

MEDICAL PIONEERS



The Gulf Coast is home to some of the most impressive medical care and emerging procedures in medicine. From major operations to oral care to aesthetic services and critical medical weight loss programs, the physicians and care providers in the region excel at keeping the community well. In this special section we will visit the experts of Center for Sight, Gulf Coast Ketamine Center, One on One Manual Treatments, Revolution Health, RITA Medical Elite, Skinsmart Dermatology and GSAHEC.

CENTER FOR SIGHT



THE CENTER FOR SIGHT TEAM TAKES PRIDE in not only employing the most knowledgeable health care providers, but also in delivering the finest level of service to patients. The practice operates with the philosophy that it is an honor to be entrusted with patient care. This belief is strongly reflected in the quality of care provided at Center For Sight; they strive to ensure that compassion, trust and dedication are demonstrated in every step of the patient journey. It is an immense responsibility to be entrusted with the care of vision. Each patient has individual vision goals, concerns and challenges. Therefore, it is Center for Sight's responsibility to provide the absolute best visual results utilizing the safest techniques available. Although much has changed in the 30 years since the practice first opened, the Center For Sight providers remain singularly passionate about delivering unsurpassed surgical results and achieving their goal of "bringing clear vision to life." Living this mission is paramount to Center for Sight's success.

In addition to offering patients access to nationally renowned providers, Center For Sight excels in the areas of technology and research. Center For Sight is considered an industry leader in developing and testing new equipment, as well as conducting FDA studies to advance the field of medicine. Furthermore, all eight surgeons at Center For Sight have been recognized on the prestigious Castle Connolly "Top Doctors" list. When it comes to health care, most patients would agree that experience matters. The Center for Sight team feels this national recognition simply validates their unconditional commitment to their patients and the remarkable expertise of the surgeons.

Center For Sight is among the nation's leading multi-specialty eye care groups providing patients worldwide with care in ophthalmology, optometry, dermatology, cosmetic facial surgery and skin care. Under the clinical direction of David W. Shoemaker, MD, William J. Lahners, MD, FACS and Joshua W. Kim, MD, Center For Sight has seven offices serving Manatee, Sarasota and Charlotte counties.

GULF COAST KETAMINE CENTER

WHEN IT COMES TO HELPING PATIENTS GET RELIEF FROM CHRONIC PAIN, severe depression and other mood disorders, Dr. Steven Reichbach is a true pioneer in the Sarasota-Manatee area.

Having worked with ketamine for more than two decades, Dr. Reichbach understands the drug's importance in general anesthesiology and nerve block procedures. He became an advocate of ketamine infusion after observing the relief patients experienced following treatments and reviewing the growing body of research over the past decade supporting its efficiency. These ongoing studies have inspired Dr. Reichbach to open the Gulf Coast Ketamine Center.

The center uses intravenous (IV) ketamine infusion therapy as a revolutionary, effective way to combat treatment-resistant depression, and a range of anxiety and mood disorders, often after just one 50-minute infusion treatment.

Ketamine is effective because it works in the spine and brain through a different set of nerve receptors than traditional antidepressants and pain relievers. That's why it is successful in helping individuals manage mental health disorders, including depression, anxiety and post-traumatic stress disorder (PTSD). It's also efficient in relieving neuropathic pain disorders, such as CRPS/RSD, back or joint pain, migraines, fibromyalgia and the symptoms of Lyme disease, among others.

Each patient at the Gulf Coast Ketamine Center receives ketamine infusion therapy in a private, relaxing room, and has a detailed care plan personalized by Dr. Reichbach to achieve the best results. The treatment is a part of a comprehensive plan that includes your primary care physician as well as other specialists involved in your health care.



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DR. LISA JOHNSON

WHEN LOOKING FOR THE RIGHT PERSON TO GET YOUR BODY BACK ON TRACK, DR. LISA JOHNSON is as experienced as they come, with over two decades of experience in the physical therapy field. She holds the distinction of being one of only 300 physical therapists nationally who are board-certified through the American Physical Therapy Association as a women's health specialist. As such, Dr. Johnson's boutique practice focuses on manual physical therapy for male and female pelvic floor dysfunction, complex spinal and orthopedic conditions, along with other women's health-related conditions. She has been trained in osteopathic-based manual therapy (including myofascial release and manipulation), and pelvic floor therapy, which encompasses obstetric, gynecological, urological, gastroenterology and sexual dysfunctions. "I address complex pain syndromes, incontinence, voiding and sexual dysfunctions that many people are affected by, and yet, awareness and resources are limited," says Dr. Johnson.

Before moving her practice to Sarasota, Dr. Johnson served on the faculty of Stony Brook University for 16 years, teaching in the areas of manual therapy techniques of the spine and pelvis, strength training and program design for athletes, sport-specific training, speed and agility, Pilates, Yoga and complimentary therapies in rehabilitation. She is certified by the National Strength and Conditioning Association as a Strength and Conditioning Specialist, and has co-authored a textbook chapter on the physiological response to exercise. She has served as a co-investigator and clinical team leader of Play Fit-Stay Fit, a comprehensive wellness program for childhood survivors of cancer and their families offered at her previous private practice, Body In Balance PT. Dr. Johnson currently serves on the APTA Women's Health Specialty Council, and educates the general public and other healthcare providers on low back, pelvic pain and pelvic floor dysfunction, in lectures throughout the community. According to Dr. Johnson, "Wellness is a life-long journey that we need to keep pursuing, while reaching out for all the available resources around us."



With 23 years of clinical experience, Dr. Lisa Johnson holds dual certification as a clinical specialist in orthopedics and women's health physical therapy. She is also a certified strength and conditioning specialist and Pilates instructor. Dr. Johnson founded two private practices in New York, specializing in sports injuries, orthopedics, and pelvic floor conditions. She has treated a diverse patient population including dancers on Broadway and professional athletes, while serving on the faculty at Stony Brook University and Touro College. Dr. Johnson has practiced at Southampton Hospital and Sarasota Memorial Hospital, and recently opened a private practice in Sarasota, specializing in the hands-on, manual therapy treatment of men and women's pelvic floor and complex musculoskeletal conditions.

REVOLUTION HEALTH



STAYING HEALTHY IN A FAST-PACED LIFESTYLE IS HARD FOR MOST FAMILIES TO DO. Fast food, poor nutrition, high carbohydrate/low protein diets and a low to no exercise have captured the western world. Staying healthy is a personal choice that requires choosing sources of healthy proteins, more healthy fats and lower carbohydrate foods, as well as making time to find exercise. Revolution Health Sarasota allows people to find answers to questions about their physical health that come with poor nutrition and exercise habits. The team at Revolution impacts the lives of people wanting to make changes to their diet and lifestyle. Their treatment plans are customized through exacting metabolic analysis and labs that test blood, food sensitivities and a saliva analysis of hormonal changes that are affecting the patient's ability to fully participate in daily activities. Revolution Health Sarasota looks at each person individually, not by just treating symptoms but also looking for the fundamental and elemental cause of the disease. The doctors and staff are passionate about their patients and their health. Revolution provides alternative methods of treatment, utilizing their professional years of training and experience to interpret laboratory data, patient history, lifestyle factors to focus on diagnosing, preventing and inhibiting further issues while focusing on wellness and helping you to recapture optimal performance and most importantly, feel better.

In the near future, Revolution Health will be including stem cell treatment for arthritic or damaged joints, non-surgical disc decompression for neck and back pain and a functional treatment model for those suffering from mild traumatic brain injury from concussions.

RITA MEDICAL ELITE

“AGING IS INEVITABLE, LOOKING YOUNGER IS A CHOICE.” RITA MEDICAL ELITE IS A MEDICAL AESTHETIC PRACTICE that specializes full time in non-invasive injectable and laser treatments. The Physician Assistant owned and operated business has a strong foundation of loyal clients that come from as far as Paris, Singapore and many other US states on a regular basis. The continuity of care and understanding of the “aging” client along with tenderness and compassion makes this the hot spot in Sarasota for anti-aging treatments.

Sarasota has become the fountain of youth. Many clients are in their 70s and 80s (and some in their 90s) and they don't want to just throw in the towel. Staying young involves taking care of the self through an active mind and body, meditation, yoga practice, eating and drinking responsibly as well as dressing, acting and looking younger so the outside and inside are in harmony. Rita Medical's clients span the age demographic, ranging from people in their late-20s to those upwards of 90, all of whom are very active in their mind/body connection, making them stand out from the average American.

Rita Altman is an experienced medical provider offering a wide range of services and procedures and specializes in The Fotona 4D Laser Facelift, a revolutionary non-surgical procedure to address skin laxity, lines, wrinkles, sun spots and uneven tone and texture on the face. Other offerings include neuro-modulators like Botox and Dysport, or a dermal filler like Juvederm, Voluma, Radiesse +, Restylane Silk/Lyft and TCA Chemical Peels. It is imperative when looking for an aesthetic specialist to perform facial enhancement procedures that you choose a highly experienced and accomplished aesthetic practitioner.



Rita J. Altman received her physician associate degree from Emory University in 1986 after attending Michigan State University for her undergraduate work. Her first 20 years were spent in the surgical arena where she perfected a technical skill and eye for beautiful skin closure. She worked alongside some of the top surgeons in Atlanta and San Francisco and was given accolades from them all. For the last decade, Rita has dedicated her practice to facial re-contouring via non-surgical injections. She has performed over 50,000 procedures with the goal of recapturing and retaining a youthful, natural appearance through artistic injection placement on clients. Whether it is lip enhancement, cheek augmentation, diminishing wrinkles caused by over-animation or the deflation and gravitational pulls that aging causes, she will develop a plan of action to meet your goals.

SKINSMART DERMATOLOGY



SKINSMART DERMATOLOGY WAS FOUNDED TO PROVIDE unparalleled expertise in surgical, cosmetic and medical dermatology. SkinSmart Dermatology is unique in offering two fellowship-trained Mohs Surgeons—Dr. Elizabeth Callahan and Dr. William Adams. Both offer extensive knowledge of skin cancer and a collegial practice where both surgeons can consult on difficult cases when needed, as well as a devotion to all aspects of medical dermatology. In addition to employing Physicians, SkinSmart has on staff Kate Weed, PA-C and Molly Prichard, ARNP-C. Whether you need a skin check, expert surgery or world-class cosmetic dermatology, SkinSmart Dermatology is your practice.

Dr. Callahan, an internationally recognized cosmetic dermatologist and a sought-after physician trainer, has become well known for her thoughtful and honest approach to patient needs, building patient relationships over years and empowering women and men with a sense of confidence and exuberance to face life with their best face.

SkinSmart Dermatology was established in 2005 by founder and Medical Director Elizabeth F. Callahan, MD, and has become one of the fastest-growing multi-specialty practices in the United States. The practice has grown from an original staff of four to its current staff of almost 40. SkinSmart Dermatology is currently the only single dermatological practice with two full-time fellowship-trained Mohs skin cancer surgeons on staff from Tampa to Naples. The practice encompasses more than 10,000 square feet, including a Mohs Skin Cancer wing and its own pathology laboratory. The on-site Skin Care Center offers hand-picked skincare lines from around the world, physical barrier sunscreen products and sun protective hats.

GSAHEC



GULF COAST SOUTH AHEC'S TOBACCO TREATMENT PROGRAM AND SARASOTA MEMORIAL HEALTH CARE SYSTEM are collaborating to save lives by helping people become tobacco-free. "This team brings together resources in an effort to fight one of the most preventable leading cause of death in the US," says Tobacco Treatment Specialist and Therapist Robyn LaPorta. SMH Pulmonologist Dr. Kirk Voelker adds, "Most people do not realize that tobacco use is a true addiction, and we are so pleased that the Gulfcoast South AHEC team has master's-level counselors that provide a higher level of treatment." All services with the GSAHEC's Tobacco Treatment program are free, including nicotine replacement therapy and counseling as well as access to all services with the Tobacco Free Florida program. Tobacco use contributes to 480,000 deaths per year. "Within hours to days of quitting, you can reduce your risk of cardiovascular events and decrease lung deterioration," notes Dr. Voelker. Smoking is responsible for 85 percent of all lung cancers, which is the leading cause of cancer deaths—claiming 158,000 deaths per year in the US. Amie Miller, ARNP with the Institute for Cancer Care at Sarasota Memorial Health Care System says, "To make an impact on the lung cancer deaths in our community, we are taking a two-pronged approach by offering lung cancer screening at SMH and tobacco cessation counseling." This panel of experts works collaboratively to help patients have access to all these services. For more information about the tobacco cessation call: GSAHEC at 941-552-1283. For Lung Cancer Screening: 941-917-5864.

Since July 2007, the Florida AHEC Network has received funding from the Florida Legislature as part of the constitutionally mandated annual appropriation to the Florida Department of Health's comprehensive anti-tobacco program. This funding has been used to develop and successfully implement a tobacco training and cessation program across the state. As a result, GSAHEC has trained thousands of health professions students and health care providers from a wide range of disciplines to effectively address tobacco use and dependence with their patients, and provided tobacco cessation classes to thousands of tobacco users in Charlotte, DeSoto, Manatee and Sarasota counties.