

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

August 2020

Marion Edition - Monthly

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**WANT A SLEEKER
SMOOTHER BODY
FOR SUMMER
AND BEYOND?**

**TYPES OF
COVID-19
TESTING**

**WHAT YOU NEED
TO KNOW?**

**BREAST MRI
SUPERIOR ACCURACY
WHEN IT COUNTS**

**CANCER
RESEARCH
CONTINUES TO
PROVIDE HOPE**

**EVEN IN THE MIDST OF
THE COVID-19 CRISIS**

**LUMBAR
SPINE PAIN**

**SYMPTOMS, CAUSES
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**MASKS AND
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Uzoma K. Nwaubani, MD
FACOG, FPPMRS

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RAO'S WIC WELCOMES ADDITIONAL BREAST IMAGING SPECIALIST

Radiology Associates of Ocala's Women's Imaging Center has added Board Certified breast imaging specialist Dr. Ridgely Meyers to its women's diagnostic services team, expanding the number of radiologists dedicated to women's services to seven. Dr. Meyers received her undergraduate degree from Harvard University and went on to earn her MD from Texas A&M Health Science Center College of Medicine, where she also served her internship. After completing her residency in diagnostic radiology at Baylor Scott & White Health, Dr. Meyers garnered a Fellowship in breast imaging from University of California Irvine Medical Center.

Dr. Meyers chose to specialize in breast imaging for personal reasons – she lost her cousin to breast cancer, and experiencing that loss, as well as seeing her cousin's young children endure losing their mother, focused her ambition on the early discovery and vanquishment of breast cancer. "I am committed to doing my part to prevent women from dying of breast cancer," says Dr. Meyers. "For the woman anxiously awaiting the results of her mammogram, I want to provide a timely and accurate interpretation, with helpful and appropriate recommendations for follow-up."

"We are gratified to have Dr. Meyers join our women's imaging team," says WIC Medical Director Dr. Amanda Aulls. "Our practice's capacity for outstanding care is enhanced by her extensive training, acumen and empathy."

"I continue to strive for excellence as an expert diagnostic consultant for physicians, as well as a skilled interventionist who can provide compassionate procedural expertise for patients," says Dr. Meyers. "I'm excited to see how we can advance the field of breast imaging together."



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BREAST MRI - SUPERIOR ACCURACY WHEN IT COUNTS

Magnetic resonance imaging (MRI) is a non-invasive, radiation-free imaging test that can be used to detect and analyze breast cancer and other abnormalities. MRI uses a powerful magnet and radio waves to create highly detailed images that are sent to a computer screen for analysis. To assess cancer cells, breast MRI requires the use of an injectable dye, which travels through the system and is quickly absorbed by tumors and lesions. MRI captures multiple images of breast tissue, making it especially useful in discovering invasive breast cancer in its earliest stages.

Because it takes about 30-60 minutes to perform and may need a contrast agent, MRI is not used as a routine screening tool for most women, but rather a supplementary exam when a mammogram and/or ultrasound reveals something requiring further investigation. MRI is able to highlight details of questionable tissue so that your referring clinician and RAO radiologist can examine it in greater detail for an accurate diagnosis. It is also an excellent additional screening exam for women who fall into a high-risk category. In fact, The American Cancer Society recommends that those at high risk of breast cancer get both an annual MRI screening along with an annual mammogram.

Breast MRI is often recommended for patients who:

- Need additional information about a mass revealed by mammography and/or ultrasound
- Are considered high risk due to personal or family history of breast or ovarian cancer
- Have very dense breast tissue that doesn't show up properly on mammography
- Have a leak or rupture of a breast implant
- Have a history of precancerous breast changes including atypical hyperplasia or lobular carcinoma in situ
- Have a hereditary breast cancer gene mutation (BRCA1, BRCA2 or CDH1)
- Have been diagnosed with breast cancer



The Exam

During a breast MRI, you are asked to lie facedown on a specialized scanning table, which has a hollow area designated for breast imaging. The entire table slides into the MRI machine so that the magnetic field and radio waves can surround the breasts from every angle and capture images.

RAO offers breast MRI at our Medical Imaging Center, with all results read in-house by Board Certified radiologists who sub-specialize in breast imaging. Our Women's Imaging Center has been designated a Breast Imaging Center of Excellence by the American College of Radiology due to its outstanding practice standards.

Talk to Your Referring Clinician

If you had something suspicious show up on your breast imaging, are at high risk of breast cancer

because of a genetic mutation or a personal or family history of breast cancer, talk to your medical provider about whether breast MRI from RAO might be an option for you.



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A DEEPER PICTURE OF YOUR INNER SELF



BREAST MRI

"When a screening mammogram reveals something that raises questions, Breast MRI may be right for you. Breast MRI provides important supplementary data that we use to determine if a growth is harmless or needs treatment, without exposure to ionizing radiation."

— Amanda Aulls, MD, Director Of Women's Imaging

Sometimes a screening mammogram reveals something requiring further investigation. Breast MRI explores deep into tissues and captures minute details so your doctor and Board Certified RAO radiologist can make an accurate diagnosis. Breast MRI is painless and radiation free for ultimate safety.

Most breast abnormalities are benign, and when caught early breast cancer is highly treatable. For quick answers, rely on RAO's Women's Imaging Center, the region's only comprehensive women's imaging provider.

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Pacifica Senior Living:

Dedicated to The Safety of Their Communities

From balance issues, diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own. Trips, slips, and falls from household items like extension cords, bulky area rugs, slippery bathtubs, ladders, and uneven flooring, are often what cause so many seniors to fall. If you live on your own, it's important to be safe. You could try to make things logistically better within the home, such as making sure the phone is within reach, clearing clutter, recommending assistive technology like walkers, hearing aids, long-reach activator poles, buttoning aids, bed and bathtub handles and medical alert devices, to name a few.

Aging can be challenging not only relating to our health but also our ability to perform daily tasks and to live the life we deserve. If you're contemplating senior living, Pacifica is here to help you safely transition and move into their community even through the coronavirus pandemic, storms or whatever else we will face in the future. Their staff practices universal precautions and will help residents with proper, ongoing hygiene. No matter what the world is facing, Pacifica is always stocked with food and water and all essential supplies for their residents and patients.

They can assist with medication management and implement protocols to help seniors thrive in all manner of times. Additionally, Pacifica is well-equipped with a generator and solar panels onsite. With plenty of activities, you will never feel isolated or be faced to watch the news all day long (which exacerbates depression in many individuals).

Pacifica offers 24-hour care, doctor onsite visits, housekeeping service, laundry service, chef prepared meals and transportation.

COVID-19—Ensuring the health and well-being of our residents and employees. Pacifica follows all recommended guidelines from the Centers for Disease Control and Prevention (CDC).



Their staff has been trained on proper procedures and will continue to be vigilant to ensure they are keeping their community prepared. Pacifica is proactively focused on prevention using the following methods:

- All guests including family, friends, vendors and staff should limit visits unless absolutely necessary.
- Upon entering the community all guests are required to complete a screening.
- All visitors must enter a community through the main entrance and wash their hands and/or utilize available hand sanitizer whenever they enter the community.
- Postponing some social events or excursions where our residents would be exposed to groups of people from the general public.
- Visits to private family homes are acceptable.
- We continue to monitor additional screening questions to new residents to ensure they have not been exposed to COVID-19 or visited affected areas.
- Family, friends, staff, vendors, and all potential visitors who are ill must postpone visits to the community until they are well.

Additional cleaning protocols include:

- Heightened focus on disinfecting high-touch areas like doorknobs, elevator buttons, faucets and handrails
- Increased cleaning of high-traffic common areas such as dining rooms and activity spaces

- Reinforcing hand-washing and infection control training for all employees
- Providing additional personal protective equipment and cleaning supplies

Pacifica Senior Living has enough food and supplies in the community for all residents, and consistently restock. They prepare meals three times per day, as well as snacks and hydration. Pacifica provides access to 24-hour health care staff, regular checks made to check on the residents for care and safety, planned activities to avoid isolation that meet the CDC guidelines, and physician's visits within the community.

Resident health and safety is always Pacifica's top priority and they thank you in advance for helping to support us in our company-wide efforts to keep our community COVID-19 free.

For information about the options and services available at Pacifica, or to schedule an appointment for a tour, call 352-414-2507 today.



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Prostate Cancer: An Advanced Technique Saves Lives

One of the leading health concerns for men is prostate cancer. Over the last thirty years, the way most medical practitioners check for prostate cancer hasn't changed very much, and unfortunately, this has led to higher statistics of men being underdiagnosed. There are approximately 2.9 million men in the U.S diagnosed with prostate cancer. Second, behind skin cancer, prostate cancer is the leading malignancy in men.

The prostate gland is a tiny plum sized organ that lies just beneath the bladder; the urethra runs through the prostate releasing urine from the bladder. As men age, it can become enlarged, infected and cancerous. It is often referred to as a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. This year alone, it will take over 27,000 men's lives. But it doesn't have to be this way.

Standard Exams Often Miss Prostate Cancer

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

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

Cutting-Edge Technology for Diagnosis and Treatment

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



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

This year alone, over 700,000 men will undergo repeat prostate biopsies, with MRI Fusion, the difference in the intricate details is beyond comparison, and that's ideal for both the patient and the physician. In addition to the scientific advancements

in locating and treating prostate cancer, the comfort and reduced anxiety to the patient is also advantageous.

Advanced Urology Institute has the latest technology. Their machine is an advanced MRI fusion biopsy image that merges with the ultrasound during the biopsy. This targets a lesion with immense accuracy that can then be biopsied.

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

Advanced Urology Institute provides excellence and distinction in urological care. Comprised of a partnership of the best board-certified urologists working in the state of Florida, Advanced Urology Institute specializes in all phases and conditions of urology including prostate cancer, and they make your health their top priority.

If you or someone you know needs urological care, please contact the Advanced Urology Institute today at 888-298-CARE.



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Want A Sleeker Smoother Sculpted Body for Summer and Beyond?

Uzoma Nwaubani, MD, FACOG, FFPMRS

If you're stressing about the amount of weight you've gained over the past few months, you're not alone! Many people have been cooking, baking, drinking, and lounging around a lot more than usual. You can blame it on your Netflix binging, being confined, seeing too many tantalizing lasagna recipes on Pinterest, but the bottom line is, it's time for a lifestyle overhaul. You know it can't really continue without causing long-term problems. So, how do you put an end to the madness? Dr. Nwaubani of NUWA WORLD (Nwaubani Urogynecology & Women's Academy) has three important tips to help you get back on track and also to look and feel your best.

#1 First, it's essential to start to eat healthy again and in smarter quantities. Think smaller, balanced meals, not all you eat buffet-style portions. Also incorporate more vegetables, fruit and lean protein like fish or chicken. Once you make overall health your focus, sticking to a more nutritious diet is easier.

#2 Secondly, exercise is critical for the body and brain to maintain its healthiest state. So, even if you can only get in a few brisk walks each week, that's great. For more refreshing workouts, try exercising in the pool—any type of movement is an excellent start.

#3 Thirdly, there are now advanced treatments that do not require anesthesia or cutting. One highly-regarded non-invasive procedure that specialists and patients are commending is SmartLipo.

If you've ever thought about getting liposuction, but don't want to undergo the associated risks of surgery and side effects, SmartLipo can provide smoother thighs, a flatter stomach, and tighter arms. SmartLipo is a safe and effective way to get those results without the risks.

SmartLipo

SmartLipo is a non-surgical, in-office procedure that requires no general anesthesia required, and there is little to no downtime. SmartLipo is a safe, fast, and effective way to remove fat. Additionally, the excess fat can safely be used to sculpt other areas of your face and body. The fat is removed from undesirable areas such as the abdomen and can be transferred to other more desirable areas to plump, reduce the appearance of wrinkles, and sculpt.



SmartLipo Advantages:

- Non-Invasive
- Sculpting
- Removes Fat Cells Permanently
- Stimulates Collagen Production
- Tightening Effect
- Local Anesthesia (Injection Only)
- In-Office Procedure
- Cellulite Reduction.
- Smoother Appearance

How does the Smartlipo work?

Smartlipo is designed exclusively to perform laser-assisted lipolysis, commonly referred to as laser liposuction. A tiny, thin tube containing the Smartlipo laser fiber is inserted in targeted fatty areas through a small incision. The laser fiber delivers thermal energy directly to fat cells and disrupts the fatty tissue, allowing the fat to be easily removed through gentle suction. The tissue around the area tightens through coagulation, contributing to an overall smoother shape.

What areas can be treated with the Smartlipo?

Smartlipo delivers precision and versatility with wavelengths that are ideal for smaller and larger fat deposits, fibrous areas, or areas that need secondary liposuction.

What should a patient expect after a treatment?

Patients may experience some light bruising and swelling and will be required to wear a compression garment to help with the healing process and support the area treated. In most cases, patients are able to resume normal daily activities within a day or two.

NUWA WORLD

Uzoma K. Nwaubani, MD
Urogynecology & Medical Spa & Laser Center

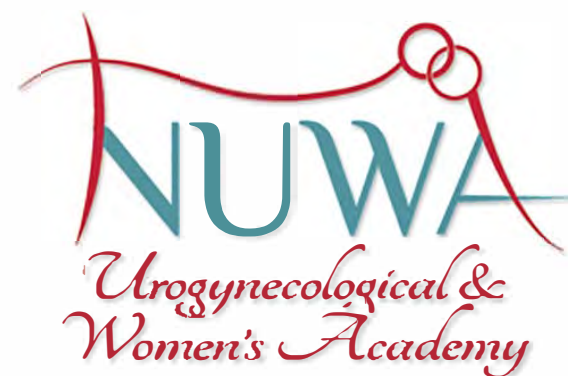
Along with the highest quality urogynecological care, NUWA World offers exceptional skin tightening solutions like SmartLipo®, TempSure® and Icon®. These are popular with good reason; they can beautify your complexion in quick and convenient in-office treatments. At NUWA WORLD in Wildwood, Florida, the attentive aesthetic specialists provide facial and body laser treatments to address your cosmetic problems.

Dr. Nwaubani states, "The passion for the preservation of femininity and female sexuality has never been stronger than now, and as I look back to the last 18 years, I am both exhilarated and completely awed by the advances and strides the sub-specialty has made. I am really humbled to be a part of it all.

I treat all my patients the way I love to be treated, or, even more so, the way I'd love my mother or sister to be treated: like a woman, a very special woman. The impact I am able to make to enhance the quality of the lives of these women is PRICELESS."

For more information Urogynecological issues, or to treat yourself to the best in advanced modern cosmetic skin tightening and skin enhancement and call NUWA WORLD or schedule an appointment online.

Source:
<https://www.cynosure.com/product/smartlipo-triplex/>



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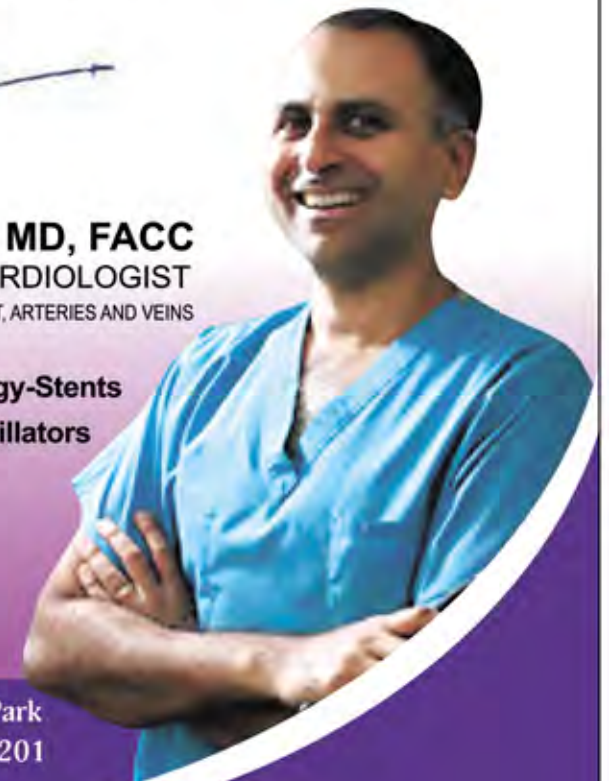
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Lumbar Spine Pain: Symptoms, Causes & Treatments

By Regenexx Tampa Bay, Regenerative Medicine

The body is an interconnected machine with each part working together in harmony. The lumbar spine is a crucial element of this machine. The hip, knee, and foot are all controlled by spinal nerves within the low back. A problem in the lumbar spine could create problems at any point in the lower body. Common lumbar issues include arthritis, foraminal and spinal stenosis, pinched nerves, disc problems, muscle atrophy, loose ligaments, and spondylolysis. In this article, we will give you a brief overview of these common lumbar spine problems along with their potential symptoms, causes, and treatments.

First, let's take a look at the spinal column and its parts.

The Spinal Column

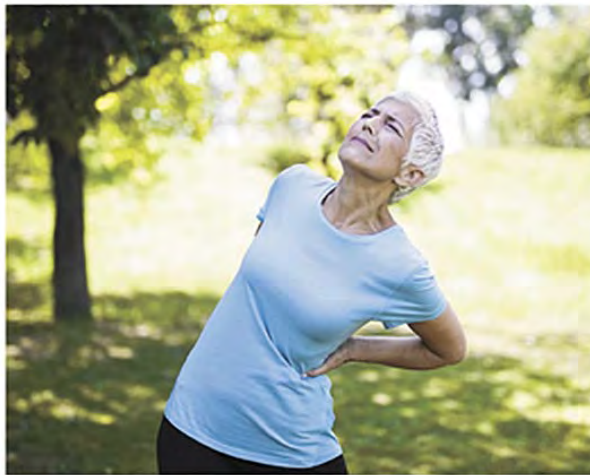
The spinal column is made up of vertebrae that are stacked one on top of the other with an intervertebral disc between each level to provide cushion and absorb shock. The cervical spine consists of the neck area and is made up of seven vertebrae (C1-C7). Following the cervical spine is the thoracic spine (T1-T12), the lumbar spine (L1-L5), the sacrum (S1-S5), and the coccyx. The posterior (back) portion of these vertebrae is known as the spinous process and on either side of these, connecting one vertebra to the next, are finger-joint-sized articulations called facet joints.

Another extremely important part of the spinal column is the spinal canal. This tunnel runs down the middle of the column and houses the spinal cord, which has many nerves that transmit muscle commands and sensory information throughout the body and to the brain. There are small holes in the spinal column where the nerves exit and branch off to other parts of the body. There is one at each level of the spinal column. One of these holes is called a foramen. Any of these structures can become damaged or diseased in some way and lead to pain, discomfort, or even disability.

Foraminal Stenosis

When the spine is healthy, spinal nerves easily traverse through the tunnels transmitting sensory information from each body part to the brain and provide impulses to the muscles so they can contract and move the body part. However, when the spine is unhealthy, the flow of information can be disrupted.

The disc or cushion in between the spine bones can bulge and/or the spine joints can get arthritis causing the foramen to narrow. This narrowing of the tunnel is called foraminal stenosis and can cause the nerves to get pinched. The pressure from a pinched nerve can cause muscle tightness, weakness, numbness, tingling,



burning, or electrical pain in the specific distribution of that nerve. For example, if there is a lower lumbar foraminal stenosis, you could experience numbness in your big toe. Sometimes the symptoms slowly manifest over time from a more subtle pinching of the nerve. If the nerve is irritated, it may release inflammatory substances into the tissue to which the nerve travels causing that tissue to degenerate more rapidly than other areas leading to painful problems such as tendinopathy.

You could have laser spine surgery to open up the hole, but this surgery can have major side effects and serious implications. Another way to surgically treat stenosis is with a spinal fusion, but the mention of a fusion should be a huge red flag to seek out other opinions. Why? Adjacent segment disease (ASD). After a fusion, the motion of the fused segments is limited and the biomechanical loads are transferred to the segments above and below the level of the fusion. These adjacent segments could get damaged and become painful over time resulting in additional surgeries.

Surgery is often performed after an MRI diagnosis of the problem. An MRI indicating stenosis is not enough to appropriately diagnose that stenosis is the cause of pain. If you do have foraminal stenosis, you should not put all your trust in MRI results. Patients may or may not have pain with foraminal stenosis. The MRI is a description of the appearance of the spine. Many people have stenosis and no noticeable problems. An experienced physician knows that it's critical to treat the person, not the MRI. This can be determined by a thorough history and physical examination. Research also shows that skilled physical therapy is as effective as surgery in relieving stenosis symptoms.

Our approach to foraminal stenosis utilizes nonsurgical solutions to treat it before it progresses. Precise image-guided injections of the patient's own platelets into the foramen and around the nerve can help manage the problem.

Facet Joint Osteoarthritis and Instability

The facet joints that we spoke of earlier can become injured from trauma or develop arthritis from cartilage breakdown due to wear and tear. Facet joints allow for and limit movement in the spine. When bending backward, these joints become compressed and when you bend forward, they open up. When damage or arthritis occurs, facet joints can become chronically painful, especially with movement. Facet arthritis is often referred to as Degenerative Joint Disease (DJD).

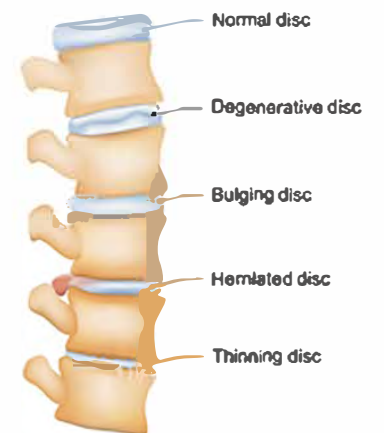
For facet arthritis or injuries, doctors may recommend a radiofrequency ablation (RFA) also referred to as a rhizotomy of the small nerve that senses pain from that specific facet joint. This is a destructive process that damages the nerve. Although this can be effective in some cases, it may leave the surrounding muscles weaker which can actually be a cause of back pain.

A surgical option is a lumbar fusion to bolt two or more vertebrae of the spine together to eliminate movement and therefore, pain. The nature of this surgery can also damage the muscles that stabilize the area. This is an irreversible procedure that can cause adjacent segment disease in the vertebrae above and below. This surgery should only be considered in the most extreme cases.

Our approach for DJD often includes high-dose PRP, platelet lysate, or stem cell injections precisely targeting the facet joints, surrounding ligaments, atrophied muscles, and around the nerves. This is a tissue preservation strategy that involves no cutting, surgery, hardware, or tissue destruction helping patients avoid pain medications and damaging cortisone injections.

Disc Problems

Within the lumbar spine, there are four types of disc problems that can occur. A herniated disc occurs when the outer covering of the structure breaks open allowing the inner gel to herniate out. A bulging disc is when the outer covering doesn't completely break open, but the fibers are stretched and weak leading the gel to bulge. A torn disc means that the outer cover has a tear that causes or it may allow the leaking of chemicals on the associated spinal nerve. Lastly, a degenerated disc is one that has collapsed or narrowed due to insufficient living cells inside the disc not producing enough of the substances that keep the disc plump. A severely degenerated disc is usually not a source of pain unless it's



bulging or leaking onto a spinal nerve. Earlier in the degeneration process, while the disc still has plumpness to it, tears in the back of the disc can be a source of low back pain that results in severe episodes of pain with sitting, coughing, sneezing, or lifting. When a disc is severely degenerated, it usually is no longer painful itself. However, the mechanical load of the compressive forces in the spine at that level are no longer being taken up by the disc and therefore get transferred to the facet joints leading to wear and tear and DJD as described above.

Generally, disc surgeries include either back fusions or disc replacement. Regarding fusion, the vertebrae are bolted together with hardware to keep them immobile. With disc replacement, the goal is to have fewer side effects than a fusion, however, research has shown that abnormal motion with an artificial disc can also lead to ASD. The other side effects of having a device implanted include wear-and-tear ions in the blood from the breakdown of the metal or plastic device, ongoing pain, and potential revision surgeries.

With our approach, herniated and bulging discs are treated based on the problem they are causing. For pinched nerves, instilling isolated growth factors or platelet lysate around the irritated nerve can help the nerve recover and become more tolerant of its narrow space. Injection of the surrounding ligaments and muscles provides for stability with better-controlled movements taking pressures off the disc and nerves. In some cases, bulging discs may be treated with a same-day stem cell treatment to reduce the size of the bulge or heal a tear. In other cases, cultured (grown) stem cells injected in a specific way may be required. Torn discs can be treated with either stem cell or PRP injections very effectively. Symptoms respond well to a treatment protocol focused on platelet and/or stem cell technology deployed to treat undesirable disc and lumbar segment movements due to lax ligaments and arthritic facet joints.

Pinched Lumbar Nerve

Pinched nerves can be caused by foraminal stenosis from bulging or herniated discs and facet joint arthritis as discussed. A pinched lumbar nerve can cause pain, numbness, tingling, or weakness anywhere along the route that particular nerve branch supplies. Pain may or may not be present in the low back.

Chronic knee pain could actually be due to a pinched nerve in the lumbar spine. A doctor may mistakenly conclude that the knee is the source of the pain. This is exactly why we find it so important to consider the entire musculoskeletal system as a whole rather than in parts and to take an extensive history and physical.

The surgical approach to a pinched nerve depends on the root cause. For example, if a disc bulge is to blame, it could be a discectomy and graft and/or lumbar fusion. If it is a foraminal stenosis, laser surgery may enlarge the foraminal opening where the nerve is being pinched. Problems with invasive lumbar surgery are many, including long recovery times and often continuing pain. Ultimately, the structure never fully functions as it originally did.



Our approach includes examining the full musculoskeletal system to determine the source of pain and the pinched nerve and then developing an appropriate treatment plan. Treatment may consist of precise image-guided injections of healing growth factors isolated from a patient's own blood platelets, PRP, or stem cells.

Steroids, NSAIDs, & Other Drugs - Not Recommended

You may be presented with other treatments within the traditional orthopedics model for lumbar problems, including steroid shots or medications. Nonsteroidal anti-inflammatory drugs (NSAIDs) come with a long and growing list of dangerous side effects, such as sudden-death heart attacks, stroke, gastrointestinal bleeding, addiction, and overdose.

Narcotics can provide pain relief but are not addressing the issue directly and of course, can be addictive. Overdose has become an increasing public health issue.

Steroid shots have been shown to destroy local cartilage in the joint which can progress arthritis and provide no significant long term pain improvement. In fact, pain relief usually diminishes with repeated steroid injections. The list of problems with these injections is also lengthy.

There are supplements that can be a good alternative for pain and inflammation. Chondroitin and glucosamine have been shown to be effective pain relievers and can preserve cartilage. Curcumin derived from turmeric can also decrease inflammation and relieve pain from arthritis and other issues.

Our spines are tuned to precision and attempting to rearrange the spine's biomechanics with fusions and surgeries is often a bad idea. It is essential to understand that where it hurts may or may not be where the primary damage is located.

Acting on a lumbar spine problem while it's still a small problem or when the issue first appears, will be less of an issue than trying to take care of it when it becomes a larger problem that spirals out of control. Conservative options may help in some cases, but if these options have failed, we urge you to seek out interventional orthopedic solutions!



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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PTSD and Recovering from TRAUMA

By Eric Milbrandt, MD, MPH

PTSD, or Posttraumatic Stress Disorder, is a psychiatric disorder that can occur in people who have experienced or witnessed a traumatic event, such as sexual assault, warfare, automobile accidents, or other life-threatening events. Importantly, the exposure need not be direct or first hand. Instead, PTSD can occur merely by learning about the violent or unexpected death of a loved one. It can also occur as a result of repeated exposure to explicit details of trauma, such as law enforcement personnel investigating details of child abuse.

A rose by any other name...

PTSD has been known by a variety of other terms. Soldiers returning from World War I were described as having "shell shock." After World War II it was known as "combat fatigue." Only in the 1970s did the term "posttraumatic stress disorder" come into use, in large part due to conditions seen in veterans of the Vietnam War. It was officially recognized as a diagnosis by the American Psychiatric Association in 1980 in the third edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-III).

Trauma is an often-misunderstood word. Trauma need not be physical to be harmful, as psychological trauma can be equally damaging. Trauma is any life event, series of events, or ongoing events that create a negative impact on your life that changes or distorts your vision of yourself or your place in the world. It is the result of an overwhelming amount of stress that exceeds one's ability to cope. Examples of traumatic events or situations include:

- Abandonment and neglect
- Emotional, physical, spiritual, and sexual abuse
- Accidents, fires, natural disasters, random acts of violence, financial concerns, sudden loss
- Terrorism, repetitive viewing of terror acts on TV and social media
- Divorce, adoption, bullying, domestic violence, multiple moves, death, loss of pets
- Death or suicide of loved ones
- Veterans, war, or having a loved one experience war or combat
- Childhood medical or mental health issues
- Medical or mental health issues affecting loved ones

Symptoms, incidence, and pathophysiology of PTSD

Symptoms of PTSD generally fall into four categories that can vary in severity between individuals. These include:

- Intrusive thoughts such as repeated, involuntary memories, nightmares, or flashbacks of the traumatic event. These may be so vivid that people feel they are reliving the experience.
- Avoiding reminders of the traumatic event, such as people, places, activities, objects, or situations that bring on distressing memories. Affected individuals may try to avoid remembering, thinking about, or discussing what happened or how they feel about it.
- Negative thoughts and feelings including ongoing and distorted beliefs about oneself or others (e.g., "I am bad," "No one can be trusted"); ongoing fear, horror, anger, guilt, or shame; feeling detached or estranged from others.
- Arousal and reactive symptoms, such as being irritable, having angry outbursts, being easily startled, or having problems concentrating or sleeping. These are often called fight-or-flight responses.

In the days following a traumatic event, it is common to develop the above-mentioned symptoms. When these symptoms last less than one month, they are referred to as acute stress disorder. About half of people with acute stress disorder go on to develop PTSD, with symptoms lasting more than a month and often persisting many months or years. In the United States about 3.5% of adults have PTSD in a given year, while 9% of adults develop it at some point in their life.

Pathophysiologic mechanisms of PTSD include an over-reactive adrenaline and cortisol response, which creates deep neurological changes in the brain that leave the individual hypersensitive to future fearful situations. Structural MRI studies of PTSD patients demonstrate reduced brain volume and activity in the prefrontal cortex, hippocampus, and amygdala. These areas are linked to the experience and regulation of emotions, placing memories in the correct context, and formation and recall of emotional memories. Essentially, the body's neurohormonal stress response to trauma causes physical functional damage to these important brain areas.



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Recovering from trauma

A variety of treatment approaches are utilized to help patients recover from traumatic events and PTSD. Counseling approaches include cognitive-behavioral therapy (CBT) and interpersonal psychotherapy. In CBT, individuals learn to identify thoughts that make them feel afraid or upset and replace them with less distressing thoughts. Interpersonal psychotherapy usually takes the form of support groups, in which groups of patients provide each other with encouragement, support, and advice. Medications include antidepressants, such as Zoloft (sertraline), Prozac (fluoxetine), Paxil (paroxetine), and Effexor (venlafaxine). Physical modalities include exercise, sport, and physical activity for adults and play therapy for children.

Recently, two additional treatments for PTSD are becoming popular, especially for those that fail to improve with counseling and medication. Cranial Electrotherapy Stimulation (CES) uses a small handheld device, such as Alpha-Stim, that delivers low-level electrical current via electrode clips that are applied to the earlobes. It can be effective for a variety of acute and chronic stress conditions. Low-dose ketamine infusions, such as those provided by The Infusion Clinic of Ocala, can be valuable and highly effective for treating resistant cases of PTSD, anxiety, and depression. You can find out more about ketamine in the January issue of Health & Wellness Magazine or online at InfusionClinicOcala.com.

Dr. Eric Milbrandt is owner of The Infusion Clinic of Ocala, located at 40 SW 1st Ave, Ocala, FL 34471. Dr. Milbrandt is a critical care medicine specialist with over 15 years of experience providing care to the sickest of hospitalized patients, including those with severe depression, anxiety, and PTSD. He is board certified in Critical Care Medicine, completed a fellowship in Quality Improvement and a Master of Public Health at Vanderbilt University. He is a graduate of The Ketamine Academy, a leading provider of comprehensive online training for all major aspects of ketamine therapy. The Infusion Clinic of Ocala provides both Alpha-Stim and low-cost ketamine infusions for the rapid treatment of depression, anxiety, PTSD, and chronic neuropathic pain.

CANCER RESEARCH CONTINUES TO PROVIDE HOPE EVEN IN THE MIDST OF THE COVID-19 CRISIS

The American Society of Clinical Oncology (ASCO) recently held its annual scientific meeting in a three-day virtual event. One of the major topics addressed at the meeting was the impact the COVID-19 pandemic has had on cancer patients. As one might expect, ASCO reported, “In patients with cancer and COVID-19, cancer that is progressing was independently associated with an increased risk of death, according to an analysis of 928 patients.”

According to data from the COVID-19 and Cancer Consortium (CCC19) registry, which included a variety of cancer types, the 30-day mortality and severe illness rates in this group of patients studied were significantly higher than previously reported for the general population. The report concluded that longer follow-up is needed ... “to better understand the impact of COVID-19 on outcomes in patients with cancer, including the ability to continue specific cancer treatments.”

As a result of this crisis, Florida Cancer Specialists & Research Institute (FCS) has instituted many new protocols to help protect the safety and well-being of our patients and clinical staff. These include offering telehealth video appointments to patients when appropriate, visitor restrictions at our clinics, daily health screenings for patients and staff, as well as the use of masks, social distancing and other safety measures.

Despite the concerns COVID-19 is causing, FCS is continuing to pursue cancer research through its strategic partnership with Sarah Cannon Research Institute, one of the leading clinical trial organizations in the world. The clinical research program at FCS encompasses Phase I, Phase II and Phase III trials for a wide range of cancer types; the majority of new cancer treatments approved for use in the U.S. were first studied in clinical trials with FCS participation, prior to approval.



Advances Continue in Immunotherapy Research

One of the major areas of research continues to be immunotherapy. More than a dozen types of cancer are now receiving FDA-approved immunotherapies, and there are a variety of clinical trials for even more types of cancer. There are several different types of immunotherapy treatment; however, all of these therapies use the body’s own immune system to attack cancer cells. Specifically, at the ASCO scientific meeting, presentations were made on novel immunotherapies for glioma (a type of brain cancer), kidney and bladder cancers, as well as melanoma skin cancer, among others.

Advances in Diagnosing Cancer

An increasing understanding of the molecular basis of cancer has enabled advances in detecting and diagnosing cancer, as well as determining which patients are likely to benefit from certain types of targeted therapies. The term “molecular diagnostics” describes a group of tests that can identify certain biomarkers from blood, urine, tumor or other samples that could help identify cancer cells earlier. New tests continue to be developed that offer much promise for detecting disease at a very early stage and for implementing personalized patient care.

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

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

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



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Ocala Cancer Center

4945 SW 49th Place
Ocala, Florida 34474

For more information, visit FLCancer.com

Types of COVID-19 Testing:

WHAT YOU NEED TO KNOW

Quick Care Med Urgent Care

C COVID-19 is an RNA virus, which is the genetic code of the virus. RNA is an unstable molecule that can replicate and mutate quickly depending on their need to survive, and they spread rapidly from person to person. Antibodies can inhibit these actions in RNA viruses and create a biological environment that prevents the replication of the virus altogether or makes it difficult to do so.

COVID-19 antibodies are proteins found in the blood that help to fight infection through immune function. Researchers have developed a precise antibody test for COVID-19. The blood test looks for specific antibodies that are fighting or fought the coronavirus, as opposed to the common cold or seasonal flu. Below is a chart explaining the different types of tests.

Here's how the process works in 3 easy steps:

1. Schedule a telemedicine appointment first by visiting www.quickcaremed.com/telemedicine/
2. One of Quick Care Med's providers will see you via your computer, tablet or smartphone, to screen you for the COVID-19 Coronavirus and to determine eligibility for testing.
3. Scheduled patients will be tested at a specified clinic location drive-thru.

Your safety and wellness are Quick Care Med's number one priority. Please reach out to them at (844) 797-8425 if you have any questions, concerns or if you need assistance.

FAQ COVID-19 Molecular and Antibody

Common Questions	Diagnostic Swab	Antibody
Also known as...	Diagnostic test, viral test, molecular test, nucleic acid amplification tests (NAAT), RT-PCR tests	Serological test, serology, blood test, serology test
How is the sample collected?	Nasal swab	Blood draw
How long does it take to get results?	3-10 days*	3-10 days*
What does the test show?	Diagnoses active COVID-19 Infection	Shows if patient has been infected by COVID-19 in the past
What does this test not show?	If patient has ever had COVID-19 or were infected with COVID-19 in the past	Diagnose active COVID-19 infection or show that you do not actively have COVID-19
What is the sensitivity/accuracy of the test?	90-100% accurate	99.6-100% accurate
Qualifications for test?	Active COVID-19 related symptoms, close contact with a positive person, employed in healthcare field or assisted living facility	Anyone without direct exposure to a positive person, and without active systems
When should the test be performed?	While patient presents active symptoms, or 3 days after exposure without symptoms to avoid a false positive	14 days or more after exposure or start of symptoms
What does the test cost?	In office - \$0.00 for insured patient if the above requirements are met, \$10.00 for QCard members, \$90.00 for non-insured Telemed - \$0.00 for insured patient if the above requirements are met, \$10.00 for QCard members, \$49.00 for non-insured Lab - \$0.00 per the CARES Act	In office - patient is responsible for their regular Urgent Care benefits per their insurance plan, \$10.00 for QCard members, \$90.00 for non-insured Telemed - patient is responsible for their regular Urgent Care benefits per their insurance plan, \$10.00 for QCard members, \$49.00 for non-insured Lab - \$0.00 per the CARES Act
How do I receive the test?	Visit your local Quick Care Med during regular business hours or be seen through Telemedicine at www.QuickCareMed.com/telemedicine	Visit your local Quick Care Med during regular business hours or be seen through Telemedicine at www.QuickCareMed.com/telemedicine

*If you have active symptoms related to COVID-19, quarantine is strongly recommended until results are obtained.

Sited Sources: FDA, CDC, Quest Diagnostics, Bio-Reference, LabCorp

Quick Care Med is currently scheduling telemedicine drive-thru screening appointments for the COVID-19 Coronavirus. Dates are available by appointment only on certain days.

Citrus (Crystal River, Inverness, Beverly Hills, and Homosassa), Levy (Williston), & Alachua (Newberry) counties that provides immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

At Quick Care Med, they understand that illness and injuries can happen outside of the normal 9 to 5. That's why they provide Fast, Easy, and Affordable® urgent care with the convenience of extended hours, including weekends and holidays!

From the common cold to a broken bone, Quick Care Med Walk-in and Urgent Care revolves around getting you back to feeling good!

More information about the QCARD*

Life happens and if you don't have health insurance, things can get pricey rather quickly. Luckily the QCARD is an alternative to conventional health insurance giving you access to the Quick Care medical professionals with ease and affordability. The QCard is a program based for self-pay patients or anyone without medical insurance. Quick Care Med always takes the lead in finding innovative ways to help their communities and their patient demographic. They implemented this program to offer a well-needed resolution for so many individuals and families.

Who can benefit from the QCARD program?

Almost anyone without medical insurance will find QCARD to be a valid answer to their healthcare needs. For example:

1. Headaches
2. Influenza or colds
3. Injuries or trauma
4. Asthma or allergy issues
5. Twisted ankle
6. Your child has a bad cold or is colicky.
7. And the list goes on and on

**QCARD's copay is \$10 per visit. Average medical office visits can be hundreds of dollars.*

To find out more about the QCARD program, please visit Quick Care Med online at quickcaremed.com or stop in today.

4 Locations in Ocala

3415 E. Silver Springs Blvd, Ocala, FL 34470
(On Silver Springs Blvd. across from Publix)

8119 SW State Rd 200, Ocala, FL 3448
(Just past Walgreens)

6341 N US 441, Ocala, FL 34475
(Across from John Deer)

NEW LOCATION: Chiefland
2205 N Young Blvd, Chiefland, FL 32626

Quick Care Med
Walk-In Clinic & Urgent Care
844-797-8425
www.quickcaremed.com

In addition to COVID-19, Quick Care Med is also seeing urgent care patients as usual, but ask that if you have a fever, cough or shortness of breath, that you schedule a telemedicine appointment. All patients are asked to wear a face covering when entering the building and the seating is arranged, so that all patients are kept at a safe distance from each other. Quick Care Med has also implemented even stricter disinfection protocols to keep their entire office and waiting area sanitized. Please be respectful of other people's personal space and keep your children close to you while in the waiting area and treatment rooms.

Quick Care Med Walk-In Clinic & Urgent Care is a comprehensive urgent care clinic with multiple specialties to serve you. Quick Care Med has locations in Marion (Dunnellon and Ocala),

Cannabis & Coronavirus

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

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



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

Regardless, as we all go through the unknowns of this novel coronavirus, let's continue to observe the way this industry reacts to this unfortunate scenario (from 6 feet away, of course).

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Developing Social Communication in Children

Innovative Therapies Group

A child's expressive vocabulary grows rapidly from the time of his first word at approximately 12 months, through first grade. Did you know that the average 2 year old uses over 200 words growing to 1000 words by age 3 years to over 1600 words by age 4? Your child's words may only be understood 50% of the time by age 2 but should be 90% understandable between 4-5 years.

There are many strategies that parents and caregivers can use to improve a child's communication:

Follow the child's lead

- Let the child choose the activity
- Join in the child's activity
- Comment on the child's play/talk about what he/she is doing
- Be face to face

Make it interactive – Create an opportunity for your child to communicate

- Keep toys/needed items in sight and out of reach to elicit requesting
- Provide inadequate portions so child requests more
- Create silly situations/be animated
- Playfully obstruct activity so child must request you "move", "go", etc.

Model and Expand the child's language

- Model gestures and words
- Simplify your language
- Speak slowly
- Be repetitive
- Provide choices (even when you already know what the child wants)
- Add one more element to your child's language (i.e.: if child uses one word utterances, model two word phrases, "go" becomes "car go")

Try some of these fun outdoor activities to help develop language skills.

Nature Walk: Whether at your local park or in your own backyard, now's the perfect time to get outside. While you are there, take the time to talk about what you are seeing:

- Label items (grass, leaf, flower, tree, dirt, stick). Collect items in a bag and encourage your child to show others what they found. Model language ("Look, I see, I found")



- Talk about the colors and sizes (big/little, short/tall) of the flowers, bugs, rocks and plants
- Discuss what you hear (model silly sounds and animal sounds)
- Talk about what people/animals are doing (who is running, sliding, throwing, swinging or what is crawling, flying, hiding). This is a great activity to practice verbs!

Water/sand play: Enjoy a hot day with water and/or sand play! Fill up a small pool or even a bucket with water/sand. You can use cups, big spoons and strainers while discussing the different steps throughout the activity:

- Talk about actions (splash, pour, fill, dump, scoop, dig)
- Label items (boats, spoons, cups). Children love to find items buried in the sand (hide, find and label them)!
- Talk about body parts (splash/scoop with your hands, splash with/bury your feet, do little splashes/dig with your fingers)

Follow the Leader/Simon Says: Both activities are great for toddlers and school-age children. Use Follow the Leader to work on identifying body parts and actions, as well as following directions. Younger children can participate by following visual instructions.

- Make sure you talk about what you're doing (model words), model actions and assist them with hand over hand assistance if necessary! ("Clap hands, stomp feet, arms up", "touch your eyes/nose/toes" and "Walk, run, jump, hop")
- Work on opposites (up/down, stop/go, loud/soft, high/low)

- Make instructions harder if the children are older (have them follow two "clap your hands then stomp your feet" or "touch your nose then touch your toes")
- Take turns being the leader and being "Simon". Encourage your child to tell you what to do!

Caregiver involvement can have a positive impact on improving a child's language skills. However, there are red flags which may indicate that a child may need professional intervention.

Red Flags

18 months:

- Does not point to objects
- Does not use gestures such as waving or shaking head
- Does not respond to "no" and "bye-bye"
- Does not use at least six to ten words consistently
- Does not hear well or discriminate between sounds

24 months:

- Does not use at least six consonant sounds
- Does not follow simple directions
- Has a vocabulary of less than 50 words
- Has decreased interest in social interactions

36 months:

- Strangers have difficulty understanding what the child is saying
- Does not use simple sentences

Innovative Therapies Group understands that family education is critical to improve a child's development of language skills. Coupled with family participation, direct therapy for a variety of communication disorders and delays can promote independent function and improved communication.

Speech therapy can help with improving a child's ability to understand and use language; and their ability to produce intelligible speech. We have experience treating children with a variety of disorders including Autism Spectrum Disorder.

To find out more or to schedule your appointment, please contact Innovative Therapies Group today.

Innovative Therapies Group, Inc.
352-433-0091 | innovativetherapiesgroup.com

Masks and Hearing Aids

The Covid-19 pandemic not only poses a health risk for our entire population, it also increases the risk of losing hearing aids for those of us who wear masks.

Wearing a mask with behind the ear hearing aids certainly poses a new challenge. The removal of the mask can dislodge hearing aids. We suspect the ear loops on the masks are the cause of hearing aids to unknowingly come off the ear. While everyone is being mindful of handwashing and contact with others, hearing aids are probably the last thing on your mind when you are focused on getting in and out of public places safely and quickly. Since the use of a mask is now common, we have already received quite a few calls from patients who have lost hearing aids by wearing or removing a mask. This has resulted in our having placed more lost hearing aid insurance claims over the past month than ever before. Most of our patients are quarantining at home and have lost their hearing aids during a brief outing to the grocery store or to attend a doctor's appointment. We recommend purchasing masks that do not loop behind the ears. Single band elastic masks reduce hearing aid loss. A great option would be bandanas, or neck gaiters and buffs.

We are recommending that when you remove your mask, you should check that your hearing aids are still on your ears. Whether your mask is homemade or store-bought, the ties or straps may easily get hooked on your hearing aids and dislodge the devices. Make sure your hearing aids are still in



place before you leave any location. You can also secure a mask by using an elastic or a band that fits around your head, not over your ears.

Thankfully, most hearing aids come with a warranty that includes repair and loss coverage and patients can usually have their lost hearing aids replaced easily. Always have your provider check with the manufacturer of your hearing aids to determine if you have replacement coverage available.

Also, the use of a mask has one unintended consequence: interfering with communication. Most of my audiology patients complain that they understand less if they are unable to watch the speaker's lips. Technically, it is not lipreading alone that facilitates communication but the listener's ability to view facial expressions. Speakers wearing a mask do not allow for someone to see half their face, the most important part to facilitate communication.

While masks are now a vital health care tool for many people, their use presents a new set of challenges for hard of hearing people, especially ones that depend upon hearing aids.

Only a fraction of English speech is visible on the lips, but that along with the listener's ability to integrate auditory information completes the communication cycle. For some hearing impaired, especially the elderly, looking at the speaker's face can make a huge difference. In today's society it seems normal for people to speak rapidly and not move their lips. People with a hearing loss often have difficulty understanding rapid speech without visual cues as well as the speakers on the television. About 15 percent of the adult American population reports having a hearing loss and a much smaller percentage of these use hearing devices to treat their hearing loss. With the likelihood that face masks will become part of our culture in the future, the need for audiological testing and, in many cases hearing aid use will become more prevalent.

Our world is very different today and we have to adapt to meet the new challenges that the world is currently presenting to us.

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Knee Pain is More Than Just a Knee Problem

Knee pain is a common complaint that causes individuals to seek medical care. It interferes with daily living and quality of life. Often times, people start self-medicating, with NSAIDs (Ibuprofen), which increases degeneration by reducing the body's ability to regenerate new cartilage. Prescription drugs can also worsen the knee damage, due to masking the symptoms. Most people think their knee pain is only a knee issue. In fact, many doctors will only look at and treat the knee, but this can be damaging for the patient's progress and outcome, as knee pain is usually much more involved systemically.



Dr. Pedro Orta sees many patients that have acute or chronic knee pain. Whether it's from injury or degenerative joint disease, his plan of action is much more involved, and he looks to get to the root cause of the individual's pain, and to help his patients avoid surgery if possible.

Dr. Pedro Orta sees many patients that have acute or chronic knee pain. Whether it's from injury or degenerative joint disease or a failed surgery, his plan of action is much more involved and gets to the root cause of the individual's pain.

Dr. Orta explains, "Most patients present with x-rays, MRIs, or other imaging tests. I use those to evaluate their pain along with multiple tests that look at the actual mechanics of their knee and surrounding areas. Our bodies work synergistically, so just because you have pain in a specific area doesn't mean that's where the problem originated.

"I do a full evaluation and look at the nerve supply from the spine down. I also test the function of muscles that connect from the hip/pelvis to the knee, as well as from the knee to the ankle/foot region. So, I check from the front to the back and top to bottom of the leg. I look to reset the function of muscles and reengage those muscles into proper form and function, as well as approaching from a nutritional perspective to increase optimal joint function.

Shockwave

"Once the cause of the pain is established, I use a multifactorial approach to assist the body in regeneration. One method is through shockwave. Shockwave is an acoustic/sound wave that carries high energy to painful spots and myoskeletal tissues with subacute, subchronic, and chronic conditions. The energy promotes regeneration and reparative processes of the bones, tendons, and other soft tissues.¹ Acoustic waves with high energy peak used in Shockwave therapy interact with tissue causing overall medical effects of accelerated tissue repair and cell growth, analgesia and mobility restoration.¹

It breaks up calcium, adhesions, reduces inflammation, induces blood vessel formation, and releases trigger points. A Russian study purported that in 95% cases shockwave therapy decreases the painful syndrome and also improves the function of knee joints.²



Custom Orthotics

"I also use customized orthotics from Sole Supports™, which are custom made for a patient to fit them perfectly via foot mold. MASS (Maximum Arch Support System) Posture Theory is used not to simply support weightbearing, but rather to calibrate the way the foot arch, position and posture work together. We walk around all day on hard surfaces, which cause our feet to collapse and cause knee joint shearing. This shearing then causes our IT (iliotibial) band and other muscles and tissues in the leg to tighten, and it affects the hips, back, neck, and shoulders.

Laser Therapy and Myofascial Release

"We also use class IV deep laser therapy, which encourages the regeneration of the tissues. This therapy allows the body to naturally heal itself by utilizing light energy, which stimulates deep tissue penetration, reduce inflammation, increase protein synthesis, increase ATP energy, and increases DNA replication. Laser and LED Light Therapy consists of a light-emitting device that can be utilized on many different parts of the body. Laser Therapy has been utilized for a number of inflammatory conditions such as arthritis, tendonitis, and sprains. The number of conditions that have been notably increased in the usage of this therapy includes wound management, shoulder and neck injuries, muscle and joint pain, as well as a long list of others. We also use deep myofascial release techniques, which is applying gentle sustained pressure into the myofascial connective tissue. It reduces pain, alleviates tension, and improves motion.

Biokinetic Reset

"With Biokinetic Reset we test different muscles that connect to the knee. It will show any weakening in the muscles, and then we can treat the area by activating the brainstem. The brainstem is stimulated to reset the brain's function and the communication with the area being treated. I recently saw a female patient that had suffered from foot drop for the past 30 years due to an accident. Her leg flopped when she walked due to this horrific injury and changed the way she walked for 30 years. After two weeks of Biokinetic Reset therapy, she

started to regain her normal gait. Her trauma 'blew the fuse' in her brain and leg/foot communication. Biokinetic Reset is helping her muscles to remember how to connect. She is walking heel to toe.

PEMF

"We also use PEMF, which is specially designed electromagnetic impulses, called Pulsed Electro-Magnetic Field Therapy, are vital for the cell's ability to produce more energy and to maintain or regenerate to a healthy state. The human body contains approximately 100 trillion cells. Each of these cells relies on energy and ATP to correctly metabolize, communicate with other cells, and keep organs and tissues in a healthy state. Proper functioning and flow of oxygen and nutrients is key to keeping our cells vital. When these areas are inhibited, that's when fatigue, disorders, depleted immune systems, pain, and disease form in our bodies. PEMF helps to regenerate the tissues.

"Many patients have tried stem cells, which is fantastic, but it's an added benefit if done in combination with other therapies like those I've mentioned. The body responds best to multiple therapeutic treatments to reach optimal results. We incorporate nutritional and structural care to get to the root cause, and we see a very high number of cases that have remarkable results from our protocols.

"It's important for patients to know that there are alternative therapies that can help them with multiple conditions. You don't always need surgery, and you certainly do not need drugs that merely mask symptoms. We focus on finding the root cause and then implementing a strategic plan to help our patients heal and regenerate their bodies comprehensively."

Dr. Pedro A. Orta, D.C. is a holistic chiropractor at Healthy Living Natural Health & Pain Management Center in Ocala, FL. He has been in practice for 25 years. He practices and has a passion for natural, holistic, functional and regenerative medicine to help you regain & maintain your health. Whether you are struggling with neck or back pain, headache or migraines, fibromyalgia, arthritis, degenerative conditions, knee or hip pain, sciatica, carpal tunnel or any other health condition, they are here to help you find optimal health.

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How Caregiver Anxiety Affects Your Health

Submitted by Hospice of Marion County

According to the Family Caregiver Alliance and National Center on Caregiving, an estimated 44 million Americans age 18 and older provide unpaid assistance and support to older adults with disabilities. The value of this unpaid labor force is estimated to be \$306 billion annually, nearly double the combined costs of home health care (\$43 billion) and nursing home care (\$115 billion).

Additionally, most caregivers receive little or no support from their own families or other organizations and are basically on their own, creating much stress and anxiety. In 2020, the Alzheimer's Association reports that more than 16 million Americans provided unpaid care for people with Alzheimer's or other dementias. These caregivers provided an estimated 18.6 billion hours valued at \$244 billion, and 35% of these caregivers report that their own health has gotten worse due to care responsibilities compared to 19% of caregivers of older people without dementia.

Health of Caregivers Impacted

There's been a growing trend over the last few decades of closing mental health facilities, early discharge of hospital patients, and implementation of managed care practices which causes a shift and burden to families and caregivers. This often results in financial loss, strain among families, and caregiver health issues that manifest due to increased stress.

Studies consistently show the following impacts on a caregiver's health:

- Higher levels of depression and depressive symptoms than in non-caregivers

- Depressed caregivers are more likely to have coexisting anxiety disorders, substance abuse or dependence, and chronic disease
- Caregivers who experience chronic stress may be at a greater risk for cognitive decline
- Caregivers report having a higher incidence of stress, weight gain, headaches, and back strain among other physical ailments and pain associated with caregiving

Women tend to be, more often than not, the primary caregivers. However, being a caregiver whether male or female affects your quality of life and increases the challenge of balancing your personal schedule with that of the intense, demanding focus needed to be a caregiver.

When medical conditions worsen, let our specially trained team assist through a community supported, volunteer-based program offering companionship, help with errands and connection to community resources.

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Resources and Tips Available

Caregivers tend to put others first and themselves last. However, it's vitally important for all caregivers to make sure they are taking care of themselves mentally, physically and socially. Below are some resources and tips to consider:

- Don't be afraid to ask for help from family members or close friends who could run errands
- Practice meditation and exercise to help relieve stress—set aside early morning or evening for yourself
- Do something socially just for you—see a movie, have lunch with friends
- Check into your office policies to see if you have family leave benefits
- Call Hospice of Marion County's Transitions program—This is a community supported volunteer-based resource program: (352) 854-5200 or visit www.transitionsfl.com to learn more about this program's caregiver support groups, respite for the caregiver, assistance for caregivers in homes and assisted living facilities.



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Coronary Artery Disease: PUTTING THE PIECES TOGETHER

Feeling short of breath, heart palpitations, chest pain and tightness? Do you know the signs of Coronary Artery Disease (CAD)? And if you're experiencing them, are you taking steps to see your cardiologist to find out what's the cause?

For many people, that have CAD symptoms, they, unfortunately, ignore their signs. Ignoring heart irregularities can be fatal! And if you are experiencing any, the best time to have diagnostic testing is when these indicators are acting up.

What Diagnostics are available?

In today's modern medical world, we have so many tests that can pinpoint exactly what's wrong with our hearts; if only more patients would take advantage of getting tested to know where their risk factors and cardiac health fall, they would give themselves a jump start on living a much healthier life with greater longevity.

An electrocardiogram (EKG or ECG) measures the electrical activity of the heartbeat. If you are experiencing heart symptoms, this is usually the first test that will be administered in an office setting or in the ER. If symptoms persist, more testing will follow to eliminate issues, or in many cases, put the pieces together to find out what's causing your warning signs.

Stress tests are one of the most common methods to detect heart function during exercise and at rest. If you are unable to exercise, there are nuclear stress test options that utilize an injectable contrast to mimic the heart rate elevation of exercise, while you lie or sit down.

Sometimes stress tests are not enough, and further testing like an angiogram is required to see how the inside (lumen) of the blood vessels, arteries, and heart chambers are working. An angiogram can show blockages and other blood flow abnormalities. Stents can be placed if needed during the procedure.

Many times cardiologists will ask patients to wear a Holter Monitor for anywhere from 24 hours to several days depending on your specific situation and risk factors. The monitor is a portable electrocardiography device that continuously monitors the rhythm and the heart's activity.



An echocardiogram is an ultrasound of the heart that can detect how the blood is pumping and it can also identify the size and thickness of the valves, chambers, and arteries.

There is also another vital test called a calcium score. This test measures the amount of plaque in your arteries. CT coronary angiogram is a technique to evaluate the coronary arteries in select patients.

CAD Symptoms

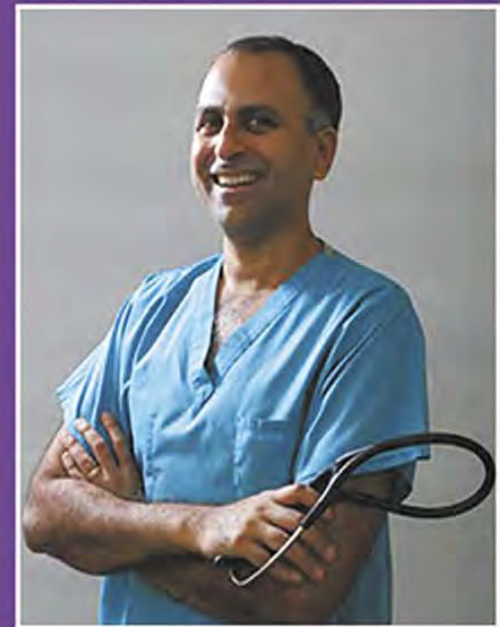
- Chest Pain and tightness
- Lightheaded
- Dizzy
- Tired/Fatigue
- Shortness of breath
- Fainting
- Rapid heart rate
- Sweating
- Gray color to the skin
- Arm/Shoulder Pain
- Abnormal heart palpitations
- Cardiac arrest

Depending on your diagnosis and indicators, the treatment can vary from merely taking medications to having a non-invasive procedure, or angiography/stents. The best advice any cardiologist will give you is, "Don't ignore your symptoms!" If you have any heart irregularities or discomfort, seeking medical attention fast is imperative.

If you believe you are having a heart attack or stroke, call 911! If you're having initial symptoms that come and go, contact your cardiologist immediately.

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To find out more information on the Dr. Vallabhan, your local specialist in the diseases of the heart, veins, and arteries, please call (352) 750-2040 or visit them online at, Drvcardio.com

If you believe you are having a heart attack or stroke, call 911! If you're having initial symptoms that come and go, contact your cardiologist immediately.

Hydrating Your Soul

By Ross Johnson, Lead Pastor, Gathering Pointe Church

It was sometime during the summer of 2001. We had just moved our family from LaCrosse, WI where I served as a youth pastor for almost five years to Sellersville, PA to begin my Master of Divinity degree at Calvary Baptist Theological Seminary. I had about a month and a half of free time before my new job and classes started, so we decided to travel back to my home town of Council Bluffs, Iowa to see my parents. At that time, my father was running his small general contracting business and had several roofs to finish before the winter months began. So we went back to help him finish those roofs and make some extra money.

I had just turned 29 in June; obviously much younger than I am now...and in considerable better shape and condition (the last seventeen years haven't been kind!). Years before, I had worked with my dad for a few years roofing so I knew what I was getting into. If you have ever done that line of work, you know it is not the easiest job in the world and while I was in pretty good shape, I wasn't in "roofing" shape.

If my memory serves me correct, were finishing up our fourth roof in three and half weeks of work. It was getting later in the day, it was hot and humid with little to no breeze and I just wasn't feeling well. I told my dad that I wasn't feeling well and thought it might be a good idea for me to get off the roof for a while. Little did I know that when I climbed down off the ladder that day, I would no longer be able to help him finish; not just that roof, but the remaining roofs he had left.

The next thing I remember, my wife was helping me get out of my truck in front of my sister's house. I don't remember driving home and I had blacked out in the street with the truck still running. I have only two more memories of that day. I remember my brother in law helping me into a cold shower to help cool my core temperature and then I remember waking up in the hospital with all kinds of tubes, IV's plugged into me and ice packs placed all over my body. I was told that when I arrived at the hospital that my core body temp had reached closed to 107 degrees. I had suffered a severe exertional heat stroke due to strenuous activity in hot weather and dehydration. It was not a good situation and quite honestly, I was pretty scared.



Since that day, I have taken the topic of hydration much more serious. Dehydration is a serious issue that can creep up on you extremely quick and have life altering ramifications. The Mayo Clinic's website informs us that one of the causes of heat stroke is dehydration and can cause your brain or other vital organs to swell, possibly resulting in permanent damage and without prompt and adequate treatment, can lead to death.

As dangerous as physical dehydration can be...I want to close out our time in this article to discuss another type of dehydration – that of spiritual dehydration.

During the summer months it is quite natural for families to take time for travel and family vacations. It is part of life...one that we all look forward to. But as a pastor, I fear many of us take a spiritual vacation as well. It is easy in the midst of our traveling and time away to rehydrate our physical lives to neglect our spiritual lives and become spiritually dehydrated. We miss church.

We miss community. We miss those quiet moments in our Bible reading and prayer.

In Psalm 42:1-2, the Psalmist writes, "As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God." The Psalmist had a deep desire to have his spiritual thirst quenched by the things of God. He was in a rough spot in this period of his life and he knew it would be easy to become spiritually dehydrated and so he sought out the life giving streams that flow from the presence of God.

During the remaining weeks of summer be sure to stay hydrated; hydrate your body and hydrate your soul. Drink plenty of water. But perhaps more important, stay connected to our Heavenly Father and drink in His presence and blessings.

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