
- Surgery

Are Corticosteroid injections Helpful For Knee Arthritis?

Your doctor may recommend corticosteroid injections for knee arthritis. Corticosteroids are powerful anti-inflammatory agents that temporarily reduce inflammation in an arthritic joint. Unfortunately, corticosteroids are also toxic to cartilage and increase the rate of arthritic progression. In a recent 2020 study from The Bone and Joint Journal, patients with knee arthritis who underwent corticosteroid injections were compared to patients with similar levels of knee arthritis who did not have any steroid injections. The patients who were given steroid injections were more than 6 times as likely to undergo a knee replacement.

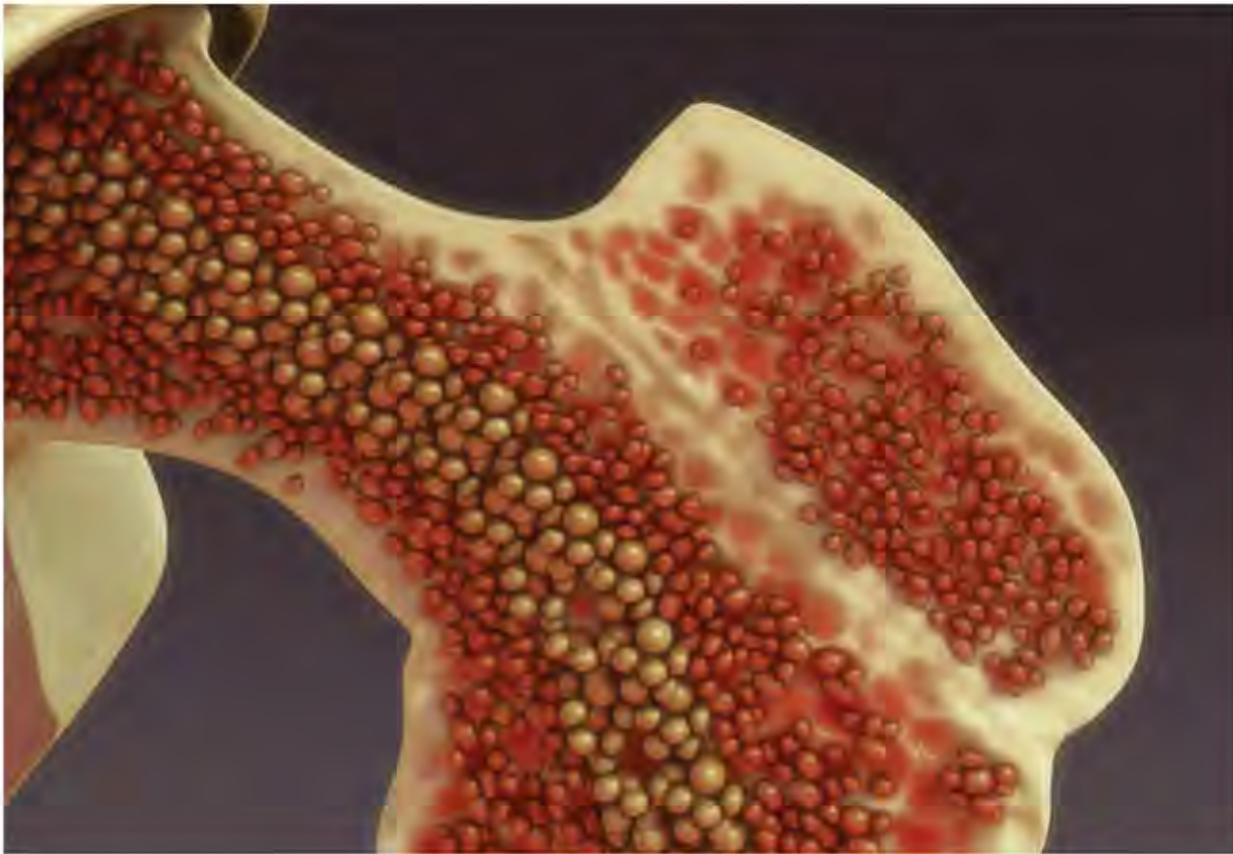
While helpful for knee pain in the short term, corticosteroid injections can actually worsen knee arthritis and pain over the long term.

Is Surgery the Right Answer For Knee Pain and Knee Arthritis?

Your doctor may recommend a knee replacement, which involves removing the damaged knee joint entirely and installing an artificial knee.

In fact, arthritis is the #1 reason for people to get knee replacement surgery or hip replacement surgery. However, most surgeons recommend joint replacement surgery be the last resort because:

- Knee replacements can wear out and may need to be replaced, which is an even bigger operation than the first
- There have been many "mechanical problems" and manufacturer recalls related to artificial joints
- May entail a long recovery process
- An artificial joint that becomes infected is a very serious complication that can lead to another joint replacement and long term IV antibiotics in the best case or can lead to leg amputation or death in more serious cases.
- More than one-third of patients who have a knee replacement still have some knee pain.
- Range of motion in the knee after the surgery is often reduced.
- Thankfully, a growing body of research is revealing new, cutting-edge approaches to knee arthritis, with many men and women finding the relief they need through various skilled orthobiologic procedures utilizing the person's own bone marrow concentrate, platelet rich plasma, and/or microfragmented adipose/fat tissue.



Bone Marrow Concentrate (BMAC) and Knee Arthritis

The premise is simple, yet the science is groundbreaking. Your bone marrow and blood get drawn through a patented same-day protocol, and your bone marrow concentrate, where your body's stem cells are found in highest concentration, is processed in a specialized lab.

Then, your BMAC and natural growth factors are injected under precise image-guidance using sonographic and X-ray devices directly into multiple tissue structures in your affected knee (eg. cartilage, ligaments, tendons, bone, meniscus). This provides more cells to the injured, degenerated, and inflamed joint than your body would otherwise send to the area, resulting in significant improvements in your knee pain and knee function within just a 2-3 months.

Unfortunately, the world of stem cell treatments is often referred to by scientists as a "wild wild west." The efficacy of "stem cell" procedures for knee arthritis and chronic knee pain means many companies have rushed to market with various health claims and procedures. Alas, many (if not most) of what you'll find on the market — such as the use of exosomes or umbilical cord "stem cells" — isn't backed by real research and in fact, is illegal to use.

When choosing a regenerative treatment for knee arthritis, it's critical that you look for a procedure

that's truly backed by science, and specifically peer-reviewed randomized controlled medical trials and other clinical trials.

When reviewing the published research, the science is clear: The most advanced and effective treatment for knee arthritis is from your bone marrow concentrate (BMAC) injected into the joint and sometimes into the bone.

In one study, BMAC injections into the knee joint significantly reduced the need for knee replacement surgery. Another study tracked patients for 15 years and found that BMC injections into the bone (near the joint line) also significantly reduced the need for knee replacement.

At Regenexx, this is the exact same procedure we employ in our clinics. These advancements in regenerative medicine and technology mean our Regenexx approach, overseen by expert technicians and clinicians who have been doing this for over a decade, is far more effective than the run-of-the-mill treatments offered by other providers.

If you suffer from knee arthritis and want to avoid costly and invasive knee replacement surgery, contact us today to learn how you can use these advancements in regenerative medicine to naturally and effectively target your knee health concerns.



Dr. James Leiber

James Leiber, DO, is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician

to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

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

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

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

The other physicians at Regenexx Tampa Bay are:



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



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



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TREATMENT-RESISTANT DEPRESSION

An Alternative Therapy also Helps with Social Anxiety, OCD and Phobias

In a series of ongoing randomized tests, Ketamine therapy has become more widely accepted for its capacity to revamp the brain's depressive episodes rapidly. Over the past several years, many physicians have studied the effects of Ketamine on depressed patients including those with PTSD and bipolar disorder. A board-certified anesthesiologist, Dr. Steven Reichbach of Gulf Coast Ketamine Center, has extensive experience in managing his patients that benefit from this therapy, and he consistently sees the value of Ketamine IV treatments in his patients that suffer from depression on a daily basis.

In addition to depressive disorders, there has been a lot of new information and studies on the effects of IV Ketamine therapy for treating treatment-resistant depression as well other mental health disorders such as social anxiety, OCD, and phobias. For people suffering from social anxiety, OCD and phobias, its emotional effects can be crippling. Everyday interactions may cause such distress in these people that it interferes with opportunities for employment, positive interactions with friends and family, and for students, not being able to reach their full academic potential in the classroom. These people may exhibit physical manifestations of their anxiety in the form of sweaty palms, high blood pressure and a racing heart. Over an extended period of time, these symptoms not only cause mental anguish but also affect one's overall physical health.

The mainstay of treatments up to now has been antidepressants, anxiolytics, and behavioral therapy. For up to 50% of patients, these are ineffective in treating their social anxiety adequately. Recently, the results of a double-blind, placebo-controlled study with 18 patients diagnosed with Social Anxiety Disorder using IV Ketamine were published in the journal *Neuropharmacology*. What they found was that people responded to Ketamine. They had significantly less anxiety which lasted up to 28 days. Patients who received one IV Ketamine infusion, had less social anxiety, avoidance, and fear when compared to patients who received a placebo. For patients who have not responded to more conventional treatment, IV Ketamine can hold a great deal of promise.



What is Ketamine?

Back in the 1960's Ketamine was developed to treat wounded U.S. soldiers that were serving in the Vietnam War. In the 1970's, Ketamine was the anesthetic of choice for surgery, and in the 1980's it became a popular street and club drug because of its "out of body" sensation that its users experienced.

How does Ketamine Work?

Ketamine works by creating new connections in parts of the brain that control mood and emotions. 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 are visible in brain scans and imaging, and the results are long-lasting.

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

- Reduced pain
- Decreased depression
- Diminished suicidal thoughts and episodes
- Rapid ability to reverse depression and its symptoms

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

How is Ketamine Administered?

During the treatment, the initial infusions usually take place over approximately 2 weeks with 6 infusions that are administered every other day.

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

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

One drug with no side effects or long-term adverse reactions is the answer many people are seeking to find. Unlike antidepressants that need to be taken at least once daily, the best part about Ketamine therapy is that after the initial treatment phase, most patients only need the injection once every one to two weeks.

If you or someone you know is experiencing depression, phobias, OCD, or social anxiety, please contact Gulf Coast Ketamine 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

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GAINSWAVE – A REVOLUTIONARY NEW THERAPY THAT TREATS ERECTILE DYSFUNCTION (ED)

What causes ED?

As men age, the vessels in the penis weaken, contract and fill with micro-plaque just as they do elsewhere in the body. This prohibits men from achieving an erection or decreases the firmness of a man's erection. At the same time, the penis decreases in sensitivity, making it harder to achieve a pleasurable orgasm. Finally, the time necessary between orgasm and the ability to achieve an erection (the refractory time) increases. The bottom line is that most erectile dysfunction is a result of poor blood flow, known as vasculogenic ED.

Common Treatment for ED:

As many as 50% of men experience some form of ED by the age of 50. For many years men with ED have resorted to oral ED medications to relieve their symptoms. Oral medications for ED can be an effective temporary relief of the symptoms of ED, they don't target the root cause of most patients' ED, they can often bring unwanted side effects, and they can fail to work up to 50% of the time in some men.

Expensive oral medications such as Viagra and Cialis may cause unwanted side effects, such as nasal congestion, headaches, upset stomach, vision changes, facial flushing, and dizziness. They also have to be taken before intercourse limiting spontaneity. Finally, there are many men with cardiovascular disease who are not candidates for treatment with these medications.

Depending on the severity of ED, The Journal of Urology reported oral ED medications may only yield up to a 27% effective rate in those with severe

ED. This leads patients with more severe ED to invasive treatments like penile injections, where medication is injected directly into the penis before intercourse. This again limits spontaneity and chronically drains the wallet.

Why medicate when you can cure?

Introducing the only Erectile Dysfunction Treatment that treats the underlying cause of ED, GAINSWave is revolutionary, noninvasive and heals the underlying causes of ED. GAINSWave uses FDA-cleared, scientifically proven non-invasive technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation and stimulate tissue regeneration creating new blood vessels in treated areas. GAINSWave is about regenerative medicine – helping men return to their younger, healthier selves, and enabling a spontaneous, active sex life.

Scientifically Proven Results

There are over 40 clinical studies showing GAINSWave technology to be effective in treating ED. Patients are reporting great improvements to their sexual health, including:

- Longer lasting erections
- More Spontaneous erections
- Fuller Erections
- Relief from symptoms of Erectile Dysfunction and Peyronie's Disease
- Enhanced sensitivity
- Improved sexual performance
- Decreased recovery time between orgasms

Is it safe?

Yes. This is an FDA cleared technology that originally developed in Europe and is used worldwide. GAINSWave uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology, and anti-aging treatments and wound healing. While a specific indication for treating ED has not yet been granted, we know that it is only a matter of time given the extraordinary success. In clinical practice, over a 79% of the men who utilize this treatment report improvement in symptoms related to ED. We have even seen improvements in those men who have lost functioning after some forms of prostate surgery. GAINSWave has virtually no risks or side effects and no downtime. This therapy has been used extensively in Europe for over 10-15 years, but is relatively new to the U.S. for erectile dysfunction.

How to Get Started

Florida Urology Specialists, takes on each case with individualized care. Return to the sexually confident and active man you were before suffering from erectile dysfunction. Some men in their 40's and early 50's even find it helpful for reinvigorating their sex life and improving their performance to levels they enjoyed in their 20's.

*To schedule your appointment, please call
941-309-7000.*

After the GAINSWave procedure:

- 75% men experience positive results post treatment.*
- Some men may experience a spontaneous erection within 24 hours.*

**Results vary based on a patient's medical condition and age and may take a few months to obtain.*



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

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Gerry Letendre,
RPh, MBA, CHt

Low Dose Naltrexone (LDN)

Learn More at Sarasota Compounding Pharmacy's
Free Educational Live – Webinar for Physicians Only

Individuals who suffer from symptoms of gastrointestinal, autoimmune, dermatological and pain conditions make up 80% of the patient population. The good news? Low-dose naltrexone (LDN) has been studied recently as a potential treatment option.

LDN increases endorphins, which are known to enhance immunity. How does this mechanism work? By blocking opioid receptors, the brain receives a signal that endorphins are low and begins to increase endorphin production.

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

Cytokines are immune system proteins that can attack the body when they are in overdrive. Auto-immune issues and COVID-19 are two primary contributors to the “cytokine storm” that so many experts refer to. This storm makes it difficult to fight off infection. LDN is thought to help with these and several other infections or conditions.

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

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



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

- Hashimoto's thyroiditis
- IBS
- Ulcerative colitis
- Fibromyalgia
- Arthritis
- Anxiety
- PTSD
- Inflammatory conditions of the skin
- And more

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

▶ FREE LIVE WEBINAR

FOR PHYSICIANS ONLY

Join us for this Free, Educational
LDN Live Webinar

Thursday, May 13th
6:00 pm



Speaker:
Sara Hover, RPh, FAARM
PCCA Clinical
Compounding Pharmacist

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Meeting Registration - Zoom

Or Call 941.366.0880

Please join us for this **free, live webinar** to learn the latest studies on low-dose naltrexone (LDN), as well as the dosing, safety, science, physiology and mechanisms of action in a variety of conditions.

A live Q&A session with the presenter is included.

Sara Hover, RPh, FAARM

Sara has been a compounding pharmacist for more than 20 years and with the PCCA Clinical Services team since 2013.



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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.

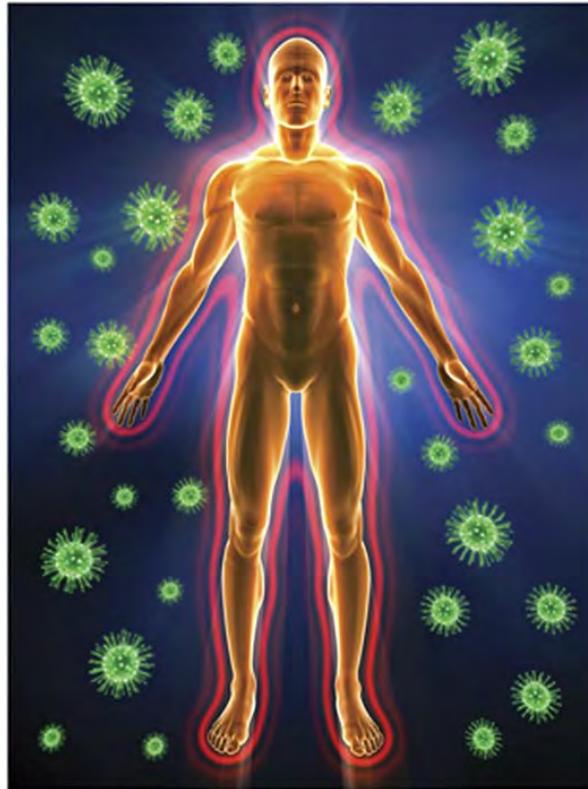
The role of an immune system is to protect your body against harmful substances, germs, bacteria, viruses, parasites, and cell changes that could make your body sick. It also recognizes and neutralizes harmful substances from the environment, like radioactive frequencies from your smart devices.

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.

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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.

HELPING PATIENTS LIVE WITH PARKINSON'S

Each year, doctors diagnose 60,000 new cases of Parkinson's disease (PD). With advances in pharmacology and surgery giving PD patients longer lives and increased motor function, interventions to prepare family caregivers, empower patients in their daily lives, and improve patient peace of mind become more involved. While many patients live more than 20 years after the diagnosis, the median survival has been measured at 12 years.¹ The speed of progression underscores the value of that time and the importance of promoting quality of life during this important time of life. It's obvious but noteworthy that Parkinson's is more than a nigrostriatal disorder. While dopaminergic therapy improves rigidity, tremor, bradykinesia, other symptoms do not respond. These include hypersomnolence, imbalance, dysphagia, dysarthria, autonomic failure and cognitive motivation. Most notably, this includes, dementia, and drug-related hallucinations. These latter symptoms create the most concern for families. In Parkinson's, these symptoms progress more rapidly with age.

Among the many recommendations doctors make for families with Parkinson's, consider long-term home care, especially that from McKenney Home Care. Intermittent skilled care such as physical therapy can modulate the progression of Parkinson's disease and comorbidities,^{2,3} but needs for more daily living assistance persist and advance insidiously. For instance, every year, approximately 71% of people living with PD experience a near fall, 59% have an accidental fall, and 20% have a fall injury.⁴ In spite of active interventions with physical therapy, walking aids, and home modifications, 35% of people living with Parkinson's have experienced a fall-related fracture.¹ Long-term home care can assist patients with transfers and mobility (especially in the bathroom where most fall injuries occur). At-home aides will also increase the likelihood of a rapid response to falls. Aide support not only works to reduce the risk of fall injury but also to increase patient confidence, so patients can participate more confidently in more activities. The same could be said for activities as basic as eating, as patients with dysphagia often worry and put off eating in the absence of a caregiver who can respond to choking.



With McKenney Home Care, the level of service can increase gradually as the need increases. For the first few years, tremors may only merit transportation assistance, so patients can get to their appointments. This can progress to personal care up to 24-hours per day according to patient needs and the family situation. Finally, with McKenney, long-term home care can progress to private-duty nursing to help with medication administration. In Parkinson's, the insidious nature of dementia makes it easy for families to underestimate the need for assistance. Some evidence suggests that dementia is under-diagnosed in Parkinson's. Researchers have commented that unless dementia is actively sought and excluded, it should not be assumed to be absent. Thorough neuropsychological assessments find dementia present in 39% of patients initially diagnosed with Parkinson's at age 40 to 69. This prevalence progresses to 83% over the next 20 years.¹ Especially when dementia is subtly present, it can interfere with driving, medication adherence, participation in medical treatment, visuospatial problems that contribute to fall risk, etc. By the 20th year of living with Parkinson's, symptom burden progresses to excessive daytime sleepiness (70%), falls (87%), freezing (81%), fractures (35%), choking (48%), and hallucinations (74%). A well-trained, professionally managed home care aide can improve safety and quality of life in the face of each of these burdens.

References:
1. Hely M, Reid W, Adena M, et al. The Sydney Multicenter Study of Parkinson's Disease: The inevitability of dementia at 20 years. *Movement Disorders*. 2008; 23 (6): 837-844. 2. Tomlinson C, Patel S, Meek C, et al. Physiotherapy versus placebo or no intervention in Parkinson's disease (Review). *The Cochrane Library*. 2013; 8 (8). 3. Petzinger G, Fisher B, McEwen S, et al. Exercise-enhanced neuroplasticity targeting motor and cognitive circuitry in Parkinson's disease. *The Lancet Neurology*. 2013 Jul 31; 12 (7): 716-26. 4. Wang H, Lin C, Lau C, et al. Risk of accidental injuries amongst Parkinson disease patients. *European Journal of Neurology*. 2014; 21 (6): 907-13.

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



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BACK PAIN NOW HAS ADVANCED SOLUTIONS

Every Year, nearly 200,000 people are diagnosed with spinal compression, which causes significant pain in the spine and surrounding back muscular structure. Osteoporosis usually causes spinal compression and mostly affects the aging population, but can also be attributed to other diseases of the bone, cancers, tumors, long-term steroid use, herniated discs, and arthritis.

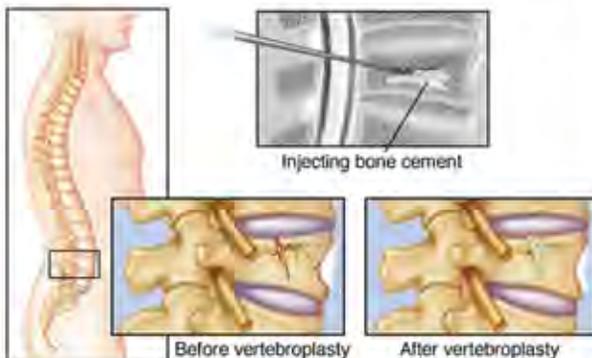
While there are treatment options for spinal compression, like physical therapy, anti-inflammatory, and pain medications, these choices usually offer only temporary relief from the discomfort associated with the disorder.

Individuals suffering from spinal compression have a difficult time bending, lifting, carrying heavy objects, and sleeping as the pain affects their daily activities and lifestyle, inhibiting their abilities and quality of life.

Vertebroplasty

The physical symptoms of spinal compression are a hunched-over, slouching appearances, and a shorter stature, as the spine shrinks. The good news is there is an effective treatment called Vertebroplasty that shows promising results for many patients that have undergone the procedure.

Vertebroplasty is a minimally invasive procedure performed under image-guided fluoroscopy. During the procedure, the physician will inject an orthopedic medical-grade cement-like material into the affected vertebrae to build the bony portion backup, allowing it to support the spine strongly. Additionally, sometimes a balloon will be inserted in between the vertebrae and injected with the same cement if there is not enough of the patient's natural bone present.



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Vertebroplasty will create a stable fulcrum for the spine and relieve the supporting muscles that have tightened up while working in overdrive trying to protect the back from further injury. Approximately 75% of patients report a more pain-free lifestyle, regained flexibility, and mobility.

RAVE Radiology

RAVE, Radiology Associates of Venice & Englewood, understands the importance of providing the best technology and the most advanced diagnostic tools for their patients, and their physicians are experts in Vertebroplasty.

RAVE is a radiology practice, which has been active for over 30 years. They currently consist of 10 board certified radiologists, many of which have postgraduate fellowships with subspecialty training, all of whom have years of full-time experience. There are over 90 health care professions working with RAVE to provide the best possible radiologic services in Sarasota County. In addition to their personnel, they have some of the best radiologic imaging devices available. Superior visualization makes your

diagnoses accurate and timely, preventing potentially dangerous delays in initiation of your therapy. At RAVE, you can have confidence you're getting top-notch professional assistance in your diagnosis and care.

RAVE Diagnostic Services

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Omeza® Aims to Heal Wounds and Help Patients Recover: Innovative Products & A Local Clinical Trial

Ask the majority of adults today how important omega fatty acids are, and they are sure to have an opinion on taking oral supplements or incorporating cold-water fish, krill, or algae into their daily diet.

Several researchers, physicians, and key thought leaders in wound care began to develop prototypes based on omega fatty acid profiles to reduce inflammation, enhance blood flow, and address biofilm and its capability to treat non-healing wounds. Once they perfected their core formulations' ability to protect skin and form microstructures within wounds without becoming oxidized, they knew they had a topical treatment that physicians, nurses, home health workers, wound care specialists, and patients were longing for—it's called Omeza®.

For individuals that have experienced non-healing wounds, the treatment options and outcomes can be lengthy, disappointing, and expensive. When it comes to venous leg ulcers or diabetic foot ulcers, these can be life-threatening and, in many cases, lead to complicated procedures or amputation. Omeza® offers hope and real-world results with care plans custom-designed with leading physicians and researchers to repair and protect wounds and assist in pain reduction.

We caught up with Omeza's Chief Operating Officer, Sarah Kitlowski, and Chief Medical Officer, Dr. Desmond Bell, to find out more about their products and clinical trials.

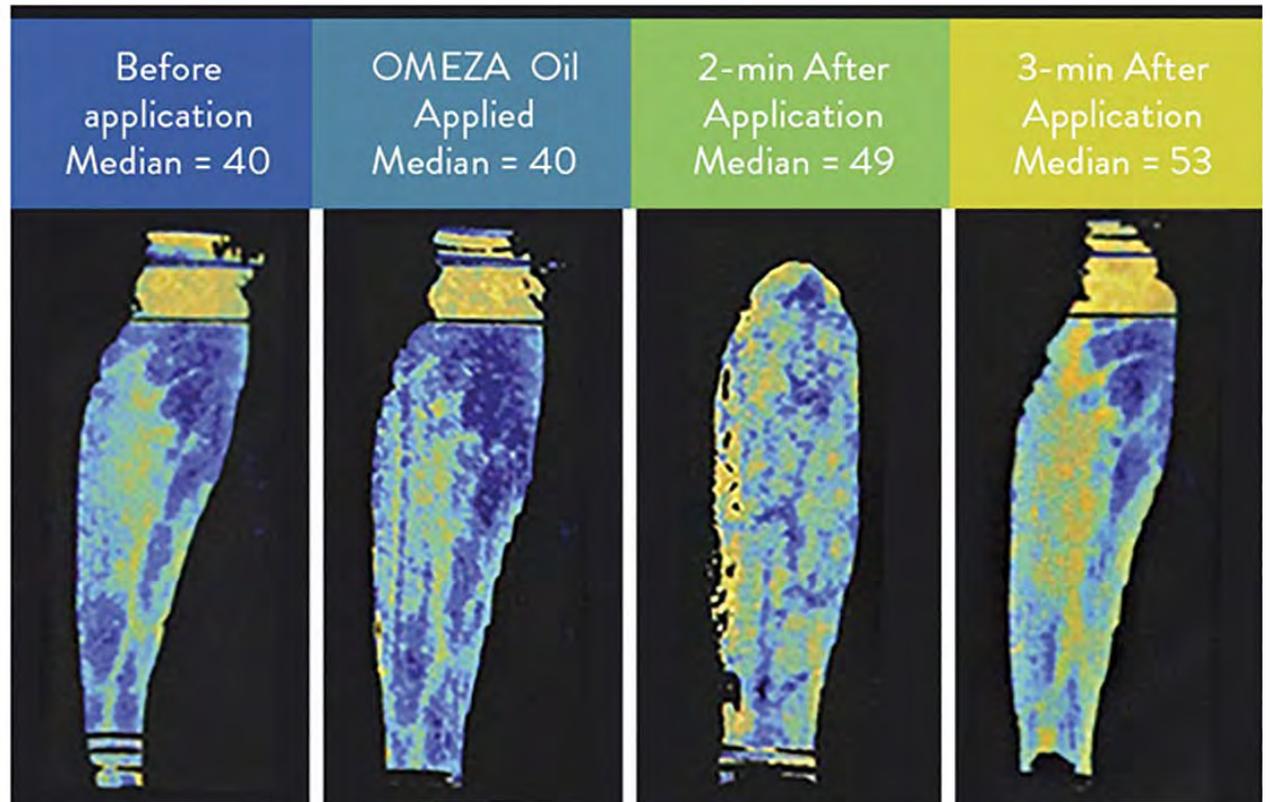


OMEZA® CLINICAL TRIALS

Sarah Kitlowski, President and Chief Operating Officer

"Omeza's largest focus is to help all patients, including those who are unable to get to a wound care clinic, patients with mobility issues, patients without insurance, and those who want to treat their wounds in the convenience of their home.

"We have four clinical trials around the country and soon, one here locally in Sarasota. The Sarasota trial is an expanded indications trial, studying multiple types of wounds, including non-healing ulcers, traumatic injuries, and pressure wounds to name a few. We want to allow access to Omeza® and its remark-



Above: Spectral imaging measuring oxidation and hemoglobin after application of an Omeza oil on a leg

able ability to treat and repair wounds to as many patients as we can.

The trial offers flexibility for patients to participate under optimally safe and supportive conditions for them, such as visiting a clinic in-person, virtual telehealth appointments, or a combination of both."

OMEZA® PRODUCTS AND EFFICACY

Dr. Desmond Bell, DPM, CWS and Chief Medical Officer

"Years ago, when we first developed Omeza®, we did a small study on diabetic patients with poor vascularization and significant non-healing ulcers, and the results were impressive."

"Many times, you'll hear home health care workers refer to their "Mary Poppins Bag" for wound care treatment because they never know what patients need, but in our clinical trials, we are studying three advanced products that all do different things depending on the patient's needs. These include a skin

protectant, a lidocaine lavage, and a collagen matrix. The collagen matrix, when applied to the wound, provides a biocompatible matrix to support the body's natural wound healing process. With our lidocaine lavage, we can alleviate the painful, fear-driven aspect of wound care, which helps them stick with the treatment and benefit from the unique healing properties of Omeza®."

"Additionally, there is an opioid epidemic, and many physicians got caught up in trying to help patients combat painful wounds, but with our lidocaine products, the pain is controlled, and the outcomes are remarkable. It's also important to note that opioid pain medications can slow wound healing as another undesirable side effect.

"Our skin protectant helps with and addresses the skin of the entire limb or area surrounding an existing wound. We've studied what occurs after application, using a special spectral imaging camera to measure oxidation, hemoglobin, and vascularization as Omeza® is absorbed into the skin. The results are significant. Even bruises and pooling blood have been diminished with the use of Omeza®. Our patented, topically applied formulas



focus nutrients directly to the area of skin concern. There is no other product providing results like this.”

WHY NOT ANY FISH OIL?

Sarah Kitlowski, President & Chief Operating Officer

“Could someone open a fish oil capsule, apply it to a wound and get the same results as Omeza®? Unfortunately, it’s not that simple. Omeza® was developed by incorporating key fatty acid ratios and calibration of surfactants to create a product that would not fully oxidize before absorption. It is bio-available and readily absorbed by the skin through specific structural capabilities. Although EFA and DHA are incredibly beneficial in many ways, it’s been shown that you can’t eat enough fish or take enough supplements to get the same benefits as a topically delivered omega-3. The Omeza® technology is designed to be truly life-changing.”

IS OMEZA® RIGHT FOR YOU?

Omeza® end-users are people who have or are at risk for developing chronic wounds due to diabetes, obesity, chronic venous insufficiency, peripheral artery disease, autoimmune disease or other comorbidities. Current standard care is ineffective, with wound closure hindered by biofilm, excessive debridement, and inadequate provider training that results in stalled wounds and expensive, often ineffective advanced wound care treatments. These wounds frequently result in costly hospital admissions and amputations.

WHAT MAKES OMEZA® PRODUCTS DIFFERENT?

- Products are anhydrous (without water) for calibrated moisture management
- The patented omega-3 formulas deliver topical nutrients without oxidization



Above: Omeza’s products are designed to work with current standard of care treatments including compression therapy and off-loading devices

- As wound care leaders, Omeza has focused on repairing the hardest to heal wounds

THE FUTURE OF OMEZA’S SARASOTA CLINICAL TRIAL

Florida Primary Physician Dr. John Yee of Florida Primary Physician is Sarasota’s local sub-investigator for the clinical trial. The study, called An Open-Label Pilot Study to Evaluate the Omeza® Treatment Bundle in the Management and Treatment of Chronic Cutaneous Ulcers of Multiple Etiologies, will take place over a period of 12 weeks per patient.

Says Sarah Kitlowski, “We are incredibly excited to be working with Dr. Yee for this study, as his focus in treating the whole patient, coupled with industry experience in wound care, makes him a great partner. The Sarasota area has recently become a hub of healthcare innovation, with numerous clinical trials and researchers in the area, and we look forward to this next stage of growth.”

To find out more about Omeza®, please visit their website at omeza.com.

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

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

Brought to you by The Foundation for Wellness Professionals

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

Do you suffer from:

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

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



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

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

Discover the Answer to Defeating Neuropathy Pain



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

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

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

Are You A Candidate for this Neuropathy Medical Breakthrough?

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

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

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

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

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

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

The Platinum Healthcare Center is located at:
5560 Bee Ridge Rd. suite 7, Sarasota.
(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!"

**No Drugs. No Surgery.
Simply Relief from Knee Pain.**

Call TODAY to schedule your NO COST consultation! That may be just what you need to change your life for the better.



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Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

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

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

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

How does VAX-D work?

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



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

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

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

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

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

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

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

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

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

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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.



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

By Dr. David S. Zamikoff

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

How Can GAINSWave Prevent & Treat ED?

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

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

GAINSWave™

THE NEW WAVE IN MALE ENHANCEMENT

- ✓ Achieve Harder & Stronger Erections
- ✓ Improve Sexual Performance
- ✓ Increase Sensation
- ✓ Treat ED & Peyronie's Disease



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

Younger Men Should Seek Treatment Early

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

Men are Preventing ED with GAINSWave

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

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

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

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 Dr. David S. Zamikoff



ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

Walking, standing and exercising put a lot of strain on our knees. For example, a person that weighs 150 lbs. walking up a flight of stairs will put approximately 500 lbs. of pressure on their knees with each step. Not only is the knee one of the most intricate of all the joints in the body, but they are also the most susceptible to arthritis. Multiple types of arthritis affect the knees, but osteoarthritis is by far the number one type that surpasses all others.

What is Osteoarthritis (OA) of the Knee?

Positioned between the three bones of the knee (the femur, tibia, and patella) the articular cartilage provides a smooth gliding surface and acts as a shock absorber. This cartilage is smooth and resilient but susceptible to wear and tear. Once the cartilage begins to break down it is difficult to stop and often the cartilage breaks down completely and wears away. This can cause soreness, swelling, and stiffness, and it is the beginning stages of osteoarthritis, or bone rubbing against bone, which in turn causes bone spurs and a great deal of discomfort.

Articular cartilage has no blood supply. The cells that make the cartilage are nourished by the synovial fluid, and hydrostatic pressure of the joint influences the health and pathological condition of arthritis. The wear and tear process can be slowed often by weight reduction, strengthening the muscles surrounding the joints, and by minimizing or reducing activities that put excessive weight on the knee joints. However, there are well-known non-invasive treatments that have helped numerous people regenerate knee joint function and tissue.

Osteoarthritis develops slowly, and the often the pain becomes worse with time. This type of arthritis is also known as degenerative joint disease, because it is often associated with the aging process. But occasionally, this process can also affect younger people too. The pain can be debilitating and interfere with daily activities, affect your ability to work and create limited range of motion in your life.

MANY PHYSICIANS WILL RECOMMEND SURGERY, BUT DO YOU REALLY NEED IT?

Knee Replacement Surgery is Permanent

Starting with a more conservative approach is a better choice. Knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis. Physicians Rehabilitation has an effective knee program that entails several non-invasive treatments that can alleviate pain, increase weight bearing and strength, and regenerate tissue.

Physicians Rehabilitation's Knee Therapy Program Includes:

- Stem cell therapy
- PRP (Platelet Rich Plasma)
- Physical therapy
- Bracing
- Rehabilitation
- Supplementation and more

Viscosupplementation

Viscosupplementation is an FDA approved, guided, hyaluronic acid injection. It is a gel like substance that is very similar to the synovial fluid in our joints, which reduces inflammation and increases cushioning and lubrication of your knees immediately. This treatment protocol is used to treat the symptoms associated with arthritis.

Viscosupplementation (also known as hyaluronic acid injection) involves injecting a lubricating fluid into the knee joint to promote more comfortable knee movement, reduce friction in the joint, and slow the progression of arthritis. This treatment is also commonly paired with physical therapy to help strengthen the joint and improve range of motion. At Physicians Rehabilitation, we perform viscosupplementation with the guidance of advanced fluoroscopic technology to achieve enhanced precision and provide our patients with optimal results. Viscosupplementation is considered to be a safe procedure, with only a small percentage of patients reporting mild side effects.

Stem Cells (Not all Are Equal)

The stem cells are precisely injected into the injured region under ultrasound-guided imaging. These stem cells immediately begin to assist in the normal healing process to regenerate tissue growth, and signal repair to the damaged area.

Our own stem cells are not enough due to limitations, which are usually due to aging, or severe injuries; stem cells from other sources increase platelets in the blood,

which travels to the injured area to increase healing more effectively. Many healthcare providers are supplying patients with inferior stem cells that do not work as well as pluripotent stem cells. The pluripotent cells come from umbilical cord donors and produce active cells that are full of nutrients, minerals, amino acids, and proteins and have the ability to reproduce and regenerate new cells throughout the body. Umbilical cord stem cells are one of the most powerful stem cells available because they have the potential to develop into any cell found in the human body.

Pluripotent stem cells can be used to treat and replenish areas of the entire body from head to toe. Stem cells work wonders in repairing and regenerating damaged tissue, and the human body completely accepts them. They offer anti-inflammatory, as well as immunomodulatory effects, which helps modulate the body's immune responses. No embryonic tissues or tissue from aborted fetuses are ever used. The umbilical cord stem cells are obtained through aseptic recovery technique from full-term delivered babies from a healthy mother.

PRP (Platelet-Rich Plasma)

Fortunately for our patients today, advances in science have allowed us to find new and targeted approaches to treating degeneration and injuries. Platelet-rich plasma or PRP is an "autologous blood therapy" that uses a patient's own blood components to stimulate a healing response in damaged tissues. PRP provides an alternative to surgery by promoting safe and natural healing.

Research studies and clinical practice have shown PRP therapy to be very effective at relieving pain and returning patients to their normal lives. Both ultrasound and MRI images have shown definitive tissue repair after PRP therapy, confirming the healing process. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

Physicians Rehabilitation

We are a leading provider of nonsurgical orthopedic solutions in the Florida. We cater to patients of all ages and lifestyles who are at their wit's end with symptoms of osteoarthritis and other debilitating joint conditions. If you're ready to find meaningful relief from your knee pain, we encourage you to consult with our board-certified physicians about your nonsurgical treatment options – even if other doctors have told you that surgery is the only answer.

No-Cost, No-Obligation Consultations

Physicians rehabilitation will answer all of your questions in a warm, friendly environment. Once complete, you will know exactly what your treatment options are and if Viscosupplementation therapy and our specialized rehab program is right for you.

CALL PHYSICIANS REHABILITATION TODAY!



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When You Are At Your Wits End

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

The first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.



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Before, when I looked in the mirror
all I saw was my weight.

Now I see the real me.

The happy, healthy, active me.

***As I'm getting smaller,
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