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5 Reasons to Avoid Knee Replacement Surgery

By Regenexx Tampa Bay, Regenerative Medicine

Knee replacements are occurring far too often today and the simple truth is that many are entirely unnecessary. In some cases, the knee pain may actually be stemming from another part of the body. Even when using standard criteria for determining candidacy, about one-third of knee replacements are deemed inappropriate when evaluated by independent researchers.

When knee pain is legitimately caused by a knee condition, many knee replacement candidates seek out effective alternatives to surgery. For those who are still considering a replacement, here are five reasons that may make you want to think twice.

1. Chronic Knee Pain
Relief from chronic knee pain is the main reason that most people decide to have a knee replacement. Although many people can get good relief from a knee replacement, unfortunately, for some people, surgery may come with continued or additional pain. Studies have shown that many patients still have at least mild pain after their knee replacement. Most people decrease their sporting and athletic activities within 5 years of their surgery.

Although there are many reasons why someone may continue to have pain, one explanation of chronic knee pain could be that the source of the pain was not actually a knee condition, to begin with. If the knee pain is actually caused by spinal nerves from the back, for example, then your pain will not simply go away after a knee replacement. It is essential that the root cause of the pain is discovered and is the focus of treatment.

2. Pseudotumors & Tissue Damage
Wear particles are microscopic pieces of metal, ceramic, or plastic that come from the joint replacement part, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in the blood, have been the subject of many class-action lawsuits and can cause harmful metal toxicity as well as create pseudotumors, tissue damage, and even DNA injury. According to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes, psychological status changes, kidney function impairment, and thyroid dysfunction.

3. Device Failure Caused By Allergies
In the past few years, multiple studies have discussed that the components of knee replacement prostheses can cause allergies. Two groups of people are at a significantly higher risk of potential rejection or loosening of their device and/or toxicity from wear particles.

1. Those with any type of allergy. Even patients with allergies to pollen or dander should think twice about knee replacement surgery. These people have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful.

2. Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.

4. Increased Risk of Heart Attack & Stroke
Knee replacement patients aged 60 and up are about 30 times more likely to experience a heart attack or stroke in the two weeks following surgery. When you amputate a joint from a patient, there is severe trauma to the blood vessels and bone marrow space. The stress of undergoing joint removal alone may be enough to trigger a stroke or a heart attack. Additionally, there is a higher risk of blood clots that could potentially cause an embolism in the heart, lungs, or brain.

5. Increased Risk of Hip Fracture
A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A national Dutch study showed a 54% increased risk of hip fracture after a knee replacement among adults aged 71 years old. We are also seeing bone density loss in hips.

Alternatives to Surgery
Although many patients have tried steroid injections to decrease pain in their knee joints, this is not the best approach. Steroid shots kill off stem cells, cartilage cells, and increase cartilage breakdown. Even commonly used local anesthetics can be toxic to stem and cartilage cells.

Those who suffer from mild arthritis may benefit from precise injections of highly concentrated platelet-rich plasma (PRP). These natural growth factors from your own platelets can support healthy cartilage and prevent the natural breakdown over time.

The Regenexx protocols allow for the ability to produce higher quality and more individualized platelet products than the typical PRP centrifuge. Precise guided injections of your own bone marrow derived stem cells may also be a better choice to provide relief especially in those with moderate to advanced arthritis.

When considering knee replacement surgery, make sure that you research alternative options. Our website is a great place to start understanding if regenerative orthopedic medicine is right for you.

Regenexx Tampa Bay provides trusted solutions by orthopedic stem cell experts. We offer the nation’s most advanced, researched, and evidence-based non-surgical stem cell and platelet treatments for injuries and arthritis.

James Leiber, D.O. | Ron Torrance II, D.O.
Ignatios Papas, D.O. | Michael Amoroso, M.D.

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When you, your child, or a loved one has fever, sprains an ankle, gets an ear infection or gets overheated, it can be quite challenging to get a same-day appointment with your primary care doctor, and the emergency room may not always be the best choice.

Choosing between an ER and urgent care can often be very confusing. Urgent care centers could be the best option for minor illnesses or injuries. Urgent care centers are equipped to treat a variety of conditions and injuries with on-site lab and radiology services. Patients may receive care quicker and at a lower cost than a trip to the ER.

Avoiding the emergency room when appropriate, is extremely convenient with BayCare’s multiple urgent care locations throughout the Tampa Bay area.

BayCare Urgent Care
BayCare is the leading health system in the region to provide 18 urgent care locations in Pinellas, Hillsborough, Polk and Pasco counties. BayCare Urgent Care offers quick, high quality health care from an experienced team of clinicians for adults and children ages two and older.

BayCare Urgent Care provides convenient access to high quality, compassionate care for patients with medical conditions including minor illnesses and injuries, flu and colds, sprains and strains, urinary tract infections, ear pain or infections, animal or insect bites, minor cuts, stings and burns.

“We focus on giving patients access to the right level of care, in the right place and at the right time,” said Nathan Keith Waldrep, MD, Chief medical officer for Urgent Care and Occupational Medicine and medical director for HomeCare and Telehealth at BayCare. “We’re here to take care of those episodic injuries and illnesses that pop up occasionally that don’t require someone to go into an emergency room and for those that can’t see their primary care today.”

BayCare offers a total care experience including X-rays, laboratories, EKGS and dispensing of certain medications. The centers provides school and sports physicals and occupational health services including post-hire physicals, drug screenings, treatment of workplace injuries and vaccinations.

To enhance patient experience, BayCare Urgent Care allows visitors to hold their place online through Save Your Spot. Some facilities also provide extended hours to meet the needs of people with busy schedules.

BayCare Urgent Care is part of BayCare Health System, a leading not-for-profit organization comprised of 15 hospitals and hundreds of other convenient locations throughout Tampa Bay and central Florida regions. Due to BayCare’s hundreds of access points, BayCare provides a full continuum of care through its inpatient, outpatient, imaging, diagnostic, behavioral health, laboratory and wellness services – providing seamless and convenient care for patients and their families.

For more information, visit BayCareUrgentCare.org or stop by a BayCare Urgent Care center.
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 feel 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. Salayd 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, and take the first step to getting those unsightly veins cleared up - and get your legs and face camera-ready and beach-beautiful.

www.HealthandWellnessFL.com
Do You Want Kissable Lips For Valentine’s Day And Beyond?

Dr. Dana Coberly

6 Things You Should Know About Lip Fillers And Your Options

1. You need to have an idea of what you want your lips to look like. Don’t be afraid to show your physician pictures of your ideal lips, but keep in mind that your lips will NEVER look exactly like someone else’s. Yours will just be a more voluminous version of your lips, although skilled plastic surgeons can change the symmetry with fillers.

2. Don’t trust your lips to just any old run of the mill med spa. If you want to look like a normal human being, you need to see a qualified plastic surgeon and their highly-trained staff for anything that pertains to your face and body for that matter.

3. Decide if the look you want is conservative and natural or more voluminous. It’s wise to start out more conservative and go from there with touch ups if necessary. Your lips will initially look fuller due to swelling. Once that subsides, your lip fullness will last a significant amount of time.

4. If you are taking any daily aspirin, Omega-3 fatty acid, vitamin E or gingko biloba, you should stop a week prior to getting filler, as these all thin the blood and can cause bruising. Check with your doctor if you have questions about stopping your blood thinner prescription.

5. Making your appointment at a time that allows you to have a few days of no major social outings is probably ideal given that you might be a little swollen the first few days.

6. If you’re not ready for fillers, there are fantastic professional, medical-grade treatments and topical to plump and exfoliate your lips. Botox can also be used around the lips to enhance their shape and to treat wrinkles.

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.

Coberly Plastic Surgery offers multiple options for making your lips fuller. The fillers include, Juvederm Ultra, Ultra Plus, Volbella; Restylane Silk and Defyne.

Be Kissable with Dr. Coberly’s Valentine Specials

Give those luscious lips of yours some pampering and take advantage of our February Specials:

1. 20% off any lip filler/injections
Juvederm Ultra, Ultra Plus, Volbella, Restylane Silk and Defyne.

2. 20% off SkinCeuticals Antioxidant Lip Repair
it will keep your pout soft, smooth and well hydrated.

3. Purchase any Jane Iredale lip product and receive 50% off
Jane Iredale’s Sugar & Butter Lip Exfoliator and Plumper.

4. Schedule a Dermalfill Treatment
(Microdermabrasion with Infusion) for the face and receive a complimentary lip and eye treatment (Value-$50).

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

- Body Contouring
- Liposuction
- Body Lift
- CoolSculpting
- Arm Lift
- Tummy Tuck
- Breast Surgery
- Breast Augmentation
- Breast Lift
- Breast Reconstruction
- Breast Reduction

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

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

www.HealthandWellnessFL.com
Nasty Skin Conditions That Can Benefit from CBD

If you experience rashes, hives, redness, swelling, burning or itching, or have been diagnosed with skin conditions such as acne, rosacea, psoriasis or eczema, you may be interested to know that clinical studies have shown these conditions can benefit from CBD, or “cannabidiol,” the second-most prevalent of the active ingredients of cannabis and derived directly from the hemp plant.

Doctors diagnose a great variety of skin conditions that can result from allergies, irritants, diseases and immune system problems. While we always recommend following doctors’ recommendations, for additional help, many people are also turning to skincare products containing significant concentrations of CBD as well as other key ingredients.

According to CBD: A Patient’s Guide to Medicinal Cannabis, when applied topically as an infused lotion, serum, oil, or salve, the antioxidants and CBD (more powerful than antioxidants vitamins E and C) can repair damaged skin.

“Cannabinoid receptors can be found in the skin and seem to be connected to the regulation of oil production in the sebaceous glands,” said the authors. “Cannabis-based topical products are being developed to treat related issues from acne to psoriasis and can promote faster healing of damaged skin. In fact, historical documents show that cannabis preparations have been used for wound healing in both animals and people in a range of cultures spanning the globe and going back thousands of years.”

To bring you the best of what CBD offers, CBD Healthcare Company has partnered with a formulator who has post-doctoral degrees in the field of pharmaceutical and cosmeceutical formulations and has spent more than 20 years researching and developing skincare and facial formulations. He has used this experience to develop our skincare and facial formulas, discussed below.

CBD Hydra Renewal Night Cream
CBD Healthcare Company’s “CBD Hydra Renewal Night Cream” contains retinol, a long-trusted ingredient for fighting acne, on which the first study was published in 1943. Retinol, a vitamin A derivative that stimulates skin cell turnover, also helps eradicate imperfections and diminish the appearance of fine lines. CBD Hydra Renewal Night Cream is also formulated with ultra-refined CBD hemp oil that calms, soothes, and supports the skin’s natural healing process. Our skincare formulas use only 99% pure CBD extract, producing a consistent CBD profile essential for skincare and facial products.

CBD Moisture Recovery Cream
With a key ingredient of hyaluronic acid, which has anti-inflammatory properties, CBD Healthcare Company’s “CBD Moisture Recovery Cream” is ideal for people suffering from skin conditions such as psoriasis, eczema and rosacea as it helps reduce redness. It also hydrates the skin, especially the upper layer of the epidermis. Ultra-refined CBD hemp oil helps calm, soothe and support the skin’s natural healing process.

CBD Instant Purifying Mask
While gently cleansing and brightening skin, CBD Healthcare Company’s “CBD Instant Purifying Mask” also calms it using one of the product’s key ingredients—rosehip seed oil—which contains high amounts of antioxidants and unsaturated fatty acids. These ingredients have been shown to have anti-inflammatory and antioxidant qualities as well, which may help address symptoms of eczema. Regardless of which products you choose for skincare, keep in mind that adequate concentrations of CBD—along with other key ingredients listed above—are essential.

CBD Healthcare Company
The source you can trust

For more information, visit:
CBDHealthcareCompany.com

Use Promo Code Health at checkout for a 10% discount on your order

Statements have not been evaluated by the Food and Drug Administration. CBD Healthcare Company products are not intended to diagnose, treat, cure or prevent any disease.
February is American Heart Health Month
Why Exercise is Highly Recommended for Those That Have Suffered Cardiac Issues

I t's February, which reminds us all that we celebrate Valentine's Day this month, but more importantly than the act of merely giving chocolates and roses, this holiday, it's imperative to consider the fact that our hearts are what really matter. Since heart disease is still the leading cause of death in both men and women, what better way to understand and implement heart-healthy information into our minds and lives.

How to Safely Exercise
If you have undergone procedures for a stent, pacemaker, open heart, or if you have COPD or suffer from heart disease, exercise is highly recommended by cardiologists and primary care physicians.

Postoperative complications after heart procedures (and other medical conditions) are unfortunately quite common. To lessen the likelihood of rehospitalization or adverse reactions, postoperative exercise as a monitored treatment is often prescribed to cardiac patients after hospital discharge. Exercise helps with range of motion, breathing techniques, building strength and oxygen intake without overexertion and mobilization.

Although most postoperative programs are followed up with the possibility of rehab services including skilled nursing, rehabilitation facilities and/or home health services, a problem frequently encountered is the proper maintenance of exercise and/or physical activities after rehabilitation services end. Most of the time, patients and caregivers have difficulty in finding options to continue with their maintenance of established home exercise programs and physical activities after their discharge. As caregivers search for options, they may end up hiring personal trainers that may not have a clinical eye or experience with the senior population, or they may hire home care aides without rehabilitation training to assist with follow up of the exercise program. In many cases, it’s also tasking to get to an outpatient clinic or gym.

That's where Morpheus Wellness comes in. Morpheus Wellness is an in-home senior fitness and wellness specialty program serving Pasco, Pinellas, and Hillsborough counties focused on that specific problem; that gray area of post-rehabilitation where people regress back to the couch after therapy services. Our compassionate team aims to enhance a safe and active lifestyle by providing you resources to achieve your highest level of general health and well-being.

Who can Benefit From Morpheus Wellness?
1. Want to return to your active lifestyle and maintain your level of earned fitness/wellness/mobility after your therapy services?
2. Wish to supplement your lifestyle changes with dynamic and safe exercise programs?
3. Want encouragement and motivation with a focus on healthy sleeping habits, proper nutrition, and exercises tailored specifically to you?

Morpheus Wellness discovered a need for continued supervised fitness and wellness services after home health or outpatient therapy discharge. Our customized programs may help prevent the following:
- Reduction in strength and balance
- Decreased walking frequency
- Decreased socialization
- Deconditioning i.e., "couch potato"
- Risk of falls
- Hospitalization/re-hospitalization

Morpheus Wellness co-founders, Dean Flores and Lynda Parks, have over 30 years of combined experience in the physical therapy, fitness, health, and wellness fields. Their careers in the home health setting resulted in a strong knowledge of neurologic, cardiac, musculoskeletal, and cognitive impairments pertaining to the geriatric population. Dean and Lynda's unique approach to encouraging healthy lifestyle changes led them to obtain their certifications as sleep science coaches.

Why We Are Different
Morpheus Wellness is a true hybrid and proactive approach to bridge a client's discharge from home health services or outpatient therapies for continued progress towards improved living. We provide a means to continue fitness and wellness programs under the supervision of our highly experienced team.

Morpheus Wellness is owned and operated by clinicians. We provide thorough assessments and individualized programs based on scientific principles integrated with a holistic approach to fitness, wellness, relaxation, and sleep. We consult with the client's physician to obtain clearance and optimize continuity of care. Our employees are clinicians whose goal is to utilize a client-centered, team approach to return clients to optimal fitness and wellness with enhanced quality of life.

If you’ve undergone rehabilitation due to cardiac issues, stroke, hip or knee replacements, neurological diseases such as Parkinson’s, or if you just need to add a well-rounded, monitored and motivating professional exercise to your daily life, look no further. The owners of Morpheus Wellness are highly trained and recommended.

Dean K. Flores, Owner, DPT, LSVT BIG Certified, CSSC
Earned his Doctor of Physical Therapy degree from the University of St. Augustine for Health Sciences

Lynda M. Parks, Owner, DPT, LSVT BIG Certified, CSSC
Earned her Doctor of Physical Therapy degree from the University of Pittsburgh.

To continue your journey to optimal living, if you or someone you know could benefit from post-rehabilitation in-home wellness and fitness, Morpheus Wellness experts are here for you.

www.MorpheusWellnessFL.com
Hyperbaric Oxygen Therapy as an Adjunct to Plastic Surgery

Hyperbaric oxygen therapy (HBOT) involves inspiration of pure oxygen at greater pressures than normal. For the past 20 years, administration of HBOT and its potential benefits in management of diseases have been more clarified. HBO for the first-line treatment of several conditions and a superb helping (adjunct) therapy for many medical conditions. In the early 1960s, HBOT was widely used in a variety of medical indications. (3) Numerous studies have revealed how well HBOT works.

HBOT has been shown to be an effective method for treating complex wounds as well as burns and now is being researched to improve the results of wounds and burns caused by elective surgeries. The way HBOT stimulates response is by helping your body create collagen (the building blocks of cells and organs), reduces pain, reduces swelling, hyperoxygenation (super oxygenating cells) as well as angiogenesis (the development of new blood vessels). HBOT increases the ability of your own blood to upload, carry, and deliver oxygen to tissues. Wounds treated with HBOT therapy are improved and have more rapid wound healing. Wound healing is a primary interest area for patients as well as the collective health care industry so much so that physicians modify surgical techniques, pharmaceutical companies spend millions of dollars on research and development, and some patients use anecdotal home remedies in their care to facilitate a more rapid recovery. A better, more effective solution exists with HBOT.

Complex wounds are challenging to manage, with many associated problems. The main problems appear to include having to deal with underlying diseases such as diabetes, vascular problems, history of radiation therapy, low oxygen and wound infection. Low oxygen content in cells affects tissue metabolism and reduces PH, which prohibit wound healing. In a previous study it was shown that low oxygen around the edge of a wound was associated with a 39 folds increased risk of early healing failure. (2) Another study (3) concluded that tissue oxygen shortage was directly related to wound failure rate. Lack of oxygen can lead to many chronic wounds. HBOT increases oxygenation of tissues and supports wound healing. Clinical outcome seems to improve after HBO treatments, even though traditional wound treatments had been unsuccessful.

At the Undersea Oxygen Clinic Hyperbaric Center (located on Westshore Blvd in Tampa) we have established a protocol that has patients oxygenate a few times before a surgery and then several times afterwards to maximize healing. We have partnered with local area surgeons to facilitate better healing for their clients. One such symbiotic relationship exists between us and the Tampa Eye Clinic. Dr. Scheiner is board certified in Ophthalmology and performs facial plastic surgery.

"I have a practice in Laser Eyelid and Facial Plastic surgery and we have used lasers to help improve past sun damage in our patient for many years. The healing after the treatment usually takes 10-14 days. We were introduced to Hyperbaric Oxygen as an option to help speed healing from our laser treatments and have seen impressive results. The Hyperbaric Oxygen has speed up healing 30-40% after our laser treatments. The Undersea Oxygen Clinic has been wonderful in working with our patients and I feel very comfortable having my surgery patients work with such a caring and expert group." Adam J. Scheiner, M.D.

While the lasers are used to burn the skin and improve the overall look of the patients (as evidenced by the photos), the pre and post HBO preparations the skin for the work and speeds healing time significantly. Another study showed that HBOT offers patients a statistically significant, perioperative therapy that decreased bruising in patients undergoing face-lift by 35%. (4)

HBOT is effective, ethical and safe procedure. Its use for pre and post-surgical care has very promising results.

References:

To find out more about HBOT and Undersea Oxygen Clinic, please call 813-533-7093 or visit UnderseaOxygenClinic.com.

www.HealthandWellnessFL.com
UTILIZING TECHNOLOGY TO ELEVATE PHYSICAL THERAPY AND ACHIEVE OPTIMAL HEALTH

By Jason Warp, President of Competitive Edge Physical Therapy

Over the past two decades, the team at Competitive Edge Physical Therapy (CEP) has worked to set themselves apart from the typical run-of-the-mill physical therapy practice, focusing on applying specialized techniques and groundbreaking technology to gain industry-leading results with patients. To further this mission, CEP now offers the latest in recovery science and “bio-tech” to expand the scope of physical therapy practice beyond injury rehabilitation into the realm of achieving optimal health and wellness for all clients. Conveniently located within the heart of the fitness-focused Palma Sola community, CEP’s South Tampa office is utilizing this advanced technology to develop wellness plans and gauge effectiveness of physical therapy interventions.

Heart Rate Variability (HRV) Diagnostics
CEP has integrated heart rate variability (HRV) technology to achieve a baseline of a client’s physical state. This non-invasive, 5 minute procedure paints a picture of the body’s wellness and recovery capacity by gaining feedback from electrical activity of the heart. Through analysis of this critical information, physical therapists can develop individualized plans to improve health status and increase functional capacity during fitness activities. In addition to assessing wellness in the general population, HRV diagnostics has also been utilized to demonstrate positive outcomes of physical therapy interventions in patients recovering from injuries when re-scanned throughout the course of treatment.

NEUBIE Electrical Stimulation
CEP serves as the flagship physical therapy facility incorporating the NEUBIE device into standard treatment practice. The NEUBIE is a groundbreaking electrical stimulation device that has been utilized by CEP to decrease chronic pain, optimize muscle strength/function, and accelerate injury recovery. This technology enhances natural processes; it doesn’t replace them. The NEUBIE identifies faults in the pain-signaling pathways, resets them, and then promotes normal movement patterns. Contrary to TENS units “masking” the pain, this device corrects the underlying root of dysfunction by reprogramming the communication between the brain and muscle tissue.

Pulsed Electromagnetic Field (PEMF) Treatment
Pulsed Electromagnetic Field (PEMF) is utilized in treatment plans by directing pulsed energy waves toward damaged or injured areas of a patient’s body. Environmental exposure to damaging frequencies (cellular signaling, Wi-Fi, microwaves, etc), stress, and lack of restorative rest translates to a sub-optimal state of wellness. Through PEMF therapy, the cells of the body are “recharged”, making it easier for the body to restore its health status.

By combining new technology with the most up-to-date physical therapy practices, CEP is pushing the boundaries of conventional health care to help patients reach their wellness goals.

Competitive Edge Performance (CEP)
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Exercise is critical for overall health, but if you are exercising in bad form, meaning your posture is poor, you extend your stomach or your neck is protruding, you can actually do your physical body much more harm than good. For those that try to work out on their own or watch the plethora of some “not-so-skilled” YouTube influencers, beware that you might be gearing yourself up for major injury.

At Pure South Tampa, their expert, certified, fitness professionals use multiple modalities to keep you safe and in peak form, and there are 6 basic cues that they stand by as well. These are:

1. Your head position must be in proper alignment to make sure that the head and neck is back against the backline, reaching towards the ceiling, not jutting forward or in misalignment.

2. Shoulders must be down and back as if a drop of water could slide down your shoulder, straight down the center of your spine.

3. Abs must always be engaged when exercising and they also should be engaged throughout the day. The only time they should be totally relaxed is while you’re eating and sleeping.

4. The rib cage must be down and not sticking out, which arches the back and spine in misalignment.

5. Glutes must be engaged.

6. The final cue is to keep yourself grounded to the floor at all times, whether it is through the hands or feet depending on exercise. Even with ballistic movements or jumping, you still want to have the proper weight and return to the feet with bent legs (not locked) to prevent injury.

Pure South Tampa’s philosophy on fitness and their dedication to whole-body-wellness is the key to their client’s satisfaction. Here, clients can benefit from a multifactorial program that can be tailored to their specific needs. What also sets Pure South Tampa’s circuit training apart from the rest is that the classes are very limited to allow for a ‘private training’ experience and to avoid the overwhelming feeling of an overcrowded gym. There are also private one on one coaching classes available as well. It’s not just about training; it’s also about nutritional counseling, building a strong, trustworthy relationship with dedicated professionals to hold you accountable and to keep you motivated even through the tough, tempting times.

Coco Dunham, Pure South Tampa’s Fitness Professional
Coco began her career in fitness as a result of being injured at age 23. As part of her recovery, she hired an ACE certified personal trainer, which ignited her interest in the human body and movement. After meeting her husband and moving to Pittsburgh, Coco established her own successful personal training business in 1998. She continued building her business until she and her family moved to Tampa in 2014. Upon moving to Tampa, Coco decided to focus on expanding her knowledge-base with additional certifications and also take a few years to raise their son. She is excited to share her experience and increased knowledge with clients in her new base at Pure South Tampa. Her core belief is that people should always put their own physical wellbeing on their to-do list, perhaps, even first.
We Feed People.

By Matt Spence

The front door hasn’t even closed yet and three sets of feet can be heard running my direction. There is no calm “Mr. Rogers-esque “moment of shoe removal before the tidal wave of questions and stories (mostly about food) erupt from the Spence boys. After the first few moments of mayhem, things settle down a bit. Most nights, we eat dinner together and talk. Stories revolve around recess and lunch and, occasionally, with enough prompting, we can even get an academic highlight thrown in. It is easy to get them going. But, eventually, the spotlight turns in my direction.

“What did you do today?”

Usually it is the youngest, Nolan, who asks: “What did you do today?” Through the years, I have answered with a comment about a nonprofit I visited, a person I talked with, or a project I learned about, or helped to grow. But to seven, nine and thirteen-year old boys, those moments do not really resonate. It is tough to share the process of building social services in response to community issues without getting into the “weeds,” or beyond what connects to their daily lives. In the past, the details of my day have not really resonated with young, energetic, blessed and, thankfully, carefree boys. I love it that things are different now.

“Dad, what did you do today?”

“I fed people.”

“Today, we opened a school pantry that will help feed hundreds of families. They will now get to eat their favorite meals around their family table, just like us,” I tell them.

That, the boys understand. They can picture me going off to work, making sure that children very much like them, have family meals. They know how important that time, and that experience, is to me. They can see why this type of work is a good way for me to spend my day.

At Feeding Tampa Bay, there is no confusion about what we do or why we exist. We feed people. There is no hesitation when you ask any one of our nearly 100 employees what we do each day. We feed people, they will tell you. And now I’m proud to give that answer every single day when Nolan asks.

The hunger numbers are staggering, almost too big to comprehend. There are nearly 600,000 food insecure people in Tampa Bay. Today, over 65 million pounds of food have been shared with the community. We have over 500 partner agencies across 10 counties supporting the hungry and needy in our midst. Our 80,000 square foot warehouse is bustling at the seams and our 24 truck fleet could be on the road delivering food 24 hours each day. Our army, consisting of over 45,000 volunteers and 200 corporate partners, stand shoulder-to-shoulder fighting hunger in Tampa Bay. Yet, we are only halfway there.

Ten million meals need to be provided each month. That’s what it will take to end hunger in Tampa Bay. That’s how many meals we need to provide to ensure everyone who is hungry, every food insecure individual across West Central Florida, has access to the food they need to live a productive, healthy life.

So what do I do at Feeding Tampa Bay? I feed people. What do our volunteers do when they come to our warehouse and sort donated food into banana boxes so we can send them out to churches, social service agencies, and other community partners? They feed people. What do our truck drivers, forklift operators, volunteer coordinators, inventory managers, fiscal specialists and administrative assistants do when they come to work in the morning? They feed people.

And, best of all, what does Nolan do when he joins daddy at work on a Saturday morning distributing produce at Trinity Cafe 2? He, too, feeds people. Because no one should go hungry.
Walking, standing and exercising put a lot of strain on our knees. For example, a person who weighs 150 lbs. walking up a flight of stairs will put approximately 500 lbs. of pressure on their knees with each step. Not only is the knee one of the most intricate of all the joints in the body, but the knees are also the most susceptible to arthritis and nerve damage.

Radiofrequency Denervation
Using light sedation and local anesthesia, 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. Once the damaged nerve(s) 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 15 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.

Exosomes
Within the medical community, a cutting-edge treatment is proving to have exemplary results for its regenerative effects. Exosomes are produced from the plasma membranes of cells and are best explained as extracellular vesicles. Exosomes are nanosized particles that are released due to an immune response. Some medical professionals are reporting that they are more regenerative and effective than stem cells. Because they act as intracellular communication messengers within the body and have the ability to move between multiple cells, they are also incredibly useful when paired with stem cell therapy.

Dr. Sunil Panchal of the National Institute of Pain has been committed to regenerative medicine and stem cell therapy for several years. Dr. Panchal explains exosome therapy further, “This is an exciting new approach for regenerative medicine. Unlike PRP which has limited growth factors, or bone marrow and fat aspirate, which has an unknown quantity of stem cells, or growth factors from the patient, or the use of fetal cord blood stem cells (which has unknown function after thawing and also the risk of tumor formation from foreign DNA), exosomes are a highly concentrated and reproducible source of growth factors for regenerative techniques.

“The other approaches typically take six months to see any results. With exosomes, I’ve had some patients begin to notice improvement as early as 2-3 weeks. And since this is an acellular product, there is no risk of tumor development.” said, Dr. Panchal.

Dr. Panchal has treated patients with exosome therapy for pain in the cervical and lumbar facet joints, sacroiliac joints, knees, hips, ankles, elbows, shoulders, ligament injuries, and also degenerative discs. These tiny exosome communicators that secrete therapeutic and regenerative effects to the cells and tissues throughout the body are becoming highly-sought-after by many patients that have suffered from pain and chronic disorders.

Some of the additional findings within peer-reviewed studies are as follows:
- Self-Renewing Capabilities
- Cellular Differentiating Ability
- Tissue Repair
- Anti-Inflammatory Effect
- Immunosuppression
- Neuroprotection

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.

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.nationalinstitutefopain.org, or call them at (813) 264-PAIN (7246).

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WHOLEHEARTED

By Jodi Thomas

I love Valentine’s Day. Not just the flowers and the chocolate and all that good stuff, but I have always loved the idea of celebrating love... and on a trivial note, seeing all the pink and red hearts just makes me happy for some reason.

Lately I’ve been thinking a lot about my own heart. When reflecting on 2019 and what I hope for this year, I really desire to live wholeheartedly. And the first step in doing this is learning to pay attention to my heart. I’m reading a great book right now called Soulful Simplicity by Courtney Carver. I highly recommend it. In the book, she discusses living wholeheartedly and that we have to learn to listen to our hearts. She has an exercise where in a quiet moment, you place both hands on your heart, one hand on top of the other, and just sit in the quiet for a moment or two, and ask yourself, “What is my heart saying? What is my heart feeling?”

Yet, most of us are terrified to do this. Why? Because, without a doubt, most of us are never taught to listen to our hearts. We are taught to “suck it up,” to keep pushing forward, to fulfill our myriad responsibilities, regardless what our hearts might be saying, or trying to say. And there are many times where we have to do just that—it’s part of being an adult. But there’s an equal, if not more, need for us to listen to those precious hearts of ours, that have often long been covered up by obligation, fear of what other people think, busy-ness, and self-medication with our vices of choice.

The primary reason we need to learn to listen to our hearts are that our hearts are very important to God. Proverbs 4:23 says, “Above all else, guard your heart, for everything you do flows from it.” Think about what that says and the implication of it. Both good and bad flow from our heart, based upon the state of our heart. Ignore your heart for too long, and this is disastrous for living the kind of life that you once imagined for yourself.

In fact, our hearts are so valuable to God that they are the very place that Christ has decided to take up residence. Ephesians 3:17 says, “I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith.” Additionally, Romans 5:5 says that God pours out His love into our hearts. Now, I spend a lot of time nurturing my relationship with God. But to be completely honestly, many times I don’t feel God’s presence or love. These are things that I have to take by faith. But even this comes from the heart, for Romans 10:10 says “For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.”

When I truly believe these truths, which comes from my very heart, that Christ actually lives in my heart and God’s love is poured into my heart, I am empowered to live in God’s love and to express that love to others in my day to day life. And folks, there is just nothing in life more important than that.

Not only does God reside in our heart, he desires to protect it. Philippians 4:7 says “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” How does the peace of God guard our heart? It guards it against worry, against anxiety, against unforgiveness... all of the things that wreck havoc on our hearts and create stress in our lives.

Our hearts are so valuable to God, that He desires all of our hearts. In Luke 10:27, Jesus said the greatest commandment was to “Love the Lord your God with all your heart and all your soul and with all your strength and with all your mind.”

When you see those pretty pink and red hearts this Valentine’s Day, I hope you are reminded that your heart is a unique treasure to God. There is no other heart like yours. It is so valuable to Him that Jesus died on the cross so that He could live there and God’s love be poured out into your heart. Because your heart is of the utmost value to God, you need to value it, too. Learn to listen to it. Learn to respect it. Don’t ignore it. I hope you will join me in the quest of living wholeheartedly in 2020.
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