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January 2019

Pasco/North Tampa/New Tampa Edition - Monthly

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CONTACT US

OWNER / ACCOUNT EXECUTIVE

TAMPA/PASCO - (727) 515-2353
BOB GUCKENBERGER
bobguckenberger@gmail.com

CREATIVE DIRECTOR

SONNY GRENSING
sonny@gwhizmarketing.com

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MORE PEOPLE LIVING WITH CANCER

The evolution of cancer treatment over the last 40 years has resulted in better outcomes for patients; today more people are living with cancer than ever before.

Cancer is an illness unlike any other. Many people mistakenly believe that cancer refers to one disease that occurs in many different parts of the body, but in reality, cancer is not just one disease. The term “cancer” is the general name for a group of over 100 diseases in which abnormal cells begin to grow uncontrollably. No matter what type it is, cancer is the result of a malfunction in the genetic mechanisms that control and regulate cell growth. Cancer can affect blood, bones, and over 60 different organs of the human body.

Through research, we have learned that each person’s cancer is a unique disease because every tumor or malignancy has its own distinctive DNA. This discovery has resulted in many new and highly-effective targeted treatments and immunotherapies that are based on a patient’s unique genetic profile. Genetic sequencing of a patient’s tumor can help identify which drugs or treatments will be most effective for that individual.

DAMAGE TO DNA CAN RESULT IN CANCER

DNA is the genetic material that makes up every cell. When DNA becomes damaged or changed, it produces mutations in genes that affect normal cell growth and division. Gene mutations can be inherited from a parent, or, more commonly, are acquired during a person’s lifetime due to environmental factors such as ultraviolet radiation from the sun or cigarette smoking. Other mutations occur for still unknown reasons, resulting in various types of cancer.

In addition to unregulated cell growth, when a cancer occurs it means there is also a failure in the immune system’s ability to recognize these abnormal cells and destroy them. When normal cells become old or damaged, they die and are replaced with new cells. However, the growth of cancer cells is different from normal cell growth. Instead of dying, cancer cells continue to grow and form more abnormal cells. Cancer cells can also invade other tissues, something that normal cells cannot do.

HOW EFFECTIVE IS CANCER TREATMENT TODAY?

There have been remarkable advances in the treatment of cancer, especially over the past two decades. Today,



millions of people are surviving cancer and most oncologists feel that cancer is becoming more like a chronic disease, such as diabetes or hypertension. In other words, even though no cure has been found yet, the disease is something that can be managed, and people can live with cancer for many years.

Early detection and diagnosis, as well as advances such as immunotherapy and targeted treatments—most of which are available in pill form—are making it possible to live with cancer and continue to have a good quality of life; some of these newer treatments have actually produced virtual cures for many types of cancer.

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

CLINICAL TRIALS LEAD TO TOMORROW’S TREATMENTS AND CURES

Through a strategic partnership with Sarah Cannon Research Institute, one of the world’s leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In the last three years, the majority of new cancer drugs approved for use in the United States were studied in clinical trials with FCS participation, prior to approval.

In addition to a robust clinical research program, Florida Cancer Specialists offers a number of services, such as an in-house specialty pharmacy, an in-house hematopathology lab, and financial counselors at every location. Patients can now receive the most advanced care, including immunotherapies, chemotherapy, targeted treatments and cutting-edge, precision technologies, at the same location where they see their oncologist and get their lab tests done, not only increasing convenience for patients, but also improving their quality of life.



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WHY YOUNGER MEN SHOULD SEEK EARLY ED TREATMENT

DR. ROBERT LUPO, D.C.

Erectile Dysfunction (ED) is deeply related to vascular health. Many men that begin to experience ED have little idea that they need to treat the arteriosclerosis in the penis as well as in their body. Most standard medical practitioners will start a man on the “little blue pill,” but this only masks the symptoms of ED and it definitely doesn’t treat the cause.

Any man that is showing signs of erectile dysfunction should seek alternative and thorough medical assistance from a physician that not only understands the disorder but one that also offers the most advanced treatment to address your overall health.

Dr. Lupo of the Physical Medicine Center focuses on your cholesterol, blood pressure, total vascular health, blood sugar, and hormone levels to treat your root cause of ED. These disorders almost always run parallel to ED. In addition to these conditions, Dr. Lupo employs the most advanced groundbreaking technology, which utilizes high-frequency shockwaves to break up the plaque in the penis. This technology is called GAINSWave.



Treat ED’s Cause with GAINSWave

The standard treatments for erectile dysfunction are prescription medications or injections that cause an erection for a limited amount of time. However, there is a better way than the standard of care by actually treating erectile dysfunction at its core. The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through sound waves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.



GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronie’s disease (scar tissue) as well as enhance sexual performance.

Younger Men Should Seek Treatment Early

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

Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. GAINSWave is based on a series of over 30 clinical studies showing a greater than 75% success rate in treating Erectile Dysfunction (ED).

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

Dr. Robert Lupo, D.C.

Dr. Robert Lupo is the clinic director at Physical Medicine Center located in north Tampa near the University of South Florida and New Tampa. Physical Medicine Center is a multidisciplinary medical center that offers Medical Care, Chiropractic Care, and Physical Therapy. Dr. Lupo attended Life University in Marietta Georgia and graduated with a Doctor of Chiropractic degree in 1985. Dr. Lupo has taken postgraduate education in chiropractic orthopedics, neurology, spinal disc injury care, and auto accident and injury care. Physical Medicine Center also offers massage therapy, treatment for dizziness, balance disorders, Spectra cell nutritional blood analysis, bio-identical hormone replacement therapy for men and women and offers the nationally known Medifast weight system.

If you want drug-free alternative options for your health needs, look no further than the Physical Medicine Center in north Tampa. The Physical Medicine Center treats both male and female patients who desire alternative therapies to get to the root cause of their conditions. Call them today at 813-607-5095 to schedule your appointment.

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Understanding Cardiology & Interventional Cardiology



The Department of Cardiology & Heart Care at Florida Medical Clinic has a full comprehensive heart center to diagnose, treat and monitor their patient's cardiac health. In general, many individuals are uncertain about which cardiology specialists are best for their specific condition. Florida Medical Clinic details the a few of these differentiating factors.

As a whole, cardiology involves testing, diagnosis, surgery, invasive and noninvasive procedures of the cardiovascular system. A cardiologist will test and monitor your heart, arteries and blood vessels. The difference between the specialties of cardiology are fairly straight forward; however, the diagnostic aspect and the treatment are what differentiate the specialist's role in in a patients' heart health.

A cardiologist will run tests on patients such as an electrocardiogram (ECG), blood tests, stress tests, CT scans, nuclear and other diagnostic tools to diagnose and to monitor a patient's heart disorder. cardiologist may use one or a combination of techniques to identify and treat your heart condition. Cardiologists can specialize in pediatric or adult cardiology. A noninvasive cardiologist can prescribe medication and lifestyle protocols for their patients and they also work closely with interventional cardiologists, and cardiothoracic surgeons in regard to their patients care.

Interventional cardiology uses a catheter to repair damaged or weakened vessels, narrowed arteries, or other affected parts of the heart. Interventional cardiologists treat heart valve disease, coronary artery conditions and peripheral vascular disease.

An interventional cardiologist performs open or minimally invasive procedures to treat the cardiovascular system. Some of these treatments include angioplasty, stenting, and ablations.

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Imran Ismail, DO, Board Certified in Cardiology & Interventional Cardiology

Dr. Ismail is married with two sons. He enjoys coaching youth sports, organizing and playing league basketball, restoring his 1974 corvette, outdoor activities, and international humanitarian relief work. He is fluent in English, Urdu, and American Sign Language and familiar with Spanish, Hindi, Punjabi and Arabic.

Florida Medical Clinic, A Leader in Comprehensive Health Care

At Florida Medical Clinic, your health and wellbeing is their specialty. Their team of compassionate, experienced physicians offers a comprehensive range of healthcare services. By specializing in everything from family and internal medicine services to cardiology, gastroenterology, sports medicine, plastic surgery, and beyond, all within a single, clinically integrated network, their team streamlines every aspect of your healthcare. There's only one name you'll need to remember for all of your medical needs: Florida Medical Clinic.

Their team of physicians treats patients of all ages, from infants to seniors. In addition to emphasizing preventive care to help their patients stay healthy, their primary care services include physical exams, urgent care appointments for non-life-threatening injuries and illnesses, cancer screenings, minor surgical procedures, routine gynecology and dermatology services, and ongoing management of chronic conditions such as autoimmune disorders, diabetes, and osteoporosis.

To find out more or to schedule your appointment, please contact them today.

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New Year—New Body: Freeze Away Your Problem Areas

By Dr. J. David Holcomb, M.D.

You've probably heard about CoolSculpting from magazines, online, social media, or perhaps on a television program. The reason that its popularity has grown exponentially over the past few years is because of the results that it provides.

What exactly is CoolSculpting?

CoolSculpting is an FDA-cleared treatment that uses controlled cooling to eliminate fat permanently without surgery or downtime. And with 95% customer satisfaction, you'll love the results of CoolSculpting every time you look in the mirror.

Who is a good candidate for the Procedure?

The typical patient is usually those that have undergone a strict diet and exercise plan but still have stubborn areas that are unaffected by exercise and eating nutrient-dense foods. For example, a patient may have stubborn love handles or a bulge of some sort here or there, that really bother them, with CoolSculpting, they can alleviate these problem areas for men and women.

Is it painful?

It's not painful. Typical fat reduction procedures like liposuction or surgery, do cause a great deal of pain and downtime, but with CoolSculpting, it may be uncomfortable at first, while your tissue adjusts to the cold sensation. After a few moments, you'll be numb and not feel much of anything. The entire procedure takes approximately 1 hour depending on the size of the area being treated.

How does the science of CoolSculpting work?

Harvard scientists developed CoolSculpting. It's essentially a rectangular plating system that squeezes your problem area and exposes the fat internally to a frigid degree. So, for example, if you have a belly bulge, the technician places a material over your skin to protect it, and then the device is placed on the bulge. It suctions it up in between the plating system while permeating cold into the fat cells. This creates crystals that develop in the fat cells. Over time, the fat cells will die off. Although you will see results within the first two weeks, the entire process usually takes a few months before your results are complete.

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What areas can be treated?

Numerous areas can be treated. To name a few; belly bulges, muffin tops, upper arms, thighs, love handles, flanks, the chin area and the neck are all areas that are commonly treated. Because we can't "spot reduce" with exercise and diet alone, CoolSculpting has really been the answer that so many men and women desire.

If you've been doing everything right, but don't see results in specific areas of your body that you want to change, you've got to try the CoolSculpting procedure!

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Dr. J. David Holcomb, MD is a Facial Plastic and Cosmetic Laser Surgery specialist, and *Dr. Joshua C. Kreithen, MD* is a Plastic (Breast and Body Contouring). *Dr. Kriston Kent* is a board certified facial plastic surgeon with more than 25 years of experience in facial plastic surgery, non-surgical facial procedures and injectables. She specializes in facial injectables, laser treatments, and hair restoration. *Dr. Kent* brings a wealth of knowledge and experience in aesthetics industry to beautiful Carrollwood Florida.

Holcomb – Kreithen Plastic Surgery and Dermatology offers surgical and non-surgical treatments and programs that enhance the lives of both women and men so they can look and feel their best at every age. Their staff is comprised of an extraordinary group of professionals who enjoy empowering individuals to reach their full potential. They are committed to treating patients and each other with kindness, compassion and dignity at all times.

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Local Family-Owned Hearing Practice Offers their Patients the Highest Quality of Care

Family owned physician practices now make up less than a third of healthcare offices. Countless practices have been bought out by large groups and hospital organizations. Essentially, many physicians find themselves as employees with not much say as to how their once, personalized practice is run, and how their patients are treated.

At Family Hearing Center in Temple Terrace, they take pride in being a family owned, private practice. Giving you and your family the highest quality care and the most advanced technology to diagnose and treat your disorder is why they stand out among the other audiology centers in the area.

Dr. Monica Barnes completed her undergraduate degree in Communication Sciences and Disorders in 2010 from the University of South Florida. She was president of the USF National Student Speech Language and Hearing Association Chapter. In August of 2010, she began her graduate studies. While in graduate school, Dr. Barnes was president of the USF Student Academy of Audiology Chapter. She earned her Doctorate of Audiology in 2014. Her family works beside her in the office to better serve the community by treating their patients like extended family members.

This difference is evident in the comprehensive hearing evaluations that they provide every patient. This evaluation goes beyond the norm to offer a meticulous examination. At Family Hearing Center, their comprehensive hearing evaluations are made up of a variety of tests that provide a thorough look at your auditory system. The evaluation lasts about one hour and often includes the following:

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- Dr. Barnes takes her time to carefully review your case history
- Our brief case history paperwork helps determine the tests to perform and helps determine an appropriate plan of care and follow-up options

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- Makes sure that your ear canals are clear, and that sound can get to your ear drums
- If earwax is blocking your eardrum, Dr. Barnes can remove the blockage before beginning any further testing
- You will see what your ear canals look like on a monitor in front of you, and are provided with pictures to take home

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- Allows us to make sure that the middle ear system is working appropriately
- These tests can help us determine if your ears require medical attention

Pure tone testing

- Determines the softest volume you can hear, at different pitches
- Allows a diagnosis of both the degree of hearing loss, and where in the auditory system the hearing loss occurs

Speech recognition thresholds

- Determines the softest level that you can understand speech

Word recognition testing

- Measures how well you can understand speech when words are presented at a comfortable volume without any background noise

Speech-in-noise recognition

- Measures how well you can understand speech when words are presented at a comfortable volume, but people around you are talking
- Simulates how you hear in a crowded environment like a busy restaurant

After your exam, Dr. Barnes will go over all results and discuss your plan of care. Any hearing difficulties will be explained, all of your questions answered, and if necessary, a referral will be put in place.



Dr. Barnes

The Family Hearing Center's services include the comprehensive hearing evaluation (as mentioned above), communication needs assessment, hearing aid fitting, aural rehabilitation, ear wax removal, and tinnitus management.

Why You Should See an Audiologist

If you are experiencing hearing loss, it's important to seek out a qualified audiologist, because they are trained to get you the best outcome and resolution for your specific condition. If you've noticed that it's difficult to hear conversations in a noisy atmosphere, or you feel the need to adjust your television volume much higher than before, it's vital for you to have your hearing checked.

Perhaps you or your loved one keeps asking for people to repeat themselves, or you can't quite pick up where sounds are coming from; if this is the case, don't wait until your hearing loss gets any worse, schedule your appointment as soon as you possibly can.

"We treat our patients as family"



FAMILY HEARING CENTER

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Temple Terrace, FL 33617

(Located in Temple Terrace just South of USF)

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Diabetes and Gum Disease: A Two Way Street

By Dr. DeLuca

In today's savvy world, most people are aspiring to live their healthiest life. These ambitions are comprehensive and should include the body, mind, and the mouth!

Recent studies report that almost 50% of the U.S. adult population has some form of periodontal disease. Whether it's mild, moderate, or severe, one out of every two adults over the age of thirty is suffering from gingival bacterial infection, which causes bleeding gums, loose teeth, offensive odors, and a great deal of discomfort.

It's widely reported that people with diabetes are one of the leading groups that are affected by gum disease. Consequently, individuals with diabetes have multiple co-morbidities that correlate to the issue of their high blood sugar. But in the case of periodontal disease, the cause and effect is interlinked.

The Diabetic & Periodontal Disease Connection

People with diabetes are at increased risk of infection and bacterial growth because of their blood sugar levels, and they also are at higher risk for high blood sugar because of the periodontal disease. Researchers suggest that periodontal disease increases high blood sugar, making individuals with uncontrolled diabetes prone to multiple infections and complications of their condition.

When to Seek Treatment

If you have any form of gum discomfort, bleeding or bad breath, it's important to consult with your dentists about getting your conditions treated right away. Often, just getting a deep scaling, which is a cleaning that goes a little deeper under the gum line, will correct mild to moderate periodontal disease. Loose teeth and infection in your gingival tissues, are easily treated by a periodontal specialist, as they can provide you with options to get your mouth healthy again. These include deep scaling's, gingival grafts, laser treatment, and pocket reduction procedures.

What You Can Do At Home

There are things that you can do to prevent gum disease. The obvious is brushing your teeth regularly. That means a thorough two-minute brushing routine that gently cleans each surface of all of your teeth. The importance of flossing cannot be stressed enough. Dentists and Hygienist convey this message regularly to their patients, but unfortunately, in our fast-paced world, many people find it too time-consuming to floss daily, but in reality, it only takes a minute to floss your teeth. When this step is avoided, food and bacteria harbor in the interproximal space between teeth, and that's where the periodontal infection begins. Flossing twice a day is ideal, and seeing your dentist, or hygienist on a regularly scheduled basis is vital to keeping your gums healthy.



Diabetic Care

If you have diabetes, you need to be extra cautious about brushing and flossing, as well as keeping your blood sugar levels under control. The normal fasting blood sugar levels are anywhere from 70-99 mg/dl. The normal A1C, which measures the blood glucose level, should be below 5.7%. Diabetics should consult with their Primary Care physician, or endocrinologist to keep their levels at the lowest rate possible for them personally. Depending on the type and stage, this is usually accomplished through dietary changes, exercise, and medications, or injections.



IMPECCABLE SMILES (Lutz, FL)

Dr. Vivian DeLuca, DMD, FAGD, FADIA

"Your dental health is so much more integral to your overall health than most people understand. My passion is helping people live healthier lives by taking care of their teeth!"

With Dr. DeLuca and her team, they guarantee that you will love coming to the dentist! Their unique caring staff will put you at ease and have you laughing in no time! Their office was designed to provide you with the latest state-of-the-art dental technology in a comfortable, home-like setting.

Dr. Vivian DeLuca attends monthly training to be able to offer you the latest advancements in dental treatment options that will suit your exact needs. She regularly performs permanent tooth replacements, single dental implants, implant-supported dentures, mini-implant supported dentures, and custom-fit natural look dentures. Their gentle quality care brings people from all areas of Florida.

To schedule a dental appointment, please call Impeccable Smiles today at (813) 370-1444.

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4945 Van Dyke Rd., Lutz, FL 33558

YOUR BEST YOU - FLU SEASON AWARENESS

According to the CDC, last year, Florida was one of the states with the highest records of influenza outbreaks, causing unprecedented amounts of hospitalizations and deaths. This year, we're uncertain of how threatening the flu season may prove to be, but we do know that the flu will affect all ages. Taking precautions is essential. Young children, individuals with weakened immune systems, and adults 65 and over are more susceptible to the dangers of the flu, as their symptoms can quickly exacerbate into pneumonia or other disease states. As the immune system becomes weaker, the ability to fight off viruses and bacteria becomes more difficult and problematic. Although the flu can affect any age, many seniors are left much more vulnerable to the complications of respiratory infections, than healthy, younger adults, and they may require much more assistance to regain their health. This is one of the reasons why the flu vaccination is critical for staving off the flu or for shortening its duration.

How The Flu Vaccine Works

Researchers develop the seasonal flu shot dependent on which virus are thought to be the most common during that particular season. When the flu vaccine is administered, antibodies begin to develop to protect against the microorganisms within the vaccine. It typically takes about two weeks for these antibodies to advance, so keeping yourself healthy is still incredibly important during and after your flu shot.

Fatigue, body aches, chills, fever, headaches, and upper respiratory infections are common symptoms of the flu. Coughing is a significant symptom of the flu. However, coughing is actually a natural bodily reaction to excess buildup in the respiratory tract, meaning that your body is trying to clear itself of phlegm and other materials. Regrettably, this excess of fluid makes individuals more susceptible and at higher risk of developing pneumonia. Pneumonia is the fourth leading cause of death in the U.S. among the elderly. For this age group, there is a high dose vaccine that is recommended. This high dose vaccine is ideal for the elderly population because it contains three different flu strains, which makes warding off the flu virus, much easier. It also provides more antigens, than a standard flu shot, which is what creates the antibodies that fight the flu virus.

Flu Prevention

It's essential to plan ahead, as there are ways to prevent the flu. Getting the flu shot is the first step, washing your hands, wiping down door handles and counter tops, avoiding large crowds if possible, getting adequate rest, and taking vitamins and supplements that boost your immune system all are effective ways to inhibit the virus.

If you or a loved one haven't been vaccinated and become infected with the virus, there are antiviral medications that help limit the length and severity of the flu, but it has limited effects, especially for seniors. It's important to rest and drink plenty of fluids if you've been exposed to the virus, as there are additional risks associated with the flu, like pneumonia, bronchitis, sinus infections, ear infections, extreme fatigue, and myocarditis.

Myocarditis is a dangerous condition, which affects the heart and can lead to sudden death, even in young people. Although it is uncommon, it is usually brought on by viral infections or immune system responses due to an autoimmune disorder. In the case of the flu, myocarditis can weaken the heart; lead to heart failure, and even cause death. There is no prevention or cure for myocarditis. If the situation is severe, specific procedures can prevent further heart damage and its progression, but again, it's critical to stay healthy and avoid getting the flu or other viral infections.

Be Proactive

- Get vaccinated
- If you're over 65, ask about the high dose flu vaccine option
- Practice thorough hand-washing often
- Cover your cough with your sleeve or a tissue
- Avoid people who are sick
- Get additional help for the elderly loved one in your life

Medicare and most insurances cover the flu vaccine at low, to no cost. In addition, some local pharmacies offer incentives if you choose to get the shot at community locations.



Your Best You, P.A.

Your Best You's goal is to assist every patient in achieving and maintaining their best state of health possible by providing compassionate, collaborative, and comprehensive care so that every person leaves better than they arrived.

Your Best You, P.A., is a primary care and diabetes specialty practice focused on delivering unique and personalized health management services to the community. Primary care, diabetes care, and chronic disease management are their specialties. Their patients are appreciated as the expert of their life story, and Your Best You aims to assist with health-related goal setting to the best of their capacity. Their team designs treatment, management, and education plans that are based on the most current standard of care to optimize the potential and goal attainment for every patient.

To make an appointment, please call Your Best You today at (813) 936-2609.



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The Physical Therapy Office of Tomorrow: What You Need to Know

By Jason Waz, President of Competitive Edge Physical Therapy

Competitive Edge Performance is not the normal run of the mill physical therapy practice. In fact, they are entrepreneurs, innovators and pioneers in the physical therapy market. Over the past two decades, the team at Competitive Edge Performance [CEP], has developed specialized techniques that have helped them gain industry-leading results with their patients. This success prompted them to perform countless trials and tests using emerging technology such as the NEUBIE, a proprietary, pulsed, direct-current, electrical stimulation device that has enabled them to achieve previously unseen outcomes in the fields of recovery science and human performance.

A New CEP Location

With their ongoing success in elite patient care and rehabilitation, CEP is opening a new location in South Tampa that will be centered around NeuPT-tech-supported technologies and the Neubie device. CEP is truly the cutting-edge physical therapy office of tomorrow, utilizing innovative technology such as Neufit, iMRS (Pulsed Electromagnetic field therapy) and new state of the art equipment that will require less time spent in the physical therapy clinic and thereby maximize outcomes. They are currently working with PT clinics and professional sports organizations throughout the country to bring their concept to market, so that patients across the U.S. can benefit from their groundbreaking technology and methods.

This new location is perfectly placed in one of Tampa's premier markets. With close proximity to health clubs and boutique fitness studios built around a bustling neighborhood with some of the city's best shopping and dining, the CEP office location is in the heart of it all. And with their revolutionary concepts in the physical therapy specialty, they are pioneers in "outside-of-the-box" patient care that caters to the neighborhood's fitness-focused residents.

Groundbreaking Physical Therapy with NeuFit & NEUBIE

NeuFit is a company that developed the NEUBIE, which stands for NEURO-BIO-ELECTRIC STIMULATOR. It is an electrical stimulation device that accelerates the client's progress in fitness and injury

recovery. Contrary to popular belief, it is not your typical TENS unit. NEUBIE is unique in that it uses direct current rather than alternating current, so it doesn't lock up your muscle when using it at high intensities. By using NEUBIE to stimulate the neurological system, you're able to get a full muscle contraction while still maintaining functional movement patterns.

The NEUBIE has helped people of all ages get out of pain, improve performance, and live life at a higher level. The NEUBIE has also helped patients avoid surgeries and even get out of wheelchairs. This technology enhances natural processes; it doesn't replace them. The NEUBIE specifically identifies faults in the pain-signaling pathway, resets them, and then promotes normal movement patterns. Changing the "threat" inputs to the nervous system doesn't just mask the pain as traditional TENS therapy; instead, it corrects the underlying root of dysfunction. We use advanced technology to accelerate your body's internal processes. When given the right signals, your body heals itself from injury, builds muscle, and promotes good health.

Jason Waz, President of Competitive Edge Physical Therapy, states, "In more than 20 years in practice as a physical therapist, I can unequivocally state that I have never come across a technique or device that has a more profound effect on acute or chronic musculoskeletal pain as the NeuFit device. This is next-generation physical therapy at its finest. My mission is to introduce new technology to PT practices everywhere in order to improve outcomes well beyond the industry standard while providing a business model that will dramatically exceed the goals of the practitioner."

NEUBIE Benefits

- Injury Rehabilitation
- Reduce Pain
- Build Muscle
- Burn Fat
- Improve Performance
- Build Stamina



Competitive Edge Performance (CEP)

They believe in the "care" part of healthcare. And they also believe in establishing partnerships and relationships with their clients based on the merits of old-fashioned hard work, respect for their clients' time and through the results they strive to achieve with each person who trusts them to do their best to help them get better. To CEP, there is no greater reward than exceeding expectations.

NeuFit has redefined electric stimulation. By making the nervous system healthier, the NEUBIE is the next generation of total neurological fitness. If you are a patient or active individual that is interested in this cutting-edge device to help you heal and improve your muscle function, please call Competitive Edge Performance today at (813) 849-0150.

If you are a practitioner interested in adding NEUBIE to your office, contact the NeuFit distributor today to find out how it can increase your patient satisfaction by stimulating healing, therapeutic recovery, and overall increases in performance. Please email NeuPT Technologies at NeuPTTech@gmail.com or call (813) 849-0150.

**Don't Rely on The Old Techniques of PT,
Jump Into The Future With Competitive
Edge Performance!**



813.849.0150 | neuPTtech.com

Opening February 1, 2019

CEP's New Location is:
3105 W. Bay to Bay Ave.
Tampa, 33629

Losing Weight in the New Year: The Program that Works

We lose, we gain, we lose, we gain—keeping the weight off can be challenging. Although, that's not necessarily the way that it has to go for you because ZMD Center for Face & Body Rejuvenation has some beneficial tips for maintaining and losing weight in 2019 and they have a program that has helped many people lose the weight for good.

A Few Guidelines to Losing Weight and Keeping it off

- Drink plenty of water
- Choose to be around healthy friends that encourage you
- Visualize your results
- Don't reach for seconds
- Eliminate alcoholic beverages
- If you slip up, get back on track the very next day
- Incorporate Ideal Protein!

ZMD is one of the premier providers of an exclusive diet that has helped numerous people lose weight and keep it off, so when you're ready to finally make changes and incorporate a diet that WORKS, ZMD has exactly what you're looking for to get the weight off, keep it off and to improve your overall health.

Ideal Protein weight-loss system, which provides you with prepackaged meals, coupled with your own groceries, will have the weight falling off of you in no time. Ideal Protein is a scientifically researched solution to provide weight loss through a four-stage diet program.

Currently, more than 3000 medical practitioners in the US and Canada offer the Ideal Protein protocol for their patients to lose weight and reverse metabolic syndrome (a group of conditions that are associated with heart disease, stroke, and diabetes). ZMD facilitates a specific plan to ensure your health is optimized and your weight loss goals are met. Each patient's health conditions, medications, blood work, recent cardiovascular and metabolic paneling is reviewed before starting the Ideal Protein protocol. Ideal Protein is a scientifically researched solution for safe and effective weight-loss.



The Ideal Protein weight loss protocol will include weekly progress measurements and one-on-one nutrition counseling with a weight loss consultant, behavioral modification, and a prepackaged meal replacement plan.



Ideal Protein Diet

The Ideal Protein weight protocol is a medically derived protocol developed and refined over a twenty-year period. Dieters are provided 65% of their weekly groceries in pre-packaged meals. You will also have a choice of vegetables and lean meat each day to round out your dietary needs. Women typically average between 3 to 5 pounds of weight loss per week, while men can range between 5 to 7 pounds per week. One-on-one coaching is designed to motivate and educate. By phase four, your knowledge and confidence to make better lifestyle choices will be established.

Exercise

While physical activity is an essential addition to any diet as it boosts metabolism and increases weight-loss, it is not necessary for the Ideal Protein program. The more weight you lose, the healthier you will begin to feel. You'll have increased energy levels, and your ability to comply with the diet will simply become a part of your natural routine. The ZMD team will help you move through the phases with ease, and although your energy level will increase, there is no set daily exercise requirement unless you want to add it in for additional health and wellness benefits.

Dr. Brian K. Zebrowski, MD FACS

At ZMD Center for Face and Body Rejuvenation, located in Lutz, FL, Brian K. Zebrowski, MD FACS and his trained staff have been long standing members in the



Tampa Bay community supporting their clients and patients with their medical needs.

At ZMD Center, their medical staff combines years of experience, extensive training and knowledge on our vast variety of services. They work diligently to ensure that each patient is able to achieve his or her desired goal with our state-of-the-art technology. Every patient is given the time and attention necessary to develop a unique treatment plan while building valuable relationship with their staff.

Recharge your mind, rehydrate your body, and revamp your life. Call ZMD to schedule your appointment today.



ZMD Center for Face and Body
18944 N Dale Mabry Hwy #102
Lutz, FL 33548
(813) 949-4000



Dr. Vahora, MD, FACOG

Cervical Cancer Awareness: What You Need to Know

Cervical cancer is a fast-growing disease that can lead to death if not caught in its pre-stages. Years ago, cervical cancer was a leading cause of death in women. Those statistics have changed. In fact, diagnosing precancerous cervical lesions is now more common; this is achieved through preventative pap smear tests. Women that receive annual Pap tests are preventing cervical and other genital cancers. When these precancerous lesions are discovered early, they can easily be cut out and monitored right in your gynecologist's office.

The Symptoms of Cervical Cancer are Sometimes Vague, but May Include the Following:

- Abnormal menstrual bleeding
- Bleeding after intercourse
- Bleeding after menopause
- Pain during sex
- Pelvic Pain
- Spotting
- Vaginal discharge
- Back Pain

The HPV vaccine is highly recommended for teen girls to prevent the HPV virus that causes cervical and genital cancers.

HPV Facts & Treatment

Human papillomavirus (HPV) infection is the most significant risk factor for developing cervical cancer. HPV is made up of 150 viruses and can infect the cells of the cervix and spreads through sexual encounters, as well as be passed down through childbirth. Other risk factors that exacerbate or lead to cervical cancer are a weakened immune system, smoking, chronic infections, having a child in your teenage years, and having multiple full-term pregnancies.

There are little to no signs or symptoms of cervical cancer and other genital cancers, so the most proactive way to prevent these cancers from growing is to have regular pap smears on a routine basis.



The test results will show positive signs of cancer or precancerous lesions. In the gynecologist's office, they can do a simple test to see where the cervical cancer is and can evaluate its severity. Usually, if caught early enough, the cancerous lesions can be removed right in the comfort of the office.

Wellness Exam & Pap Smear

Women should have a preventative wellness examination once a year. For women with gynecological conditions such as a history of HPV, precancer, cancer or other genital disorders, they need more frequent exams as directed by their gynecologist to monitor their needs and to keep them healthy.

The latest guidelines for pap smear are as follows:

- Women aged 21–29 years should have a Pap test alone every 3 years. HPV testing is not recommended.
- Women aged 30–65 years should have a Pap test and an HPV test (co-testing) every 5 years (preferred). It also is acceptable to have a Pap test alone every 3 years.

Most insurance covers a pap smear as part of your yearly wellness examination once a year. Its best to see your gynecologist or woman health care

provider yearly for your wellness, and they can decide with your history whether you need a pap smear or not. Do not put off your annual gynecological exam.

Parveen Vahora, M.D.

Dr. Parveen Vahora's office offers advanced and individualized care. Their office is small, intimate, and welcoming. Women under their care are treated with the utmost respect, which means they offer personalized care: educating on conditions and treatment options as well as preventative measures. Their focus is on sexual health, and they are proud to offer the MonaLisa Touch® for patients going through menopause as well as post-menopausal women, breast cancer survivors, and those suffering from pain during intercourse or intense dryness. They also offer genetic testing for breast, ovarian, and colon cancer. From birth control to robotic surgery, they've got you covered.

Connie Moler, APRN, joins Dr. Vahora's office. Originally from Central Illinois, Ms. Moler obtained a B.A. in Psychology from Indiana University. She then completed her MSN as a Women's Health Nurse Practitioner at Vanderbilt University. Ms. Moler brings her 20 plus years of experience and her joy of caring for women to her new position with Dr. Vahora.

Do not put off your annual pap smear, or other significant gynecological examinations; make an appointment today! Please call (727) 376-1536.

The appointments even healthy people should make once a year

https://www.huffpost.com/entry/appointments-to-make-every-year_n_5c17b25de4b05d7e5d844994

ParveenVahoraMD.com
info@ParveenVahoraMD.com

Introduction to Effective Estate Planning

By North Star Wealth Advisors

Estate Planning - So where does one start?

Realize that estate planning can often be a complex undertaking and that the development of a well-formed plan can make a big difference in what is left to your heirs. This article will focus on a process for you to consider in the development of your plan and some concepts that may be helpful. First, familiarize yourself with the basic process, important concepts and the tools, tactics and strategies that are available to help you establish the best possible plan to meet your needs. These will include wills, trusts, powers of attorney and health care proxies. These are just a few of the basics. What you will use will depend upon your individual circumstances.

Determine what is important about your estate plan, what are trying to get accomplished? What you want to have happen? Do you have a special need, or special request that you wish to incorporate into your plan? Write these out. This will be helpful when you meet with your estate planning team.

After you've learned the basic concepts of estate planning, and determined what you want to have happen, consider the people who will help carry out your wishes.

Make it a team effort

Start by establishing your estate planning team. It is important to work with an attorney and possibly a tax advisor, as well as a financial advisor professional, one who will take on the role of a consultant. The attorney's role will include guiding you through the creation of fundamental estate planning documents. These may include a will, health care proxy, and durable power of attorney. The tax advisor can help you with any associated tax issues. The financial advisor professional should help in the coordination of the team and bringing all your resources together into a well laid out plan. Work with your team and think through any issues that you may encounter. They can help you articulate your wishes, avoid mistakes, and minimize taxes and expense. They can also be helpful if any adjustments are needed to your plan. Next consider the people who will help carry out your wishes for your estate. These may include the executor of your will, guardians for minor children, health care, and living will surrogate. The names of these documents, their validity, and how they are

used vary from state to state. The basic ideas, however, are to 1) appoint a person you trust to act on your behalf for health care decisions when you cannot, and 2) ensure that your intentions are well understood. There is a lot to consider when selecting those who will carry out your wishes.

Next select those who you will grant the authority to make legal and financial decisions, in case you are unable to do so, these are better known as a Power of Attorney and Durable Powers of Attorney. A power of attorney can apply to all your affairs or may be limited in scope. These must be established while you still have the mental capacity to do so.

Next select any trustees and successor trustees that may be needed. The trustee acts as the legal owner of trust assets, and is responsible for managing the assets, ongoing administration and tax filings for the trust, and making distributions to your beneficiaries according to the terms of the trust.

Sometime the use of a corporate trustee may be needed to carry out your wishes.

An often-overlooked document is the Post Mortem Letter. The post-mortem letter, a simple and practical estate planning tool you can put together yourself. This important letter tells your executor and survivors where to locate everything they need to carry out your instructions.

Having Crucial Conversations

When it comes to estate planning, there are often significant financial and personal benefits to being transparent about your estate and your wishes. You will need to have conversations with all the parties involved. This can be delicate as most people are not receptive to having conversations about end of life and the decisions that are needed. Having conversations with the family and the potential estate team will help you make better decisions as to who should handle your affairs in case of death and/or incapacitation.

It will also provide them a better understanding as to your intentions and plans for your estate. Lack of clear communication during estate planning can result in uncertainty and conflict for them in an already difficult time.



Estate Planning Strategies

In this phase of your estate planning it is time to consider what strategies to utilize. Since there are many to consider look at this by making two list first.

- List out your beneficiaries and their relationship to you as how assets transfer is affected by their relationship to you.
- List of your assets by the type of asset it is, as different assets pass on different than others. Your unique mix of assets will determine the best course of action for each asset type.

Conducting Periodic Reviews

We believe it is best to review your estate plan at regular frequency. This can be done in coordination with reviewing your financial plan, or for estate planning specifically, you may wish to do a detailed review every three to five years or when there is a life event that warrants it.

As you can see, estate planning can be complex, yet should be kept as simple as possible.

If you would like more information, or to schedule a complimentary consultation, contact us at 813-793-7048 or by email at dominick@northstarwealthadvisor.com.

Information in this article is not intended to constitute legal, tax, accounting, or investment advice, nor an opinion regarding the appropriateness of any investment, nor a solicitation of any kind.

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Best Plan Choice: Knock, knock who is there? Better not be a health agent.



Medicare has very strict rules prohibiting the solicitation of most products via door-to-door sales. Still many seniors are experiencing unsolicited calls and visitors. Making a decision about your health coverage is important and should be done every year, but not by someone who shows up on your doorstep or who is

cold calling you. If you are receiving unwanted mail, unsolicited telephone calls or a sales rep at your door, call us now at 855-BOOMER65 and we will help you address the unwanted intrusions. Best Plan Choice is a full-service agency dedicated to working directly with individuals, groups and communities to bring our services to you, at your request. As your agent, we can assist you with registering on the do-not call lists and informing others you are represented by a licensed agency.

Best Plan Choice encourages individuals with Medicare to understand the importance of the annual enrollment season (Oct 15-Dec 7). This is the time, even if you have Medicare coverage you love, that you should review your benefits and look at any changes in cost and coverage. Plans typically change something about their benefits each year and there may be a better fit for your needs. Sometimes your healthcare needs change, i.e. a need for surgery or a specialist not currently accepting your insurance, and your plan is no longer the best choice. If you don't understand the changes that will happen in your plan effective January 1, 2019, we can help you.

Medicare health insurance is NOT like home or auto insurance. There are no loyalty points or rate adjustments for remaining enrolled in the same plan. There is no discount or rate increase based on using services. There is no penalty for enrolling in a new plan and having medical costs. As a matter of fact, health plans are required to provide transitional assistance if you



enroll with pre-existing medical treatment so you often get more personalized services from a care manager. As for coverage, every year is a new year. As an agency, we won't ask you for any personal medical information, but we can easily identify plans with lower costs, different pharmacy coverage, less out of pockets expenses, and the doctors who accept the insurance.

Every year we host seminars with free coffee and dessert to help are friends and clients understand new changes in Medicare coverage. Please call 855-BOOMER65 to find out about the next seminar near you. Or if you prefer we will provide a complete needs analysis during a personalized appointment in your home. As always, our services are without charge or cost to you. Call us at Best Plan Choice, where Clients become Friends, and Friends become Clients!



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Reducing Anxiety & Stress with Eastern & Western Practices

There are neurotransmitters throughout the entire body that send signals to the brain, alerting you instantaneously of real or perceived danger. Anxiety and stress are made up of both psychological and physical symptoms. The psychological part creates the nervousness, fear and worry, while the physical aspect produces sweating, rapid heart palpitations, a rise in blood pressure, nausea and shortness of breath.

When anxiety disorders are left untreated or undertreated, several areas of the brain like the hippocampus (regulates emotions) and the pre-frontal cortex (decision making, planning abilities) shrink causing long-term damage.

Psychologist, Dr. Grabau explains, "It is unusual to find a combination of practices which when applied can provide some relief and positive results for pain sufferers, and those prone to depression or anxiety. Tranquility Meditation and Stress-Related Illness is a workshop that applies Western psychological insights and Eastern practices to help reduce discomfort.



Relaxation and meditation practice are effective countermeasures for elevated stress hormones which include glucagon, adrenaline, norepinephrine, cortisol and growth hormone. Adrenaline increases your heart rate, elevates your blood pressure and boosts energy supplies; while cortisol, the primary stress hormone, increases sugars (glucose) in the bloodstream. During an emergency these hormones can be lifesaving; if they are released too often, chronic stress conditions develop. Cortisol is a steroid hormone produced by the adrenal gland. Chronic stress can bring on fatigue, muscle weakness, depression, anxiety and irritability; poor emotional control; poor concentration; and headaches."



Dr. Grabau is offering a comprehensive group of workshops and lectures. On January 19th, his next topic teaches patients how to work through and beyond anxiety.

January Lecture Series:

Tranquility Meditation—Working with Stress Related Illness, Depression, and Anxiety

This is an excellent opportunity to receive instruction and experience Deep Muscle Relaxation, Guided Imagery, and Tranquility Meditation (TM)

What can it do for you? These combined methods utilize your natural abilities to heal by boosting your immune system thereby potentially improving your general physiology.

What effect can Tranquility Meditation (TM) have? TM enables us to quiet our mind, decrease the production of stress hormones and can aide in relieving the following: depression, anxiety, panic attacks, irritability and moodiness; pain, asthma, PMS, high blood pressure and other disorders.

When: January 19, 2019

Time: 1:00 to 4:00 pm

Location: Optimal Performance Group, Inc, 14802 North Dale Mabry Highway, Ste. 304, Tampa, FL

Cost: \$20.00

How to enroll? Due to limited space RSVP your interest in attending by contacting Dr. Grabau at: 813-728-5449.



Dr. Grabau specializes in treating depression, anxiety disorders, behavioral excesses and deficiencies, relationship problems, and chronic emotional disorders; loss, grief, and trauma; mood disorders.

He offers consultation to families and adult children with aging parents as well as young adolescents, late adolescents, adults, couples, and seniors. Dr. Grabau works in the realm of language and thus helps people examine what they think and how they feel before they act. He helps patients to examine their fear of sharing personal information; once they remove their resistance to talking, they move forward. By keeping ideas in the verbal realm, impulsiveness can be reduced and may be prevented; a careful examination of impulses can reveal significant emotional underpinnings. Dr. Grabau's 35 years of experience has enriched my clinical skills significantly.

Optimal Performance Group, Inc. (OPG) was incorporated in 1996 for providing mental health services and educational experiences for the prosperity of all individuals. Its President and owner Dr. Grabau offers services across the life cycle to individuals, couples, families, and groups. Dr. Grabau is a clinical psychologist licensed in the State of Florida, PY4386. He is a graduate of the William James College and Harvard Graduate School of Education.

To find out more about the series or to schedule an appointment with Dr. Grabau, please contact the Optimal Performance Group today.



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GASTROINTESTINAL BLEEDING & ANEMIA

The signs and symptoms of anemia often go unnoticed until the condition has progressed into severe disorder. When Anemia is advanced, many individuals will appear pale (pallor); have fatigue, dizziness, and shortness of breath. Common causes of anemia are iron deficiencies. These iron deficiencies are typically caused by disease or bleeding, but for women who are not menstruating or men that have iron deficiencies, characteristically, these are caused by a gastrointestinal bleed (GI).

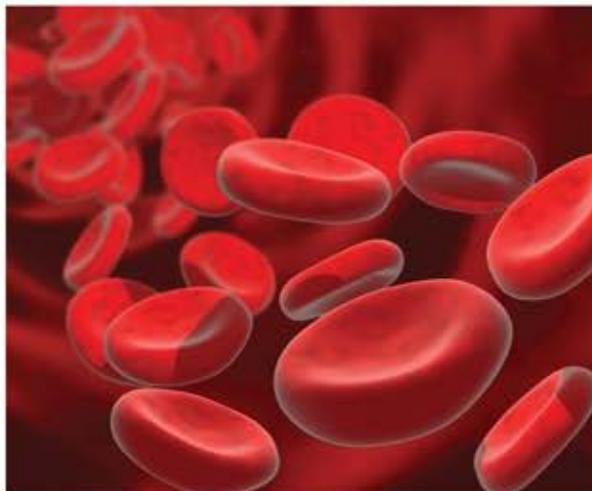
Gastrointestinal bleeding can also go unnoticed by individuals, this disorder is known as occult GI bleeding. When a person does not see blood in the feces, or it minute and undetectable, this is referred to as occult bleeding. Specialized testing can be performed in order to diagnose occult GI Bleeds.

When an individual has fresh blood or blood clots (Hematochezia) within the feces, testing should be done immediately. If an individual has blood in the feces that looks like dark coffee grounds (Hematemesis) or bloody vomit, this is called overt GI Bleeding. Overt GI bleeding can also look like black tarry stools (Melena).

Diagnostics

Along with initial blood tests, endoscopic evaluation (with upper endoscopy and colonoscopy) is an essential part for the assessment of iron deficiency anemia. If your physician suspects that your bleeding is in the upper GI tract, an upper endoscopy is the standard test to detect the bleed. A patient will be sedated, and a thin tube (video endoscope) is inserted from the mouth into the stomach. The physician will examine the esophagus, stomach, and duodenum via the video monitor.

If the physician suspects that the bleeding is coming from the lower GI tract, then a colonoscopy will be performed by inserting a video scope through the rectum and into the colon to view the bleed site and decide the treatment options for the patient's particular case. Other diagnostic tools may include, nuclear bleeding scans, barium GI testing, CT scans, MR enterography or capsule endoscopy.



Treatment

Depending on the cause of the bleed, specific treatment options can usually be performed directly in an office setting. Some of the standard procedures and treatments are:

- Cautery
- Laser therapy
- Tamponades
- Injections
- Medications

If the patient is experiencing severe blood loss that causes the blood pressure to drop significantly, hospitalization will be necessary. They will receive medications, IV fluids and possibly a blood transfusion if the blood count gets too low. This can prevent shock, heart issues, and other debilitating disorders from progressing. In Some cases, bleeding can be caused by a differential diagnosis like cancer, peptic ulcer disease (which can be caused by overuse of NSAIDs or H. pylori infection), or arteriovenous malformations (AVMs) to name a few. With precise endoscopic evaluation, cancers can be diagnosed, ulcers can be treated, and AVMs can be coagulated.



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**Dr. Kaif, Board Certified
Gastroenterologist, Founder of Frontier
Gastroenterology and Hepatology**

Dr. Kaif performs upper endoscopies and colonoscopies with interventions. He recently opened his practice in Trinity, FL. Dr. Kaif completed medical school at the University of Miami Miller School of Medicine. He went on to pursue training in Gastroenterology and Hepatology (digestive and liver diseases) at the University of Alabama at Birmingham. Dr. Kaif then served as Assistant Professor at the University of South Florida from 2016-2018, where he pursued both clinical practice and education of gastroenterology fellows.

If you or someone you know needs a gastrointestinal evaluation for prevention, diagnosis, or treatment, please contact Dr. Kaif's office today.

BayView Radiology:

A Radiology Center with Your Health and Comfort in Mind

Need an MRI, a CT scan or any other radiology exam? If you do, you may be wondering, 'Where should you have this done?' You have many choices, but getting an image at just any center can be a mistake. And when it comes to your health, inaccuracy, slip-ups, and mistakes are not something any of us desire. Many people don't realize that there are differences in radiology centers.

Radiology facilities are a vital part of our individual health care needs, but as patients, we generally take the direction of what is the cheapest out of pocket cost, the most convenient location, or the mediocre facility that your PCP referred us to for a radiologic exam, versus what is the best treatment option for myself or my loved one.

Quality vs. Quantity

Radiology centers differ in the sense of quality. Many of us tend to think they are all the same because they have similar equipment, but there is more to this than just having diagnostic imaging exams. The average patient is much more educated than ever before, and with technology at our fingertips to research a radiology center and see their protocols and reviews, now is the time to do a little research. Your health is worth it! Radiology is a medical specialty practice with MD/Radiologists that have trained for 5-6 years or more in residency and fellowship after completing medical school and standards of quality can vary from center to center. So, you the consumer should ask yourself, 'Who are your radiologists and does the staff that surrounds your care truly care about your well-being?' In addition, you should also find out if the radiologists are on site or if they are at a third party firm at another location. Unfortunately, the latter is quite typical.

Here in Tampa Bay is a facility that has the values of care that are homegrown, where you are not a number but instead treated like a family member. **BayView Radiology**, located in the heart of Carrollwood believes in quality care for all of its family known as their patients. Their boutique medical style uniquely caters to individualized attention while doing so at a cost that is affordable.



They value the reward of a patient's smile and take an interest in patient comfort as well as educating their patients understanding of an exam.

The technologists and staff at BayView Radiology go several steps beyond what most centers do because they are not double and triple booked; they genuinely are interested in your best outcome and your comfort. For example, if you need an MRI, you may not know that the noises can be somewhat loud, but they will walk you through each step before, during and after and provide noise-canceling devices with relaxing music. If you need an Ultrasound, you may not know the steps involved in getting your results, but at BayView, they work directly with you and your referring physician to help you understand the process entirely.

Cyndi N., tells us this, "I had the pleasure of experiencing this first hand. I needed an MRI and had specific fears related to the exam. One of the radiologists took the time to discuss my best options and why. He put me at ease and helped me to understand the difference of quality within an image, how certain equipment that produces

that image can affect the quality and how this affects my outcome specific to my health. Medical care should always be personal and not delivered as a checklist of completed tasks." BayView Radiology is the one stop shop for all radiologic needs, and their care is a high benchmark of how care should be.

Bayview Radiology is the Best Kept Secret for radiology in the Tampa Bay area. At their center, a patient does not feel like a number, rather, an individual that is genuinely cared for. The center is a boutique for radiology services with the utmost personalized attention and concern for each patient.

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If you or someone you know needs an MRI or other imaging services, please call BayView Radiology today at (813) 964-8439.



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Hyperbaric Oxygen Therapy Increases Stem Cell Mobilization

Before we are fully formed human beings, in our fetal development stages, stem cells are continuously being produced. Fetal and embryonic stem cells are called, pluripotent. Pluripotent stem cells have the ability to develop and function into other types of stem cells, which helps our bodies grow within the womb.

The benefit of our fetal stem cells lies within the membrane. The membrane produces cells that can regenerate and become any one of many different types of cells. For example, the nervous system, bones, cartilage, skin and essentially every cell in the body can regenerate and renew. The majority of our adult stem cells (somatic) do not have this same ability. Somatic cells generally remain in a dormant state (quiescent) unless they are called into action due to sickness or adverse conditions. However, if there is a chronic underlying disorder, infection and/or illness, these cells typically become depleted with aging, and over time, our bodies have difficulty repairing and regenerating it's cells.

Stem cells are found throughout our entire body. The cells in our vessels, skin, and arteries are known as epithelial stem cells. The cells in our brains are called neural, and in several studies back in the 1990's, these neural stem cells were shown to help the brain's three primary cells regenerate and repair itself. Stomal cells support blood, cartilage, and fat.

The most impressive stem cells that we have are found in our bone marrow. These are called hematopoietic cells. Bone marrow stem cells are able to renew and differentiate themselves into all other types of stem cells. The can be mobilized out of the marrow and into the bloodstream to help the body repair itself wherever it is needed.

Of course, there are options for external embryonic stem cells to be transplanted in vivo, but there is still a lot of controversy and concern with those procedures. The good news is that with Hyperbaric Oxygen Therapy (HBOT), our stem cells have been studied and show extraordinary results of regeneration. This is especially true with bone marrow stem cells.



Nitric oxide in the bone marrow helps these stem cells to proliferate, and Hyperbaric Oxygen Therapy increases nitric oxide production, and therefore, increases the bone marrow's stem cells mobilization into the bloodstream.

A study done by a group of researchers at SUNY (State University of New York) was incorporated so that they could examine the mobilization of stem cells while a patient is under hyperbaric oxygen therapy. These researchers already knew from their previous work that stem cells have the unique ability to regenerate and renew bone marrow derived-stem cell and progenitor cells by a free radicalized mobilization while under HBOT. However, this study is of particular importance because they looked at how increasing the oxygen pressure ranges, or ATA (atmospheres absolute) could potentially produce even more amounts of stem cells. The results were remarkable.

At the 10th and 20th HBOT treatment, measurements of blood stem cell counts were done before and after hyperbaric oxygen therapy was given at 2.5 ATA. The conclusion of the study showed a stem cell growth of 2400 times the amount of Pluripotent stem cells. Pluripotent stem cells have the availability to turn into many different stem cells forms and help to regenerate all areas of the body.

This study alone is changing the way medical professionals are looking at HBOT as an alternative therapy and off-label treatment for various diseases and disorders.

Hyperbaric oxygen therapy is a medical treatment that delivers 100% oxygen to a patient's pulmonary system while they are within a pressurized chamber. This saturation of oxygen allows high-levels of life-sustaining oxygen to be delivered to the tissues and organs. This increase of the partial pressure of oxygen at the cellular level accelerates the healing processes and assists in the recovery from numerous indications.

Hyperbaric Centers of Florida is a premier hyperbaric treatment facility located in the Tampa Bay area. Their state-of-the-art hyperbaric clinic provides therapy to outpatients on a 7-day per week basis, 365 days a year.

Currently, There Are 15 FDA Approved HBOT Conditions:

- Air or Gas Embolism
- Carbon Monoxide Poisoning
- Compromised Skin Grafts or Flaps
- Crush Injury, Compartment Syndrome
- Decompression Sickness (Bends)
- Diabetic & Other Non-healing Wounds
- Enhancement of Healing in Selected Problem Wounds
- Exceptional Anemia: Resulting of Bleeding
- Gas Gangrene
- Intracranial Abscess
- Osteomyelitis
- Radiation Injury
- Refractory Osteomyelitis
- Thermal Burns
- Idiopathic Sudden Sensorineural Hearing Loss



HBOT is used "off-label" for various disease states and disorders and HBOT may be ordered by a physician for off-label indications. Hyperbaric Centers of Florida makes no claims as to the efficacy for any indications other than the fifteen approved by FDA.

Common Off-Label Indications:

- Autism
- Brain Injury
- Bells Palsy
- Cerebral Palsy
- Cosmetic Surgery
- Infections
- Inflammations
- Lyme Disease
- Multiple Sclerosis
- Nerve Injuries
- Oral Disease
- Peripheral Neuropathy
- Rheumatoid Arthritis
- Scleroderma
- Shingles
- Severe Migraines
- Sports Injury
- Stroke
- Tendon Injuries
- Ulcerative Colitis
- Venomous snake and spider bites

References: CD34+/CD45-dim stem cell mobilization by hyperbaric oxygen – changes with oxygen dosage
S. Thom, Stem Cell Res. Author manuscript, PMC 2015 May 1.

To find out more, or to schedule your appointment today, please call
Hyperbaric Centers of Florida at 813-788-3969.

 **Hyperbaric Centers of Florida**
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You'll Boost Your Immune System

To help prevent infections, viruses, and diseases, add an egg or two to your diet daily. Selenium, a nutrient that helps support your immune system and regulate thyroid hormones. They're also high in vitamin B2 (riboflavin), which increases energy levels.

You'll Improve Your Cholesterol Profile

There are three ideas about cholesterol that practically everyone knows: 1) High cholesterol is a bad thing; 2) There are good and bad kinds of cholesterol; 3) Eggs contain plenty of it. Doctors are generally most concerned with the ratio of "good" cholesterol (HDL) to bad cholesterol (LDL). One large egg contains 212 mg of cholesterol, but this doesn't mean that eggs will raise the "bad" kind in the blood. The body constantly produces cholesterol on its own, and a large body of evidence indicates that eggs can actually improve your cholesterol profile. How? Eggs seem to raise HDL (good) cholesterol while increasing the size of LDL particles (which are thought to be less dangerous than small particles).

You'll Reduce Your Risk of Heart Disease

Not only have eggs been found to not increase risk of coronary heart disease, but they might actually *decrease* your risk. LDL cholesterol became known as "bad" cholesterol because LDL particles transport their fat molecules into artery walls, and drive atherosclerosis. basically, the gumming up of the arteries. Many studies have shown that people who have predominantly small, dense LDL particles have a higher risk of heart disease than people who have mostly large LDL particles. Even if eggs tend to raise LDL cholesterol in some people, studies show that the LDL particles change from small and dense to large, slashing the risk of cardiovascular problems.

You'll Increase Wellness, Protect Your Brain & Blood Sugar

Eggs are brain food. That's largely because of an essential nutrient called choline. It's a component of cell membranes and is required to synthesize acetylcholine: a neurotransmitter. Studies show



that a lack of choline has been linked to neurological disorders and decreased cognitive function. Shockingly, more than 90% of Americans eat less than the daily recommended amount of choline, according to a U.S. dietary survey. Another side effect of choline deficiency and the subsequent accumulation of hepatic lipid is an increase in your risk of insulin resistance and type 2 diabetes.

Among the lesser-known amazing things the body can do: It can make 11 essential amino acids, which are necessary to sustain life. Thing is, there are 20 essential amino acids that your body needs. Guess where the other 9 can be found? A lack of those 9 amino acids can lead to muscle wasting, decreased immune response, weakness, fatigue, and changes to the texture of your skin and hair. If you're deficient in the 9 amino acids that can be found in an egg, it can have mental effects. A 2004 study published in *Proceedings of the National Academy of Sciences* described how supplementing a population's diet with lysine significantly reduced anxiety and stress levels, possibly by modulating serotonin in the nervous system.

You'll Protect Your Peepers

Two antioxidants found in eggs are lutein and zeaxanthin. Both have powerful protective effects on the eyes. The antioxidants significantly reduce the risk of macular degeneration and cataracts, which are among the leading causes of vision impairment and blindness in the elderly.

You'll Feel Fuller and Eat Less

Eggs are such a good source of quality protein that all other sources of protein are measured against them. (Eggs get a perfect score of 100.) Many studies have demonstrated the effect of high-protein foods on appetite. Simply put, they take the edge off. You might not be surprised to learn that eggs score high on a scale called the Satiety Index: a measure of how much foods contribute to the feeling of fullness.

You'll Lose Fat

Largely because of their satiating power, eggs have been linked with fat loss. A study on this produced some remarkable results: Over an eight-week period, people ate a breakfast of either two eggs or a bagel, which contained the same amount of calories. The egg group lost 65% more body weight, 16% more body fat, experienced a 61% greater reduction in BMI and saw a 34% greater reduction in waist circumference.

You'll Lower Inflammation

Eggs are a major source of dietary phospholipids: bioactive compounds which studies show have widespread effects on inflammation. A recent review published in the journal *Nutrients* connected dietary intake of egg phospholipids and choline with a reduction in countless biomarkers of inflammation. Lowering inflammation has widespread health benefits that range from lowering risk of cardiovascular disease to improving the body's ability to break down fat.

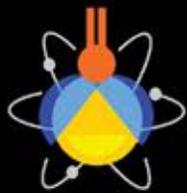


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Finally, There's Real Relief for Lower Back Pain

When you're dealing with chronic low back pain, it's difficult to focus on anything other than your discomfort. The agonizing and sometimes debilitating pain can cause us to lose out on the important things, like spending time with our families, being productive at work, and even the simplest daily activities can require monumental strength to muster through them.

The statistics are overwhelming. Millions of individuals that suffer from low back pain and are not getting the relief that they could simply because their condition is often misdiagnosed. One of the most widespread causes of low back pain known as sacroiliac joint instability demands a specially trained health care provider to diagnose and treat the condition.

Sacroiliac (SI) joint instability, also known as SI dysfunction is very often undiagnosed because most physicians are not trained in this ligament sprain or joint malalignment disorder. The sacrum is the bottom portion of the spine, and its L-shaped vertebrae are fused together. The Ilium are the two large bones on each side of the sacrum that form the pelvic region. Very often, this area is misaligned, and the joints are under extreme tension and/or are offset.

The Symptoms of SI Joint Instability:

- Pain with sitting, standing, lying down or walking
- Numbness or tingling
- Pain that permeates down the legs
- Sciatic pain
- Groin and hip pain
- Pain just under the tailbone
- Gait issues
- Constant pain

Sacroiliac Joint Instability Causes

The most common cause of SI dysfunction is injury or trauma. If you've been in an auto accident or fallen on your hip or buttocks, you may have sprained or misaligned your SI joint. Transition syndrome also causes SI issues.

Other causes of Sacroiliac joint instability are, no precise cause at all. Some individuals are uncertain of how they may have injured themselves or why

they have SI joint pain, and it takes an expert to diagnose and treat their condition properly. For women, being pregnant can cause some issues with joint pain due to the hormonal release that causes the pelvic region to relax and stretch as it prepares to make room within the birth canal. Other issues that cause SI dysfunction are spine misalignment, stenosis, and leg length discrepancies to name a few.

Instead of masking the pain with addictive medications or undergoing risky, unnecessary surgery, Dr. Panchal, with the National Institute of Pain, has been offering patient's real relief and a restorative effect for their SI dysfunction. His technique, methods, and experience are the answer that many individuals have been waiting for to alleviate their back pain.

For SI Joint Instability, Dr. Panchal performs the following techniques: radiofrequency denervation, regenerative treatments (as non-surgical options), and minimally invasive SI joint fusion.

The National Institute of Pain utilizes the most advanced, innovative methods from radiofrequency to spinal stimulation to treat pain from surgical complications as well as the following:

- Back and neck pain, including herniated discs, spinal stenosis, tumors and fibrositis.
- Cancer Pain.
- Neuropathic Pain.
- Complex regional pain syndrome (also known as reflex sympathetic dystrophy or RSD).
- Muscle and joint pain.
- Disorders of the nervous system, including shingles and trigeminal neuralgia (facial pain).
- Chronic abdominal pain and pelvic pain.
- Pain from traumatic injuries including auto accidents
- Pain associated with osteoporosis and vertebral compression fractures.
- Sports related injuries.



At the National Institute of Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The National Institute of Pain's President and Founder, **Dr. Sunil Panchal**, is a board-certified pain management physician.

Dr. Panchal has held leadership responsibilities in many professional societies, including the Committee for Pain Medicine for the American Society of Anesthesiologists. Dr. Panchal has authored and co-authored a number of abstracts, journal articles, and book chapters. He currently serves as an invited editorial reviewer for *Clinical Researcher, Anesthesia and Analgesia, Pain, Pain Medicine, and the Clinical Journal of Pain*. He previously served as Editor-in-Chief of the *International Journal of Pain Medicine and Palliative Care and of Seminars in Pain Medicine*. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and neurostimulation devices, and in clinical research protocol design.

At The National Institute for Pain, their goal is to strive to deliver the highest quality of comprehensive care for those who are suffering from acute and chronic pain. They have many alternatives to help you with your personalized pain management needs. Please visit their website at www.nationalinstituteofpain.org or call them at (813) 264-PAIN (7246).

For appointments, you can also email
appt@nationalinstituteofpain.org.

The National Institute for Pain
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Are You Noticing A Difference In Mom's (Or Dad's) Memory During Your Holiday Visit?

Are some things striking you as unusual about Mom or Dad during the holidays this year? Are there some differences in their actions that you haven't noticed before?

Everyone will experience some typical changes as we age. However, memory loss is one of the most common signs of Alzheimer's, and some other signs may be indications that Alzheimer's is setting in. Per the Alzheimer's Association <link: https://www.alz.org/alzheimers_disease_10_signs_of_alzheimers.asp#typical>, here are some of the differences:

Typical Age-Related Change:	Warning Sign Of Alzheimer's:
Occasionally forgetting names or appointments, then remembering them later	Memory loss that disrupts daily life, such as forgetting recently learned information, forgetting important dates or events, or asking for the same information repeatedly
Making occasional errors when balancing a checkbook	Challenges in planning or solving problems, such as following recipes, or taking much longer to do something than they used to
Needing help to record a TV show or use the settings on a microwave	Difficulty completing familiar tasks, such as driving to a familiar location or remembering the rules of a favorite game
Getting confused about the day of the week but remembering it later	Confusion with time or place, where they are or how they got there, or losing track of the season or the passage of time
Vision changes, cataracts	Trouble reading, judging distances, or determining color or contrast
Sometimes having trouble finding the right word	Trouble finding the right word, calling things the wrong name, stopping in the middle of a conversation and having no idea how to continue, or repeating themselves
Misplacing things	Putting things in unusual places, being unable to retrace steps to find things, or accusing others of stealing
Making a poor decision once in a while	Decreased or poor judgement such as paying less attention to grooming/personal hygiene or giving away money (such as to scammers)
Sometimes weary of work, family, and social obligations	Withdrawal from work or social activities, hobbies, or sports; trouble keeping up with a favorite team
Becoming irritable when a routine is disrupted	Changes in mood or personality, such as becoming confused, suspicious, depressed, fearful, or anxious, and easily upset



If you notice any of these early warning signs, don't ignore them. Make an appointment with a doctor right away. Early detection ensures the maximum benefit from available treatments, relieving some symptoms and maintaining independence longer.

Alzheimer's Disease is the sixth leading cause of death in the U. S., and one in three seniors dies with Alzheimer's or another dementia. According to the Alzheimer's Association (link: <https://www.alz.org/facts/overview.asp>), more than five million Americans have Alzheimer's, with someone developing the disease every 66 seconds.

Today, Alzheimer's is the only top 10 cause of death that cannot be prevented, cured, or even slowed. Medical research is critical in finding new ways to help make a difference for people with Alzheimer's, and with the many other types of conditions, injuries, and illnesses that affect the lives of millions of Americans and global citizens. One fantastic way to give back during the holiday season—and year round—is to volunteer for this research. Volunteers are essential to medical research and helping to make groundbreaking discoveries in medicine.

Meridien Research has Alzheimer's and many other studies that are enrolling now at six Central Florida clinics. For more information or to see if you or someone you know may qualify to participate, please contact us today at 813-563-6009 or visit NewStudyInfo.com.



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Inpatient Rehabilitative Therapy

Inpatient rehabilitative therapy allows patients to heal in a relaxing, safe environment. If an individual has multiple injuries trauma, surgical complications, or has suffered a stroke or heart attack, it's usually a good idea to seek inpatient rehabilitation rather than outpatient. This way, the patient and his or her team will focus entirely on their recovery, which will allow for the most beneficial therapy.

The importance of rehabilitating treatment options through Physical Therapy (PT) should not be overlooked. PT can help patients improve their overall physical health and well being in countless ways. Since every patient's needs are different, many therapies are adjusted to specific patient-centric approaches depending on their individual circumstances. Physical therapists work directly with your physician to evaluate, map out and report on your progress during treatment.

If you have limited functional mobility or musculoskeletal damage, your physician should recommend you for outpatient or inpatient physical therapy to minimize your pain, retrain your muscles, and get you back to the best state of recovery as possible. This includes your movement, correcting imbalance and perfecting your range of motion.

When individuals suffer from a stroke or are healing from a hip or knee replacement, or a fracture many times, it's fitting to seek medical rehabilitation before returning home. To help patients recover at a safer, more efficient, and at a functional rate, rehabilitation professionals offer support and specific programs geared towards your specific condition. Lutz Healthcare & Rehabilitation therapists have advanced training and experience in meeting the healthcare and emotional challenges of the senior adult.

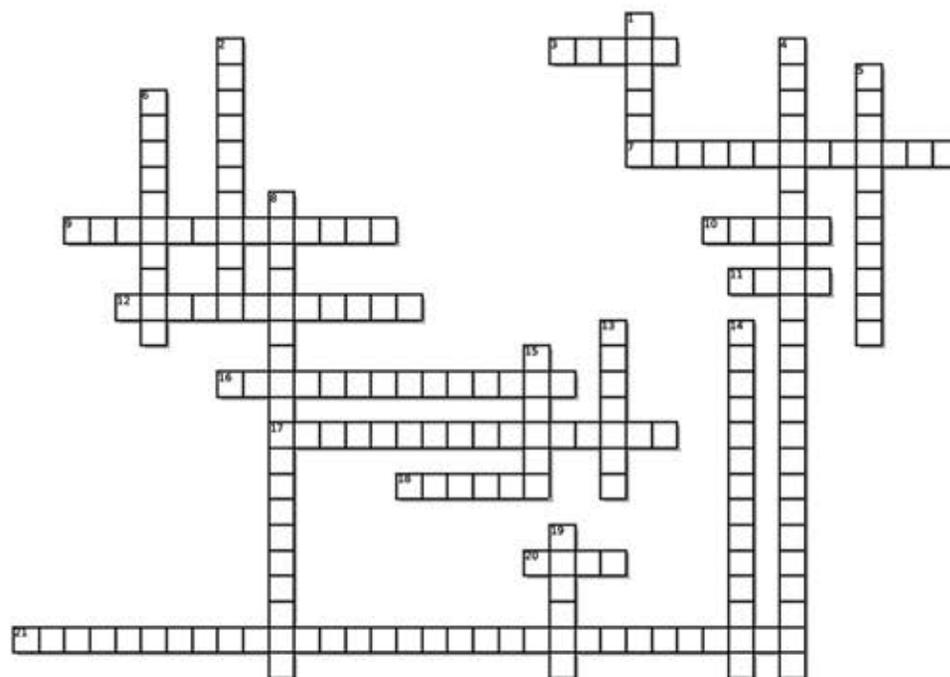
Their professional therapists and nurses provide skilled care in numerous areas; to name a few, stroke recovery, joint replacement therapy, arthritis management, neurological rehabilitation, vestibular balance therapy & fall management, diabetes management, back pain & spinal conditions, COPD management, and cardiac rehabilitation to name a few.

In addition to programs like speech and occupational therapy, physical therapy is a major contributor to getting patients back into their prior mobile or independent state. However, back pain, arthritis, vascular disorders, and numerous other conditions contribute to the fact that it's difficult for many individuals to exercise and to receive traditional physical therapy treatment. The importance of cardiovascular training, building muscle, strengthening bones, and increasing range-of-motion should never be overlooked.

Physical therapy achieved through exercise machines, walking, balance programs, stretching and many other forms of rehabilitation to get your body back into moving with fluidity, increasing a greater range of motion, improving your quality of life and achieving successful remediation of impairments

Lutz Healthcare & Rehabilitation Center serves your rehabilitation needs with state-of-the-art equipment and a fully trained, professional and courteous staff. At Lutz Healthcare & Rehabilitation Center, their specialty practitioners, therapists, nurses, and staff are focused on providing you with the skilled care and therapy you need to get you back to your highest level of function.

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ACROSS

- 3 H₂O
- 7 Old Wendy's slogan
- 9 weatherman Denis works here
- 10 rain or ____
- 11 not up
- 12 MPH
- 16 Rays play here
- 17 Florida slogan
- 18 Low impact exercising
- 20 Christmas ____
- 21 Inpatient rehabilitative therapy place

DOWN

- 1 one of the rainbow colors
- 2 New Year declarations
- 4 You're reading this
- 5 Sinatra nickname
- 6 Longtime local radio talk show host
- 8 UPS full name
- 13 Midwestern state
- 14 MC Hammer song
- 15 Anti gravity treadmill
- 19 Singer Bing



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813-751-0557
www.lutzrehab.com

If you or someone you know needs inpatient or outpatient rehabilitative therapy, please ask your practitioner for a referral to Lutz Healthcare & Rehabilitation, or contact them directly at (813) 751-0557.

What Parents & Students Are Saying About KnowledgePoints

Thank you KnowledgePoints,

This program is great! My daughter went from a 38 to an 82 in math in one marking period! - Ross T.

Amazing,

KnowledgePoints is a fantastic organization that values the education of its students greatly. My high school GPA was not great, and I was afraid that I would not get accepted to any of the universities that I applied to. My last hope was to perform well on the ACT. My previous composite score on the ACT was a 24, but with the help of the amazing teachers at KnowledgePoints I was able to achieve a composite score of 29. With this high score, I was accepted into both University of South Florida and Florida State University. The owner, Rocky Contreras, the Center Director, Randee Williams, and all the teachers who helped me were wonderful and kind people who made me feel comfortable being there. This organization helped save my future, and I am very thankful for that. I recommend KnowledgePoints to anyone who wants to ensure a successful education. - Dylan D.

KnowledgePoints is the tutoring and test preparatory leader in the industry because of their experience and their success rate. With numerous programs offered at levels to suit all ages and needs, KnowledgePoints understands that a "one-size-fits-all" approach is counterintuitive and that customizing each plan specific to the student is what sets them apart.

Offering tutoring and test preparations in reading, writing, study skills, phonics, elementary through high school math, algebra through calculus, chemistry and other sciences the KnowledgePoint's staff is trained on how to achieve the best results with students, using patience and an individualized approach to help that student build the skills they need to be successful. KnowledgePoints provides superior supplemental education services to benefit children, parents, and educators to help them achieve success in school and life in communities across the nation.

The KnowledgePoints Center Director of Land O' Lakes, Randee Williams has had a successful and varied career in both direct student instruction and education administration. Her personal experience with tutoring and how it helped her child's confidence speaks volumes about the importance of children believing in themselves. She says, "My son did poorly in middle school math and really hit the wall when he started high school. He was sinking fast, so I got him tutoring.



After two sessions, the tutor told me my son did not believe he could learn math because he thought his brain was wired differently than other students. Once the tutor was able to convince my son that he COULD learn math, he went on to do well in high school math. Several years later, when he graduated from college, his first job was a middle school math teacher! So, I know both personally and professionally that every student can be successful given the right encouragement and instruction."

Not every child is the same, nor should their tutoring be a one size fits all approach. With affordable tutoring and proven results, contact KnowledgePoints today to help your child succeed in school and in life with confidence.

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- Science
- Study Skills
- Writing
- Algebra
- Biology
- Calculus
- Chemistry
- Geometry
- Physics
- Trigonometry
- and more!

EXAM PREPARATION:

- SAT
- ACT
- SSAT
- ISEE
- GED
- ASVAB
- FSA

MORE TESTIMONIALS:

Thank you,

I just wanted to say Thanks so very much for your tutoring center. As you know my daughter was required to take the 8th grade FSA and by April 1 she only had 3 chapters. Well thanks to your great staff they worked at identifying what was needed. I am only happy to report that her score was 99%. This is very remarkable because this is the first time she scored higher on math than language arts and at one grade higher this is truly an accomplishment. - Lisa V.

It was great!

My experience with KnowledgePoints was nothing but amazing. I first visited the Land O' Lakes site for Alegbra 2 tutoring and later on I began taking their ACT prep classes. My math tutor was very sweet, and my grade improved greatly from the tutoring. My ACT prep classes were extremely helpful and proved very much worth it when I scored higher than I thought I would on the ACT. All of the tutors there are kind, considerate, and help students in every way they can. I always recommend KnowledgePoints to my friends and to anyone who needs their outstanding tutoring. With my high ACT score I can now apply to many colleges and have the ability to choose where I want to go, all thanks to their amazing services. - Hannah M.

To find out more about how KnowledgePoints can help you or your loved one, call them today at 813-909-0781, or visit their website at Landolakes.knowledgepoints.com.

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Gluten's Adverse Affects

Gluten sensitivity doesn't always include abdominal distress. It often causes adverse effects like fatigue, anemia, flu-like symptoms, Brain fog, skin issues, and aching joints. Many people with celiac disease or gluten sensitivity do not know if they have the disorder.

Gluten can cause intestinal disruption, which is known as leaky gut syndrome. Leaky Gut Syndrome's ability to dismantle the immune system and cause numerous illnesses and disorders is mainly due to the inflammatory response.

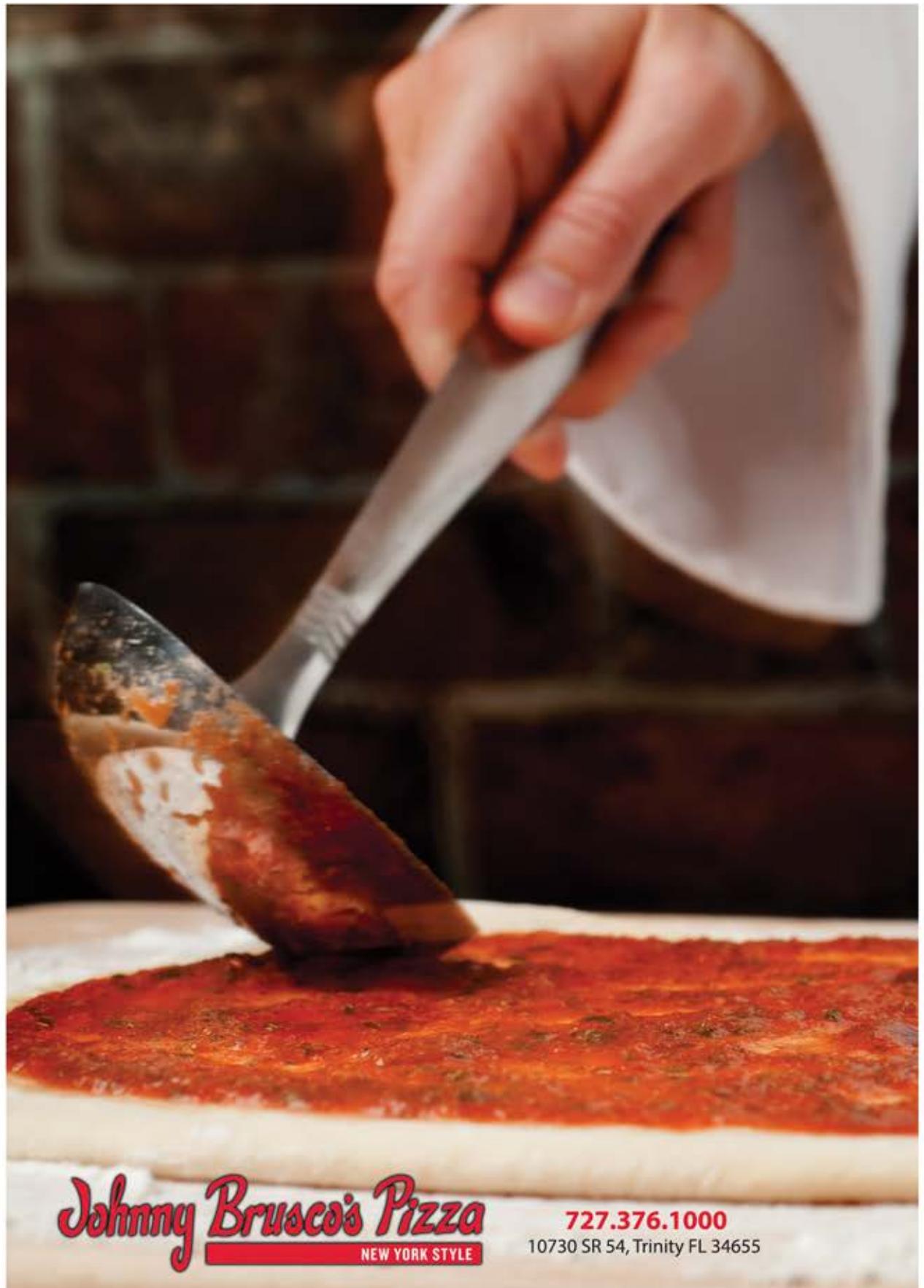
Leaky gut is nothing new. Decades ago, medical professionals referred to it as intestinal permeability and understood fractions of its ability to cause illnesses. The natural functioning of our intestinal wall is to allow nutrients to pass through, but with Leaky gut, large openings enable dangerous substances to enter the bloodstream.

Wheat has two protein compounds, which are gliadin and gluten. The gliadin is the main cause of intestinal perforations and inflammation throughout the body. When Gliadin enters the intestines, they escape into the bloodstream causing the body's immune response to go into overdrive. The body detects these gliadin proteins as foreign substances and tries to attack the proteins, which in turn can cause inflammation, autoimmune disorders, and many other dangerous side effects.

Brain disorders like autism, epilepsy, psychosis, and dementia can be exacerbated with gluten intake. Many people who alleviate gluten from their diet find remarkable improvement from these disorders and some are even free from these disorders altogether.

Not everyone needs to avoid gluten! Being able to enjoy a good slice of pizza, or a sandwich is important, but if you do have celiac disease or an autoimmune issue, or autism, it's helpful to try and avoid gluten. The good news is that now gluten-free options are becoming readily available.

Understanding the importance of gluten-free options, Johnny Brusco's Pizza offers a delicious gluten-free pizza. So now you don't have to miss out on family night, or the big game day food, because you too can conveniently enjoy pizza with the rest of the gang.



Johnny Brusco's Pizza
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Serious Concerns About Glaucoma & Vision Loss

Do you know that 3 million Americans are suffering from a dangerous eye disorder that can rob them of their sight and nearly 1.5 million of them **DO NOT EVEN KNOW THEY HAVE IT?** Glaucoma is referred as a “sneaky sight stealer” because, unfortunately, there are minimal symptoms associated with the disease and the miniscule indicators can cause up to 40% of permanent vision loss before the person notices any vision changes.

The optic nerve transmits images to the brain. When this nerve becomes damaged or diseased, it loses the ability to create images, and therefore, communication to the brain is lost. There are several types of glaucoma, but a buildup of pressure in the eye is the most common cause. This pressure is known as IOP, or intraocular pressure. Disease or damage triggers this pressure in the eye and injures the optic nerve. Once IOP compromises vision, it creates irreversible blindness. Glaucoma is the second leading cause of blindness and usually affects the elderly. It’s critical to see your eye doctor for routine checkups and regular eye examinations.

Recent studies are showing evidence that IOP is caused by neurodegenerative disorders, similar to what causes dementia and Parkinson’s disease.

There are treatment options to prevent further vision loss, but once the damage is done, there is no cure to bring your vision back. To help maintain sight, the standard treatments are medications, eye drops, laser and traditional surgery.



If you have been diagnosed with glaucoma, it’s imperative that you know there are alternative options.

Because of the neurodegenerative connection, medical marijuana can alleviate symptoms and add visual longevity in two unique ways. To explain in detail, the endocannabinoid system, which we naturally house in our bodies, regulates inflammation, neuroprotection, our immune systems, pain signaling and many other bodily functions and factors. Numerous cannabinoid receptors are located in the eyes. By naturally decreasing ocular pressure with medical marijuana and our ocular cannabis receptors, vision loss is remarkably delayed. The other benefit of medical marijuana is due to the natural neural protective properties of medical marijuana. By adding Medical marijuana therapy, you not only delay vision loss, but also manage the source of the root cause.

866-417-2002

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To find out more, please call 866-417-2002, or visit their website at **Omnidoctorsfl.com**

By adding medical marijuana to your current optical treatments, you will most likely increase the longevity of your optic nerve, retinal health, and sight protection longer than with just standard methods of care.

Medical marijuana is made up of THC, CBD, and terpenes. The CBD is known to bind to receptors and is thought to regenerate cells and brain function, while THC helps to relax and alleviate the physical symptoms of apprehension. There is a synergistic effect of these chemicals when taken together.

Omni Offers Medical Marijuana Genetic Testing

You must visit a Physician that is licensed to recommend medical marijuana. It’s crucial for patients to seek out a highly qualified physician. The physicians at **Omni Medical Services** are the best in class for recommending medical marijuana for treatment. Having the right doctor will make the difference and help you get your Florida certification, as well as getting you the proper dosages for optimal healing. Omni has over 7 years in the medical marijuana certification industry. In addition to Florida, Omni has offices in Michigan, Ohio, Illinois and Pennsylvania.

Omni has helped many patients that are suffering from cancer, the side effects of cancer treatment, and chronic pain to name a few. To find out more, please call 866-417-2002, or visit their website at **OmniMedicalFL.com**.

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Your Secret Weapon for the New Year

By Alex Anderson

In August of 1996, I was having breakfast with a pastor that I admired. He did not come from a privileged family, but his life was full of good things. He was very blessed in every way. He had started his church a year and a half earlier, and it was flourishing. He had a beautiful, healthy family. His finances were abundant. He was a VFR pilot and flew a twin engine Cessna to speaking engagements. There were many other things to admire about him as a person and as a Bible teacher.

As we talked that morning, I could not help myself, so I had to ask him how he had become so blessed. I had never met anyone, especially in ministry, quite as successful at such young age.

Here is what he shared.

He said that when he was a struggling student in school to become a minister, the president of the school had personally mentored him...then he stopped in the middle of his story, looked at me and said something that completely surprised me. "But the real key to my success is something the president gave me. That one thing changed everything in my life. And since you asked I'll give it to you if you'll follow me to my office." I eagerly finished my coffee, got into my car and hurried to his office. I don't believe in magic but I do believe that God wants to bless our lives. What my friend gave me has caused my life to be blessed in every sense of the word, and so I want to give it to you as Your Secret Weapon for the New Year.

My friend called it, "His Daily Agreement with God." It's not fancy and not even grammatically correct, but the effects are powerful and have changed the lives of many people I have shared it with since then. It's a prayer that when used with even a little bit of faith touches the heart of God and He responds to it. You read it out loud twice (morning and evening) a day to God. Due to the limits of space...here is an excerpt (it's about three pages long). I renamed it.



My Daily Agreement with God's Will for My Life
Father in heaven, thank you that you are establishing me in Christ Jesus. According to Philemon 1:6 – "that the confession of my faith may become effectual by my acknowledging every good thing which is in me in Christ Jesus.

20__ is the best year of my life and today will be the greatest day of my life so far. During this year I will grow abundantly in every area of my life: Spiritually, Mentally, Physically, Emotionally, Socially, and Financially.

I know my Heavenly Father's voice and will hear no other. I am in His perfect will for my life. I am diligent to do my Father's will and speak only that which is pleasing to Him. I am a yielded vessel.

You, Holy Spirit, are my friend and you give me the power to overcome the evil tendencies of my flesh so that I can submit to the Lordship of Jesus Christ in spirit and indeed.

No matter what the circumstance I have the mind of Christ and operate in His wisdom and ability and the peace of God keeps my heart and mind through Christ Jesus. I ask and receive grace daily to walk in holiness.

I don't have cares; I have cast them all on the Lord. Peace, righteousness, security, and triumph over opposition are my heritage from the Lord Jesus. In the middle of all my thoughts is your comfort that cheers me up and makes me full of joy and happiness. I am always a happy person. I rely on the Greater One who indwells me to equip me for the job God has called me to do.

Jesus has redeemed me from the curse of the law. Heavenly Father you are continually delivering me from the hands of my adversary.

Because I am always living with you as the Highest of all my thoughts, I will live in your favor. When I am in trouble I can call on You and You will give me Your immediate attention and come to my aid with honor and deliver me with dignity. My Father in Heaven blesses me to be a blessing.

I have the righteousness of Christ, and when God the Father looks at me He sees Jesus. Father God will never leave nor forsake me. This gives me the power to keep myself calm in the face of temptation and of adversity.

Bless me indeed. I ask that your hand would be with me. Deliver me from evil, both temptation, and harm. Lord, Help me to be a second mile Christian. Help me to remember that I am not my flesh, because of the beautiful Lord Jesus Christ who is in me Who is my hope of Glory...

Let me know what God does this year as you pray this prayer. For me, it's been quite amazing!

To your spiritual health,
Alex E. Anderson
 Senior Associate Pastor

P.S. HAPPY NEW!! If you want the complete copy of *My Daily Agreement with God's Will for My Life*, I would be glad to email it to you.

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