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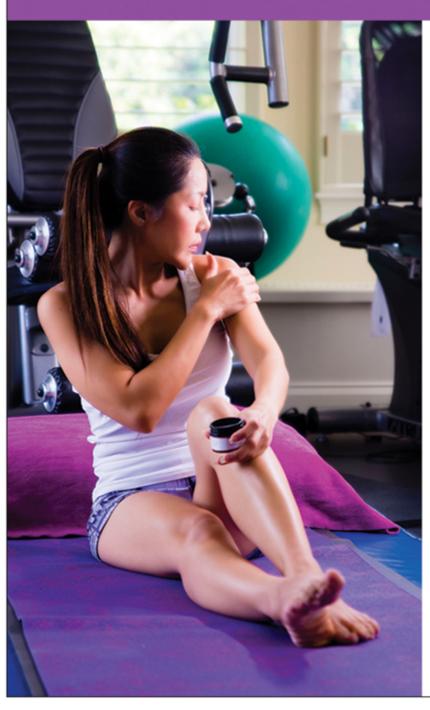
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Lumbar Spine Pain: Symptoms, Causes & Treatments

By: Regenexx Tampa Bay, Regenerative Medicine

he body is an interconnected machine with each part working together in harmony. The lumbar spine is a crucial element of this machine. The hip, knee, and foot are all controlled by spinal nerves within the low back. A problem in the lumbar spine could create problems at any point in the lower body. Common lumbar issues include arthritis, foraminal and spinal stenosis, pinched nerves, disc problems, muscle atrophy, loose ligaments, and spondylolysis. In this article, we will give you a brief overview of these common lumbar spine problems along with their potential symptoms, causes, and treatments.

First, let's take a look at the spinal column and its parts.

The Spinal Column

The spinal column is made up of vertebrae that are stacked one on top of the other with an intervertebral disc between each level to provide cushion and absorb shock. The cervical spine consists of the neck area and is made up of seven vertebrae (C1-C7). Following the cervical spine is the thoracic spine (T1-T12), the lumbar spine (L1-L5), the sacrum (S1-S5), and the coccyx. The posterior (back) portion of these vertebrae is known as the spinous process and on either side of these, connecting one vertebra to the next, are finger-joint-sized articulations called facet joints.

Another extremely important part of the spinal column is the spinal canal. This tunnel runs down the middle of the column and houses the spinal cord, which has many nerves that transmit muscle commands and sensory information throughout the body and to the brain. There are small holes in the spinal column where the nerves exit and branch off to other parts of the body. There is one at each level of the spinal column. One of these holes is called a foramen. Any of these structures can become damaged or diseased in some way and lead to pain, discomfort, or even disability.

Foraminal Stenosis

When the spine is healthy, spinal nerves easily traverse through the tunnels transmitting sensory information from each body part to the brain and provide impulses to the muscles so they can contract and move the body part. However, when the spine is unhealthy, the flow of information can be disrupted.

The disc or cushion in between the spine bones can bulge and/or the spine joints can get arthritis causing the foramen to narrow. This narrowing of the tunnel is called foraminal stenosis and can cause the nerves to get pinched. The pressure from a pinched nerve can cause muscle tightness, weakness, numbness, tingling,



burning, or electrical pain in the specific distribution of that nerve. For example, if there is a lower lumbar foraminal stenosis, you could experience numbness in your big toe. Sometimes the symptoms slowly manifest over time from a more subtle pinching of the nerve. If the nerve is irritated, it may release inflammatory substances into the tissue to which the nerve travels causing that tissue to degenerate more rapidly than other areas leading to painful problems such as tendinopathy.

You could have laser spine surgery to open up the hole, but this surgery can have major side effects and serious implications. Another way to surgically treat stenosis is with a spinal fusion, but the mention of a fusion should be a huge red flag to seek out other opinions. Why? Adjacent segment disease (ASD). After a fusion, the motion of the fused segments is limited and the biomechanical loads are transferred to the segments above and below the level of the fusion. These adjacent segments could get damaged and become painful over time resulting in additional surgeries.

Surgery is often performed after an MRI diagnosis of the problem. An MRI indicating stenosis is not enough to appropriately diagnose that stenosis is the cause of pain. If you do have foraminal stenosis, you should not put all your trust in MRI results. Patients may or may not have pain with foraminal stenosis. The MRI is a description of the appearance of the spine. Many people have stenosis and no noticeable problems. An experienced physician knows that it's critical to treat the person, not the MRI. This can be determined by a thorough history and physical examination. Research also shows that skilled physical therapy is as effective as surgery in relieving stenosis symptoms.

Our approach to foraminal stenosis utilizes nonsurgical solutions to treat it before it progresses. Precise imageguided injections of the patient's own platelets into the foramen and around the nerve can help manage the problem.

Facet Joint Osteoarthritis and Instability

The facet joints that we spoke of earlier can become injured from trauma or develop arthritis from cartilage breakdown due to wear and tear. Facet joints allow for and limit movement in the spine. When bending backward, these joints become compressed and when you bend forward, they open up. When damage or arthritis occurs, facet joints can become chronically painful, especially with movement. Facet arthritis is often referred to as Degenerative Joint Disease (DJD).

For facet arthritis or injuries, doctors may recommend a radiofrequency ablation (RFA) also referred to as a rhizotomy of the small nerve that senses pain from that specific facet joint. This is a destructive process that damages the nerve. Although this can be effective in some cases, it may leave the surrounding muscles weaker which can actually be a cause of back pain.

A surgical option is a lumbar fusion to bolt two or more vertebrae of the spine together to eliminate movement and therefore, pain. The nature of this surgery can also damage the muscles that stabilize the area. This is an irreversible procedure that can cause adjacent segment disease in the vertebrae above and below. This surgery should only be considered in the most extreme cases.

Our approach for DJD often includes high-dose PRP, platelet lysate, or stem cell injections precisely targeting the facet joints, surrounding ligaments, atrophied muscles, and around the nerves. This is a tissue preservation strategy that involves no cutting, surgery, hardware, or tissue destruction helping patients avoid pain medications and damaging cortisone injections.

Disc Problems

Within the lumbar spine, there are four types of disc problems that can occur. A herniated disc occurs when the outer covering of the structure breaks open allowing the inner gel to herniate out. A bulging disc is when the outer covering doesn't completely break open, but



the fibers are stretched and weak leading the gel to bulge. A torn disc means that the outer cover has a tear that causes or it may allow the leaking of chemicals on the associated spinal nerve. Lastly, a degenerated disc is one that has collapsed or narrowed due to insufficient living cells inside the disc not producing enough of the substances that keep the disc plump. A severely degenerated disc is usually not a source of pain unless it's

bulging or leaking onto a spinal nerve. Earlier in the degeneration process, while the disc still has plumpness to it, tears in the back of the disc can be a source of low back pain that results in severe episodes of pain with sitting, coughing, sneezing, or lifting. When a disc is severely degenerated, it usually is no longer painful itself. However, the mechanical load of the compressive forces in the spine at that level are no longer being taken up by the disc and therefore get transferred to the facet joints leading to wear and tear and DJD as described above.

Generally, disc surgeries include either back fusions or disc replacement. Regarding fusion, the vertebrae are bolted together with hardware to keep them immobile. With disc replacement, the goal is to have fewer side effects than a fusion, however, research has shown that abnormal motion with an artificial disc can also lead to ASD. The other side effects of having a device implanted include wear-and-tear ions in the blood from the breakdown of the metal or plastic device, ongoing pain, and potential revision surgeries.

With our approach, herniated and bulging discs are treated based on the problem they are causing. For pinched nerves, instilling isolated growth factors or platelet lysate around the irritated nerve can help the nerve recover and become more tolerant of its narrow space. Injection of the surrounding ligaments and muscles provides for stability with better-controlled movements taking pressures off the disc and nerves. In some cases, bulging discs may be treated with a same-day stem cell treatment to reduce the size of the bulge or heal a tear. In other cases, cultured (grown) stem cells injected in a specific way may be required. Torn discs can be treated with either stem cell or PRP injections very effectively. Symptoms respond well to a treatment protocol focused on platelet and/or stem cell technology deployed to treat undesirable disc and lumbar segment movements due to lax ligaments and arthritic facet joints.

Pinched Lumbar Nerve

Pinched nerves can be caused by foraminal stenosis from bulging or herniated discs and facet joint arthritis as discussed. A pinched lumbar nerve can cause pain, numbness, tingling, or weakness anywhere along the route that particular nerve branch supplies. Pain may or may not be present in the low back.

Chronic knee pain could actually be due to a pinched nerve in the lumbar spine. A doctor may mistakenly conclude that the knee is the source of the pain. This is exactly why we find it so important to consider the entire musculoskeletal system as a whole rather than in parts and to take an extensive history and physical.

The surgical approach to a pinched nerve depends on the root cause. For example, if a disc bulge is to blame, it could be a discectomy and graft and/or lumbar fusion. If it is a foraminal stenosis, laser surgery may enlarge the foraminal opening where the nerve is being pinched. Problems with invasive lumbar surgery are many, including long recovery times and often continuing pain. Ultimately, the structure never fully functions as it originally did.



Our approach includes examining the full musculoskeletal system to determine the source of pain and the pinched nerve and then developing an appropriate treatment plan. Treatment may consist of precise image-guided injections of healing growth factors isolated from a patient's own blood platelets, PRP, or stem cells.

Steroids, NSAIDs, & Other Drugs - Not Recommended You may be presented with other treatments within the traditional orthopedics model for lumbar problems, including steroid shots or medications. Nonsteroidal anti-inflammatory drugs (NSAIDs) come with a long and growing list of dangerous side effects, such as sudden-death heart attacks, stroke, gastrointestinal bleeding, addiction, and overdose.

Narcotics can provide pain relief but are not addressing the issue directly and of course, can be addictive. Overdose has become an increasing public health issue.

Steroid shots have been shown to destroy local cartilage in the joint which can progress arthritis and provide no significant long term pain improvement. In fact, pain relief usually diminishes with repeated steroid injections. The list of problems with these injections is also lengthy.

There are supplements that can be a good alternative for pain and inflammation. Chondroitin and glucosamine have been shown to be effective pain relievers and can preserve cartilage. Curcumin derived from turmeric can also decrease inflammation and relieve pain from arthritis and other issues.

Our spines are tuned to precision and attempting to rearrange the spine's biomechanics with fusions and surgeries is often a bad idea. It is essential to understand that where it hurts may or may not be where the primary damage is located.

Acting on a lumbar spine problem while it's still a small problem or when the issue first appears, will be less of an issue than trying to take care of it when it becomes a larger problem that spirals out of control. Conservative options may help in some cases, but if these options have failed, we urge you to seek out interventional orthopedic solutions!



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

cian 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 volley-ball 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.



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Do You Have a Hernia? Why it's Essential to See a Surgeon

Dr. Matherne of BayCare Medical Group Discusses the Risks Associated with Hernias

o you have a lump or bump in your abdominal area or groin that you've been ignoring? If so, it's important to get it checked by your primary care physician. Why? Well, it could be a sign of many different conditions, it could be nothing to worry about, or it could be a hernia. Hernias are very common, affecting over 20 million people in the U.S. each year. If they are not evaluated properly, they can lead to harmful conditions.

Hernias can range in severity and symptoms, for this reason, it's essential to see a specialist to determine if you need treatment.

Common Types of Hernia

- Inguinal (inner groin)
- Incisional (resulting from a surgical incision)
- Hiatal (upper stomach)
- Femoral (groin/hip)
- Umbilical (belly button)

We caught up with Dr. Louis Matherne of BayCare Medical Group to find out more about the potential Risks of hernias.

"Many patients are unaware of the risks associated with hernias. "A common misconception is that it's okay to watch and wait without an examination by a specialist. It's critical for anyone with a hernia to see a general surgeon who can evaluate their level of risk. It's not always necessary to have surgery, but we are experts on the natural progression as well as the repair of hernias and can discuss the risks and benefits of proceeding with surgery or watchful waiting with each individual patient.

"I've also been asked if hernias 'go away on their own.' They can remain relatively stable and cause minimal or no symptoms, or they can increase in size, but in adults they never get smaller or go away. As they increase in size, they can become more symptomatic for patients and possibly more complicated."

What are some of the symptoms patients should be aware of concerning hernias?

"Individuals may notice a lump or bump. Commonly, we see hernias near the belly button, but they can appear anywhere in the abdominal or groin regions. It's also common for people to notice the hernia and feel pressure, pain, or discomfort when their abdominal area is stressed or under increased pressure due to exercise, lifting something heavy, straining, or even standing for long periods. If the bulge at a hernia site feels stuck with little movement, there is increasing pain, or if there's discoloration of the skin overlying the bulge, the patient should be seen by their doctor for evaluation of the situation. It may be a sign that it's lacking blood flow - which could lead to bowel ischemia and even perforation. If a hernia is obstructed, there may be increased swelling, nausea, vomiting, or lack of bowel movements. Either of these situations can pose potential health risks."

"With scheduled surgery we are often able to treat hernias through a minimally invasive laparoscopic procedure or with robotic assisted surgery, which is ideal for outcomes and healing. It's always best to be proactive about any lumps or bumps that an individual may have, especially if there are any new or worsening symptoms with the hernia."

Minimally Invasive treatment

Laparoscopic hernia repair is a minimally invasive method that typically utilizes three ports. The camera allows the surgeon to view the operating field on a monitor, and to visualize the organs and instruments with clarity, providing optimal outcomes.

The Benefits of Laparoscopic Surgery

- Quicker recovery times
- Minimal scarring
- Minimal discomfort
- Optimal outcomes

Robotic Surgery:

It may still sound a little futuristic to some, but more than 3 million people worldwide have had remarkable outcomes due to the advanced technology and sophistication of robotic-assisted surgery.

What are the benefits? In short, robotic surgery is a minimally invasive method that typically utilizes a few small ports, as opposed to a full incision. The 3D video technology is magnified to the highest-definition. The surgeon controls tiny instruments that can twist, bend and rotate in ways that no human hand could ever orchestrate the conventional surgical instrumentation. The surgeon can visualize the field at a greater magnification and has unprecedented control from the monitor to move the tools with ease. It is by far one of the most significant advancements to affect the medical world over the past century.

Benefits

- Quicker recovery times
- Improved visual magnification for the surgeon
- Precise placement of device
- Minor scarring
- Minimal discomfort
- Proven results
- Advanced outcomes



Dr. Louis Matherne specializes in general surgery in Lutz, Florida. Dr. Matherne received his undergraduate degree in biomedical sciences from the University of South Alabama in Mobile, Alabama and then earned his Doctor of Medicine

from Ross University School of Medicine in Dominica, West Indies. He continued his medical education by completing an internal medicine internship at New York Methodist Hospital in Brooklyn, New York and a general surgery residency at The Jewish Hospital in Cincinnati, Ohio. Dr. Matherne's clinical interests include general surgery, with an emphasis on the use of robotics. He is a member of the American College of Surgeons. Dr. Matherne is affiliated with St. Joseph's Hospital-North.



BayCare Medical Group General Surgery (Van Dyke) 4211 Van Dyke Rd Ste 200, Lutz, FL 33558

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

Aston Garden Combines Luxury and Affordability

taying 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. SHINEsM Memory Care is a lifestyle exclusive to Aston Gardens, and its parent company, Discovery Senior Living. SHINESM 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

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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.





Don't Diet: Become a Health-Minded Eater!

By Al Roach

Until a few years ago (well, more like 30), I never really worried about what I ate. I'm from the south (meat, potatoes, gravy), and I ate food that tasted good. That was the only criteria. Words like "nutritious food" never really entered my mind or my mouth. But once I crossed that half century mark – things began to change. Certain of my assets started to rearrange and I found myself faced with the worst of all four-letter words – DIET.

I hate diets. The diets that I used to read about recommended meals that either didn't taste good, or if they did taste anywhere near decent, only allowed you to eat 4 ml or mg. It wasn't near enough food and I was always suspicious of any recipe that involved mls or mgs. And, there wasn't one diet that recommended a heavy helping of Hellman's mayonnaise (one of my major food groups). All they talked about was using a "healthy" substitute – something called "Vegenaise". Not in my lifetime!

And that's what I have been struggling with until about 20 years ago when I met my healthy, nutrition-focused, organic-minded, would-never-touch-Hellman's mayonnaise wife, Virginia. She eats healthy – I mean really healthy. She started working on me from day one, using words like "tofu" and of all things – Vegenaise! I will admit, I resisted mightily until she took unfair advantage. She told me that if I really loved her and wanted to spend a healthy, long life with her – I would have to change my eating habits. Wives do things like that - primarily because they can.

So, I started listening to my wife about this nutrition stuff (and anything else she says!), understanding what I needed to do to cat healthy. Although I fought it at first, and I never would have believed it, but it does work. Virginia has introduced me to healthy foods that taste good. And, while I was tricked into trying it (she switched the jars), I love Vegenaise now!

Since then, we have tried a number of new recipes – all of which are healthy (of course), easy to make, include ingredients that can be found at any Publix, and taste great.

Now, here is one of the best parts of this "nutrition" journey. We learned about the healthy benefits of wine and chocolate. Really, wine and chocolate!

Let's begin with the French and the part about the wine. It all started with what is known as the "French Paradox": How could the French, who have such a high fat diet, still have a lower incidence of heart attacks than any other part of the world. The conclusion had to do with their consumption of wine – especially red wine.

Here's how it works and why red is better than white. The fermented skin and seeds of the grapes hold the answer as they contain concentrated doses of several beneficial and disease-fighting antioxidants, including the number one antioxidant, "resveratrol", Technically speaking, red/purple grapes are better for you. Let me tell you why. Since their skin is a darker color, they contain a higher flavonoid content, which makes them richer in antioxidants than white/green grapes.

And while moderation is always the best policy, research shows that for men a couple of glasses of red wine a day and a glass a day for women, the antioxidants that it contains offer a number of health benefits, including:

- Prevents harmful elements in the body ("free radicals") from attacking healthy cells.
- Helps in the prevention of heart disease and strokes by increasing oxygen to the blood which thins the blood and keeps the individual blood cells (platelets) from sticking together and forming blood clots.
- Also helps in the prevention of heart disease and high blood pressure by reducing the LDL cholesterol and the build up of plaque on the inside of the arteries.
- Further helps in prevention of heart disease by regulating nitric oxide which allows blood to flow smoothly through the vessels.
- Improves the breathing process and lung capacity by reducing lung tissue inflammation which can in cause chronic lung diseases.
- Contains a phytoestrogen which is believed to benefit certain conditions (affected by a
 decrease in natural estrogen), including menopause, breast cancer, osteoporosis and
 cardiovascular diseases.
- Improves liver function.
- Studies are continuing which show positive results in the fight against cancer, including leukemia, colon, prostrate, breast, ovarian, and skin cancer by:
- Minimizing the cancer-causing DNA mutations
- Inhibiting the process that leads to the growth of cancer blocking the formation of the blood vessels which "feed" the cancer cells
- Causing certain cancer cells to self-destruct

While red wine provides more benefits, white wine works too:

- Contains potassium salt which has a diuretic effect and cleanses the kidneys.
- Improves digestion.
- Contains certain acids (tyrosol & caffcic) which have anti-inflammatory benefits.

And now let's take a look at Virginia's favorite – chocolate, especially dark chocolate. This tasty treat contains disease fighting antioxidants called "flavonoids". These flavonoids are believed to help the cells resist damage caused by free radicals. These free radicals are formed by normal body processes such as the breathing of environmental contaminants like cigarette smoke. The lack of the proper amount of these antioxidants can lead to increases in LDL cholesterol oxidation and plaque formation in the arteries, which can result in life threatening heart disease.

Once again, with both wine and chocolate – moderation is the key.

So, there you go. I'm now a health-minded, satisfied cater. And I don't do DIETS. And if I can do it – anyone can.

P.S. Try the Vegenaise – you'll like it!

Al Roach and his wife, Virginia Phillips, are owners of 20 Minutes to Fitness®, private slow cadence strength training studios located in Lakewood Ranch, Sarasota and Tampa. Training sessions are individually supervised by nationally certified personal fitness coaches and are by appointment only.

www.20minutestofitness.com

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Maleta's Got a SECRET

By Maleta Dunne

There are three things I don't usually discuss: my age, my dress size and my physical fitness.

But today, I'm making an exception. I'm 55. I wear a size 4. As for physical fitness, well, up until three years ago, I didn't have any.

Yes, I was out of shape and looked it. I wasn't exactly a poster child for the anti-aging health center that my husband, a vascular surgeon, and I operate in Bradenton.

It's not like I didn't know about the importance of staying fit. I'm a registered nurse. I know that after age 30, we lose 8 to 10 pounds of muscle a decade. For people over 50 like me, it gets worse. The less fit we are, the more susceptible we are to a whole range of ills, from bone thinning, hip fractures and diabetes, to cholesterol and blood pressure problems.

It's also not like I didn't have good intentions. I mean, I had a gym membership. But here's the thing: a gym membership really only works if you actually USE it. I never did.

And frankly, who has the time or the interest? Not me, I was busy. I was tired.

All that changed on October 11, 2005. That was the day I tried a medically-proven form of fitness training that takes just 20 minutes a week and changed the way I look at exercise forever. You read that right: 20 minutes a week. It's done on special physical therapy equipment under the watchful eye of a personal trainer.

Like many people, I didn't believe it at first. Then I met Virginia Phillips, who operates 20 Minutes to Fitness, the company that brought this form of fitness training to the Sarasota area. She was my age, but had arm muscles that a 25-year-old would kill for.

So I tried it. (The first session was free, so what did I have to lose?) Long story short - I was hooked.

The results? Forget about the health benefits, which are certainly there. I can hit a golf ball further. My knees don't creak. I feel great. I've dropped two dress sizes. (Yes, I wasn't ALWAYS a size 4.) And how about this: I've got actual muscle definition in my arms. Yes, I can go sleeveless!

Here's the best part – this workout is so safe I can keep doing it for pretty much the rest of my life. And that's what I intend to do. It's the smartest money I've ever spent.

www.20minutestofitness.com

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COLD THERAPY FOR MULTIPLE SCLEROSIS (MS):

CAN IT HELP?

ccording to the NIH (National Institute of Health), 23.5 million Americans suffer from autoimmune diseases, and that number is on the rise. Multiple Sclerosis is one of the fastest growing autoimmune disorders, affecting the CNS (Central Nervous System), which is comprised of the spine, brain and optic nerves. When the immune system attacks the CNS, the protective layer of the nerves called the myelin sheath, becomes inflamed and can begin to deteriorate. The deterioration of the myelin sheath has a significant impact of motor function and brain activity. Millions of individuals are diagnosed with Multiple Sclerosis, but that number is actually thought to be much higher since the symptoms are often unspecified and confused with other disorders. The initial symptoms of MS often come and go, until the disease is much more advanced.

MS Symptoms

- · Numbness & Tingling
- · Balance Issues
- Vision Disorders
- · Slurred Speech
- · Cognitive Decline
- · Lack of Concentration
- Burning Sensations
- · Tremors
- · Twitching Nerves & Muscles
- · Paralysis
- · Blindness

Autoimmune flares are when the body attacks itself. With MS, these flares are called exacerbations or relapses. An exacerbation can be mild to severe, but they will show signs of myelin inflammation and varying symptoms. An exacerbation can last from one day to a few weeks depending on your progression and treatment. Here's where cold therapy in the form of whole body cryotherapy can help! Whole body cryotherapy was invented to specifically target and treat the inflammation associated with autoimmune conditions.

How Does Whole-Body Cryotherapy (WBC) Work?

First, an octogonal chamber referred to as a cryo-sauna, is filled with cold nitrogen gas. Nitrogen is a natural non-toxic gas that makes up the majority of our breathable oxygen. Next, The client steps into

the chamber and the sub-zero temperatures first react with the skin. Cryotherapy treatment temperatures range between -130 to -200 degrees Fahrenheit. As the surface of the skin is cooled by 30-50 degrees within just three minutes, the brain puts the body into survival mode. This causes an anti-inflammatory response, which evokes dense amounts of oxygen to permeate the blood. This enriched blood containing oxygen, hormones, and nutrients is carried throughout the body, which aids in healing and reduced inflammation! All of this is accomplished in 3 quick minutes! Once you exit the chamber you begin to warm up immediately and you can finally enjoy the benefits!

CRY-X's WHOLE-BODY CRYOTHERAPY: Cryotherapy is used for multiple methodologies including pain relief, decreased inflammation, enhanced energy levels, better sleep and improvements in perceived quality of life. At CRY-X we treat people from all walks of life with a variety of ailments. Here are just a few side effects of our therapy.

Benefits of Cryotherapy

- · Joint pain and muscle soreness relief
- · Reduces inflammation, and muscle soreness.
- · Reduce stress hormones
- Improvements in mental well being anxiety and depression relief
- · Increases alertness and mental focus
- · Collagen production enhancement of the skin
- Boosts metabolism by increased caloric expenditure
- Increase energy levels
- · Improve sleep and treat sleep disorders
- · Boost immune response
- Reduce recovery time for post-surgical and athletic injuries
- · Increased flexibility and range of motion.
- Improved circulation
- · And MORE!!!



CRY-X of Wesley Chapel

CRY-X's mission is to improve the quality of life of each of our clients by providing treatments using top of the line cryotherapy technology. We welcome each of our clients to a unique and exciting experience and a warm compassionate staff. We want our clients to enjoy their experience and truly take advantage of the wonderful health benefits Whole-Body Cryotherapy has to offer.

Whether you are seeking alternative treatment for pain, autoimmune disorders, need a natural boost in your sports performance, or maybe just need a good night's sleep, the benefits of Whole-Body Cryotherapy go on and on. So many people can take advantage of what CRY-X has to offer in the way of alternative healing.

Source: J Med Invest. 2010 Feb;57(1-2):168-73 PMID: 20299758 DOI: 10.2152/jmi.57.168 https://www.ncbi.nlm.nih.gov/pubmed/20299758

To find out more about Cryotherapy or to schedule your first appointment, please call (813) 377-2596 or visit them online at cryxcryotherapy.com



(813) 591-6366 - cryxcryotherapy.com

Why Colonoscopies Are Not **Optional, But More Aptly Critical**

olon cancer is fairly easy to diagnose, but it's 100% up to the individual to get a colonoscopy. Colon cancer is the third most common type of cancer in the United States. It affects nearly 50,000 Americans each year. If caught early on, it can be treated. Typically, there are little to no signs or symptoms of colon polyps, so it's critical to have colonoscopies every 10 years, or as recommended by your physician. In 2018, the American Cancer Society updated screening guideline recommendations for persons at average risk to begin colon cancer screening at age 45. The previous recommendation was age 50.

Colon polyps go unnoticed most of the time, affecting upwards of 200,000 people a year. Polyps are cell growths on the lining of the colon or large intestine. There are diagnostic tests through lab work and imaging that can detect these polyps. If you have them, it's best to have them removed because polyps can turn cancerous and proliferate. However, polyps don't turn cancerous in every case, but your risk of developing cancer increases with the number and size of colon polyps you have. When they do turn cancerous, polyp cells divide and can quickly multiply within the colon and rectum.

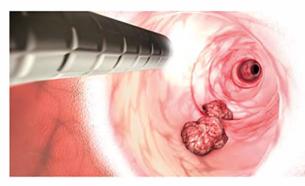
According to the American Cancer Society (ACS), 50% of polyps greater than 2 centimeters in size are cancerous, and approximately 1% of polyps with a diameter less than a centimeter are cancerous. The ACS recommends having all polyps removed (no matter the size) and having a follow-up colonoscopy within a time-frame recommended by your physician. The ACS also suggests that if the polyps are any bigger than 1 centimeter, or if you have more than one, that you are considered at higher risk for colon cancer.

Later-Stage Symptoms

- Constipation
- Abdominal bloating
- Abdominal pain
- Excessive gas

• Bloody stools

- Diarrhea
- Narrow stools
- Weight loss
- Vomiting
- Nausea
- Fatigue



The number one risk factor is age; however, even younger people can develop colon cancer, especially if they have a family history of the disease or lifestyle and health conditions that impact risk.

Lifestyle Risk Factors:

- Being over age 45 (or younger in some cases)
- Family history
- Smoking
- Obesity
- Poor Dietary habits
- Excessive Alcohol Consumption

Health Conditions That Can Lead to Colon Cancer

- IBD (Inflammatory Bowel Disease)
- Crohn's Disease
- Ulcerative Colitis
- History of breast, uterine or ovarian cancer
- Lynch Syndrome

How Your Diet Can Lower Your Risk

Dietary changes can resolve some of the risks of developing colon cancer: The USDA recommendation for 5-9 servings of fruits and vegetables daily is due to the antioxidants and fiber, which can help to ward off diseases and also to keep the colon healthy and functioning properly. Numerous studies over the years have indicated that diets rich in mammalian muscle meats (cow, pig, etc.), cheese and processed foods increase the odds of getting colon cancer by nearly two times their plant-based peers.

Studies also indicate that whole grains are beneficial for colon health. Therefore, a diet rich in produce, rice and guinoa with smaller amounts of meat and processed foods may factor in lowering colorectal cancer risks. Eating plant-based foods. whole grains, fish with limited amounts of dairy, eggs, sugar, and meat is optimal for overall health.

Screenings Save Lives—Get a Colonoscopy!

It's imperative to talk to your physician about protecting yourself and your loved ones who may be at risk for colorectal cancer. Getting a colonoscopy screening is critical for adults with risk factors or over the age of 45. A colonoscopy is an easy procedure and one that can literally save your life. If the polyps are discovered, they can be removed surgically during a colonoscopy or a sigmoidoscopy. If cancerous, chemotherapy or radiation is usually unnecessary as a secondary treatment. It's always best to be proactive in your colon health, rather than waiting and finding that the cancerous polyps have grown and spread into other organs. Talk to your doctor about scheduling your colonoscopy today.

Florida Medical Clinic Gastroenterology

Dr. Joseph S. Cody is a board certified gastroenterologist. He is a voluntary faculty member with USF College of Medicine.



Digestive health requires expert, comprehensive care. In addition to providing general consultations, our gastroenterologists care for patients with diseases or disorders of the pancreas, liver, gallbladder, esophagus, stomach, small intestine and colon.

At Florida Medical Clinic, We are committed to making gastroenterology care as convenient as possible. Our gastroenterologists work hand-inhand with your primary care physicians and other specialists, sharing test results and treatment plans instantaneously through our electronic health records system. And many of our gastroenterology locations offer specialty services on-site, such as antibiotic infusions and lactose breath testing. This allows you to worry less about traveling from clinic to clinic and focus on what's most important: feeling better.

To learn more about gastroenterology care at Florida Medical Clinic, contact us today.

www.floridamedicalclinic.com

Schedule your appointment today:

813.280.7100



Traumatic Brain Injury and Hyperbaric Oxygen Therapy: Can it Help?

traumatic brain injury (TBI) is caused by a blow to the head that damages the function and signaling of the brain. TBI's can be mild to severe and they can cause immediate and long term damage. Depending on the severity.

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

In 2019, psychopharmacologist and integrative medicine practitioner, Bruce 1. Goderez, MD wrote an interesting article on the research that has been surfacing regarding traumatic brain injury (TBI) and hyperbaric oxygen treatment.¹

Just as practicing physicians routinely identify off-label uses for medications, over the years HBOT physicians hove identified mony other conditions that respond to HBOT. A number of chronic neurological conditions including traumatic broin injury (TBI) hove been shown to respond particularly well. There is published literature supporting HBOT's efficacy for TBI, including human trials and animal research, but due to the impossibility of arranging sham pressure there ore no rigorous double-blind place-bo-controlled trials. As a result, HBOT is not FDA-approved for TBI, and insurance will generally not pay for it. 1

HBOT con dramatically and permanently improve symptoms of chronic TBI months or even many years ofter the original head injury. This assertion is generally met with skepticism within the medical establishment because we hove been taught for generations that any post-concussion symptoms persisting more than 6 months or so ofter a head injury ore due to permanent brain damage that cannot be repaired. Therefore, treatment hos been limited to symptom management and rehabilitative services, and any claim suggesting that fundamental healing is possible is suspect. The combination of entrenched skepticism and lock of insurance coverage hos mode it very difficult for patients to access treotment.²

Another source of skepticism hos been the lorge number of disparate conditions that ore claimed to be helped by HBOT. A brief review of the mechanisms through which HBOT triggers healing responses, with particular reference to the modern understanding of the pothophysiology of TBI, provides a theoretical framework to explain these claims.¹

If a hyper-oxygenated state is maintained for long periods it will cause significant oxidative damage, but when it is "pulsed" for on hour it triggers a variety of healing processes without overwhelming the body's anti-oxidant system. The currently known mechanisms include a powerful anti-inflammatory effect, reduction of edema, increased blood perfusion, ongiogenesis, stimulation of the immune system, stimulation of endogenous anti-oxidant systems, mobilization of stem cells from bone morrow, oxonol regrowth, and modulation of the expression of thousands of genes involved in the inflammatory response and various healing responses,2.3

HBOT con bring about dramatic improvement in many neurological conditions for which we hove hod very little to offer other than palliative core. Considering the high incidence of many of these neurological conditions, the safety of treatment, and the simplicity and relatively low cost of mild-HBOT, it is unfortunate that it is not more widely ovoiloble.¹

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



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

Currently, There Are 15 FDA Approved HBOT Conditions:

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

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

Common Off-Label Indications:

- Autism
- Brain Injury
- Bells Palsy
- Cerebral Palsy
- Cosmetic Surgery
- Infections
- Inflammations
- Lyme Disease
- Multiple Sclerosis
- Nerve Injuries
- Oral Disease

- Peripheral Neuropathy
- Rheumatoid Arthritis
- Scleroderma
- Shingles
- Severe Migraines
- Sports Injury
- Stroke
- Tendon Injuries
- Ulcerative Colitis
- Venomous snake and spider bites

References:

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3. Harch, P. Hyperbaric oxygen in chronic traumatic brain injury: oxygen, pressure, and gene therapy, Med Gas Res. 2015;5:9.

Source: https://www.psychlatrictimes.com/tbi/treatment-traumatic-brain-injury-hyperbaric-oxygen-therapy/page/0/3



www.hyperbariccentersofflorida.com

Life After Rehab: Encouraging Safe and Active Aging

"If you don't make time for your wellness, you will be forced to make time for your illness."

o, you have finished a round of rehabilitation or home health therapy after an unexpected illness. Life was good until you ended up in the hospital with pneumonia, a urinary tract infection, an unexpected surgery or even a scheduled surgery. You thought that you were doing well enough to manage the rest of your life without any health complications yet here you are- entertaining Physical, Occupational and/or Speech language pathologists into your home in order to teach you exercises and help you recover in order to return to your prior level of function. You are discharged from their services with a home exercise program and off you go. Sounds pretty easy, right? Follow what they tell you and everything will be fine. But being consistent, safe and compliant with a home exercise program is not as easy as it sounds.

Currently, one of the main problems we encounter is poor adherence to an established exercise program. Adherence to home exercise programs after rehabilitation is a significant problem, with estimates of non-adherence as high as 50%. Those who perform their exercises to the required repetitions may not be deemed adherent if their technique is poor, as clients will not be gaining maximum benefit from their exercise program.

Among the musculoskeletal population, strong adherence enhances the effectiveness of the intervention and is suggested to reduce persistent, disabling complaints. Patients who fail to adhere to the prescribed exercise program may extend the duration of their treatment and make treatment less effective. A number of studies have also linked strong exercise adherence to improved treatment outcome in patients experiencing neck and back pain and osteoarthritis symptoms.

Clients' perceived barriers is one of the most widely documented barriers to adherence, with examples such as forgetting to exercise, not having the time, not fitting into the daily routine as well as time, work schedules, and transportation. What we may not realize is that the chances of falling or falling with a catastrophic injury in the aging population increase if we don't focus on maintaining or increasing muscle fitness or cardio endurance. Our priorities must change as we age; how many times have we heard, "when we're young, we work out to look good; now we work out to survive"?



Ms. Wilma, 95, walks with her 4-wheeled walker on the indoor track for one mile on most days of the week! Truly an inspiration!

"Exercise for me requires a commitment to quality of life, no matter what age! I experience many benefits to my overall physical and emotional health. Lynda's encouragement inspires me as I continue to learn ways to optimize my physical workout. I consider it a blessing to be able to exercise for its contribution to my ability to live life at my best!" - Wilma Slyman

So how do we stick to the program? We need to first realize that clients may have cognitive, behavioral and/or practical barriers that can have an effect on a client's willingness to adhere to the set-up program as well as realizing the physical consequences of not following through with it in the long-term. Currently, clients need to realize that there is lots of evidence that physical activity should be one of the highest priorities in preventing disablement and disease in the older adult; physical activity itself may reduce falls and fall injuries by 35-45%. The benefits of physical activity in the older adult include reduction of risks of cardiovascular disease, hypertension, diabetes, osteoporosis, obesity, anxiety/depression, delay/ prevention of cognitive impairment, improve sleep and prevent unhealthy weight gain. These physical activities include aerobic, strength, flexibility and balance exercises on a consistent basis.

So what are our clients' options after rehab? How do we maintain consistency? One option besides trying to have the client rely on potentially unsafe self-training and self-motivation is to incorporate a strategy of supervision, feedback and reinforcement provided by a wellness coach, private pay physical therapist or a personal trainer preferably experienced with the older population. Family members or home care aides, as well intentioned as they may be, may not be prepared to help perform or correct exercises established by the therapist, and may actually increase the risk of injury by not recognizing unsafe movements/ mobility or not be able to identify poor technique.

By providing good feedback, motivation and sound coaching, there will be increased adherence in home-based exercises, as patients who know they are performing the task correctly are more likely to adhere to their programs. Exercise/physical activity is one of the main pillars of healthy habits in addition to sleep, nutrition and mental health. Morpheus Wellness provides a safe and effective means of continuing fitness after rehab to encourage and promote an active lifestyle as we age.

Like the poet Diane Ackerman wrote, "I don't want to get to the end of my life and find that I lived just the length of it. I want to have lived the width of it as well". If we are wise, as we age, we attune ourselves to the reality that we are closer to death, triggering our focus to living more fully, healthier and better, in the present moment.

Live Well—Contact Morpheus Wellness Today!



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.

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Painful Periods & Intermittent Cramping & Aching? *It Could be Endometriosis*

By Parveen Vahora, M.D.

id you know that 10% of women in their childbearing years have endometriosis? The actual number is probably much higher because it often goes undiagnosed. The endometrium is a mucous membrane that lines the uterus. The endometrial tissue and cells normally grows and sheds within the uterus during the female reproductive years. When there is an overgrowth of the endometrial tissue, it begins to grow outside of the uterus onto the ovaries and fallopian tubes. When this happens, it causes extreme pain for many women due to its associated inflammation and tightening sensations, and it's the continual natural process of shedding the lining (menses) even outside of the uterus.

The actual cause of endometriosis is still uncertain, but hormonal influences, hereditary factors, endometrial cell flow issues, and immune system disorders are all thought to be indicators of the overgrowth of endometrial tissue.

Symptoms of Endometriosis

- Painful periods
- Pelvic pain in between periods
- Excessive bleeding
- Discomfort during sexual intercourse
- Infertility
- Fatigue
- Bloating
- Discomfort during Bowel movements and urination

Endometriosis can lead to adhesions, which are sticky bands of scar tissue that adhere and tighten the inner space and organs within the Pelvic floor and womb. Adhesions can cause a great deal of pain on a regular basis and become even more stretched and begin pulling at the organs during the menstrual cycle. This can cause pain with menses, pelvic pain and pain with intimacy

TREATMENT OPTIONS

Medications: ORILISSA is an oral pill that's clinically proven to relieve moderate to severe endometriosis pain. It's different—it's not a painkiller, injection, surgery, or birth control. And, it does not contain hormones. ORILISSA works differently than other endometriosis pain treatments. It is a pill that dials down the amount of estrogen† in the body (estrogen fuels painful endometriosis lesions). Less estrogen equals less fuel for painful endometriosis lesions. ORILISSA is available in 2 doses. Each dose lowers estrogen by different amounts so you and your gynecologist can choose which dose is best for your individual needs.

LUPRON DEPOT is a prescription injectable medication for the management of endometriosis. It decreases estrogen levels to a very minimal level. It can help relieve the pain of endometriosis and reduce endometriotic lesions. LUPRON DEPOT has been prescribed by doctors since 1990.

It offers two different dosing options for treatment which are:

- Injected once every 3 months (11.25 mg dose)
- Injected once each month (3.75 mg dose)

LUPRON DEPOT suppresses the hormones that cause endometrial tissue to grow. LUPRON DEPOT therapy suppresses the signals from the pituitary gland in the brain to the ovaries, which stimulate estrogen production. By doing this, LUPRON DEPOT injections also suppress the hormones that cause the endometrial to grow.

Suppressing the hormones helps:

- Provide endometriosis pain relief
- Reduce endometriotic lesions

Nowadays, there are minimally invasive options with laparoscopy. In most cases, women do not have to undergo long surgeries with large incisions.

Minimally Invasive Surgery

- Laparoscopic diagnostic procedures to detect wear growths are
- Ablations that cauterized the excessive tissue growth (laser, freezing or electrical current)

Dr. Vahora is able to remove endometriosis through laparoscopic methods, relieving patients of pain quickly and effectively. The field of gynecology has seen an emerging trend of minimally invasive procedures (MIP). These advances result in a shorter recovery period, less pain, and less scarring for women than the traditional surgical procedures.

Laparoscopy is the surgical technique where a camera is placed through a small incision in the umbilicus. Two smaller incisions are used to insert the surgical instruments. Laparoscopy allows the surgeon to visualize the entire abdomen and pelvis without making a large incision on the patient's abdomen.

Laparoscopic Hysterectomies

Having a hysterectomy is a decision one in every three women in the United States will face. In fact, hysterectomy is the second most common major surgery among women in this country. Of those surgeries, approximately one-third will be performed as a minimally invasive procedure that can result in a shorter recovery and leave a smaller scar.

Women do not need to be sidelined by hysterectomies. Dr. Vahora introduces "Not Your Grandmother's Hysterectomy*." Those who have a minimally invasive procedure typically return to normal activities in a few weeks. Traditional hysterectomies require an average hospital stay of five to seven days, and complete recovery may require up to two months. In other words, if you are a candidate for a minimally invasive procedure, you could return to your normal life in a much shorter time and experience a less painful recovery. "Not Your Grandmother's Hysterectomy*," makes a monumental difference for patients.

Techniques and technology have dramatically improved treatment. You don't have to live with the pain of endometriosis; there are many alternatives for you to get back to being pain free.

Source

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Get the relief and new beginning that you are worthy of. Call (727) 376-1536 today to schedule an appointment or email Info@ParveenVahoraMD.com. During office hours, you can also text to (813) 548 4412.

Parveen Vahora, M.D.

Dr. Vahora specializes in pelvic pain and endometriosis and is passionate about educating fellow physicians and the community on these topics. She is fellowship trained in minimally invasive surgery. Another focus of hers is sexual health and offers MonaLisa Touch® for patients going through menopause, as well as post-menopausal women, breast cancer survivors, and those suffering from pain during intercourse or intense dryness.

To find out more, please visit ParveenVahoraMD.com or email info@ParveenVahoraMD.com.



Connie Moler, APRN

Ms. Moler completed her MSN as a Women's Health Nurse Practitioner at Vanderbilt University. Ms. Moler brings her 20 plus years of experience and her joy of caring for women to her

position with Dr. Vahora. Ms. Moler is happy to continue taking care of her long term patients and welcomes new patients as well.

Dr. Vahora and Connie Moler, APRN are happy to improve the lives of the patients and their gynecological needs. New patients are welcome! Schedule your consult today.



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Patient Safety Awareness Week:

Helping Seniors and Those with Hearing Loss (March 10-16)



Dr. Nikki Goldowski Richa, Au.D.

Dr. Kelly Hansen, Au.D.

older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors. This is especially true for those with untreated hearing loss. Approximately 50% of people will have significant hearing loss by age 75.

For individuals with hearing loss, it can be dangerous not to hear the car horn that's attempting to alert you of an impending accident. It can be unsafe to sleep with hearing loss and not be able to hear the smoke alarm or burglar alarm. Also, consider, the safety risks of not being able to hear conversations correctly. This can lead to confusion and lack of the ability to follow necessary directions.

Hearing Loss Can Negatively Affect Your Brain

Getting your hearing checked regularly is critical to your own personal safety and the health of your brain. Individuals that struggle with hearing often become less social and therefore their cognitive decline is affected by less interaction and less mental processing. It is also thought that decline in other special senses, like the sense of smell and vision, can exacerbate cognitive issues due to degeneration in these other areas of the brain.

If you get early treatment, you can slow down the natural progression of hearing loss related cognitive decline. Hearing loss will continuously get worse with age in most people but compensating for the loss with properly fitted hearing aids can help reduce mental decline. It is important to keep the brain engaged in social interaction and verbal communication. When someone becomes isolated from communication, it tends to exacerbate the processes of dementia.

STAYING SAFE REQUIRES GOOD HEARING!

If you have hearing loss in one ear, it can be difficult to decipher where sounds are actually coming from. It's common for people to sleep on their "good ear" to get a better nights rest, but this



again, puts one at risk due to not being able to hear during an emergency or precarious situation. Getting hearing aids to improve hearing or getting your hearing aids upgraded to suit your changing hearing is absolutely imperative.

Why You Should See an Audiologist

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

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

At *Trinity Hearing & Balance*, we truly believe that better hearing leads to a better life. Our patient-centered approach allows us to focus on satisfying your hearing care need, whatever they

may be. Our practice will work with you to diagnose and find solutions for your hearing, tinnitus, and balance needs using state-of-the-art equipment and the most advanced technology. Because our focus is entirely on your unique needs, coming to Trinity Hearing & Balance means that you'll experience patient care that is specific to you, with exceptional follow-up care that ensures your hearing and balance needs are being met.

Trinity Hearing & Balance wants you to be satisfied with your care. We are a local, independent, community-oriented practice. Our services are fully guaranteed, meaning we are committed to listening to your concerns, and your technology is always perfectly fit to renew your world of hearing. A strong patient-provider relationship based on honesty, integrity, and values is what we strive for, and we feel that this is the best approach to making sure you don't miss any of the precious moments in your life.

Services

- Tinnitus Treatment
- Hearing Tests
- Hearing Aids for all budgets
- Hearing Aid Repairs
- Dizziness, Loss of Balance, Vertigo
- Hearing Protection
- Evaluates and Recommends Cochlear Implant Surgery

If you are experiencing any hearing issues, or need a hearing or balance evaluation, please call Trinity Hearing & Balance of New Port Richey to schedule your appointment.



8605 Easthaven Ct., Ste 101, New Port Richey, FL 34655

727-372-1130 www.trinityhearingandbalance.com



Four Tips to Help Make the Most of Telemedicine

By Dr. Mayrene Hernández, chief medical officer, UnitedHealthcare of Florida

hen health issues arise, people often have to decide where best to seek medical attention, with urgent care and the emergency room being potential destinations. But for more Floridians, their smartphone is now the preferred way to see and talk to a doctor.

Telemedicine visits, or virtual care, typically last less than 20 minutes, often cost less than \$50 and enable people to connect 24/7 with a health care provider via a smartphone, tablet or personal computer to help diagnose and treat certain medical conditions.* While nearly 40% of Americans said they are interested in using telemedicine in the future to access care,¹ a separate J.D. Power survey found nationwide telehealth adoption is currently as low as 10%.

Closing this gap by expanding the use of virtual care may prove beneficial, as this technology can provide consumers improved convenience and lower costs. In fact, 68% of patients rated their telemedicine visit a "nine" or "10" on a 10-point satisfaction scale;² 74% had their care concern resolved during the first visit; and net savings per virtual visit exceeded \$120.³

To help people take advantage of this emerging technology, consider:

Identify Available Resources: To find available telemedicine resources, check with your hospital or care provider group, health insurance plan or employer. In fact, nearly nine out of 10 employers are offering telemedicine to their employees, while 76% of U.S. hospitals already connect patients and care providers using video or other technology. For Medicare beneficiaries, some Medicare Advantage plans offer coverage for telemedicine and resources to access virtual care, in some cases at no out-of-pocket cost.

Understand Appropriate Uses: Telemedicine technology is most widely used to address minor and nonemergency medical conditions, including allergies, flu, pinkeye, and rashes. Telemedicine is also emerging as a helpful resource for behavioral health services, making it more convenient for people to access this type of care. If needed, doctors can prescribe medications and send prescriptions to local pharmacies for pickup. While

people who experience a significant or serious medical issue should go to the emergency room (ER), it is important to recognize that about 25% of ER visits typically involve conditions that could appropriately be addressed with a virtual visit.⁶

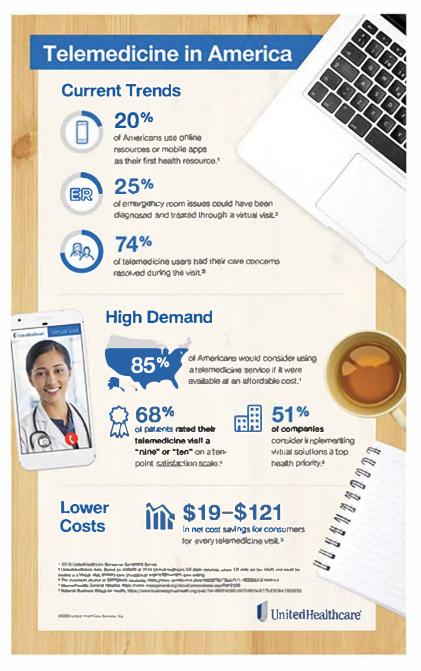
Keep Your Primary Care Physician: It is important to maintain a relationship with a primary care physician for wellness checkups, diagnostics, management of long-term conditions and some urgent and non-urgent treatments. As telemedicine programs evolve, telemedicine may be one way to do that.

Other Connected Devices: Consumers can consider other connected devices to help access care and potentially improve their health, such as smartwatches, activity trackers, continuous blood glucose monitors and connected asthma inhalers. These devices — and others like them — may provide real-time information and offer actionable feedback about their behavior patterns, while helping make it possible for care providers to counsel patients to more effectively follow recommended treatments.

Making telemedicine more widely available – and used – may be especially important for people with chronic conditions and the 20% of the U.S. population that lives in rural areas where access to health care, particularly specialty care, is often lacking. By considering these tips, people may make the most of telemedicine resources as part of their journey toward managing their health.

 Additional out-of-pocket costs may be required for telemedicine services depending on the plan and any applicable state requirements.





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- 5. American Hospital Association, https://www.aha.org/system/files/2019-02/fact-sheet-telehealth-2-4-19.pdf
- 6. UnitedHealthcare data; Based on analysis of 2016 UnitedHealthcare ER claim volumes, where ER visits are low acuity and could be treated in a Virtual Visit, primary care physician or urgent/convenient care setting.
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Cookbooks Are the Cradle of Family Tradition.



FeedingTampaBay.org

he pages of a cookbook don't just hold words, they hold a history of family meals. Passed down from generation to generation, the recipes within it dictate a sense of identity among family gatherings. As the words on the page transform into meals shared around a table, a feeling of community is born and a cookbook becomes a family heirloom. Unfortunately, the significance of the cookbook is lost on those who struggle to put a meal on the table.

For over 600,000 individuals in our community, a cookbook is simply a book. Putting food on the table – if there is any that day – is already a stressful feat. Children in local schools, single parents trying to provide for their family, seniors on a fixed income, and veterans who fought for our freedom are among the individuals who lack a consistent, steady food supply. In the Tampa Bay area, 1 in 7 adults and 1 in 4 children miss out on the daily camaraderie that comes with sharing a meal around a table.

Feeding Tampa Bay seeks to drive communities together by making food accessible to all. As the backbone of hunger relief and the largest food rescuer in West Central Florida, Feeding Tampa Bay collects excess food from retailers, farmers, and manufacturers, and redistributes it to those in need. For every \$1 donated to Feeding Tampa Bay, 10 meals are provided. Our community becomes stronger when its members have access to the nutrients they need to live a healthy life. Feeding Tampa Bay hopes to make food plentiful for our hungry neighbors so that a cookbook becomes a beacon of hope and family tradition rather than just words on a page.

Fighting hunger is easier when we do it together. We envision a hunger-free Tampa Bay by 2025, providing healthy and capability to our ten county region. Join us. https://hungerfree2025.com/







The Wellness Benefits of Massage: How you can Maximize the Experience

By Robert J Farnell, Licensed Massage Therapist

ecause the general population is so well informed of health and wellness options, most of us know that massage is not just a leisurely activity that the rich and famous enjoy to pamper themselves, but an actual wellness component to healthy living. Massage helps to relax the muscles leaving the body in a state of ease, and while this not only feels lovely, it puts the nervous system in a relaxed state as well, which is a significant component to overall health.

Benefit of Massage:

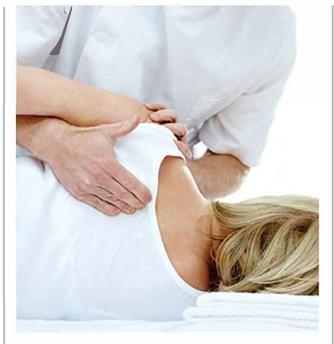
- Increases blood flow
- Alleviates tightness in muscles
- Relieves stress
- Reduces anxiety levels
- Helps with chronic neck pain
- Relieves migraine frequency and pain
- Improves balance
- Reduces osteoarthritis pain
- Lowers blood pressure
- Promotes relaxation
- Increases oxygen
- And much more

Personalized Massage: In-home Service vs. Brick and Mortar Spas:

Driving 25 minutes on I-275, weaving in and out of traffic, disrobing in a strange room, receiving treatment in a strange place with whomever the spa chose for you that day, awaking from your relaxed state, being rushed to make room for the next client, getting dressed again (over well-moisturized, greasy skin), driving back home again in rush-hour traffic-Does that sound like a relaxing experience or a perhaps a bit stressful?

At Hands Of Comfort, we Have a Better Option:

Hands of comfort will come to you at a time that works best for your schedule. Our licensed massage therapist brings a professional massage table, clean linens, lotions, oils, and fragrance. You disrobe in the comfort, convenience, and safety of your own home; you enjoy a full hour (60 minutes) professional massage, which is tailored to your needs. When the massage is complete, you just sit back and relax in the convenience of your own home or office. Our therapist cleans up, takes the table and accessories, and leaves you in a peaceful, well-balanced state.



If you're busy and value your time, a personalized in-home or office massage is precisely the specialty that Hands of Comfort provides.

Who Does This Service Suit Best?

- Just about anyone who values their own personal time!
- Shut-ins
- Medically disabled
- Caregivers
- · Mothers with children at home
- Shift workers
- Doctors
- Dentists
- Busy executives
- Recovering surgical patients
- Nurses
- Teachers
- Hair stylists
- Food servers
- Bartenders
- Truck drivers
- Uber drivers
- Those who work from home
- And the list goes on and on

Pricing:

Hands of Comfort is exclusive, convenient, professional, and VERY affordable. A one hour (60 minute) massage is just \$65 at any address in Lutz, Land O' Lakes and Wesley Chapel. A small travel charge (\$15) is added for any other location in Pasco County

Hands of Comfort Massage Therapists are:

- Male and female all Licensed in Florida
- Always provide their current Massage license and photo ID
- Insured with Professional Liability coverage

Trained in Multiple Modalities:

- Swedish
- Deep Tissue
- Lymphatic Service
- And more

Hands of Comfort is available week days and evenings by appointment.

To make an appointment, or just to discuss the treatment you want. Please TEXT your request to 570-269-7455, name and phone number, or call and leave a message.

Out of respect for our client's time and overall experience, our therapists NEVER answer their phone during a massage, but we will get back to you promptly.

Call today to schedule your personalized, relaxing massage in the comfort, convenience and safety of your home.



Robert J Farnell

Licensed Massage Therapist Florida License #MA 58933 Licensed since 2010 - Valid through Aug 31, 2021

570-269-7455

Debunking the Myths About Hospice Care

veryone knows what hospice care is. Or do they? When it comes to hospice, there are several common misconceptions about hospice care, its benefits, services provided and more. Most people tend to think it's care for the dying, but those who have experienced it know it's actually about living.

Read on to learn the truth about common myths about hospice care.

MYTH: "Hospice is a place where you go when there is nothing more a doctor can do."

FACT: Hospice is a philosophy of care, not a place. While most hospice organizations have hospice houses or care centers, the majority of patients receive care at home. Hospice care is designed for patients with a life-limiting illness who have chosen not to seek a curative treatment. The focus is on living life to the fullest and enjoying time left spent with friends and family, and doing the things you've always loved. The hospice medical professionals are available to assist with pain management, wound care, medications, and so much more.

MYTH: "If I choose hospice care, I have to leave my home."

FACT: Hospice care is provided wherever the patient may reside: in their own home, in a family member's home, in a nursing home, or in an assisted living facility. Most hospice organizations have hospice houses or care centers, which are designed to help patients whose symptoms cannot be managed elsewhere or by a caregiver.

MYTH: "Families are not able to care for people with life-limiting illnesses."

FACT: Family members are encouraged, supported and trained by hospice professionals to care for their loved ones. Our staff is on call to the patient and their family 24 hours a day, 7 days a week, to help family and friends care for their loved ones.

MYTH: "Hospice care is only for cancer patients."

FACT: More than 60% of hospice patients have a diagnosis other than cancer. Dementia, heart disease and lung disease are also among common illnesses that can lead to needing hospice care. A patient is eligible to receive hospice care when they have received a diagnosis of six months or less to live from their primary care or other physician.



MYTH: "Hospice is just for the elderly."

FACT: Hospice is for anyone facing a life-limiting illness, regardless of age and stage of life.

MYTH: "To be eligible for hospice, I have to be in the final stages of dying."

FACT: Patients and families can receive hospice care once a diagnosis of 6 months or less has been given. Research has shown that patients who start receiving hospice care earlier will often live longer than that 6 months because the patient's quality of life has improved on hospice care. Hospice patients can receive care for an unlimited amount of time, depending on the course of the illness and as long as they are still meeting hospice criteria. There is no fixed amount of time that a patient may continue receiving hospice care, and often times patients even "graduate" from hospice care when their conditions improve.

MYTH: "All hospices are the same."

FACT: Each hospice is its own organization that provides end of life care to patients. Many hospices offer similar types of care, but most have programs that make them unique from one another. For example, Gulfside Hospice offers the We Honor Veterans program, Pet Peace of Mind® program, spiritual care and alternative therapies, and other unique services. Accreditations can also help hospice organizations stand out from the others.

MYTH: "All hospices are not-for-profit."

FACT: Not all hospices are not-for-profit. While the majority are, there are some hospice organizations that are for-profit, even here in the Tampa Bay area. To find out if a hospice is not-for-profit, check out their website or give them a call.

Gulfside Hospice - Serving Patients for 30 Years

Every day, more than 450 Pasco County residents receive hospice care from the team at Gulfside Hospice. They emphasize that hospice care is about more than just the patient - it's about the whole family. With an interdisciplinary approach to care and an array of services, Gulfside Hospice is able to help patients and families live their lives to the fullest.

Every person receiving care from Gulfside has access to the organization's whole team, which includes hospice-certified physicians, nurses, hospice aides, social workers, chaplains and volunteers. Some of the services provided by Gulfside's team include:

- Visits from physicians who offer pain management and symptom control
- Regular visits from registered nurses, plus the ability to contact the nursing team 24/7
- Coordination of medical supplies, medication and equipment like oxygen tanks, walkers, hospital beds and more
- Assistance with personal care provided by certified nursing assistants
- Services from social workers who specialize in helping families cope with issues surrounding life-limiting illnesses
- And so much more.

Gulfside is the only not-for-profit hospice that serves Pasco County exclusively, and was the first hospice in Pasco to receive The Joint Commission's Seal of Approval Accreditation. To learn more about how Gulfside can help you and your family, call (800) 561-4883 to speak with one of the organization's experts. For more information, visit Gulfside.org.



Take Ownership of Your Health With One of The Nation's Fastest Growing Companies

Restore Hyper Wellness + Cryotherapy

Take Ownership of Your Health

There is an incredible trend emerging, people are taking back control of their healthcare. Restore Carrollwood provides you with powerful services that will help you take ownership of your health, wellness, and recovery. Their services have the potential to help you perform at your best, address a deficiency, or provide relief from that chronic pain.

Launched in Austin, TX in 2015, Restore Hyper Wellness recently opened their 37th franchise in January. In 2019, they were ranked #113 on Inc. 5000, a list of the fastest-growing companies in the country. Opening in Carrollwood last month, Restore hopes to serve as your one-stop-shop for wellness and recovery. They have a very simple tagline illustrating how they want to help you. "Restore. Do More."

Their approach is this: enhance the body's natural ability to recovery. They offer numerous modalities which revolve around this principle. These include cryotherapy, IV drip therapy, hyperbaric oxygen therapy, infrared sauna, and photo biomodulation (red light therapy), among others.

This month, we're highlighting IV drip therapy.

IV Drips at Restore

Kick your feet up and relax, Restore is the "antithesis of a traditional doctor's office," according to their website. "We are efficient, fun and social. We educate and provide information in a completely transparent manner so that you can manage your wellness better. Every day, we help thousands of customers achieve their goals around sports performance, pain management, recovery, beauty and overall wellness."

When you get an IV drip at Restore, you can expect to relax on a sofa and have time to recharge while you're educated about what is going into your IV.



Restore offers IV drips which are custom-mixed based on each person's needs by a registered nurse. These ingredients range from vitamins like B12, vitamin C and biotin, to antioxidants such as glutathione.

A typical IV drip takes about forty minutes. During that time, one liter of fluid is delivered directly into your bloodstream. This is the equivalent to drinking about two gallons of water! It also means immediate relief for your dehydration and its symptoms.

How do I know what I need in an IV drip?

Every person who receives an IV drip has the opportunity to have a consultation with a nurse practitioner to ensure efficacy and safety for each person.

Restore also offers powerful micronutrient testing which provides a clear view of how your body has been absorbing and utilizing nutrients over the past thirty days. It is much more effective than a standard blood test, and helps the nurses at Restore create a mixture which will provide you maximum benefit and relief.

Why can't I just take a vitamin?

When you take vitamins orally, they are subjected to your digestive tract and are only absorbed at a rate of 10-20%. Delivered through an IV, they go directly into your bloodstream, meaning those vitamins are absorbed nearly 100%! This means that at Restore, you really know you're getting what your body needs.

What if I don't have time?

Some of Restore's ingredients are offered as shots and can be administered in seconds. These include. among others: B12 for a quick boost of energy, B12 with Lipo-C for energy and a metabolism boost, and BCAA's for muscle recovery. For a busy person, these are a great way to supplement in a pinch.

Begin your path to Hyper Wellness with Restorel To find out more, or to schedule an appointment, please call (813) 205-7049!



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How INTIMACY Plays a Role in Your Wellbeing

BY DR. ROBERT LUPO, D.C.

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

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

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

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

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



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

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

GAINSWave

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

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED)

issues are caused by reduced blood flow. GAINS-Wave has developed a protocol to treat ED and Peyronie's disease (scar tissue) as well as enhance sexual performance.

Younger Men

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible. The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, S0s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that GAINSwave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be.

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

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

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



where wellness and beauty meet

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Buy Local: CBD Healthcare Company Launches in Tampa

Products Offer Higher Concentrations of CBD, Value and Transparency

et's face it; There's a lot of misinformation in the relatively new CBD industry. Exactly how much CBD is in the product? What concentration of CBD is necessary to be effective? How can you be sure the product is working?

"These were our concerns as well, as we began to see more and more CBD products on the market. How do you know which products you can trust?" says John Walsh, a long-time Tampa resident and partner at CBD Healthcare Company.

That's why Walsh and Tom Wellman, of Hollywood, Florida, teamed up to launch CBD Healthcare Company after doing business together in the Tampa area since 2005. The center of the company's operations is in Tampa, where the pair of long-time wellness specialists have developed professional products for the spa and wellness industries for more than a decade.

"We have long been serving professional spa, chiropractic, therapeutic and massage practitioners around the country, so it was a natural fit to create the most comprehensive CBD product line for skincare, muscle relief and massage," says Wellman.

Now professionals and at-home consumers are turning to CBD Healthcare Company as the trusted source for responsible ingredients, rigorous testing and effective concentrations of CBD.

CBD Healthcare Company products are available nationwide, but in the Tampa area, Walsh and Wellman say they're seeing increased sales of the company's muscle relief salves and lotions. In addition to CBD, the products' proven best-in-class treatment ingredients like MSM and Capsaicin are known to enhance muscle and joint recovery.

CBD Healthcare Company - CBD Natural Relief Salve comes in three strengths to use for common, nagging or more progressive muscle aches and joint pain. It is formulated with an intensive amount of broad-spectrum hemp oil, which is rich in cannabinoids, terpenes and flavonoids, combined with coconut, lavender and eucalyptus oils.

CBD Healthcare Company - Herbal CBD Muscle Relief Lotion contains powerful herbs that help calm and soothe sore muscles, the mineral MSM that targets connective tissue and joints, and oils that enhance deep penetration into the muscles. It is also formulated with an intensive amount of broad-spectrum hemp oil.

"We're seeing a lot of golfers, lacrosse and tennis players using our products to ease pain after activity," says Wellman. "Besides the maximum absorption with no greasy feel, our products provide a subtle, fresh scent. It's a refreshing change of pace from the irritating camphor or menthol smell that people have had to endure from typical pain relief lotions and salves. Our pain and muscle relief products are formulated with intensive broad-spectrum hemp oil for the utmost relief."

CBD is one of many beneficial compounds found in the hemp plant and is not psychoactive, unlike THC, or tetrahydrocannabinol, another compound found in the cannabis plant that produces marijuana's high. By stimulating the endocannabinoid system, CBD is reported to promote homeostasis, reduce pain sensation and decrease inflammation. However, not all CBD products are created equally.

"Many of the muscle and joint relief products on the market lack transparency in the sense that the majority do not provide an adequate amount of CBD per ounce to be effective, and they don't disclose that information to the consumer. Minimal amounts of CBD are often masked with an increase in analgesics like camphor. menthol and eucalyptus," says Walsh.

"Furthermore, we found that the market is saturated with CBD oral tinctures and gummies. While these have some beneficial characteristics in terms of the anti-inflammatory effects of CBD, our topical products provide a more direct path to delivering benefits to skin, muscles and joints."

Walsh says CBD Healthcare Company's manufacturing process is traceable from the plant genetics to the finished, high-grade formulas. A QR code on each product accesses a third-party certificate of analysis for each product and lot number. A second certificate of analysis provides the full profile of hemp extract. Extracted from hemp organically grown in America with U.S. agricultural permits, the CBD in CBD Healthcare Company products is extracted and tested in the U.S.

"Random testing reveals as high as 70 percent of CBD products do not contain the amount of CBD listed on the label, while other products may not clearly label their CBD content or falsely advertise 'full-spectrum CBD." says Walsh, "CBD Healthcare Company ensures customers have complete and accurate information before they purchase any product. What is on the label is in the container, with organically grown, non-GMO hemp, certified locally, so you're able to verify the purity of the product."

Some of the rapidly growing interest in CBD products for pain may be attributed to a recent press release from the Arthritis Foundation. Arthritis means "inflammation of the joints" and refers to any condition where joints in the body become aggravated by an immune response. In a survey, the Arthritis Foundation found that of 2,600 respondents, 79% were currently using CBD, have used it in the past or are considering using it as an alternative therapy to help manage their arthritis pain. The Arthritis Foundation says it is "intrigued by the potential of CBD to help people find pain relief and are on record urging the FDA to expedite the study and regulation of these products."

"This is an exciting breakthrough in pain management, and we are excited to have launched CBD Healthcare Company at the infancy of an industry that will benefit so many," says Wellman. "We're offering professionals and consumers a source they can depend on for responsible ingredients, rigorous testing, effective concentrations of CBD and transparent test results. Our CBD potency begins where most others end."

CBD Healthcare Company's complete line of massage, muscle relief and skincare products can be found at https://www.cbdhealthcarecompany.com/, and is also distributed through Scrip Companies, via Massage Warehouse, ScripHessco and Bodyworkmall.

CBDHealthcareCompany.com also offers a dedicated Pro Shop for professionals to place orders at wholesale prices and learn more about CBD, ingredients, testing and formula application.





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PAINFUL DISC HERNIATIONS:

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

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

DISC HERNIATIONS—MINIMALLY INVASIVE TREATMENT OPTIONS:

Diskom

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

HydoCision

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

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



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

The National Institute for Pain

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

Sunil J. Panchal, MD
The National Institute for Pain



At the National Institute of Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine

your care needs. The National Institute of Pain's President and Founder, Sunil J. Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as codirector of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuromodulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches (2013). Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and neurostimulation devices, and in clinical research protocol design.

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

WEIGHT LOSS THAT WORKS:

Discover The Profile Difference & How DNA Testing Can Help You Finally Lose The Weight & Design Your Lifestyle

or most individuals, weight loss is often a very long journey with many turns, twists, and bumps in the road. 70 million adults are obese in the U.S., and even more are considered overweight. Being overweight can cause significant health issues. It can lead to high blood pressure, high cholesterol, high triglycerides, and visceral fat, which are significant risk factors for diabetes, heart disease, cognitive decline, and coronary disorders.

With fad diets, extreme lifestyle disruptions, unhealthy diet pills, and other means to control appetite, over the years, most people have lost a few pounds, only to regain them rather quickly once they stop using those means. It's time to stop the cycle—There is a better way!

Instead of doing things the same old, outdated way, it's time to take your weight loss serious and it's time to get the right information and plan of action that's tailored for you.

Profile by Sanford

Profile® by Sanford® is changing the way people approach weight loss. We create a personalized nutrition, activity and lifestyle coaching program designed to help members lose weight and keep it off. Our dedicated team of Certified Profile Coaches educate and motivate members through every stage of your weight loss journey. Best of all, the personalized weight loss program is designed to instill internalized habits that will allow you to maintain the results for years to come.

At Profile® by Sanford®, we know there's more to losing weight than counting calories and points. That's why we created Profile Precise - a test that harnesses the power of genetics to map your DNA to a nutrition plan tailor-made to help you reach your goals.

Profile Precise is our latest innovation to help take the guesswork out of healthy lifestyle change. The test analyzes how your body metabolizes carbohydrates, providing you and your Certified Profile Coach with information to more effectively guide you on your weight loss journey.



DNA Testing via the Profile Precise Plan is Backed by Science

Profile's research and development efforts all have two things in common: They must be backed by real science, and they must help members achieve lasting lifestyle change. Working closely with the Profile Clinical and Scientific Advisory board, Profile leveraged some of the brightest minds in research and genetics at Sanford Health to develop Profile Precise. The test integrates the science of nutrigenetics into our nutrition, activity and lifestyle coaching platform. By understanding how your body responds to certain nutrients based on your genetics, we use your Precise C-Score to create a personalized weight loss program that works with your body, not against it.

DNA Testing is done at the adapt and sustain phase and it helps to design your lifestyle.

DNA TEST STEPS:

Step #1—Take the test

A simple cheek swab is all you need to get started.

Step #2—Get your results

Your C-Score results are delivered to your coach in 6 to 8 weeks.

Step #3—Receive your plan

Your coach helps you understand your results and builds your Precise Nutrition Plan.

Step #4—Take Action

You take action and your coach helps along the way.

PROFILE BY SANFORD'S HISTORY

Profile began in 2011 when Sanford Health CEO Kelby Krabbenhoft challenged the organization to create a weight loss program rooted in science and research. Profile's first Clinic and Scientific Advisory Board came together to assemble all the pieces of a comprehensive program designed to set in the industry standard for how nutrition, activity and lifestyle coaching is delivered. Less than a year later, Profile opened its first retail location. Today, our results-oriented approach continues to fuel our growth.

Sanford Health is an international integrated healthcare system that provides care for hundreds of communities across multiple continents. With 45 hospitals and 289 clinics worldwide, Sanford is one of the world's largest healthcare providers.

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Why Profile by Sanford - Tampa, FL- Carrollwood Is Right for You

We are proud to help Carrollwood residents achieve healthier lifestyles through custom-tailored weight loss plans. Created by Sanford Health physicians, Profile by Sanford - Tampa, FL- Carrollwood members receive one-on-one coaching and an effective support system that helps you achieve your health goals, reach your desired weight, and maintain your new lifestyle.

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Should You Take CBD After Your Workout?

here is a lot of information both anecdotal and scientific that points to CBD as a post-workout supplement. When we exercise, perform in athletic sports and work out aggressively, such as HIIT, running, soccer, and spin classes, we feel the effects the next day due to tiny muscle tears and inflammation. These small tears and inflammation are what actually help our muscles to build new fibers and become stronger and leaner.

However, to alleviate the associated pain, many people are adding CBD oil to their post-workout routines. Just like with any pain, more and more educated people want natural alternatives to things like pain meds or NSAIDs (ibuprofen) due to their negative side effects.

How does CBD oil help with the associated pain?

Brain and nerve cells throughout the body have cannabinoid receptors (CB1 and CB2), so our bodies naturally react to cannabinoid derived from hemp extract. Our natural endocannabinoid system works synergistically with full-spectrum hemp extract, creating a multitude of beneficial reactions in the body, and maintains homeostasis (cellular balance and regulation). Our endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates pain and inflammation and has healing capabiliteis. It essentially regulates all brain, endocrine and immune function.

CBD is one of the thirteen active cannabinoids derived from hemp, which can alleviate or control many different forms of diseases and disorders with no THC. With hemp extract (CBD), the THC levels have been extracted. THC is what promotes the high, psychoactive feeling that many people associate with marijuana.

Your CBD Store uses a CO2 extraction process, which eliminates the need for chemical solvents and produces a high-quality, full-spectrum CBD. For our zero-THC products, the CBD is processed again to remove all traces of THC.

CBD provides potential relief from PAIN:

- Systemic inflammation
- Chronic pain
- Acute inflammation
- Localized joint and muscle pain
- And much more



What sets your CBD store apart?

At Your CBD Store, we believe in bringing the highest quality CBD products to market. We formulate our products with our customers' needs in mind, using other cannabinoids and terpenes, creating unique synergies that increase efficacy, target specific ailments, and increase the binding of CBD. We believe you the customer should see our product from soil to oil and should be seeing the best product on the market along that journey. By setting the standards in the CBD industry, Your CBD Store is moving plant medicine to the 21st century. Phytocannabinoid rich (PCR) hemp has a naturally high CBD level, and an abundance of other beneficial cannabinoids (CBG, CBN, CBC), as well as flavonoids, terpenes, and essential amino acids.

Your CBD Store Products

Though hemp and marijuana are both cannabis plants, they are not the same. The chemical composition is different, especially when it comes to THC levels. Hemp has a much lower THC level, less than 0.3%. Our CBD products come in various forms and dosages to meet each customer's needs and preferences. You can choose from water-soluble, edibles, tinctures, soft gels, vaping e-liquids, and topical applications. We even have tinctures and CBD treats for pets.

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HELP PREVENT COLORECTAL CANCER WITH REGULAR SCREENINGS

The number of deaths from colorectal cancer has been dropping steadily in both men and women for several decades, according to the American Cancer Society. The reasons for this decline include early detection and improvements in screening methods; yet, many choose to either postpone or totally skip these potentially life-saving screening tests, thus keeping colorectal cancer as the third leading cause of cancer-related deaths in women in the United States and the second leading cause in men.

Almost all colorectal cancers begin as precancerous polyps (abnormal growths) in the colon or rectum, the majority of which take 10-15 years before developing into cancer and may not cause any symptoms until the cancer is well-established. That's why screening is so important. With regular screenings, most polyps can be found and removed before they advance to becoming malignant, thereby preventing cancer from occurring. Screenings can also find colorectal cancer at an early stage, where there is a greater chance that treatment will be most effective and may even result in a cure.

ACS guidelines recommend that, starting at age 45, people who are not at an increased risk due to family history, get a screening for colorectal cancer. If you have a family history of colorectal polyps or cancer, talk with your doctor about what your options are and how to reduce your risk. You may also want to begin screening earlier than age 45, or even receive genetic counseling to review your family medical history.

IMPROVING TREATMENT

The type of treatment for colorectal cancer depends largely on the stage of the cancer. The three primary treatment options are surgery, chemotherapy and radiation. In addition to these treatments, targeted therapies, including immunotherapy, may be used for cases of more advanced cancer. Targeted therapies are drugs that target specific malfunctions (DNA mutations)



in the genes or proteins of cells that allow cancer cells to grow uncontrollably; these drugs, which are usually in pill form, may be given alone or in conjunction with traditional chemotherapy. Some patients with advanced colon cancer may also have a chance to benefit from specific immunotherapies. These are drugs that use your body's immune system to attack and fight cancer cells. The development of more immunotherapies is an area of ongoing research that shows great promise in the treatment of many types of cancer.

Screening remains the number one way to reduce your risk of colorectal cancer and/or treat early stage cancer. The Center for Disease Control (CDC) estimates that if everyone over 45 had regular screenings to detect pre-cancerous polyps, we could reduce colorectal cancer deaths by 50-60%. In addition to early detection, treatment for colorectal cancer has vastly improved over the last few decades. As a result, there are now more than a million survivors of colorectal cancer in the United States.

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Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location, that deliver the most advanced and personalized care in your local community.



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Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do NEED friends.

Solomon, the wisest man that ever lived said, "As iron sharpens iron, so one person sharpens another." Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, "A man who has friends must himself be friendly..." Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

Tim Neptune is the lead pastor of Venture Church. For more information, visit www.venturenaples.com.







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