

T A M P A B A Y ' S

# Health & Wellness<sup>®</sup> MAGAZINE

January 2020

South Tampa Edition - Monthly

www.healthandwellnessFL.com

**FREE**  

**ARE YOU  
READY TO  
LIVE PURE  
IN 2020?**

See Page 8

**HYPERBARIC  
OXYGEN  
THERAPY**

**Is Gaining Recognition**

See Page 10

**HEART RATE  
VARIABILITY**

**Is the Key Measurement  
for Optimal Health**

See Page 11

**ORTHOPAEDIC  
HEALTH IN THE  
NEW YEAR**

See Page 9

**ENDING HUNGER.  
IMAGINE THAT!**

See Page 14

**THE MOST COMMON  
CAUSES OF CARTILAGE LOSS**

See Page 6



 **coolsculpting**  
FEAR NO MIRROR®

Buy any CoolSculpting  
package (4 or more)  
and receive a  
**Complimentary**

**Kybella Treatment**  
(value of \$1,198.00)



**DANA COBERLY, MD**

PLASTIC SURGEON

Dr. Coberly specializes in facial, body, and breast cosmetic procedures, as well as numerous med spa and aesthetic methods.

*Coberly*  
PLASTIC SURGERY &  
*Med Spa*

2111 W Swann Ave #101, Tampa, FL 33606

**(813) 448-6550**  
[www.drcoberly.com](http://www.drcoberly.com)

## OUR MOST POPULAR PROCEDURES:

### BODY CONTOURING

Your appearance is affected by your overall body silhouette and the proportions of the parts in relation to the whole.

- » LIPOSUCTION
- » BODY LIFT
- » COOLSCULPTING
- » ARM LIFT
- » TUMMY TUCK

### BREAST SURGERY

The goal of breast enhancement, rejuvenation, or reconstruction is to achieve a symmetrical appearance that is complementary to the overall shape and figure of the body.

- » BREAST AUGMENTATION
- » BREAST LIFT
- » BREAST RECONSTRUCTION
- » BREAST REDUCTION

### FACE PROCEDURES

Frequently the brow, eyes, face, and neck will all benefit from rejuvenation, but the type and extent of treatment is always tailored to the individual.

- » FACE LIFT
- » NOSE RESHAPING
- » EYELID SURGERY
- » EAR RESHAPING
- » BROW LIFT

# 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 at more than 190 locations. As 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.

- Find your new primary care physician at [Doctors.BayCare.org](https://Doctors.BayCare.org).
- Most insurances are accepted.
- Same day, early morning and late evening appointments are offered.

## Your Specialist Resource

BayCare Medical Group specialists focus on quality and personalized care. All specialists are board certified and highly experienced. Need help finding a specialist? Let our Customer Service Center help you: (855) 466-6686

Find your new primary care  
physician at [Doctors.BayCare.org](https://Doctors.BayCare.org).



[BayCareMedicalGroup.org](https://BayCareMedicalGroup.org)

19-783320-0619



PREMIER VEIN & VASCULAR

HAPPY NEW YEAR FROM PREMIER VEIN & VASCULAR!

**YOUR INSURANCE PAYS FOR VEIN TREATMENT!**

**CALL 1-888-VEIN-CARE (834-6227) TODAY FOR DETAILS!**



DO YOU SUFFER FROM:

- **Leg Pain:** Achy, Tired or Heavy legs • **Leg Cramps:** Night Cramping or Charley Horses
- **Swollen Ankles:** Swelling in Feet or Lower Legs • **Leg Skin Changes:** Discoloration, Itching & Burning
- **Restless Leg Syndrome:** Restlessness or Movement in Legs
- **Varicose/Spider Veins:** Bulging or Surface Veins • **Neuropathy:** Numbness or Tingling

If you are experiencing any of these symptoms in your legs/feet,  
**CALL US at 1-888-VEIN-CARE (834-6227) for an appointment today.**

We offer Free Consultations! We accept Medicare, Medicaid, Tricare and most commercial insurances.



# Contents JANUARY 2020

- 6 The Most Common Causes of Cartilage Loss
- 8 Are You Ready to Live Pure?
- 9 Orthopaedic Health in the New Year
- 10 The Advances in Hyperbaric Oxygen Therapy are Growing in Recognition
- 11 Heart Rate Variability is the Key Measurement for Optimal Health
- 12 Varicose and Spider Veins Are Not Always Superficial: They Can Pose Significant Health Risks
- 14 Ending Hunger. Imagine That!
- 15 Have You Noticed That Your Eyes are More Hooded and Puffier?
- 16 How Nancy Went from Excruciating Neck Pain All Day, Everyday .... to No Pain!
- 18 Are You Considering Senior Housing, But Are Unsure of Your Options Financially?
- 19 Spiritual Wellness: Your Secret Weapon for the New Year

## CONTACT US

OWNER / ACCOUNT EXECUTIVE

**SOUTH TAMPA - (727) 515-2353**  
**BOB GUCKENBERGER**  
bobguckenberger@gmail.com

CREATIVE DIRECTOR

**SONNY GRENSING**  
sonny@gwhizmarketing.com

*South Tampa Health & Wellness Magazine* can be found in over 1,000 South Tampa area medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE South Tampa Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call  
**South Tampa 727.515.2353**

©Copyright TAMPA BAY HEALTH & WELLNESS Magazine 2020. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of TAMPA BAY Health & Wellness Magazine. TAMPA BAY Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. TAMPA BAY Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in TAMPA BAY Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

# PURE

*Strength & Movement*



*Why do you  
workout?*

**JOIN PURE SOUTH TAMPA  
CLASSES TODAY!**

**First 30 days of unlimited  
classes is \$99.00!**

Download our FREE App **Pure South Tampa**  
to see and schedule classes.



**PURE SOUTH TAMPA**  
3311 West Gandy Blvd., Tampa, FL 33611  
**813-304-1709**

*Colette has over 20 years of experience and custom tailors each client's needs.*

**BOOTCAMP | CIRCUIT TRAINING | OTHER  
PERSONAL TRAINING | SPORTS | YOGA**

# The Most Common Causes of Cartilage Loss

Written by Regenxx Tampa Bay, Regenerative Medicine

**O**ftentimes, patients ask us what they can do to improve their joint cartilage and prevent arthritis. Cartilage acts as a cushion between the bones to protect our joints by absorbing shock.

The visual evidence of arthritis seen on imaging studies can be due to the decrease in quantity and quality of the cartilage, the decrease in joint space width, the formation of bone spurs, and degenerative changes in the bone underlying the cartilage. Besides wear and tear, there is also a biologic/internal component that affects cartilage.

## The Truth About Cartilage Loss

Cartilage, in of itself, does not have nerve endings. Therefore, cartilage loss is NOT a direct source of pain. It is, however, the visual evidence that arthritis exists. That is, there are destructive substances in the joint that are breaking down the tissue. The cartilage is the victim of the arthritic disease.

You might be surprised to learn that people can have virtually no cartilage in a part of a joint (“bone on bone”) and have no pain at all. This is actually very common. On the other hand, a person can have robust amounts of cartilage and have a tremendous amount of pain – again, this is very common as well. The point is that cartilage loss is a sign of arthritis and protecting your cartilage is a way of limiting the effects of the arthritic process.

## What Causes Joint Pain?

There are a number of structures that do cause pain. The synovial lining of the joint is rich in nerve endings that sense pain and is responsible for producing healthy fluid and lubricating substances. With arthritis, the synovial lining can become bumpy and painful. It will also produce abnormal inflammatory fluid that breaks down tissue in the joint. Determining what’s in that fluid and how to control the synovial lining is one of the keys to halting arthritis.

Another source of pain in a joint is the bone underneath the cartilage. This bone is quite hardy and able to tolerate heavy loads often without any problems even when there isn’t any cartilage to protect it. There are times when the bone in areas of decreased cartilage begins to breakdown and become swollen representing little micro-breaks in the bone. These bone marrow lesions can sometimes be painful and can only be seen on an MRI.



## Can We Re-grow Cartilage?

Getting cartilage to re-grow is an admirable goal and it may one day be possible to consistently do this, but it seems that it’s actually more important to keep the synovial lining under control and to strengthen the bone under the cartilage so that it can withstand more pressure. It is also important to make sure that there is stability around the joint – that is, the ligaments, tendons, muscles, and nerves are healthy and functioning normally.

Stem cells can help cartilage to regrow but it is inconsistent and minimal at this time (despite what you may have heard). They can, however, improve the quality of the remaining cartilage, the strength of the bone, reprogram the synovial lining so that it produces healthy protective chemicals instead of destructive ones, and strengthen the ligaments and tendons so that there is better stability around the joint. Using stem cells in this way requires working with a highly trained physician who performs the proper analysis and executes a procedure to precisely inject the tissues that are in need of improvement.

Receiving a stem cell injection blindly into a joint by someone who dabbles in this approach is not the way to go.

The key to understanding how to keep more cartilage as you age is to understand what causes cartilage loss. Here are the most common causes of cartilage loss along with a few solutions to help prevent it.

### 1. Obesity (Mechanical)

Physics has taught us that being heavier places more wear-and-tear forces on our cartilage and therefore, arthritis.

Although it can be tough to accomplish, losing weight is the ultimate solution to improve symptoms and slow the progression of arthritis.

### 2. Obesity (Biochemical)

Not only does obesity break down cartilage by wear and tear, but is also can cause changes in the patient’s insulin-response system that can break down cartilage. This is referred to as “metabolic syndrome.”

We recommend reducing carbohydrate and sugar intake to minimize spikes in blood sugar and insulin release.

### 3. Trauma

A sudden traumatic event, such as a sports injury, can injure the cartilage surface and potentially cause a weak spot in the cartilage. If weak spots are present, cartilage can break down faster with normal forces.

Before the issue becomes bigger, look for regenerative medicine cell-based solutions for cartilage repair, such as platelet-rich plasma (PRP) or stem cell injections.

### 4. Joint Instability

Injured ligaments can cause joints to move around too much and cause joint instability. All of this extra unnatural motion can slowly continue to injure the cartilage in the joint, eventually leading to arthritis.

Injections like prolotherapy, PRP, and stem cells in our clinical experience can help reduce instability whether the ligament is loose or torn (partial or nonretracted). In more severe cases, surgery may be needed.

### 5. Poor Nutrition

Poor dietary habits and lack of proper nutrition can cause major issues with not only your cartilage and your musculoskeletal system but your entire body. What you eat can turn on or off the genes in your body that protect your cartilage.

It is essential to know what is and what is not good for you and your body. Consider introducing supplements like Glucosamine and chondroitin into your diet to enhance cartilage health.

### 6. Medications

Surprisingly, the most common medications that are injected into arthritic joints for relief such as local anesthetics and steroids are also likely the most toxic to cartilage. Commonly used NSAID medications, like ibuprofen, naproxen, and celecoxib have also been shown to have negative effects on cartilage cells.

We recommend staying away from "cortisone shots," NSAIDS, and other drugs when not essential.

### 7. Lack of Exercise

Besides leading to many other health issues, lack of exercise can create problems with our joints. Joints are made for movement. Regular exercise along with utilizing the proper techniques for those exercises is essential.

If you have cartilage loss, you may want to switch from high-impact exercises to low-impact activities to protect your existing cartilage. If you have normal, healthy joints, keep running and exercising regularly, it is likely protective.

### 8. Poor Alignment and Biomechanics

If you have asymmetrical cartilage loss (loss of cartilage in one knee and not the other), you may have a body-alignment problem that is wearing down certain joints faster than others.

Working with a skilled physical therapist can help you get your muscles balanced and fine-tune your body so that it is biomechanically optimized.

### 9. Aging and Genetics

Unfortunately, older patients seem to have less cartilage and some people simply have the genetic makeup for weaker cartilage.

While there isn't much that we can do about our genes, we can influence the ways our genes are expressed by leading a healthier lifestyle overall.

Understanding why cartilage breaks down, adhering to a healthy lifestyle, and utilizing regenerative options like PRP and stem cells seems to be the best strategy for maintaining healthy cartilage and decreasing the pain associated with arthritis.



**RegenTampaBay.com**

8600 Hidden River Parkway, Suite 700  
Tampa, FL 33637

**813-531-9229**

## 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.

# Are You Ready to Live Pure?

**W**e want to invite people back into their lives. To purify themselves of habits, relationships, and stressors that no longer serve them. We believe that striving towards physical fitness, happiness, and performance is an integration of the mind, body, and soul.

Our small group training programs and personal training options help individuals live with intent through individual coaching, decades of professional experience, and supportive community that builds relationships that last.

Our inclusive programs take place in an exclusive destination. Our class size is limited to 8 participants to offer a truly personal experience in our beautiful beach themed, fully equipped, 2500 sq foot facility located conveniently in South Tampa on Gandy between Bayshore and Dale Mabry.

The Pure experience extends outdoors with dedicated areas for sports performance, strength, and childrens programming underneath the tranquil shade of vine covered oak trees. The highlight of our outdoor training space is a zen garden surrounded by palms under the creaking of old growth bamboo. We encourage members to stretch, meditate, read, or even enjoy a cup of coffee in our one of a kind space. Time in nature, mindfulness practice, and personal growth are at the heart of our philosophy. Whether it's a cool down after a high intensity class, mommy & me yoga, workout and wine down, or our book club, we want you to connect. Connect to your breath, to like minded individuals, and most importantly to yourself and who you are becoming.

Our \$99 introductory rate includes a personal assessment and access to unlimited classes. We personally cater a program that works for each individuals needs. As an added benefit members and Personal Training Clients will receive a digital program of their choice.

It's easy to get started. Simply download the Pure South Tampa app in the app store and use code PURE-INTENTIONS to register for a complimentary class.

## Core Programs

**Pure Intentions** - Is an excellent starting point. Fundamental movement patterns of squats, lunges, hinges, loaded carries, push, and pull help participants build a foundation to improve their fitness and the confidence to try other disciplines.

**Pure Strength & Movement** - Is our signature program forged from many disciplines. This is a 4 phase workout that begins with movement prep and core work. Then transitions to interval training circuits for time efficient cardio benefit and to maximize caloric burn during the third phase. The strength phase focuses on total body functional and core strength. Finally the 4th phase works to mobilize the targeted muscle groups and includes breathing practice to help members maximize recovery and minimize soreness.

**Pure Kids** - Is a skill development/ athletic performance program for children ages 5-10. Kids will learn running form, athletic position, jumping mechanics, and body weight strength training exercises. The class is playful, progressive, and fun. Our badge system will help young kids improve their physical confidence and competence and reward them as they progress.

**Pure Athlete** - Is an athletic performance class aimed at older children and led by former D1 athletes or professional athletes. Whether your child is trying to make the team or earn a scholarship, this program maximize your child's athletic potential. Vertimax training, Olympic lifting, speed, agility, and functional strength training, will have your child outlasting and outperforming the competition.

**Pure Grit** - Will Push you to your limits! This outdoor circuit training class will have you learning to do things you didn't think you could do. Tire Flips, Sledgehammer slams, farmer carries, and other unique functional strength patterns will push you to the edge of your comfort zone. This class is perfect for those looking for an edge or for military or first responders. Active duty and first responders receive 50% off of any of our programs!

**Workout & Wine Down** showcases the yin and yang of Pure Strength & Movement. The fusion class will focus on strength and endurance for the first 30 mins and then transition to the zen garden for yoga/mobility practice. The reward for the hard work is a complimentary glass of wine and conversation about our book of the month. Positive growth requires balance and a community. This class showcases our culture with everything mind, body, and soul.

**Mommy & Me Yoga** - We believe in family and starting them young. This class is a wonderful opportunity for you to be active, relieve stress, meet some moms for future play dates, and set a tremendous example.

Our unique facility and approach to coaching will set you on course to your best life for a little over \$3 a day to get started. Are you ready to live pure?

## Join Pure South Tampa Classes Today!

**The first 30 days of unlimited classes is \$99.00.**

**Download the free App, Pure South Tampa to see and schedule classes.**



# PURE

*Strength & Movement*

**PURE SOUTH TAMPA**  
3311 West Gandy Blvd., Tampa, FL 33611

**813-304-1709**



# Orthopaedic Health in the New Year

**T**he start of a new year is always an exciting time. If you are considering making an improvement in your health goals for 2020, congratulations! Not only does exercise help us feel better, improve our cardiovascular fitness and help us maintain a healthy body weight, but it can also help with our orthopaedic health. Prevention of bone loss, improvement in muscle strength and improved coordination gained through exercise help ensure our bones and joints will support us when we need them!

## Start Slowly

A new exercise program can be exciting but setting a reasonable schedule is important. If you take on too much, too soon, overuse injuries can occur. As you begin, aches and soreness are to be expected, but these should resolve within a couple of days. Adequate time to allow your muscles and joints to recover between workouts is important. As your fitness improves, the difficulty and frequency of your sessions can be increased. Keep in mind the importance of sleep as well to allow your body to recover.

## Appropriate Footwear

Well fitting, supportive shoes are important to avoiding injuries. A visit to your local running shoe store for a fitting can be very helpful. Generally, shoe fittings should be performed in the afternoon or evening when any foot or ankle swelling is at its greatest. Orthotics can be helpful for some people but seek assistance from your orthopaedic foot and ankle surgeon if you think you might need them.

## Try it All

A well-rounded fitness program is key to achieving goals and avoiding injury. As you consider options in the new year, start with an activity that you find enjoyable. Maintaining interest will be much easier if you pick something fun for you. Involve your friends and family to help keep the positive changes going. Try multiple different activities so you can make improvements in your aerobic conditioning, flexibility and strength. We tend to think of the more common activities such as walking, biking, weightlifting and running but consider others such as swimming, rowing and yoga to add variety.



## BEST WISHES FOR HAPPY AND HEALTHY 2020!

*As always, remember to check with your physician prior to starting a new exercise program.*

## Make a Plan

Begin with a goal that will be attainable and make it a priority. Perhaps you start with 20-30 minutes of moderate activity 3 times a week and work up from there. Some guidelines suggest 150-300 minutes per week of moderate intensity activity to achieve substantial health benefits. Put it on a calendar and track your progress. Seeing the fruits of your labor can be very rewarding and motivating!

## Be Knowledgeable

If you are looking for more information or advice on getting started or have questions about orthopaedic health, check out these websites.

American Academy of Orthopaedic Surgeons, *OrthoInfo*

<https://orthoinfo.aaos.org/en/staying-healthy/starting-an-exercise-program/>

American Orthopaedic Foot and Ankle Surgeons, *FootCoreMD*

<https://footcaremd.org/foot-ankle-health/adult-feet>



**Eric James, MD** is a board certified orthopaedic surgeon with fellowship training in foot and ankle surgery. He provides operative and non-operative care for patients with sports related, traumatic and degenerative conditions of the extremities, specializing in the foot and ankle.

If you have orthopaedic or sports medicine questions or concerns, call for an appointment, **813-877-6748**. We have offices located in Lutz, Tampa and Riverview.

## The Advances in Hyperbaric Oxygen Therapy are Growing in Recognition

### New Studies are Showing Remarkable Results for Brain Injury and PTSD

Undersea Oxygen Clinic

**H**yperbaric oxygen therapy (HBOT) is well known for treating divers with the bends (decompression sickness), as well as wound therapy to facilitate rapid healing, but over the years, numerous studies are showing that HBOT is beneficial for the body and brain on a cellular level for multiple conditions. The groundbreaking research is advancing in support of treating and assisting the healing process with conditions such as brain disorders, PTSD, reducing suicidal thoughts, vascular repair, hearing, autism, autoimmune disease, and multiple other issues.

#### Oxygen-Rich Blood

**Normal Blood Flow:** There is 21% oxygen (O<sub>2</sub>) in the air that we breathe, and our lungs transfer this oxygen to our red blood cells (via hemoglobin).

**Restricted Blood Flow:** When there is a restriction in blood flow due to surgery, illness, or injury, the red blood cells block the blood vessel and are unable to transfer oxygen to the cells on the other side of the occlusion. This causes swelling and starves the area of oxygen, causing hypoxia (lack of O<sub>2</sub>); when this occurs, the tissue begins to break down.

**Hyperbaric Oxygenation:** Breathing 100% oxygen under pressure causes the oxygen to diffuse into the blood plasma. This oxygen-rich plasma is able to travel past the restriction, diffusing up to 3 times further into the tissue. The pressurized environment helps to reduce swelling and discomfort while providing the body with at least 10-15 times its normal supply of oxygen to help repair tissue damaged by the original occlusion or subsequent hypoxic condition.

HBOT directly increases the saturation of tissue oxygenation, slowing and reversing hypoxic induced apoptosis – restoring blood supply to the compromised region by the development of new capillary networks enabling the body to alter the course and impact of the disease process.

This super-saturation of oxygen in the body's tissues promotes:

- Increased capillary growth
- Increased white blood cell activity / Assists body in fighting infection
- Promotes Tissue Strength / Development
- Speeds Healing
- Reduces Pain
- Reduces Swelling
- Increases Collagen Production
- Reduction in the size of gas bubbles
- Numerous other physiological effects

The saturation impact is so significant that we have experienced patients who come in to repair one aspect of their lives and notice dramatic improvements in something totally unrelated. Many conditions can be aided with the use of HBOT

#### HBOT: Brain—PTSD—Suicide

We are in the midst of suicide and concussion-epidemics: 20 service members a day commit suicide, 8,000 a year. Another 45 a day try and fail, another 16,000+ a year. CDC estimates between 1.6 million to 3.8 million concussions occur each year.

TBI (Traumatic brain injury) is one of the leading causes of morbidity and mortality in the U.S., accounting for approximately 2 million emergency room visits annually in the United States. Lack of independence and an inability to work takes a toll not only on the suffering individual but on their family and society. CDD states TBI cost in the USA totaled an estimated \$60 billion annually in 2003, NOT including wounded warriors. Right now, soldiers suffering TBI / PTSD are prescribed symptom-reducing drugs; in essence, they are warehoused and then discharged, dependent on costly anti-depressants and other anti-psychotic medicines that promote dangerous dependencies and may even result in lethal interactions.

Thirty active-duty or retired military servicemen and women 18 to 65 years of age with one or more mild-to-moderate blast TBIs a minimum of one-year-old participated in the study. They were matched to a control group. HBOT was performed for 60 minutes total dive time, twice a day, with a 3-4 hour surface interval five days a week for 40 HBOTs. After HBOT, 52% of patients no longer met the threshold criteria for the diagnosis of PTSD. Ten of the 12 patients who expressed suicidal ideation prior to the HBOT did not express suicidal thoughts after treatment. One patient had anxiety, which got worse. Of the patients who indicated significant anxiety before treatment, 75% were no longer anxious after treatment. The patients' abnormal brain blood flow pattern became nearly indistinguishable from the controls after HBOT treatment. Comparison was made using SPECT imaging on 29 matched Controls. Significant improvement (29 subjects) was seen in neurological exam, symptoms, intelligence quotient, memory, measures of attention, dominant hand motor speed and dexterity, quality of life, general anxiety, PTSD, depression (including reduction in suicidal ideation), and reduced psychoactive medication usage. At 6-month follow-up, subjects reported further symptomatic improvement.



HBOT is an effective, ethical, medically safe treatment available for TBI/PTSD. The treatment is showing promise for anyone with brain injury, no matter how the injury is acquired. In some cases, HBOT healed injured brains and subsequently reducing, and in some cases completely alleviating, the symptoms associated with the TBI.

Undersea Oxygen Clinic performs world-class, cutting edge, clinical research. Our Ph.D. staff has authored numerous peer-reviewed research in myriad professional journals advancing the knowledge of the industry. Our staff is often called upon as speakers and lecturers for hyperbaric and hypobaric societies.

The Food and Drug Administration (FDA) currently recognizes Hyperbaric Oxygen Therapy (HBOT) for 14 medical conditions, all of which are generally covered by insurance.

HBOT may also benefit many other conditions not yet approved by the FDA. The use of HBOT for over 60 medical conditions is approved by other countries around the world and supported by significant, long-standing research.

Treatment for conditions not yet approved by the FDA is generally not covered by insurance and is not available at hospital-based hyperbaric centers. As an independent provider of HBOT, Undersea Oxygen Clinic is able to offer treatments to all who may benefit. Our policy is to accommodate the needs and circumstances of all potential candidates for HBOT. Payment options and financial assistance are available where treatments are not covered by insurance.



To find out more about HBOT and Undersea Oxygen Clinic, please call 813-533-7093 or visit [Underseaoxygenclinic.com](http://Underseaoxygenclinic.com).



# HEART RATE VARIABILITY IS THE KEY MEASUREMENT FOR OPTIMAL HEALTH

By Jason Waz, President of Competitive Edge Physical Therapy

**H**earth Scientific Heart Rate Variability (HRV) is the latest diagnostic tool used by your Health Professional to identify optimal results for an individual. It gathers vital information on an individual's heart functions through electronic transfer of the electrical activity of the heart using electrodes placed on the skin, in the form of an Electrocardiogram (ECG).



Heart Scientific embeds in the advanced algorithms reliability analytics and smart technology designs that understands the individuals vital physiology, making it one of the most efficient non-invasive bio-tech tools available today.

Research going back to the 1960's, Heart Scientific HRV has proven to demonstrate accurate diagnostic results for the Health Providers and the individual. Health scans can be performed regularly to demonstrate the patient's profile and direct response to a health treatment and incremental progress in more than 15 different ways.

## WHAT MAKES HEART SCIENTIFIC HRV BETTER THAN ALL THE REST

- Real time ECG monitoring of functional state indices
- Artificial Intelligence built in to decipher artifacts
- Innovative assessment of the state of cardiovascular and vegetative nervous system by means of variance analysis.
- Fractal analysis to determine your true Biological Age.
- Progressive neurodynamic mapping and full body harmonization assessment.
- Autonomic Nervous System tracking. Demonstrate shift to Para-Sympathetic "Calm State" for better results
- Simultaneous representation of dual surveys' results with a view of comparative analysis for patient progress tracking.



- Patient print version report card
- More than 15 unique applied Health Science metrics
- CEP monitors HRV pre and post innovative treatment like the Neufit device



The most exciting news is Heart Scientific's alignment with Competitive Edge Performance "CEP". CEP the leader in innovative techniques to achieve optimal health utilizing emerging technology such as the Neubie (Neuro Biological Electrical Stim) and advanced PEMF (Pulsed Electromagnetic Field) technology. CEP has integrated Heart Scientific HRV to measure a baseline on your current physical state. Then CEP continues to monitor your life transformation with Heart Scientific to illustrate exactly your progress towards optimal health. Heart Scientific is working very closely with CEP to bring this new technology to the field of physical therapy, as CEP has defined themselves as the premier physical therapy organization focusing on using state of the art bio-technology to achieve optimal health. Not only utilized for injury recovery, CEP gives all patients access to the most cutting edge and efficient methods available to achieve healthcare and wellness goals

CEP is a proactive health organization positioning themselves to direct you to the most efficient methods available to allow you to realize your healthcare goals, CEP is not just about physical therapy and recovery from injury.



**IF YOUR LOOKING FOR THE BEST PT ORGANIZATION IN THE TAMPA AREA..... CEP IS THE PLACE TO FIND YOUR OPTIMAL HEALTH**



## Competitive Edge Performance (CEP)

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

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

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

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



**813.849.0150 | neuPTtech.com**

3105 W. Bay to Bay Blvd.  
Tampa, 33629

# Varicose and Spider Veins Are Not Always Superficial—They Can Pose Significant Health Risks

## How Do Spider Veins and Varicose Veins Form?

Everyone these days wants to look younger, and live healthier. There are many treatments available to help make this happen, but what can be done about spider veins or varicose veins? And how do they form in the first place?

Nearly 80 million Americans have some sort of vein issue. Whether it be tiny spider veins or the larger varicose veins on their legs, they're unsightly - and the larger veins can also pose a potential health risk.

Incidentally, whereas arteries are the blood vessels that carry oxygen-rich blood from the heart to organs and tissues throughout the body, veins do the opposite. Veins carry the "used" blood with low oxygen back to the heart for reoxygenation, and the cycle continues.

Let's talk about how varicose veins and spider veins form, and what can be done to treat them.

## Causes and Symptoms of Spider Veins

Spider veins differ from varicose veins mainly in terms of size. Spider veins are normally thin like a thread, and they do not bulge from the skin like varicose veins do.

Both spider veins and varicose veins form when the one-way valves that help blood to flow in the veins stop functioning properly. The valves can allow blood to flow backward and to pool in the vein, causing damage and a weakening of the vein wall. This pooling can be a small amount, causing spider veins, or a large amount, causing varicose veins.

Spider veins can happen both in the legs and the face, particularly on the nose. Spider veins are small and can appear like a web.

Whereas spider veins are usually red, varicose veins can be slightly raised from the skin and can appear blue, red, or purple. These veins are a health risk. Many people do not realize that varicose vein treatment is covered by insurance.



## Causes and Symptoms of Varicose Veins

Varicose veins are larger than spider veins, but both occur because of venous insufficiency. Because the blood vessels in the legs are much larger than those found in the face, varicose veins are noticeably larger - and can bulge to the point where they can be seen and felt easily.

Based on the severity of varicose veins, they can be accompanied by cramping, pain, itching, bleeding, increased circulatory issues (such as swelling of the legs and ankles), a dull ache, or a feeling of heaviness in the legs. Because of their larger size, varicose veins can cause problems with a person's circulation or increase the risk of developing blood clots.

## Who Can Treat My Varicose Veins?

If you have either spider veins or varicose veins that you would like to be less noticeable - or to have them removed completely - contact the skilled medical team at Premier Vein & Vascular. Dr. Saiyad is triple board-certified in internal medicine, cardiology, and vascular medicine, so he is triply qualified to successfully treat unsightly or painful spider veins or varicose veins.

If you have symptoms of varicose or spider veins, it's important to have a medical examination. Early treatment is optimal, and if your condition is more than just superficial, it can be lifesaving.

Contact us today in the Tampa and Largo area by calling (888) VEINCARE (834-6227) or request a consultation online now at [www.premierveinandvascular.org](http://www.premierveinandvascular.org), and take the first step to getting those unsightly veins cleared up - and get your legs and face camera-ready and beach-beautiful.



**PREMIER VEIN & VASCULAR**  
**(888) VEINCARE**  
[www.premierveinandvascular.org](http://www.premierveinandvascular.org)



# NeuPTTECH

INTRODUCING GROUNDBREAKING  
TECHNOLOGY THAT WILL  
CHANGE THE WAY WE  
PRACTICE PHYSICAL THERAPY

Twitter @neuPTTechnolog1

Instagram @neuPTTech

Facebook @neuPTTech

Email NeuPTtech@gmail.com

Check out our website and follow our pages to learn more!

www.NeuPTTech.com

813-849-0150

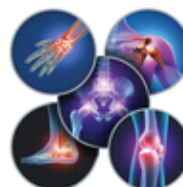


## NATIONAL INSTITUTE OF PAIN

- Nerve Injury/CRPS
- Abdominal and Pelvic Pain
- Cancer Pain
- Back, Neck, Hip, Knee Pain
- Sacroiliac Joint Pain
- Headache/Migraine
- Auto, Sports, and Work Related Pain



## ARE YOU SUFFERING FROM PAIN?



The National Institute of Pain, a medical organization dedicated to the relief of human suffering by providing advanced pain therapies and also contributing to our scientific knowledge through research.

**Sunil J. Panchal, M.D.**

**(813) 264-PAIN (7246)**

fax: 813-264-7249

www.nationalinstituteofpain.org

email: appt@nationalinstituteofpain.org

Whatever the source of your pain, you can benefit from visiting the Pain Management Center

10740 Palm River Rd, Suite 490, Tampa, FL 33619 • 4911 Van Dyke Rd., Lutz, FL 33558

# Tampa Bay's Health & Wellness Magazine



On the Web

HealthAndWellnessFL.com



On Facebook

facebook.com/  
healthandwellnessmagazine



On Twitter

twitter.com



## Providing information that will promote living a healthy, well-balanced lifestyle.

Tampa Bay's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

The screenshot shows the website interface for Health & Wellness Magazine. At the top, there's a search bar and navigation links for different editions (Charlotte, Collier, Lee) and archives. The main content area features a large article on Skincancer with a photo of a woman wearing a sun hat. Below this, there are smaller article thumbnails for 'Family History', 'Anti-Aging', and 'Prevent Your Skin'. A 'Featured Article' section highlights 'The Other Side of Parkinson's Disease' by Dr. Ramon A. Gu. On the right side, there's a 'Sign Up for Our Newsletter' form with fields for Name and Email, and a 'Recent' list of articles with dates and titles like 'Preventing Joint Injuries with Proper Movement' and 'High Concentration of "Soothing" Scenters Contributes to Top Beaches City Ranking'.

# Ending Hunger. Imagine That!

**T**he hunger landscape is changing, affecting more than those living below the poverty line. At Feeding Tampa Bay, the majority of those we serve are hardworking families whose wages are unable to meet or surpass the ever-increasing cost of living. Our hungry neighbors don't just need a meal, they need access to resources that can propel them forward out of poverty and into a life full of health and capability.

Feeding Tampa Bay's core belief is that no one should go hungry. We know that every one of our neighbors has the potential to live a healthy and prosperous life, and we plan to help them get there. Our plan is centered around four pillars built to evolve, energize, engage, and empower those facing food insecurity. Feeding Tampa Bay aims to change the manner in which food is distributed, increase the amount of nutritious foods available, connect individuals with additional resources throughout the community, and offer a training program that develops professional skills to those with barriers to the workforce. This combination of tactics will push us forward to a hunger-free Tampa Bay by 2025.



**What does hunger-free mean?** Feeding Tampa Bay is committed to creating a 10-county region where anyone in need will have access to healthy food options and information on all resources available to them.

*Imagine a community where everyone has fresh, nutritious foods and lives healthy, fulfilled lives.*

You have a role in this. Whether you share our message, share your time, or share your resources, we invite you to join the movement! Together, we will provide our neighbors with food for today, food for tomorrow, and food for a lifetime.

To volunteer or donate - visit [www.feedingtampabay.org](http://www.feedingtampabay.org) for more information.

Hunger-free. Imagine That.

Feeding Tampa Bay Fast Facts:

- 1 in every 7 adults and 1 in every 4 children in Tampa Bay struggle with hunger
- Feeding Tampa Bay is committing to a hunger-free Tampa Bay by 2025
- Feeding Tampa Bay is committed to getting the right food, in the right ways, to those who need it – providing 115 million meals every year by 2025
- 80% of the food we deliver in the future will facilitate health in the lives of our neighbors
- Community Empowerment Centers will be present across our 10-county service territory to provide multiple food options, convening resources and training opportunities for those we serve
- Our FRESHforce program (workforce development) will invest in individual capacity through certified job skills training and employment connections
- Partnerships with healthcare providers throughout our region will support fresh produce pantries, food pharmacies and emergency food dispensaries



FeedingTampaBay.org

## Box by box, we can beat hunger.

# \$1=10

for every dollar  
donated, we are able  
to serve 10 meals.



**FEEDING**  
Tampa Bay

[f](#) [t](#) [@](#) @FeedingTampaBay



# Have You Noticed That Your Eyes are More Hooded and Puffier?

Dr. Dana Coberly

**S**ome people are genetically predisposed to a “hooded” appearance to their upper eyelids, which typically gets worse with age, while others may develop more eye, fat-pads later in life due to aging. Bagging or droopy eyelids can occur on the lower eye area as well. In some cases, it’s not just an aesthetic concern, but rather a visual disturbance, as it can interfere with one’s peripheral vision. The eyelids do not have sebaceous glands, so the area is more susceptible to a crepey look, as well as laxity and weakened muscles as we age.

If you’re not ready for surgery, there are other alternative treatments available to tighten the delicate eye skin and to make your eyes appear more alert and less puffy. For advanced stages and optimal results, surgery is necessary.

A surgical procedure known as a blepharoplasty removes any excess skin, can lift the underlying muscles, and remove fat pads in the lower and upper eyelids. This procedure will make the eyes look more youthful, and give the eyes a natural, yet more open look. In many instances, excess fat weighs down the eyebrow, and this procedure can correct that as well.

## Blepharoplasty Steps According to the American Society of Plastic Surgery:

### Step 1 – Anesthesia

Medications are administered for your comfort during the surgical procedure. The choices include intravenous sedation or general anesthesia. Your doctor will recommend the best option for you.

### Step 2 – The incision

The incision lines for eyelid surgery are designed so the resultant scars will be well concealed within the natural structures of the eyelid region.

The upper eyelid can be corrected through an incision within the natural crease on the eyelid. This allows for removal or repositioning of fat deposits, tightening of muscles, and removal of excess skin. Conditions of the lower eyelid may be corrected with an incision just below the lower lash line. Through this incision, excess skin in the lower eyelid is removed. Again, the excess fat can be repositioned or removed.

A transconjunctival incision, created on the inside of the lower eyelid, is an alternate technique to correct lower eyelid conditions and redistribute or remove excess fat. With this technique, no skin is removed.

### Step 3 – Closing the incisions

Eyelid incisions typically are closed with sutures or skin glue. Sutures are removed within one week.

Your surgeon may also suggest use of a laser or chemical peel to reduce discoloration of the lower eyelids.

### Step 4 – See the results

The results of eyelid surgery will appear gradually as swelling and bruising subside to reveal a smooth, better-defined eyelid and the surrounding region, and a more alert and rejuvenated appearance.

### Alternative Treatment

As mentioned above, if you are not ready for surgery, multiple treatments can effectively reduce the puffiness and laxity of the eyes such as laser therapy, injectable fillers, fat grafts, and of course, medical-grade serums and treatments.

### An Eye Kit that Restores

ColoreScience offers a total eye regimen that is showing remarkable results to restore the eye area. It’s called Total Eye® Restore Regimen. With powerful, clinical ingredients, the regimen works to immediately minimize the appearance of dark circles, puffiness, fine lines, and wrinkles, while delivering long-term results to restore the eye area, which is the most delicate area on our face.

Total Eye® Restore Regimen includes:

Total Eye® 3-in-1 Renewal Therapy

Total Eye® Concentrate

Total Eye® Hydrogel Treatment Masks  
(12 Pairs Total)



**(813) 448-6550 | www.drcoberly.com**

**Dr. Dana Coberly, Board Certified Plastic Surgeon**  
Dr. Coberly is committed to providing the most compassionate, innovative, and individualized care possible. Dr. Coberly completed her general surgery training at the University of South Florida. She devoted a year to research focusing on skin wound healing and laser resurfacing at the prestigious University of Texas Southwestern Medical Center in Dallas. Dr. Coberly continued her training in the UT Southwestern Plastic Surgery Program, considered one of the foremost cosmetic plastic surgical training programs in the country. She received extensive training and experience in laser therapy and skin rejuvenation and looks forward to combining her experience with innovative new therapies to optimize your results.

**Dr. Coberly specializes in facial, body, and breast cosmetic procedures, as well as numerous med spa and aesthetic methods. Some of her most requested procedures are as follows:**

BODY CONTOURING	BREAST SURGERY	FACE PROCEDURES
Liposuction	Breast Augmentation	Face Lift
Body Lift	Breast Lift	Nose Reshaping
Coolsculpting	Breast Reconstruction	Eyelid Surgery
Arm Lift	Breast Reduction	Ear Reshaping
Tummy Tuck		Brow Lift

### Dr. Coberly has Created 3 Amazing Eye Specials Just For You:

#### 1) Refresh & Restore Nonsurgical Package:

1 treatment special pricing is \$495

ColoreScience Total Eye Kit

Microneedling or Eye Dermal Infusion Treatment

PRP Injection Treatment

Botox

#### 2) Complete Eye Transformation Surgical Package:

Upper and lower blepharoplasty  
Special Pricing - \$5,785.50

Nanofat and PRP injections complimentary with surgical procedure - Value \$1,800

ColoreScience Total Eye Kit - Value \$165

#### 3) Both packages special pricing: \$5,995.00

To find out more about blepharoplasty or other procedures that Dr. Coberly specializes in, please visit her website at [drcoberly.com](http://drcoberly.com) or call (813) 448-6550 to schedule your consultation today.

# How Nancy Went from Excruciating Neck Pain All Day, Everyday...to No Pain!

**M**illions of people are suffering from chronic pain. Some resort to surgery and some may take pain medications to mask the symptoms or just suffer silently through it all, day in and day out, they are alternative treatments that are helping alleviate pain for countless individuals. One of those methods is radiofrequency denervation (RF).

## Radiofrequency Denervation

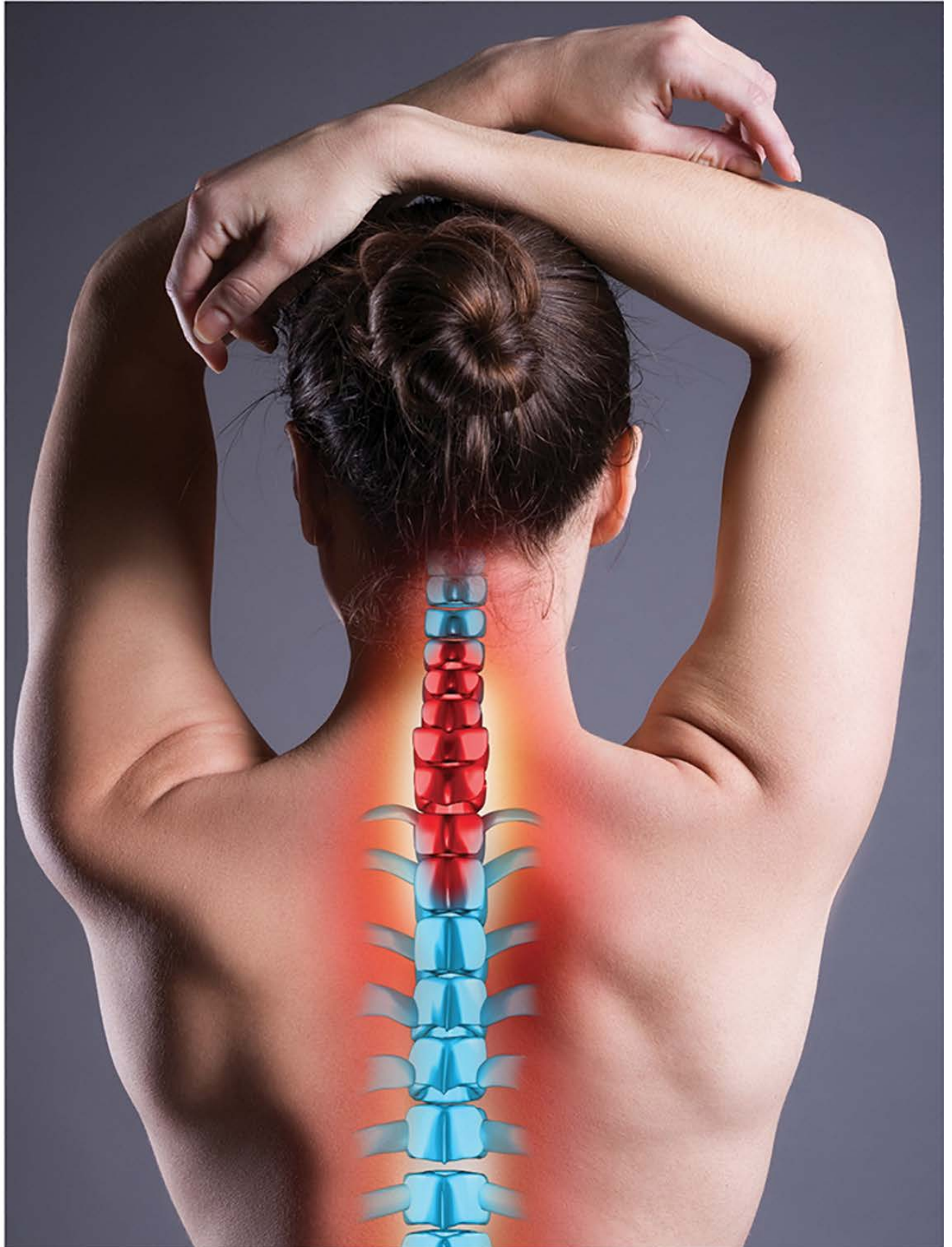
Using light sedation and local anesthesia called radiofrequency denervation is the answer that many individuals are waiting for to alleviate their pain. Neurotransmitters directly sensitize the nerve endings in our bodies via the brain. With radiofrequency denervation, the nerves that are damaged, narrowed, or impinged, are treated with a low-level of localized heat, causing the nerve to stop sending signals to our brain through an interruption in the nerve conduction.

This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are then located through a probe that is inserted through a tiny needle into the spinal area. Once the damaged nerves are determined, a small lesion is created through the controlled heating of the probe through medium-frequency alternating current. This will alleviate the pain signals to the brain, allowing the patient to be virtually pain-free. The entire procedure takes approximately 20-30 minutes, and patients can resume normal activities within a short period of time. It is easy to reach the nerves of the hip and knee with this approach.

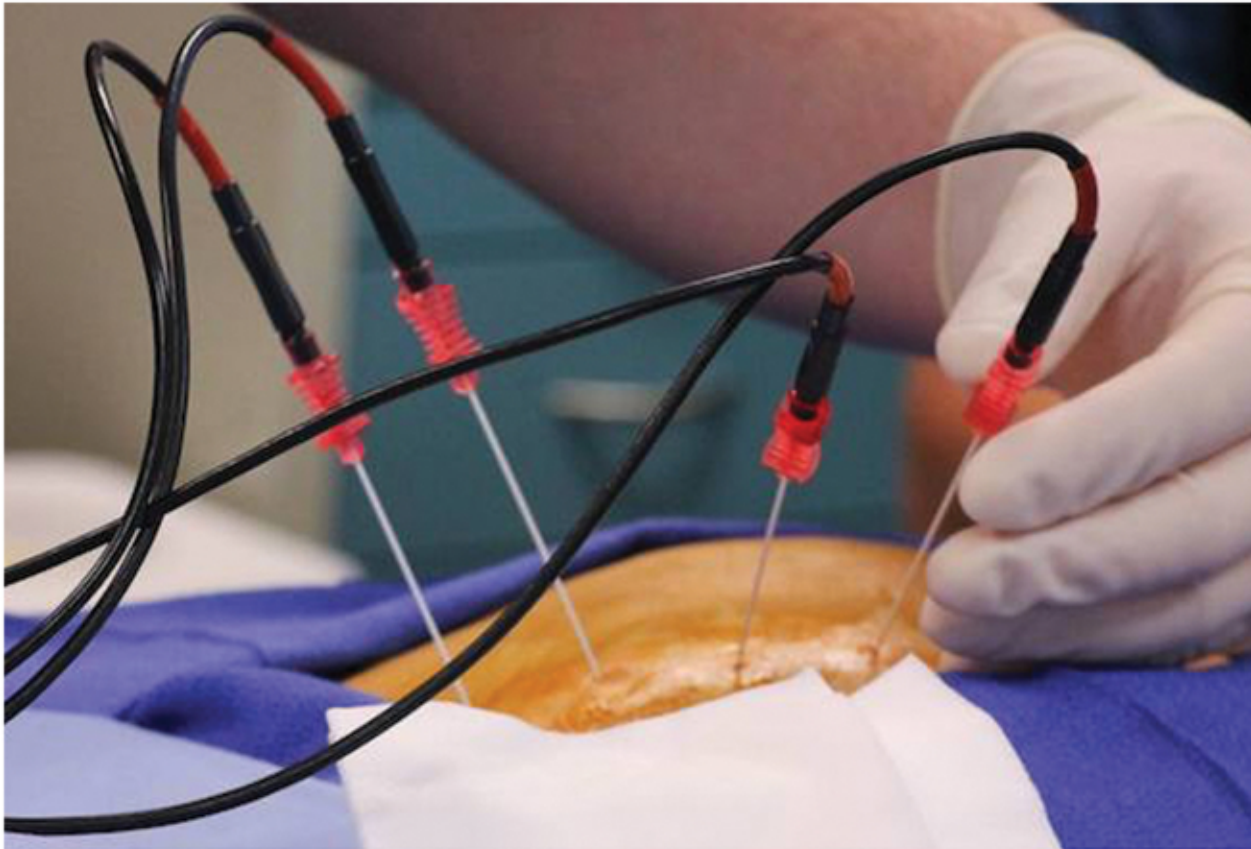
Radiofrequency denervation is able to treat other areas in the body as well. It is commonly used for headaches, facial pain, back pain, complex regional pain syndrome, peripheral neuropathies, trigeminal neuralgia, disc denervation, and neck pain.

## A Patients Perspective

About nine months ago, Nancy began to have pain in her neck, shoulders, and arm. She also started to have numbness and tingling in her fingers. "Every time I put my arms up to use my computer, rest them on a table, or even during a manicure, my pain was excruciating. I was in pain 65% of the day," Nancy explained. Her MRI showed cervical spondylosis, which is narrowing of the vertebrae and impingement of nerves.







Like so many others, she continued to live with her pain with no relief from traditional treatments like NSAIDs (ibuprofen), and massage. When it started to affect her quality of life severely, Nancy knew she had to do something. Her husband told her about Dr. Sunil Panchal's success in helping many patients with alternative treatment methods.

Nancy had worked in the medical field for over 20 years, and she told her husband that she would never see a pain specialist because Nancy did not believe in that type of patient care, but as time went on, she needed relief and decided to see Dr. Panchal.

"When I met Dr. Panchal, he was very thorough and spent a lot of time with me. He explained that radiofrequency denervation would be a good option, and he also was upfront that sometimes RF takes several attempts to work. I was hesitant at first, decided to give it a try." Nancy continued, "I had my procedure in early November, and my pain is completely gone. Dr. Panchal is a very meticulous physician; his patient care and follow up is also very impressive. I've had three follow up appointments with him since my procedure to track my progress, and things are perfect. In his waiting area, many of the patients like to share their stories, and there are so many people that are pain-free because of his innovative, dedicated care."

The cervical spine is often afflicted with pain and stiffness due to multiple conditions and alignment issues. Commonly arthritis plays a significant role in cervical spine degeneration, which can lead to a limited range of motion and a great deal of pain, but other conditions affect the cervical spine as well. These can include herniated discs, stenosis, facet dysfunction trauma, and improper posture. RF is an ideal procedure for many patients that want to avoid surgery and addictive medications.

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 of Pain

10740 Palm River Rd, Suite 490, Tampa, FL 33619

4911 Van Dyke Rd., Lutz, FL 33558

**(813) 264-PAIN (7246)**

[www.nationalinstituteofpain.org](http://www.nationalinstituteofpain.org)

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.



### **Dr. Sunil Panchal**

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](http://www.nationalinstituteofpain.org), or call them at **(813) 264-PAIN (7246)**.

# Are You Considering Senior Housing, But Are Unsure of Your Options Financially?

## Aston Garden Combines Luxury and Affordability

Staying in your home and aging in place sometimes sounds like a fantastic plan to numerous seniors, but the stark reality is, there are many pitfalls to this theory. For example, safety is a concern, increasing electric bills, annual upkeep, unexpected leaks, and faulty appliances are just the beginning of the impending monetary expenditures that you may or may not have planned. Additionally, if you find it taxing to mow the lawn along with all of the other required maintenance on your home, trying to budget for these costs via an external company can be daunting.

Many seniors find themselves on a fixed income in their golden years and are uncertain of finding ways to make ends meet when living in their homes. Programs like Medicare don't always offer enough support to stay in the family home, but there are senior communities that are geared towards helping fixed income folks out, and one, in particular, is focused on senior needs, support, health, wellness, and luxury.

If you've been considering senior housing, wanting the enjoyment of a social network, and luxurious amenities that fit your budget—Aston Gardens just might be the answer.

### Financial Security by Locking in Your Rate

It's now easier than ever to enjoy the affordable, carefree lifestyle you've been dreaming of. Simply put, your Independent Living, Assisted Living, and Memory Care rent is locked in for three full years—guaranteed! Think of it as a bit of financial security that can make a big difference in your budget and your pocket. There are no long-term commitments or buy-ins, and you still have the convenience of an annual lease.

### Budget Friendly Senior Living Solutions

Independent Living offers many amenities one would find at an all-inclusive resort: gourmet meals, professionally curated social events and myriad activities, and state-of-the-art fitness centers to name just a few. The Assisted Living lifestyle comes with just as much freedom, but also includes the added peace of



mind that comes with knowing team members are available 24 hours a day to manage medications or assist residents. SHINE<sup>SM</sup> Memory Care is a lifestyle exclusive to Aston Gardens, and its parent company, Discovery Senior Living. SHINE<sup>SM</sup> was designed for residents with cognitive impairments, and team members undergo extensive training to become certified in this unique combination of scientific and holistic approaches in order to enrich the lives of each Memory Care resident.

### Carefree Living

Aston Gardens carefree senior living programs provide residents with fun, stress-free and easy living. Socialize with neighbors, enjoy fine dining, get out-and-about with chauffeured transportation, and take advantage of all the health and wellness opportunities. Plus, weekly housekeeping and concierge services all make life the best it could be. Now that's living!

### Amenities

- Grand Ballroom
- Elegant Main Dining Room (5-Star)
- Private Dining Room
- Elegant Terraces and Outdoor Entertaining Spaces
- Heated Swimming Pool
- Lush Landscaping
- Senior-Equipped Fitness Center
- Library and Business Center
- Card and Game Rooms
- Activity Center
- Beauty Salon and Barber Shop
- Lounge
- Inviting Living Rooms and Common Areas Throughout

- Mail Room
- Concierge
- Full-Time Activities Director
- Themed Parties and Dances
- Educational Seminars
- Craft and Hobby Classes
- Card and Game Clubs
- Fitness and Wellness Programs
- Local Outings Around Town
- And so much more

### Aston Gardens At Tampa Bay

*Aston Gardens is a luxury senior living community offering the best combinations of active-adult lifestyles and personalized care services. Wake up inspired each morning with a wealth of amenities, activities, and support at your doorstep. Explore the stylish Grande Clubhouse and indulge in our unique lifestyle services: Sensations Dining, Celebrations Activities and Dimensions Wellness. Let our dedicated team members handle transportation, maintenance, housekeeping, concierge services and more. Here you will find compassionate people engaged in enriching the lives of seniors, ensuring their needs are taken care of every day. Aston Gardens At Tampa Bay offers the best value in affordable, carefree, senior living. Everything we do is focused on providing you the very best in senior living. It's all right here!*

**Now is the time to schedule your private tour!  
See why so many people want to call Aston  
Gardens At Tampa Bay their home!**

**Call 813-438-7345 today or visit  
astongardens.com.**



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316



# Your Secret Weapon for the New Year

By Alex Anderson

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

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

## Here is what he shared.

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

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



## My Daily Agreement with God's Will for My Life

Father in heaven, thank you that you are establishing me in Christ Jesus. According to Philemon 1:6 – "that the confession of my faith may become effectual by my acknowledging every good thing which is in me in Christ Jesus.

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

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

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

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

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

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

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

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

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

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

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

**P.S. HAPPY NEW!!** If you want the complete copy of *My Daily Agreement with God's Will for My Life*, I would be glad to email it to you. Just go to [alexanderson.org](http://alexanderson.org)



**95,250+**

REGENEXX PROCEDURES  
PERFORMED SINCE 2005

# Joint Surgery Alternatives?

**Return to your active lifestyle without drugs, cortisone shots, or surgery.**

We offer **the nation's most advanced non-surgical stem cell and platelet treatments** for osteoarthritis, joint injuries and spine conditions. We use the patient's own bone marrow derived stem cells, which is the only FDA-compliant tissue source in the U.S. for orthopedic procedures.

All injection procedures are performed using ultrasound and fluoroscopic guidance for precise cell placement.



James Leiber, DO  
Medical Director



Michael Amoroso, MD



Ron Torrance II, DO



Ignatios Papas, DO



8600 Hidden River Parkway, Suite 700 | Tampa, Florida 33637 | **813.285.5019**

2401 University Parkway, Suite 104 | Sarasota, Florida 34243 | **941.241.0687**

**RegenTampaBay.com**