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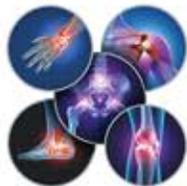
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CONTACT US

OWNER / ACCOUNT EXECUTIVE

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

CREATIVE DIRECTOR

SONNY GRENSING
sonny@gwhizmarketing.com

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Not all Imaging Centers are Equal: Making the Right Choice is Crucial

Choosing where a patient would prefer to go for their imaging needs, often gets overlooked. When a physician orders a diagnostic image like a CT, MRI or X-ray, electing an organization with the highest-level radiology team to accurately read and report your results to your referring physician is significant.

BayCare Imaging is a well-established imaging practice with board-certified radiologists that work very closely with referring doctors. Not all imaging centers are as up to date, accurate in diagnosis, or willing to invest in the latest, most, advanced technology as BayCare. Making sure your imaging center is one that offers fellowship-trained, onsite-radiologists who specialize in specific fields of interest (neurology, vascular, oncology, etc.) is essential to your diagnosis, health, outcome, and treatment options.

If you were referred to an orthopedic surgeon for a total hip replacement, researching and deciding on the most qualified physician would be of the utmost importance; so with radiology, it's just as imperative. This is especially the case if you are in need of a specific diagnosis such as a brain tumor, multiple sclerosis, or breast cancer just to name a few. When it comes to your health, inaccuracy or oversights are not an option. That is why choosing BayCare Imaging is highly-regarded and recommended by both patients and their doctors.

We caught up with **Todd Jones, Vice President of Ambulatory Experience and Operations at BayCare.**

Q: What sets BayCare Imaging apart from others?

A: BayCare Health System has 28 Imaging locations that are connected to 15 BayCare hospitals across the Tampa Bay area. We have a team of radiologists, technologists, administrators and team members who utilize the latest advanced imaging technology to help provide fast and accurate results.

BayCare offers a full range of diagnostic testing from digital x-ray, ultrasound, 3D mammography, CT, PET/CT and MRI testing to minimally invasive interventions such as imaging-guided biopsies, pain management, and vascular procedures, all performed on an outpatient basis.

All of our imaging locations are ACR (American College of Radiology) accredited. To achieve the ACR Gold Standard of Accreditation, our facilities' personnel qualifications, equipment requirements, quality assurance, and quality control procedures have gone through a rigorous review process and have met the highest level of imaging quality and patient safety standards.



Customer service and patient satisfaction are top priorities. BayCare Imaging consistently scores in the 90th percentile in patient satisfaction in the areas of friendliness of staff, skill of staff, and the likelihood to recommend or refer the facility or practitioner to others. Several locations achieved the 2018 Press Ganey Guardian of Excellence Award for reaching the 95th percentile ranking for patient satisfaction consistently over a one-year period.

Q: What advanced diagnostic technology does BayCare offer?

A: BayCare offers a full range of screening and diagnostic technology to serve the needs of our community:

- Digital x-ray
- Ultrasound
- DXA Bone Density Testing
- 3D Mammography (Screening and Diagnostic)
- MRI
- CT
- PET/CT
- Nuclear Medicine

Q: How are your radiologists trained and experienced in subspecialties and how does this affect the patient diagnosis?

A: All of our radiologists are board-certified. Many are also fellowship-trained in specialty areas such as breast, musculoskeletal, neurology, and vascular interventions.



Q: What important factors do you want patients to know when it relates to diagnostic imaging?

A: BayCare Imaging uses the most up-to-date, current technology. We're continuously upgrading our equipment to ensure we are offering the highest standard of care to our patients.

Our board-certified radiologists are always on-site. This gives our technologists who are performing exams direct access to the radiologists for consultation – to ensure we provide the best images possible for the most accurate diagnosis.

BayCare's imaging technologists are not only compassionate and caring; they are accredited in their field and participate in ongoing education, ensuring they are up-to-date in their specialty area.

Q: What else does BayCare Imaging offer?

A: BayCare Imaging offers online scheduling, same day appointment and walk-in availability for X-rays. We also contact the ordering physician with abnormal results. For example, for diagnostic mammography testing, patients know their result before they leave their appointment.

We provide 24-48-hour report turn-around for referring physicians. Test results are now digitally available to physicians through our physician's portal and to patients through BayCare's patient portal.

We have bilingual staff in many locations and have available interpretation services for any language. We accept most insurance including auto and workers compensation, and we participate with most HMO's & PPO's.

BayCare is a leading not-for-profit health care system that connects individuals and families to a wide range of services at 15 hospitals and hundreds of other convenient locations throughout the Tampa Bay and central Florida regions. Inpatient and outpatient services include acute care, primary care, imaging, laboratory, behavioral health, home care, and wellness. Our mission is to improve the health of all we serve through community-owned, health care services that set the standard for high-quality, compassionate care. For more information, visit www.BayCare.org.



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CROHN'S DISEASE CLINICAL TRIALS FOR ADVANCED TREATMENT OPTIONS

It's not uncommon to experience occasional diarrhea or constipation, but what if the symptoms come and go on a regular basis? Crohn's Disease (CD) is part of the inflammatory bowel disease (IBD) group. CD most commonly affects the top of the colon and the end of the small bowel, although it can also affect any area of the gastrointestinal tract.

Over 20% of the population has IBS (Irritable Bowel Syndrome), but that's not accounting for the nearly 3 million Americans that silently suffer from the symptoms of IBD and Crohn's disease.

Crohn's Disease Symptoms (can be mild to severe):

- Changes in bowel habits
- Bloating
- Gassiness
- Pain
- Constipation
- Persistent diarrhea
- Rectal bleeding
- Urgent need to move bowels
- Abdominal cramps and pain

Clinical Research of West Florida (CRWF) is a family owned, independent research organization founded

in 1995. The company has facilitated more than 1000 Phase I-IV research studies in various therapeutic areas. CRWF is dedicated to providing excellent patient care and their studies are conducted by board certified/eligible physicians and experienced, highly trained clinical staff.

Partnered with CRWF, local doctors are looking for individuals with Crohn's Disease to participate in a clinical research study evaluating a new investigational medication.

All clinical research sites are provided study-related medications and medical devices for trials. New study-related medications and devices are developed through well-established guidelines and regulations designed by the FDA to ensure their safety and effectiveness by the time they reach the public. Additionally, clinical sites are

required to report to the Institutional Review Board (IRB) that monitors the patient's experience throughout the study's trial period.

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Is My Rotator Cuff Tear the Cause of My Shoulder Pain?

By James Leiber, Regenexx, Sports Medicine, Stem Cell Therapy

What's causing your shoulder pain? Is it due to instability? Could it be a rotator cuff tear? A labral tear? Arthritis? Inflammation? Swelling? Bone edema? Tendinosis (tendon degeneration)? A pinched nerve? More and more studies continue to show that shoulder MRI results often cannot predict why the patient is experiencing pain.

This is the case for various body areas including the lumbar spine, knee, and certainly shoulder. The MRI can provide a lot of good information, but it has been repeatedly shown not to substitute for a thorough history, exam and a diagnostic ultrasound by the physician. This takes time and focus.

Although most patients and providers will blame the rotator cuff tear as the cause of pain, it is never a given that a rotator cuff tear is actually the source of the pain. In fact, the studies we will cover in this article show that it is often inaccurate to assume that a rotator cuff tear is what is causing your shoulder pain despite what is seen on an MRI. Let's dive a bit deeper into rotator cuff tears, surgery, and determining the cause of your shoulder pain.

What is a Rotator Cuff Tear?

The rotator cuff is a complex series of muscles and tendons that surround the shoulder and help lift the arm and stabilize the shoulder joint. A rotator cuff tear is simply a tear in the tendon usually close to where it attaches to the bone. While some rotator cuff tears result from trauma, the vast majority happen from wear and tear as we age- this is referred to as a degenerative tear.

The most common cause of a rotator cuff tear is simply a slightly more demanding movement than usual. How might this happen? It has been known for a considerable amount of time that the rotator cuff does not have a great blood supply which makes it harder for the body to heal an injury in that area.



So, what is the problem? It is likely to be a lack of healthy progenitor cells and stem cells to repair the damage as it occurs over time, and at some point with little provocation, the unhealthy tissue simply fails and a tear occurs.

What Happens During Rotator Cuff Surgery?

Rotator cuff surgery involves cutting into the shoulder and stitching the tear back together. Recovery time from surgery can be lengthy and there is a good amount of research showing that this surgery is often ineffective for many types of rotator cuff tears. The tissue is often too weak to stay together with a stitch.

In larger tears, approximately 6 in 10 do not heal properly, even with surgery. For patients over 60, shoulder surgery recovery is even more difficult, with 1 in 3 rotator cuff tears not healing.

It is also notable that a good number of surgical patients never return to their full range of motion following surgery and pain can linger. Additionally, many studies show that shoulder pain prior to surgery actually has little to no correlation with the rotator cuff tear or the severity of the tear. So, what is causing the pain?

Shoulder Pain and Inflammation

One study performed in Japan analyzed joint fluid obtained from 38 patients before and after orthopedic rotator cuff surgery for various chemical messenger molecules (cytokines). These cytokines work for the immune system and call our immune cells into action when there is inflammation, infection, or trauma.

Imagine that our immune cells are like firefighters, always ready and waiting. The firefighters might be at the station cleaning trucks, training, or stocking their equipment, but when that alarm sounds, they jump into action and race to the fire. For us, that alarm is our cytokines, and when it sounds, our immune cells race straight to the inflammatory fire as our first responders.

Interestingly enough, the study that we referenced earlier concluded that larger rotator cuff tears were associated with less pain and that more pain was accurately predicted by more IL-8 (interleukin 8) in the joint fluid. IL-8 is an inflammatory cytokine or an alarm sounding when inflammation is present. The pain that was studied in this study was due to the inflammation and not the tear itself.

Another study states that "the prevalence of full-thickness rotator cuff tears increases with age [and] many patients are asymptomatic and may not require surgical repair." Even while there was pain present, the study concluded that physical therapy rather than surgery should be sufficient to address the symptoms in most cases.

Does Rotator Cuff Repair Surgery Fix Pain?

Unfortunately, the answer is no. One study proved this disappointing result that rotator cuff repair does not fix pain or function in the shoulder. This should be eyeopening for patients, whose primary goal for undergoing a rotator cuff repair is to reduce or eliminate their pain. There are countless studies showing that shoulder pain is often not due to the presence of

a rotator cuff tear. If a surgeon repairs a tear in your rotator cuff to eliminate your pain, but your tear is not the actual source of your pain, why was it necessary to have the surgery? It may be that the tear caused inflammation which thereby causes the pain. Sewing up the tear may not get rid of the inflammation.

Why not use Cortisone or Anti-inflammatories to get rid of Inflammation?

The problem is that cortisone gets rid of inflammation at a cost. The tissue gets even weaker and unhealthier. The local stem cells are damaged or killed leaving the tissue in worse condition than it already was in. If someone receives a cortisone injection within a year of a rotator cuff repair, it is more likely to fail and need a revision.

In regards to NSAIDS, aside from the myriad of systemic problems they can cause (gastrointestinal bleeding, kidney damage, stroke and heart attack to name a few), they also have been shown to inhibit tendon healing and in Regenexx's laboratory, they have been shown to negatively impact stem cells.

The Best Alternative

If the reason that the rotator cuff fails in the first place is a lack of local stem cells, doesn't it make logical sense that replacing those cells is critical to get the structure as healthy as possible?

What if you could avoid rotator cuff surgery and have a much quicker recovery? Well, for about 70-80% of rotator cuff tears, you can. We have pioneered a procedure to do just that over the last 14 years that includes an ultra-precise injection of your own stem cells under image guidance using a patented protocol.

Rotator cuff tears are one of the most commonly treated conditions at Regenexx Tampa Bay, and we consistently see successful outcomes in these patients. With that said, while most tears will heal with just a precise injection, there are a few massive tears that are unlikely to be helped without surgery. Keep in mind that even after surgery to repair a massively damaged rotator cuff, stem cell injections may assist in the healing and improvement of the tissue. For example, one study showed that using stem cells after surgery reduced the retear rate by half.

The Regenexx procedure addresses more than just the rotator cuff tear. Precise injections of the surrounding ligaments improve stability, injections of the

other nontorn rotator cuff tendons and biceps tendons improve their strength and function, injections of the labral tissue, when there is evidence of damage, strengthens that tissue and injections of the joint and cartilage can improve any arthritis that is present.

In some cases, when there is edema (swelling) in the bone itself seen on MRI (which represents small microfractures), injections will help heal the bone. There may even be a component of a pinched nerve in the neck that is contributing to the pain and accelerated degeneration of the tissue in the shoulder. In these cases, platelet lysate injections around the nerve (epidurals) can help as well.

Following the procedure, skilled physical therapy will likely be recommended. For our patients in the

Tampa Bay region, we recommend physical therapy at our Tampa location with EXOS. As you can see, this is a comprehensive plan to get you back to the activities you love to do.

Whether you've had surgery to repair your rotator cuff or not, Regenexx may be able to help you with your shoulder pain. Contact us today to find out how.



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ABOUT US



Dr. James Leiber

James Leiber, DO, is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

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

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

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

The other physicians at Regenexx Tampa Bay are:



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



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



Michael Amoroso, M.D. is Board Certified by the American Board of Anesthesiology and the American Board of Pain Medicine. He has been a long-time runner and brings a vast amount of experience to his role at Regenexx Tampa Bay. Dr. Amoroso travels frequently back to his home in New Jersey to visit his children and small grandchildren.

Is Your High Cholesterol Genetic?

What if high cholesterol was an inherited condition? What would your treatment options be and what would be the best way to lower your cholesterol? Many healthcare providers are beginning to see that cholesterol has a lot to do with genetics and there is debatable information on the proper way to treat it.

What is Cholesterol?

Cholesterol is a natural substance that the body produces through the liver. It's waxy and circulates through the bloodstream, feeding the heart and brain. But when cholesterol is derived from foods like saturated fats and trans fats, the body overproduces LDL, which is the "bad" cholesterol.

HDL is the "good" cholesterol our bodies crave. Without HDL, our brains would not function properly, and we would suffer from other bodily disorders, like heart attacks and strokes. HDL helps to remove the bad cholesterol (LDL) from the body. High levels of LDL may also adversely affect overall health by causing atherosclerosis (plaque in the arteries), cardiovascular disease and other disorders.

Cholesterol Numbers

Your total cholesterol is made up of both LDL and HDL numbers. Your family doctor may order tests in order to check your numbers. The healthiest combination of both types of cholesterol measures HDL, good cholesterol, around 40, and LDL, bad cholesterol, around 100.

Risk Factors

Cholesterol, along with triglycerides in the blood, can form atherosclerosis, which as previously mentioned is the plaque that builds up in the arteries. Excessive plaque can increase the chances of a coronary heart attack, heart disease, stroke and other related issues. Triglycerides are the fat that is stored in the bloodstream from the excess fat in our diets. Triglycerides combine with the high LDL level and create harmful plaque build-up. Family history may also play a larger role in your cholesterol numbers than previously believed.



Diet & Exercise

Because high levels of LDL and triglycerides are both associated with food intake and the body's inability to burn fat, adopting healthier habits can help lower cholesterol naturally.

- Eat a healthy diet
- Quit smoking (contributes to atherosclerosis)
- Start a regular exercise program
- Cut back on alcohol and processed foods

Incorporate Healthy Foods and Nutrients in Your Diet

A significant contributor to successfully lowering LDL is the addition of soluble fiber, omega-3 fatty acids, mono-saturated fatty acids (MUFAs), powerful antioxidants and lutein, to your diet. However, in order to see the benefit of ultimately lowering bad cholesterol, an overall healthy diet must be maintained. This includes decreasing, and in some cases, completely eliminating processed foods from your diet. Cholesterol lowering foods can drop your bad cholesterol levels by 5-10% within a few weeks; your cardiologist can speak with you about a personalized dietary plan.

Medications

The most common cholesterol lowering drugs are statins. In recent years there have been other medication developments that may help

to lower your total cholesterol levels. However, there is still concern over the medications effect on the overall wellbeing of the body and brain. Your treatment options could be different if your high lipid count is due to heredity.

Do you Want to Know if Your High Cholesterol is Genetic?

Genex Health is a progressive genetic testing organization. Their mission is to ensure everyone has affordable access to Genetic Screening services. Whether young or old, rich, poor or somewhere in between, Genex Health believes that Genetic Screening should be accessible to everyone, and they are determined to make that happen!

Genex Health's partner laboratories' methods and testing procedures are based upon scientific facts and values through which extensive research and data analysis are collected and measured. Such testing procedures set their partner laboratories apart from other less meticulous laboratories.

Genex Health's partner laboratories are committed to adhering to the highest analytical standards in the industry, with rapid turnaround times, allowing for prompt informed decisions about treatment.

Instead of being reactive to a late-stage diagnosis, take the step into the future of medicine. Get genetic DNA testing—it could save your life.

Please call (727) 373-8210 to speak with Intake Specialist, Jessica Azarelo at Genex Health to schedule your screening today. To find out more, please visit genex.com.



www.genex.com

Contact intake specialist

Jessica Azarelo

727-373-8210



Weight Loss With OBALON:

An Advanced Non-Surgical Balloon Procedure

By Kriston J. Kent, M.D.

Losing weight can save your life. Aside from the individuals that need to lose a few superficial pounds to feel more confident, the critical importance of weight loss are for people that qualify as obese. Obesity is much more common, and unfortunately, much more dangerous than most of us would like to believe. Although some risk factors for obesity are physically calculable, others are established by physical symptoms affecting your health.

Contributing health issues and disorders are as follows:

- Arthritis
- Coronary heart disease
- Diabetes
- High cholesterol
- Hypertension (high blood pressure)
- Sleep apnea
- Stroke
- Vascular disease

Losing weight is an understandable solution, but it's often not without challenges. Obviously, we need to diet and exercise, but for individuals that are obese, this is much harder to achieve and maintain than it is for those at a healthy weight. When diets and exercise alone fail, a non-invasive, balloon procedure, called **Obalon** can get you to your weight loss goals in a short period of time.

Holcomb – Kreithen Plastic Surgery and MedSpa offer this advanced treatment option. In their office, qualified patients swallow a capsule approximately the size of a vitamin pill, attached to a micro-catheter. Using an X-ray, Dr. Kent confirms that the capsule is safely in your stomach. As the capsule dissolves, the balloon is inflated with gas. The micro-catheter is removed quickly and smoothly. With your physician's OK, you're all set and can go back to your daily activities.¹

The Obalon Balloon System is the FIRST and ONLY swallowable, FDA-approved balloon system for weight loss. The non-surgical treatment should consist of 3 lightweight balloons, placed gradually over 3 months. The balloons occupy space in your stomach, so you eat less, making weight loss easier. You should expect the Obalon System to be accompanied by a professionally-supervised diet and exercise program. The Obalon Balloon System is a 6-month treatment.²



During treatment, you will receive professional nutrition and exercise support to help you make the lifestyle changes that facilitate weight loss. The Obalon Balloon System supports you to help change your eating habits and keep the weight off for the long-term.²

The Obalon Balloon System can assist with your weight loss efforts, but your weight loss success is also dependent on your readiness to develop new lifestyle skills. The degree of long-term weight loss will depend on your ability to modify your lifestyle and maintain this behavior after the balloons are removed. It is important that you discuss your willingness to accept this commitment with your physician before undergoing the Obalon Balloon System.²

You are a candidate for the Obalon Balloon System if you have a body mass index (BMI) from 30 to 40 kg/m² and are 22 years or older. The program begins with the placement of the Obalon Balloons in your stomach for up to six months.

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One South School Avenue, Suite 800, Sarasota, FL 34237

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The program should be accompanied with a **healthy diet and exercise program** during the time you have the balloons and is recommended for six months after the balloons are removed.²

As a leader in the industry, Holcomb – Kreithen Plastic Surgery and MedSpa always offers the latest technology in skin tightening and fat reduction. By combining their pain-free fat reduction technique that uses radiofrequency heat to help eliminate fat cells, and procedures that tighten loose skin, and promotes healthy collagen production, you will receive remarkable contouring and skin tightening results.

Holcomb – Kreithen Plastic Surgery & Medspa

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. Furthermore, Dr. Kent obtained a Master's in Public Health in Lifestyle Medicine from the prestigious Loma Linda University in 2010 and in 2012, he refined his approach to wellness with rotations at the Institute of Lifestyle Medicine at Harvard and the Center for Lifestyle Medicine in St. Helena, California. Dr. Kent brings a wealth of knowledge and experience in aesthetics industry to beautiful Carrollwood Florida.

Holcomb – Kreithen Plastic Surgery and MedSpa 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.

Please call them today to schedule your appointment.

References:

1. *Obalon Therapeutics, About Obalon, Let's Break Down The Treatment.* obalon.com, 2019
2. *Obalon Therapeutics, About Obalon, What is the Obalon Balloon System?* obalon.com, 2019

Does Home Health Care Really Help?

Aging can be challenging not only relating to our health but also our ability to perform daily tasks and to live the life we deserve. When we're younger, we often take for granted the ability to easily button a shirt without arthritic fingers or the capacity to walk safely from the bathroom to the living room without tripping over an area rug and getting hurt.

As these daily tasks become increasingly more difficult, many seniors find themselves wondering if a home health service is right for them, and what they actually do to help. With so many different companies in the home health arena, it's important to differentiate services and provision of care.

Companion Care provides services help with daily tasks, like cooking, washing laundry, and vacuuming the floor. For some seniors, that kind of help is all they need.

But for seniors with more complex needs, there's another option: skilled home health care.

What does "skilled" home health mean?

Skilled home health services are provided by medical professionals, including home health aides, nurses or therapists, and are based on an order from a physician. These services could include a therapy, such as physical, speech or occupational. It could include medication management, meaning a nurse can help to make sure you are taking the right prescription, at the right time, with the right food or other medications.

An expert team of interdisciplinary professionals encompass the skilled home health model. Regular visits to monitor patients' medical conditions and treatments benefit recipients of care. For example, individuals with COPD often have incidents of fluid build-up, which can make it difficult for them to breathe, and often feel the need to call 911. With skilled home health, the team of nurses can prevent readmissions to the hospital by several means. The medical team can prescribe medications to block fluid build-up, have a daily vital reading monitored by a home health program, and have specialists help with understanding nutrition, and how to keep calm and learn to breathe more functionally through the episodes.



Skilled nursing services at home means you can stay where you are most comfortable.

AARP reports that 89% of the aging population of patients want to remain in their home. It's important for individuals to maintain their independence even though they may require some form of temporary assistance. That's where Home Health Care medical professionals can help patients and their loved ones feel secure knowing that they're medical needs are being met in the comfort of their own home.

In Pasco County, Gulfside Home Health is now offering skilled nursing services, and more.

Skilled home health services from Gulfside Home Health is aimed at helping those in need of skilled nursing services, as well as those needing rehab to recover from a surgery, injury or illness, all in the comfort of home. This can include physical therapy following a knee or hip replacement, speech therapy following a stroke, or occupational therapy to help with arthritis.

For the patient, receiving skilled therapies at home means you can get back to the things you love doing faster and learn new ways to keep your independence. For the caregiver, it means getting the help you need and finding solutions that fit both of your lifestyles.

Gulfside Home Health Services

- Skilled nursing services
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Home rehabilitation services
- Nursing assessment at each home visit to monitor and manage progress

If you believe you could benefit from Gulfside Home Health's services, talk to your primary care physician about a referral for evaluation. For more information about Gulfside Home Health's services, or if you have any questions, please call 813-501-8244 or email info@gulfside.org.



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PAINFUL DISC HERNIATIONS:

Alternative Treatment Options to Get you Back to Living the Quality of Life You Need

Approximately 3 million people each year are diagnosed with disc herniations. When the inside of the spinal disk, which is a soft gel-like substance called nucleus pushes through the vertebrae, this is known as disc herniation. It causes the disc to seep through a crack in the bony exterior (annulus). In many cases, herniated discs permeate pain in the arms and legs due to irritation of nearby nerves and can be quite debilitating.

DISC HERNIATIONS—MINIMALLY INVASIVE TREATMENT OPTIONS:

Diskom

The Diskom procedure relieves pressure on both spinal cord and nerve roots by removing the (gel-like) disc herniation through an advanced process. It's done under fluoroscopy through an access needle with a small hand-held device. This technique provides fast healing and rehabilitation, the procedure is short (15 minutes), and it is able to treat thoracolumbar and cervical spine herniations.

HydroCision

The HydroCision System has several device options that permit a safe and predictable minimally invasive approach for disc decompression procedures. The HydroCision devices are specifically designed to deliver a nonthermal stream of saline at controlled velocities to remove the disc nucleus while sparing the outer annulus and vertebral endplates.

HydroCision decompresses herniated discs, and surgeons can control how much of the nucleus they remove. The nonthermal element eliminates the risk of soft tissue damage. This procedure reduces herniations from occurring again.



There are other minimally invasive treatment options and regenerative methods for the treatment of herniated discs or other spinal conditions that may be causing you pain and limited mobility. Although surgery is critical in certain situations, finding alternative methods to treat the underlying condition is always the first step. **The National Institute of Pain** is a state-of-the-art facility that specializes in the treatment of spine and orthopedic conditions, as well as acute and chronic pain management. They provide the utmost quality of care for patients to address the problem directly, and if needed, provide for their pain management needs.

The National Institute for Pain

(813) 264-PAIN (7246)
www.nationalinstituteofpain.org

Sunil J. Panchal, MD

The National Institute for Pain



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, **Sunil J. Panchal, MD**, is a board-certified interventional pain/ minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as co-director of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuromodulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook *Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches* (2013). Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. 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 spine, joint, and nerve injuries. They have many alternatives to help you with your personalized treatment needs. Please visit their website at www.nationalinstituteofpain.org, or call them at (813) 264-PAIN (7246).



MEN'S HEALTH MONTH:

How Intimacy Plays a Role in Your Wellbeing

BY DR. ROBERT LUPO, D.C.

Most men are known to put off going to the doctor; however, going to a medical provider is crucial for prevention, early diagnosis, successful treatment outcomes, and quality of life. We've all heard the statistics that heart disease, lung and prostate cancer are men's most common disease states, and if not treated, causes of death, but we hear very little about the way sexual dysfunction can contribute to their health conditions.

In the case of erectile dysfunction, a recent article published in Psychology Today states the following: "Psychological: **Depression, anger, anxiety, low self-esteem, sexual self-doubt, and poor body image** can all interfere with erectile ability, as well as general enjoyment of sex. Of course, erectile difficulties can also cause or worsen all of these. For some men (and their partners), one random bout of erectile difficulty can cause a downward spiral of performance anxiety, where every time after they worry about their ability to get an erection which then undermines their ability to get one, which reinforces that worry, etc.

Relationship: Other relationship or sexual issues can impact a man's ability to get an erection. Once erectile difficulties begin, they can obviously also impact the other partner and can elicit many feelings, thoughts, and reactions. It is easy for both partners to get over-focused on the current state of the erection, which makes sex much less enjoyable for both and thereby makes erections even more elusive."¹

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.

1. Tuckman, Ari., PsyD, CST "Erectile Disorder: Not the End of the World." Psychology Today, May 04, 2017, psychologytoday.com



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

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

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!

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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Your Home is Your Castle, Protect it Like One

Know they say time flies when you get older - but really, where has this year gone? We are already well into May with another hurricane season upon us. Hurricane season officially begins June 1st and continues until November 30th. And it's never too early to prepare.

The 2017 hurricane season has been labeled 'hyperactive and catastrophic' by Wikipedia and, they reference the 2018 hurricane season as 'above-average and damaging.' So, what could be in store for 2019? Thankfully, predictions made by Colorado State University's Tropical Meteorology Project suggest that we will have an average or below average hurricane season.

Nevertheless, we live in a hurricane-prone region, which requires certain precautions to protect our homes and ourselves.

Being a Texas girl, I had become accustomed to the dangers related to tornadoes, but my first experience with a hurricane was Irma in 2017. The devastation Irma caused followed closely by hurricane Maria taught me many things about hurricanes in somewhat of a 'crash course.' I was lucky; the worse thing I had to deal with was a weeklong power outage. Many others suffered far worse.

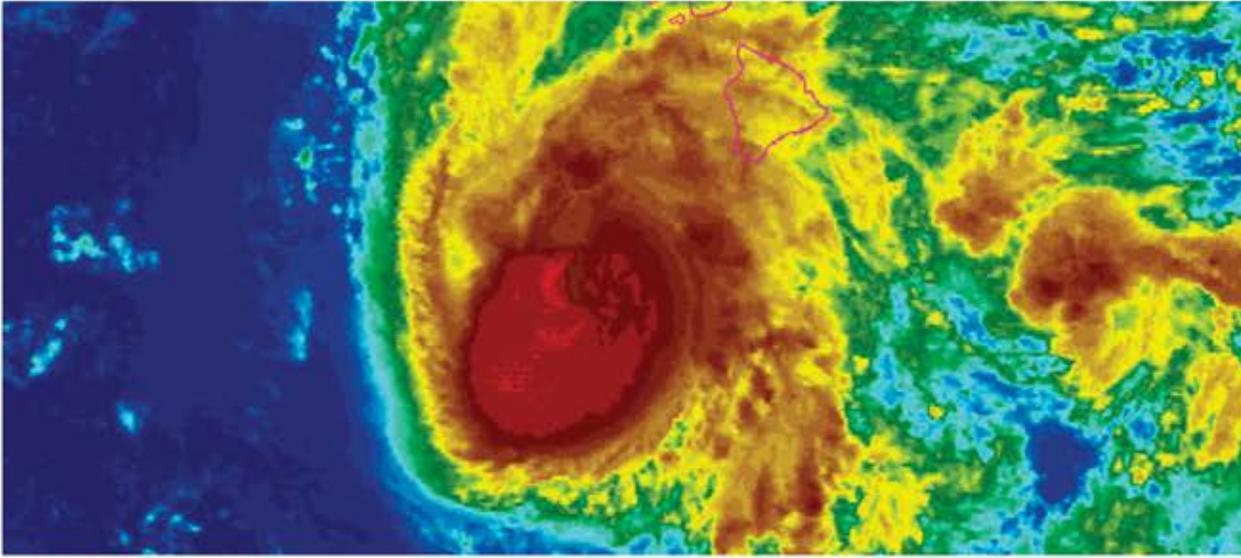
Hurricane Preparedness

There are many 'Hurricane Safety Checklists' available. I found a checklist on the Red Cross website that is very detailed. Checklists tend to outline how you should prepare once a storm is headed your way. But what can we do in advance, far before the storm track is determined, to prepare our homes and ourselves?

I think many of us suffer from the 'It won't happen to me,' syndrome. Luckily, this is mostly true but it's still not a fair gamble when the two most important things are at stake: life and home.

Beyond the normal batteries and extra water checklist, let's concentrate on fortifying your home against the power of a hurricane.





Fortifying Your Home **Roof Straps and Clips**

After Hurricane Andrew hit Florida in 1992, many in the home industry had to think about building codes and how to better protect the public. High Wind Standards were introduced in 1995, but it wasn't until 2002 when Florida's system was effective. By 2004 the International Building Code was in effect in Florida with some Florida specific aspects.

Based on the general life of a roof - most roofs that were put on a home prior to 2002 have been replaced, but that doesn't necessarily mean your current roof has the protection it needs. Hurricane straps and clips that have been installed by way of retrofitting may not be installed correctly, leaving a homeowner with a false sense of security regarding their roof. Thankfully, insurance companies recognize the increased safety and durability that a properly secured roof provides and therefore offer attractive discounts on homeowner's insurance for properly installed or retrofitted roofs. You can call virtually any Licensed Home Inspector in the State of Florida and request a Wind Mitigation Certification on your roof, which might save you money, or even better, save your roof!

Hurricane Shutters

I still remember what I was thinking when I first saw a truly fortified home here in Florida. With the push of a button, giant panels rolled down to cover the floor to ceiling windows of the home. I remember thinking how unattractive the roll-down shutters were. Flash forward to

2017 (seven years later) and I would have done just about anything to have those shutters on my own home. When you are during a storm, the idea of something crashing through your windows is beyond scary.

Not long ago, Florida building codes came to the rescue once again and required hurricane shutters for all new construction homes. But if you haven't purchased a home built after 2012, you likely don't have this protection. Instead, you are left battling the throngs of people trying to get into the local home improvement store to buy up plywood to hammer into the side of their house. There are several different levels of protection that can be added to any home: hurricane screens, hurricane panels, and hurricane shutters. Again, insurance companies respect the investment for these items and reflect it in attractive insurance discounts.

Oh No! The Waste Won't Flow!

Hurricanes are accompanied by enormous amounts of rain. There are many issues Central Floridians face about heavy rain. One issue is the effect of heavy downpours on septic systems. I can't imagine anything worse to deal with than a backed up septic system in the middle of a hurricane. Make sure your septic system is equipped with a backwater valve which will stop any sewage from backing up into your home. Prior to the hurricane season, it may be a good idea to have your septic system pumped and inspected. You can always add a backwater valve if you don't already have one. A licensed plumber typically does this.

All I want for Christmas is a Generator! Hard-Lined that is!

As I suffered for days on end without electricity, all I could hear was the steady drone of my neighbor's generator. I had neighbor envy - bad. I sat in the dark, imagining them in front of their TV with popcorn and cold sodas.

Generators are available for every budget. The most common generator is a gas-powered one that sits outside with extension cords running into the house to keep the most important items running. Most people use them to power up refrigerators or other smaller appliances. Sometimes there are greater risks involved with the loss of power that a standard generator simply cannot maintain. For those of us who use well water - the well pump is a terrible thing to be without. Hard-Lined generator systems are a large, yet important investment. Costs for a whole house back-up system can range from \$9000 to \$15,000 (higher if you have more than one AC unit) according to Eau Gallie Electric. They go on to say, "If your home has natural gas, you will probably be at the lower end of the spectrum. If you require a propane tank, you will be at the higher end of the cost spectrum depending on how much run time you need (which determines the size of propane tank you need and the cost to initially fill it.)"

Your Investments and Resale

All the items I have mentioned in this article provide a nice return on investment if/when you choose to sell your home. Be sure to keep records on when, how and who installed the item and keep up with any warranties that come with the item.



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What You Should KNOW About How STRESS Affects the Heart

Some individuals have a difficult time finding ways to manage stress. The intriguing anatomy and process of our brains help us to better understand the production of fear, anxiety, worry and the decision to take flight or to fight. There are neurotransmitters throughout the entire body that send signals to the brain, alerting you instantaneously of real or perceived danger. Anxiety is 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.

Stress and Anxiety both play a role in pre and post-heart attacks. For example, stress can lead to high blood pressure, arterial damage and a weakened immune system, which can exacerbate a myocardial infarction. For those individuals that have suffered a heart attack or those that have undergone heart procedures, depression can linger for weeks following their episode. If the condition is not dealt with, it can lead to chronic depression, which will hinder healing and may because additional health issues to arise.

Men and Women can be treated most successfully if heart conditions are caught early. However, there are many options to treat advanced heart disease as well which include medications and procedures. Additionally, finding ways to manage stress, keeping weight down with a healthy diet, keeping the heart muscle strong and oxygen-rich blood flowing through cardiovascular exercise are helpful, along with medications like ACE inhibitors, alpha-beta blockers, and cholesterol-lipid lowering drugs. In certain situations, stents, angioplasty, bypass grafts, and other procedures may be necessary.

Along with these measures, there are specific diagnostic screenings that your cardiologist can provide to decipher how healthy your heart and arteries are; these include blood tests, stress tests, EKG's, echocardiograms, holter monitors, vascular ultrasounds, and scans.



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

The Department of Cardiology & HeartCare at Florida Medical Clinic has an experienced team of cardiologists to provide comprehensive outpatient diagnostic services in multiple convenient locations. Their non-invasive diagnostic laboratories have been accredited by ICANL and ICAEL.

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- Pacemaker & ICD Clinic
- Pulmonary Hypertension
- Anticoagulation Clinic
- Abdominal Aortic Aneurysm
- High-Risk Coronary Interventions
- Structural Heart Disease Aortic Stenosis
- Congestive Heart Failure
- Structural Heart Disease
- Peripheral Vascular Diseases
- Device Implantation

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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Men's Health Month:

How Men & Women Affect Each Other's Sexual Health

When it comes to men's health, we typically discuss conditions like heart disease and prostate cancer, but there is one issue that gets put on the back burner and chalked up to a "normal" issue more often than not. Sexual dysfunction in relationship causes men and women a great deal of anxiety, stress and depression, low self-esteem, and sexual self-doubt.

The issue that Dr. Parveen Vahora sees with many men and women is that the aging process takes a toll on their bodies, which can lead to less than stellar pleasurable moments with their significant other. In relationships, sexual intimacy is a common issue that many couples suffer with, and they often do so silently, without much dialogue or solution, which can exacerbate other problems and cause a great deal of tension on the relationship. Sexual disorders can happen to both men and women. For women, it's often due to vaginal and vulvar atrophy (VVA), and for men, of course, it's often associated with erectile dysfunction (ED). However, both conditions affect their partner's psychological wellbeing, just as much as it does with the one with the disorder.

There are three important questions that men & women should ask themselves:

1. Are you getting an ideal amount of sex?
2. Is it fulfilling?
3. Is your partner's (or yours if female) discomfort causing you less pleasure?
4. Do you want more pleasurable experiences more often?

As a woman, are you suffering from painful intercourse? If you are, your partner probably suffers too. Who doesn't want to feel better about their sexual health and confidence? But for countless women, they suffer from VVA, which causes significant pain and discomfort.

What is VVA?

Due to the limited estrogen supply, the walls of the vagina start to thin out, causing dryness, burning, and inflammation. This can make intercourse very painful and can cause urinary disorders and can even interfere with daily activities for many women due to the extreme pain and discomfort that it can cause.

Many women try to hide their condition from their partner, or just suffer in silence because they believe it's "normal" for them, but that couldn't be further from the truth.



Numerous postmenopausal women, pre-menopausal and after giving childbirth, have vaginal disorders, pain, and issues that they often times withhold and keep to themselves. They think that it's just a normal part of the hormonal process, but there are many options to relieve vaginal and vulvar atrophy. VVA disrupts your sex life!

Would you like to turn back the clock to when you first met?

Mona Lisa Touch® is an advanced procedure that revitalizes the vagina and makes it feel like a younger vagina. For countless women and their partners, it has turned back the clock of time. This advanced technology is a new laser therapy for the vagina and vulvar. There are no medications, not cutting and no lengthy healing times with this procedure.

It's similar to having a basic Pap smear test done. The laser does not hurt or cause any pain. You will only feel tiny vibrating sensations from the machine, and the best part is that the entire procedure is accomplished in an outpatient, office setting.

The laser assists with the body's cell renewal and will regenerate the mucous membrane and help with the restoration of collagen and renewing the proper trophic balance to the membrane.

Now it's possible to have relief from vaginal and vulvar atrophy due to the MonaLisa Touch's® ability to gently improve the tissue of the vaginal mucosa. The laser stimulates the production of collagen, improving the functionality of the treated area and restoring the proper trophic balance to the mucous membrane.

Dr. Vahora is helping one woman at a time to experience better intimacy!

For BOTH Men And Women,
The Procedure Can Be Exactly
What Your Relationship Has Been
Missing For Years.

Parveen Vahora, M.D.

A Board Certified, fellowship trained laparoscopic gynecological surgeon, Dr. Vahora sees patients in her private practice in Trinity, Florida. She is an expert on sexual health and intimacy. In addition to being the only practitioner in the area to offer the MonaLisa Touch® Laser, Dr. Vahora performed the first single-site robotic hysterectomy in North Pinellas County. She is highly trained in minimally invasive procedures for conditions such as pelvic pain and is able to conduct sophisticated genetic testing.



Dr. Vahora is now offering genetic testing for men who may have personal or family history of colon, stomach, prostate, stomach cancer, or for women with a family history of breast, ovarian or uterine cancer.

The genetic testing may be free if patient qualifies even if they don't have insurance.

Don't just live with your disorder, get the relief and new beginning that you are worthy of. Connie, ARNP and Dr. Vahora can address many issues such as hormonal imbalance, hormone therapy, atrophy, pain with intimacy and many others that affect women.

Call today to schedule your MonaLisa Touch consultation or genetic testing appointment at (727) 376-1536.

**Info@ParveenVahoraMD.com
www.ParveenVahoraMD.com**



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.

TRYING TO STAY HEALTHY & FIT OVER THE WARM SUMMER MONTHS & BEYOND?

Fitlife Foods has the Answer to Your Healthy Aspirations



As a country, we are more aware of what a healthy lifestyle looks like than that of even just a few years ago. Being fit, living a long life that's free from disorders, disease, cognitive decline, and immobility issues are what most people are striving towards.

Despite our diligent efforts, it's sometimes challenging to fit in a healthy meal that requires shopping for wholesome ingredients and finding the time to cook those meals amid our busy schedules. With our good intentions of being and staying well, how can we make it easier to eat healthier? That's where Fitlife Foods fills in the gaps and makes our lives a little less undemanding. Some say, it's like having a private chef, and we agree.

PROJECT U

Fitlife Foods also includes a wellness program for those individuals that need an extra boost to stay on track. Project U is FREE ONE-ON-ONE HEALTH & WELLNESS TRAINING, which is Fitlife's way of going beyond providing healthy meal choices to support your overall fitness goals. It's an entire army of diet and workout gurus gathered together to help you feel like a million bucks, but without spending a penny.

We caught up with Fitlife Food's founder and CEO, David Osterweil to find out more.

Q: Why did you create Fitlife Foods?

A: I realized it was time in my life to combine what I know, which is the food business, with what I love, which is food, health & wellness to solve problems for others.

Q: With all of the diets out there today, do you have Keto, Paleo, and Vegetarian options?

A: When it comes to several of the diets out there, we have a philosophy that the only diet you should be focused on is one that you can sustain 10 years from now. The reason why such diets like Keto,

Paleo, Whole30 and many others are rated so low by US News and World Report each year is they not only have negative impacts, but they are unsustainable. At Fitlife Foods we subscribe to the Mediterranean and DASH philosophies where you should be focused on portion size, low glycemic, high fiber carbohydrates, lean protein and healthy fats with the right amount of sodium. Keep it balanced and delicious and in the right portion sizes, which is one of the primary reasons we offer most dishes in small, medium and large sizes.

Q: Tell us more about Project U and the overall objective?

A: Project U is a 100% complimentary program whereby you can make an appointment with one of our wellness coaches. In that free appointment, you can get baseline information like your basal metabolic rate (the number of calories your body burns at rest each day) and your body fat percentage and hydration. The wellness coach will take you through a systematic discussion around exercise your weekly nutrition to help you think through each week and how to tackle it from a nutrition standpoint. Most people do not plan their food like they plan the rest of their work like they do with work and family, but when you do, you are setup for better results each week.

Q: Who is the perfect candidate for Fitlife Foods, and why should individuals want to incorporate these meal plans into their lifestyle?

A: Everyone! Fitlife Foods was built for success minded people who value their time, their health and great flavor. Whether someone wants to come into a store and get one meal or grab meals for the week or they want them delivered for the week, we are there for our customers! We have been doing prepared meals better and for longer than any other company in the country and with that, having retail stores and a delivery platform allows 100% focus on the customer.

FITLIFE FOOD'S CHEF

Andrew Ruga, Vice President of Culinary Innovation & Corporate Chef at Fitlife Foods, has had a decorated culinary career, which began at age 15 working for a family friends deli. Since then, he's worked under Robert Irvine, host of Food Network's Dinner: Impossible and Restaurant: Impossible; Andrew has won a bronze medal in the Culinary Olympics in Erfurt, Germany, and appeared in a live broadcast of Emeril Lagasse's military-only cook-off, of which he won first place in the salad category. After winning dozens of cooking challenges with the American Culinary Federation, Chef Andrew served as a Demonstration and Development Chef and Pastry Supervisor at the world-renowned Canyon Ranch Resort and Spa in Tucson, AZ. Since joining Fitlife Foods in 2011, Andrew has overseen the company's original three-shift culinary center in Tampa and has since become Innovation & Corporate Chef.

GETTING STARTED

Whether you want to lose weight, have more energy, get healthier, or tone up, Fitlife's Certified Wellness Coaches are ready to roll when you are, with a wellness program customized entirely around your individual needs. Fitlife Foods have multiple locations for pick up, and they also have a delivery program for the convenience of their customers.

To find out more, please visit their website at eatfitlifefoods.com, or visit one of their locations today!

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Dr. Jordan Axe

Axe Holistic Medicine: Treating Spine & Back Pain

Like many people, Dr. Jordan Axe was on the search for a better way to find wellness after standard medical care fell short in his personal situation and his family members. His mission is to pass on those findings in treating the root cause of conditions, diseases, and disorders with alternative methods.

Dr. Axe overcame chronic infections, allergies, and two autoimmune disorders (hypothyroidism and eczema) and he is now living to help others through diet, supplementation, therapeutic methods, and lifestyle changes. Dr. Axe, his partners, and staff are passionate about helping patients to stop masking their symptoms and to find real answers and effective solutions to health conditions. Along with alternative care, Dr. Axe includes his expertise of chiropractic care into many of his wellness protocols.

In the case of spinal conditions, Axe Holistic Medicine has real answers for back pain, stiffness, and impingements.

Priming the Spine

Like the warm-up prior to a workout, your spine needs to “warm-up” before adjustments to be most effective. Warm up the spinal structures in your neck, mid and low back to reduce elastic tension built up through the shoulders, neck, and back.

Pulsated Electromagnetic Frequency (PEMF): Oftentimes pain is because of inflammation built up from decrease in circulation. By using PEMF technology we are able to pull inflammation from your joints getting you out of pain in as little as 8 minutes! This allows us to get a jump start on the corrective process.

Lumbar and Cervical Traction: Relieves stress/tension in achy tight muscles. It helps elongate and decompress the spine rehydrating the discs. Repetitive traction “pumps” nutrients into the discs.

Adjusting

Specific adjustments are then made to the spine using decompressive manual adjustments (no neck



twisting) and state of the art adjusting tools. X-rays are used in order to know precisely where and how your spine needs to be adjusted to make lasting changes to your spine and overall health.

Resetting

Your body has memorized your posture pattern and does not vary from that. That posture pattern must be retrained. Immediately after your adjustment, specific neuromuscular retraining will be performed in order to hit the “reset” button on your posture. This is done through individualized spinal weighting to mold the spine back into the correct position.

Vibe Plate: The vibration amplifies communication throughout the body. Stimulation of core stabilizers helps maintain structural changes made during your

treatment. If the set phase is not done, the changes made will only be temporary. Stabilization is key to regaining youth, vitality, and lasting change.

Spinal Weighting: Correct weighting for each patient, retrains and resets muscles and ligaments to hold and support the spine back into its proper position.

Along with these methods, Axe Holistic Medicine offers, Ozone, Functional Medicine, vibration therapy, and regenerative medicine options.

Axe Holistic Medicine
15049 Bruce B Downs Boulevard
Tampa, FL 33647
813-563-7668
AxeHolisticMedicine.com

NOT ALL JUICE IS CREATED EQUAL: The Clean Juice® Difference (It's 100% Organic!)

Clean Juice® is a healthy alternative to convenience. In today's savvy world of health enthusiasts, most of us love to fill our body with organic, plant-based nutrition as our primary form of sustenance. Whether you eat totally plant-based, or a mixed diet, multiple studies show that individuals who consume mostly plants are the healthiest. This is precisely why Clean Juice® was created.

Clean Juice® is a family owned business that started in 2014, as the brainchild of Kat & Landon Eckles. Both health and wellness devotees, the Landon's decided to take their passion for juicing and eating a healthy diet straight to their local community. Since then, Clean Juice® has over 100 locations in development in 16 states! Employees of Clean Juice® love being a part of a growing, healthy, influential, and convenient lifestyle for their diners (who quickly become their friends).

Knowing that every good and perfect gift is from above, the Landon's take this journey seriously, and work tirelessly to serve the most premier product to the communities that Clean Juice® is located in. They and their Clean Juice® team believe wholeheartedly in a HEALTHY BODY & STRONG SPIRIT and aim to provide Clean Juice® to your everyday life.

THE DIFFERENCE— CLEAN JUICE® IS CERTIFIED ORGANIC: NOT JUST SOME OF THE TIME—NOT WHEN WE CAN—ALL OF THE TIME.



You enter a juice bar with the purpose of being healthy, right? What if we told you most of the common ingredients (we're looking at you Berries, Leafy Greens, Cucumbers, Celery, and Coffee) found at these juice bars are on the list as some of the most highly contaminated foods on the planet? Clean Juice® believes in organic. They believe it is the most efficient way to reduce exposure to chemicals and pesticides, avoid GMOs, and benefit from the higher nutrient content. It also can help to protect our water and soil and preserve our ecosystems. They make it easy to choose organic and get a truly healthy product.



CLEAN JUICE® DOESN'T JUST OFFER JUICE! They have a full menu to satisfy any appetite. These include options like Acai Bowls, Greenoat™ Bowls (Salad w/ Quinoa), Sprouted Toast, Protein Drinks, Cold-Pressed Shots, and a kids menu just to name a few.

SOME MENU ITEMS TO TANTALIZE YOUR TASTE BUDS:

- **THE CARROT CAKE BOWL:** Organic Carrot Juice, Organic Almond Milk, Organic Banana, Organic Vanilla, Organic Almond Butter, Organic Maple Syrup, Organic Cinnamon
- **THE POPEYE BOWL:** The Popeye Bowl consists of quinoa and spinach with avocado, egg, feta, strawberry, AND walnuts. That adds up to a Greenoat™ bowl that might just be your new favorite healthy meal.
- **JUICE: THE ENERGY ONE:** Organic Apple, Organic Beet, Organic Carrot, Organic Celery, Organic Ginger, Organic Orange
- **THE AVOCADO TOAST:** Organic Avocado, Organic Lemon, Organic Olive Oil, Organic Red Pepper Flakes, Pink Sea Salt
- **CASHEW MILK LATTE:** Organic Cold Brew Coffee, Organic Cashews, Organic Vanilla, Organic Cinnamon, Organic Maple Syrup, Himalayan Pink Sea Salt
- **SMOOTHIE: THE COFFEE ONE:** Organic Almond Butter, Organic Almond Milk, Organic Banana, Organic Cold-brewed Coffee, Organic Dates
- **AND SO MUCH MORE!**



Satisfy your Clean Juice® Cravings and Start a Healthier, ORGANIC, Journey to Wellness. Visit Clean Juice Today!

For a limited time, Clean Juice® is offering BOGO!

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28211 Paseo Drive, Suite 170
Wesley Chapel, FL 33543

What's the Difference Between a Living Will and a Healthcare Proxy? Should You Have Both?

Communication is essential if you are in a medical situation where you must make important decisions about your life. An advanced directive is a legal document that allows an individual to designate medical decisions and actions to be implemented should they become unable to make sound decisions.

Living Will

An advanced directive includes a Living Will. This document's goal is to make personal medical decisions concerning future events while the person signing it is still able to do so. Many times, when individuals are incapacitated or unable to communicate, such as with a coma or in an emergency situation like cardiac failure or a stroke, a Living Will controls whether or not they are resuscitated, given certain pain medication or put on life support.

Healthcare Proxy

Another advanced directive is a Healthcare Proxy. This legal document allows individuals to appoint a specific person to be in control of any future medical conditions that might arise if they become incapacitated. Long-term care facilities and hospice choices are also controlled by this document. When designating a Healthcare Proxy, the signor can and should entrust all of his Living Will requests and any other advanced directives in the proxy's control. Healthcare Proxies are also known as Healthcare Powers of Attorney.

It's Best to Have Both

Being proactive about planning for future medical events is critical. It allows you peace of mind so that you are certain to receive the care you want, and it also makes it much easier on family members so they don't have to guess what you would prefer or argue with other loved ones about what's best for you in a difficult situation. Having both a Living Will and an appointed Healthcare Proxy is the safest way to prepare for your future and doing so with a legal counsel is imperative. In the even that your wishes conflict with those of the Healthcare Proxy designee, your decisions take precedence, so it's important to keep both documents together to give doctors and other medical personnel a complete picture of your directives.



Estate Planning

Estate planning services available through The Law Offices of Daniel Waldman include the drafting of wills, trusts, living wills, and powers of attorney. They customize the documents to match the needs of the clients, provide for their children, dependents and intended beneficiaries, and reduce the impact of estate taxes.



Daniel Waldman
Founding Partner

Daniel Waldman graduated from Harvard Law School. While in law school, Daniel volunteered in a legal clinic where he helped veterans and underprivileged members of society in family law and estate planning matters. Daniel also graduated *summa cum laude* from UCLA, having majored in Political Science with a concentration on international relations.

Experience

Before attending UCLA, Daniel was a staff sergeant in the Israeli Defense Force. As an attorney, Daniel practiced at Cadwalader, Wickersham & Taft LLP and Katten Muchin Rosenman LLP, focusing mostly on corporate income tax and large-scale securitization taxation issues and dedicating most of his pro bono hours serving veterans and veteran-related charities in their legal needs.

The Law Offices of Daniel Waldman

At The Law Offices of Daniel Waldman, we are a new kind of law firm for a changing world. We are consistent, patient and professional, giving each new client the attention, they deserve. An integral part of our services is to work closely with our clients so that they can make the right decisions with respect to their legal needs.

Our experienced and innovative lawyers bring a whole universe of experience and knowledge to each case. We understand that the world is constantly changing, and you may be confronted by a confusing array of regulations, questions, and occasional disputes. Check out our areas of expertise and call us with your legal questions today. We have English and Hebrew speaking attorneys on staff.

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3210 Cove Bend Drive
Tampa, Florida 33613

(813) 756-7776

daniel@danielwaldmanlaw.com

www.danielwaldmanlaw.com



Rheumatoid Arthritis & Periodontal Disease

By Dr. DeLuca

Painful aching joints and a general feeling of being unwell are often the first signs of rheumatoid arthritis (RA). Affecting nearly 1.5 million Americans between the ages of 30 and 70, three times as many women than men are diagnosed with the disorder.

Rheumatoid arthritis is an autoimmune disease, and like all other autoimmune related conditions, it causes the cells in the body to attack itself. In the case of RA, it causes the body to attack its joints. The synovial fluid that lines the bones of the joints is the first to become inflamed, and it deteriorates. As the disease progresses, especially if left untreated, it can deteriorate the cartilage and then the bone of the joints. Individuals with RA have severe stiffness, and mobility issues from the disorder and their joints may begin to look deformed as RA advances.

RA can Affect Organs and the Body

- **Mouth**—Dryness and gum irritation exacerbating periodontal disease and cavity risk
- **Eyes**—Dryness, pain, redness, sensitivity to light and impaired vision
- **Skin**—Rheumatoid nodules – small lumps under the skin over bony areas
- **Lungs**—Inflammation and scarring that can lead to shortness of breath
- **Blood Vessels**—Inflammation of blood vessels that can lead to damage in the nerves, skin and other organs
- **Blood**—Anemia, a lower than normal number of red blood cells¹ (causes increased risk for cavities)

Proactive Care

Along with taking prescription medications (that increase periodontal disease and cavity risk), heat and cold therapy is something you can do at home to manage your disease and discomfort. Self-massage is helpful, as well as exercising and stretching. Eating a nutritious diet, especially one that includes fish oils, vegetables, fruit, and lean



protein can help your body fight off flare-ups and infections. Turmeric is a natural anti-inflammatory that can be taken in powder form or tablets to control swelling from RA. It is natural and easier on liver and kidneys.

If you have RA and any form of gum discomfort, bleeding, or bad breath, it's important to consult with your dentist about getting your condition treated right away before it gets worse. Often, just getting a deep scaling, which is a cleaning that goes above and below the gum line, will correct mild to moderate periodontal (bone) disease. Loose teeth and infection in bone that supports the teeth, are 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 (LANAP), and pocket reduction procedures.

Staying on top of your dental health through regular dental cleanings, x-rays, and dental examinations are critical to avoid more expensive procedures and maintain a healthy smile, that's free of decay, infection, and oral cancer. There are multiple treatment options; however, if you need to replace missing teeth, getting dental implants is the best solution for overall health.

Whether you have rheumatoid arthritis, heart disease, diabetes, or another medical condition, it is essential to keep your dentist informed. Many individuals fail to tell their dentist about their current health issues and changes; but with all of the evidence pointing to strong oral-systemic health connections, it's imperative to let them know about changes in your health and any new medications that you're taking; so that they can best educate you on prevention of disease.

Dr. Vivian DeLuca, DMD, FAGD, FADIA at IMPECCABLE SMILES (Lutz, FL)

"Your overall health is much more dependent on your dental 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, 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.

Impeccable Smiles uses only the best equipment because they believe that their patients deserve the latest state-of-the-art technology. They are one of the only offices around that uses the Valtech Green CT Implant Scanner due to its extremely low dose x-ray capability, and they also use a groundbreaking digital impression scanner for their dental implant patients.



impeccablesmiles.com | (813) 365-3552

4945 Van Dyke Rd., Lutz, FL 33558

1. "Rheumatoid Arthritis." About Arthritis, Arthritis Foundation, arthritis.org, 2018

Oxygen Therapy for Stroke:

Can it Help to Regenerate the Damaged Brain?

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications. When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly.

Oxygen is the critical element of every cell in our body. Our bodies take in oxygen, and our bloodstream begins to flood our tissues and organs with oxygen-rich blood.

Countless researchers conceive that increasing the supply of oxygen to a stroke patient's damaged brain areas will alleviate brain damage by reducing swelling and regenerating brain matter.

Hyperbaric oxygen therapy (HBOT) 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.

In 2014 an extensive study called *Hyperbaric Oxygen Therapy in Acute Ischemic Stroke*, researchers studied Acute Ischemic Stroke patients and how HBOT effects oxidative stress, inflammation, apoptosis, neuroprotection and cerebral blood flow.

They concluded that HBOT combined with thrombolysis seems promising in reducing secondary hemorrhage of ischemic stroke patients which is worthy of further studies.¹

Many patients have tried HBOT for various disorders and disease states, and the majority of them will give glowing reviews for disease reversal and regression. There are no guarantees and off-label use is at the person's personal discretion. Individuals wanting to explore HBOT have the right to do so, although results are always based on a patient's overall health, physical condition, and other medical factors.

References:
1. Z Ding, Hyperbaric Oxygen Therapy in Acute Ischemic Stroke: A Review, *Interv Neurol*. 2014 Aug; 2(4): 201-211.



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, closing only on major holidays.

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

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

 **Hyperbaric Centers of Florida**
www.hyperbariccentersofflorida.com

Common Sense and Close Attention Can Make for a Safe Pool Summer

Pool season has officially begun! Swimming is great fun ... but pools can be dangerous, especially if common-sense precautions aren't followed.

According to the National Safety Council, more than 3,700 people drowned in the U.S. in 2016. Not surprisingly, drowning deaths increase during the summer months. Although drowning can happen to anyone, these deaths affect babies and toddlers at much higher rates.

Drowning was the leading cause of preventable death for children age 1 to 4 in 2016.

One of the first things you need to know around pools is how to swim. It's never too late to take swimming lessons. The YMCA is one of the biggest providers of swimming lessons in the U.S., and they provide classes for people of all ages, including full-grown adults! If you don't know how to swim, don't be embarrassed. Now's the time to learn.

Even for those who know how to swim, drowning is still a threat. That's why people are told to never swim alone. The buddy system can save your life! Swimming in areas covered by lifeguards – whether at the beach, the city pool, or swim club – is an excellent idea.

But remember that lifeguards are not babysitters. Parents must continue to watch their children at all times around the water. That's especially good advice for parents of toddlers and little ones, who are attracted to water like steel to a magnet.

If your child will be visiting friends or relatives this summer, make sure you know in advance whether the home has a pool or if there's one located close by. If so, be sure to talk with your child about water safety and the importance of having an adult nearby whenever swimming.

Even if there's no pool nearby, it's a good idea to ask if the parent or adult is planning to take your child swimming. If so, discuss pool safety.



Ensure that adults will be present actively supervising children in or near the pool. If there are multiple adults, assign one adult to be the "water watcher" – the one person whose responsibility it is to keep a close eye on pool activity. When there are many adults, it's too easy to assume that someone else is watching, when they may not be.

Ask if the person who will be watching your child knows how to swim. This is important. Children should not be supervised in the pool by someone who is not able to rescue them. At least one adult should be trained in first aid and CPR. Knowing CPR can make the difference in a drowning incident. CPR classes are available through the Red Cross. First aid kits and life jackets/poles should be available should a rescue be necessary.

Physical barriers and considerations

Home pools should be surrounded on all sides with a fence that is at least four feet high. Higher is better. Keep gates to the pool area locked at all times (that includes doors from the home to the pool) to prevent children from wandering into the pool. Because it's easy to forget, invest in gates that close and latch themselves automatically. Additional layers of protection, such as properly fitted covers and alarms, can be effective barriers when the pool is not in use.

All pools and spas must have compliant drain covers to protect adults and children alike from entrapment. Drains have powerful suction that can have deadly consequences if not properly covered. Do not use pools that have flat, broken or missing drain covers.

In addition:

- Ensure your pool or spa meets local ordinances and codes
- Use non-slip materials on the pool deck, diving board and ladders.
- The steps of the pool ladder should be at least 3 inches wide, and the ladder should have handrails on both sides small enough for a child to grasp. There should be a ladder at both ends of the pool.
- Electrical equipment should be installed by a licensed electrician in accordance with local safety codes.
- Mark water depths conspicuously. Use a safety float line where the bottom slope deepens.
- For above-ground pools: Install sturdy guard rails around the pool deck. Look for rolled rims on the metal shell to be sure the rims do not present a sharp cutting edge if someone falls. The access ladder to the deck should be sturdy and without protruding bolts or other sharp edges. The access ladder should swing up to prevent children from unauthorized entry or should be easily removable for secure storage away from the pool area.
- Check the pool and equipment periodically for cleanliness and good maintenance. Cover all sharp edges and protruding bolts; repair rickety or broken ladders and railings. Replace non-slip materials when they wear out.
- Keep rescue devices and first aid supplies near the pool.

Information derived from NSC.org/National Safety Council and PoolSafety.gov.



Your Source for Exceptional Care



About BayCare Medical Group

BayCare Medical Group is Tampa Bay's multispecialty physician group, with more than 600 providers practicing in 45 specialties in more than 190 locations. As a part of BayCare Health System, we're connected to 15 leading hospitals in Tampa Bay, with services that include imaging, lab, behavioral health, home health care and urgent care.

Your Source for Primary Care

Health care is intensely personal. You need a physician who provides a sense of security and trust. BayCare Medical Group primary care physicians build a real relationship with you. You'll receive excellent, compassionate care, close to home.

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19-674863-0219

Summertime Stress? Seek First...

By Patrick Mitchell

With summer finally here, it's hard not to get caught up in what's to come. Vacation. College. Summer jobs. Home improvement projects. Getting the boat out (inviting our family out on your boat). Did I mention vacation?

Our agendas become chaotic before we realize it, even when we have the best of intentions to relax and have family time. Family time itself can become business-like if we aren't careful, treating it like another business meeting or project.

And then we begin worrying about our schedules and plans, agonizing over whether there will be enough time to get done what has to be done.

Welcome to my life, *minus the boat*. I pastor a rural church and serve as a teacher and dean at a Christian school. I have a wonderful wife who makes those things possible, but I can't slack on pursuing and loving her well, either. Add to that our four kids, the oldest of which is 5. Oh, and before I forget, I'm trying to finish up a master's program. Enjoy the free time, right?

What if?

Like you, I'm prone to making life more difficult than it has to be by trying to plan way too far in advance. This leads me into one of my favorite pastimes, namely, the 'what if' game.

You've played it.

*What if we do this and then _____ happens?
Or what if she goes there and then _____?*

We can 'what if' ourselves into a state of constant fretting or paralysis. Students get stressed over school, relationships, chores, and more relationships. All the while parents are stressed over their student's stress, as well as their own stressing over work, family, church, the budget—wait, what happened to our budget!?!

When I find myself in these whirlwinds, eventually there is enough of a break in the torrents to catch my breath long enough to ask *what* I'm really stressed about. Why all the fuss?



After all, my family has food, water, clothes—so many clothes that we can do the "I have nothing to wear" spiel. Shelter isn't a concern for us. So what am I stressed about? What are students stressed about? What are parents stressed about? Why are families at each other's throats?

The Source of Much Stress

I am discovering that the source of most of my stress is *attempting to live out tomorrow today*. Jesus speaks the subtle truth we need to hear: *Don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own* (Matthew 6:34).

Dads, each day has plenty of work to keep you occupied without adding fretting over next week to the agenda. You can only live *today*. Your kids are waiting today for you to make a memory with them. And your wife is waiting *today* to feel loved, cherished, and nourished.

At-home moms, each day has enough dirty diapers, runny noses, redirecting, tantrums, and errands for itself.

And my, oh my, momma, if you work during the day and come home to mommying in the evening, how do you separate the two? That requires much intentionality and spiritual, mental, emotional preparedness. But you already knew that.

In all of this, the two basic questions I have to ask are:

- 1) Am I seeking **first** the kingdom of God and His righteousness?
- 2) What do I need to get done **today**?

If I am seeking first God's kingdom and God's righteousness, that is, being obedient to His Word and His will, then perhaps other aspects of life (and stress points) will settle. And if I am checking off the list for today, just today, perhaps tomorrow will be less of a threat. Then repeat—seek God's kingdom and righteousness...check off *today's* list.

May the Lord richly bless your efforts to live today to the fullest for Him and His kingdom.

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