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Health & Wellness[®] MAGAZINE

May 2018

Pasco Edition - Monthly

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IMMUNOTHERAPY

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AGAINST SOME CANCERS

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Dr. Walesby is a fellowship-trained, board certified Behavioral Optometrist who specializes in the diagnosis and treatment of binocular vision dysfunctions.



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DETERMINATION



Determination. A powerful element in fighting cancer.

Margaret Metz had a nagging suspicion something was wrong. She was determined to get answers. When a chest X-Ray revealed a stage 3 tumor in her lung, she felt a strange sense of relief. With an accurate diagnosis, all of her energy could be spent fighting the disease. The answer to Margaret's cancer was a radiation oncologist at Florida Cancer Specialists. The combination of advanced radiation oncology techniques and a compassionate team delivering the treatment was exactly what she needed. The world-class expertise at Florida Cancer Specialists and Margaret's determination proved that when hope and science join forces, great outcomes happen.

"The radiation oncologists at Florida Cancer Specialists were the best team I could have found."

-Margaret Metz, Patient & Survivor

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Advanced Treatment For Vaginal Discomfort:

What you should know about the MonaLisa Touch®

Dr. Vahora, MD, FACOG

Many women carry a little secret that they dare not tell even their best friend. The truth is that many pre and postmenopausal women, and even women that have recently gone through childbirth, have vaginal disorders, pain, and issues that they often withhold and keep to themselves. Most women think that it's just a normal part of the hormonal process, but there are many options to relieve vaginal and vulvar atrophy.

What is Vulvovaginal Atrophy?

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

As mentioned there are many options for women, like creams, medications, and surgery, but they all pale in comparison to an innovative procedure that has no side effects and only takes a few minutes to perform in your physician's office.

Innovative Technology

This advanced technology is called the MonaLisa Touch®. It is a new laser therapy for the vagina and vulvar. There are no medications, not cutting and no lengthy healing times with this procedure. It's similar to having a Pap smear test done. The laser does not hurt or cause any pain. You will only feel tiny vibrating sensations from the machine, and the best part is that the entire procedure is accomplished in an outpatient, office setting.

The laser assists with the bodies cell renewal and regenerates the mucous membrane and help with the restoration of collagen and renewing the proper trophic balance to the membrane. MonaLisa Touch® is a functional vaginal rejuvenation treatment based on a unique fractional CO2 laser. This device was created specifically for the vaginal mucosa and is presently the most effective procedure for preventing and treating vaginal atrophy and its painful conditions.

Now it's possible to have relief from vaginal and vulvar atrophy due to the MonaLisa Touch's® ability to gently improve the tissue of the vaginal mucosa.



The laser stimulates the production of collagen, improving the functionality of the treated area and restoring the proper trophic balance to the mucous membrane.

Rejuvenate Your Sex Life

You and your partner will both benefit from this procedure, as intercourse will be pain-free and pleasurable once again. Mona Lisa Touch allows restoration and enjoyment of each other. You'll be amazed how effective this procedure get's you back to where you once were in your relationship.

What Patients Have to Say About Parveen Vahora, M.D.

"To find out that there was actually a laser that in three treatments could possibly provide me with what I hadn't been getting in the last 10 years of trying"? I was ecstatic." -Melanie P.

"When I underwent the MonaLisa Touch procedure, I was a little nervous, had some trepidation going into it, and after the procedure I came out almost bouncing off the walls, saying I cannot believe there was no discomfort, such a short time commitment." -Cheryl S.

"No, less than 5 minutes? It's really a fast procedure; I don't even want to call it procedure; I would just say experience, just a tiny little sensation as if someone's touching your skin." -Tina R.

"I would like to share that she is incredibly passionate about helping her patients. I think it is admirable that she is an advocate for non-narcotic pain relief in her practice. I highly recommend this practice." -Ashley T.

Parveen Vahora, M.D.

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

She considers herself a minimalist and doesn't recommend surgery unless it is absolutely necessary. Making her patients an integral part of their own health, she works with them to determine the best course of treatment for each unique case.

Continually participating in research in the field of gynecology, Dr. Vahora is also a professional speaker, educating healthcare practitioners on hereditary cancers, multimodal pain management options, dyspareunia due to vulvovaginal atrophy and SERM treatment, and many other gynecological concerns. Dr. Vahora looks at the whole person when administering highly acclaimed treatments, not simply their symptoms.



Don't just live with your disorder, get the relief and new beginning that you are worthy of.

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

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Contents

MAY 2018

- 4 Advanced Treatment For Vaginal Discomfort
- 6 Innovative In-Office Balloon Procedure Provides an Alternative to Sinus Surgery and Nasal Packing
- 8 Fatigue and Tiredness: Why and What Can I Do?
- 10 Autism: Learn How Chiropractic Care is Helping Countless Patients
- 11 Immunotherapy Is Turning The Tide Against Some Cancers
- 12 Learning Disabilities for Children and Adults Improve With Vision Therapy
- 14 Audiologist Vs. Hearing Aid Specialist: The Difference Matters
- 16 Physical Activity for Arthritis
- 18 Is Your Microcirculation Deficient?
- 20 Ineffective Treatment for Anxiety is a Common Issue
- 21 Hydrotherapy Health from the Inside Out
- 22 Is A Trust Right for Me?
- 24 Maternal Deaths Among Black Women Continue Troubling Trend
- 25 Relieve Stress Naturally with Massage Therapy
- 26 Four Stress-Busters for Home Sellers
- 27 Blood Pressure Basics
- 28 So What's The Big Deal About Food Allergies?
- 30 Spiritual Wellness: What I learned About Autism

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Randall C. Latorre, MD

Innovative In-Office Balloon Procedure Provides an Alternative to Sinus Surgery and Nasal Packing

More than 30 million people in the U.S. are affected by chronic sinusitis. Each year it's one of the most common reasons that individuals visit their doctor. People who suffer from ongoing sinus infections usually have difficulty breathing, contributing to other health disorders.

Symptoms of Chronic Sinusitis are:

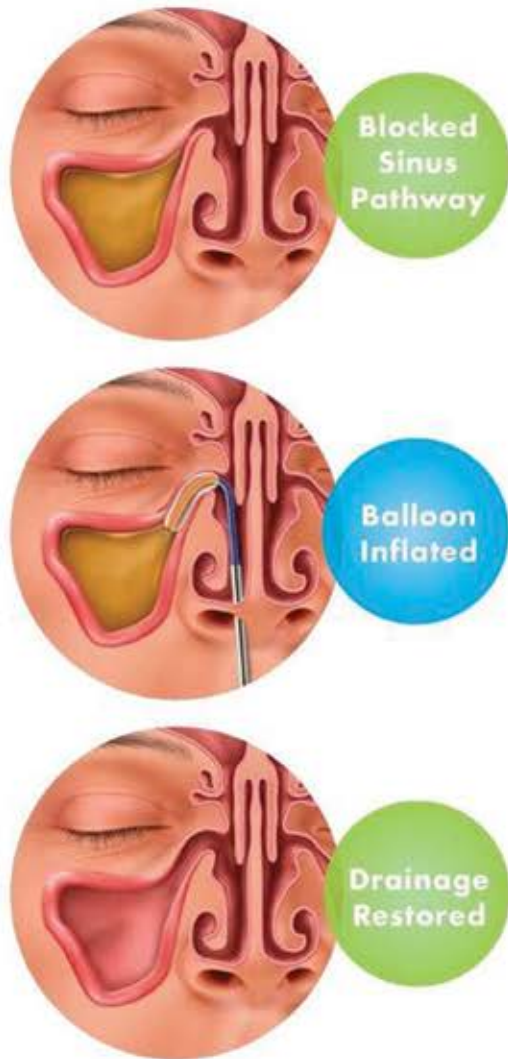
- Nasal obstruction
- Difficulty breathing
- Postnasal drainage
- Thick mucosal drainage
- Coughing
- Weakening sense of smell
- Dry mouth
- Trouble sleeping
- Pain in eyes and cheeks
- Sore teeth and gums
- Facial sensations of pressure or pain
- Sneezing

Several of the leading contributors of chronic sinus disorders are allergies, hay fever, nasal polyps, deviated septum (crooked nasal bone), and environmental pollutants. Given the commonality of this condition, the treatment options for sinusitis have been documented since the 1700's in medical journals.

The conventional therapeutic treatments are antibiotics, steroidal nasal sprays, over-the-counter decongestants and saline irrigation. But when these standard-of-care approaches fail, which unfortunately as these remedies show a minimal curative benefit, that's when surgical procedures have proven beneficial.

The good news is that, since 2005, an alternative method that is minimally invasive has established itself to be efficacious for improving and managing chronic sinus disease successfully. The procedure is called balloon sinus dilation. After years of highly regarded balloon angioplasty procedures were established in the cardiovascular field, this technique was developed for the otolaryngology specialty to work in much the same way to open the sinus passages.





Prior to the procedure, the patient will take medications by mouth to relax them and the nose is topically anesthetized. The balloon is placed with a tiny catheter into the sinus opening and then into the narrowed or blocked passageway. It is inflated with saline to dilate the sinus passages for approximately 10 seconds. After this takes place, the sinus pathway is enlarged six-fold, allowing for proper drainage and ventilation.

Keeping in mind that some patients will require traditional surgery depending on the severity of their symptoms or anatomical issues, most chronic sinusitis sufferers will significantly benefit from balloon dilation's minimally invasive procedure. Once they have undergone the procedure, their need for decongestants, nasal sprays, and the standard treatments are usually no longer needed.

This treatment is safe, highly effective, and long-lasting, so patients can rest assured that they will be able to live a quality-filled life with the ability to breathe naturally once again. If you've suffered from sinus disorders, you will understand the joy that patients experience once they can breathe normally.



Randall C. Latorre, MD,
Board Certified Otolaryngologist

Medical Education

- University of Missouri-Columbia
- Yale School of Medicine- Ear, Nose and Throat Residency
- University of California-San Francisco (UCSF) Facial plastic surgery fellowship
- University of Indiana-Indianapolis - Facial plastic surgery fellowship

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Fatigue and Tiredness

Why and What Can I Do?

By Peggy Demetriou
ARNP, FNP-BC, Board Certified in Family Practice by the ANCC

Can't get past that two o'clock slump? Feel wiped out or wake up tired? Sounds like you are one of the many Americans suffering from fatigue. Nearly all people get tired or overworked at some point. This temporary fatigue usually has a cause you can identify and can be resolved. But persistent tiredness lasts longer, is more intense, and is not solved by rest. Over time it reduces your energy, motivation, mood, and ability to concentrate.

33% of patients that see their primary care provider complain of fatigue. In our practice, this statistic tends to be even higher. But how has this impacted society?

The Adverse Effects of Mental Exhaustion

- Fatigue causes 20-30% of all deaths on the road.
- 136 billion dollars in lost work time occurs each year (Journal of Occupational Medicine)
- Being awake for 20 hours is the equivalent of a blood alcohol level of .1. The Florida Legal Limit is .08.

Most of the time fatigue can be traced to one or more lifestyle habits, often diet or inactivity-related. But other times it can be a symptom of an underlying health condition. The common causes overlap amongst different age groups, but it can be helpful to be aware of the most common reasons affecting individuals in their age group.

In young adults, from ages 18-30, dietary reasons lead the way. This is followed by imbalanced lifestyle factors, and finally underlying medical conditions.

- Poor diet: such as high sodium, sugar, and saturated fat
- Skipping meals: causes a drop in blood sugar leading to headaches and fatigue
- Excessive caffeine or alcohol intake: dehydrates the body quickly
- Lack of exercise: the inactivity increases fatigue and weakens the body
- Stress: causes difficulty sleeping and drains energy





- Hypothyroidism: not producing enough thyroid hormone
- Chronic Fatigue Syndrome (CFS): affects 8:1000 adults and is not fully understood

As people hit age 30, adult responsibilities dominate and involve even more multitasking. The toll of previously unhealthy habits are now catching up and showing signs.

Common causes of fatigue affecting those 30-50 years of age

- Depression and Anxiety: often from job and family stress
- Sleep apnea: reduced oxygen while you sleep
- Iron Deficiency/Anemia: lack of iron or Vitamin B12

- Circadian Rhythm Disturbances: shift-work, traveling
- Undiagnosed Medical Conditions: Celiac Disease, Hypothyroidism, Liver Disease, Heart Disease, and much more

As a person becomes over 50 years of age, fatigue becomes an even more common complaint. Later in life, we call it anergia. This can affect the physical and cognitive performance of an individual.

Common causes of anergia in this age bracket

- Medical Conditions: Heart Problems, Hormonal Changes, Sleep Apnea, Liver Disease/Hepatitis C, Cancer and more.
- Mental Health Problems: Depression and Anxiety, Psychological Disorders

- Circadian Rhythm Changes: Spending less time in a deep sleep and waking up earlier
- Loss of Muscle Mass: By age 70 there is a 30% reduction leading to decreased strength and increased fatigue
- Decline in Mental Energy: Age-related chemical changes are a cause, and it can also take longer to learn new things
- Lifestyle Factors: Managing doctor's appointments and medical care, attending to aging parents, overworked and being bored if retired
- Excessive Alcohol, Caffeine, or Substance Abuse
- Chronic Medication Use: Beta Blockers or Diuretics often used for high blood pressure or other heart conditions

At Qvita Health and Wellness, we offer a comprehensive evaluation to help you identify your medical risk factors and causes of fatigue. We take the time needed to listen to each patient's concerns and then formulate a customized plan. Testing may include lab work, allergy testing, checking for food intolerances, and ruling out other medical conditions.

Once an individualized evaluation is completed, a treatment plan is formulated. The goal is to treat a problem, educate about lifestyle factors that need modifying, and offer medical and alternative options. We work together with each patient to help him or her navigate through the process of healing. Some in-office options that we offer include IV Vitamin Infusions, Vitamin Injections, and our own natural and certified line of supplements as featured on ABC's Tampa Bay Morning Blend. We also offer a medical weight loss plan with a clinically proven and safe diet. For those in chronic pain with muscle tension from stress, we offer homeopathic trigger point injections that are safe, effective, and FDA approved.

All of the services that we offer are designed to allow the patient to experience a more optimal life and to sustain an energy level on a daily basis to maximize their potential.



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AUTISM:

Learn How Chiropractic Care is Helping Countless Patients



Autism is a complex, behaviorally defined disorder of the immature brain. Autism is not a disease but a syndrome with multiple non-genetic and genetic causes. Autistic Spectrum Disorders (ASD) is a broad spectrum of developmental disorders characterized by impairments in 3 behavioral domains:

- 1) Social interaction
- 2) Language, communication, and imaginative play
- 3) Range of interests and activities

There are two basic types of autism: autism from birth and regressive autism, which generally occurs between 12 and 24 months of age after a period of normal development and behavior. The incidence of autism from birth is low, approximately one or two out of 10,000 births. However, the incidence of regressive autism and associated ASDs has soared. A recent study indicates that as many as 1 out of 150 children may have regressive ASD. A similar figure was reported by the Center for Disease Control (CDC) in a study of a township on the East Coast of the United States. ASD is of great concern to all healthcare practitioners because of an astonishing 556% reported increase in pediatric prevalence between 1991 and 1997. The clinical management of ASD requires a multidisciplinary approach, consisting primarily of speech, language, behavioral, and educational interventions.

Engaging in the proper therapies is critical. Nutritional therapies such as vitamin B12, probiotics, eliminating sugar from the diet, physical and behavioral therapy, chiropractic adjustments, and speech therapy have shown significant improvements in many categories for children with autism. In the last two decades, alternative autism therapies have gained popularity by many parents around the world. At the forefront of these therapies, chiropractic care is leading the charge. Thousands of case studies and research publications support high levels of success in helping improve children from

many of the symptoms found on the Autism Spectrum. Some of the significant improvements are found in sociability, sensory and cognitive awareness, and speech, language, and communication ability. Other improvements were found in health and physical behavior.

Most results are seen within six weeks under chiropractic care. Pediatric doctors of chiropractic assess children with ASD using some or all of the following diagnostic tests including thermography, static EMG, heart rate variability, (sometimes) X-Rays, physical exam, neurological exam, and/or balance testing. From here neurological interference areas are diagnosed and adjusted with gentle pediatric techniques. Re-testing happens every 3-4 weeks to track progress, and parents usually start reporting improvements as care continues.

If you haven't tried chiropractic for your child with ASD, speech delays, motor delays, or any neurological concern you may have it may be time to explore this option. The doctors at Full Life Chiropractic in Pasco County are trained in pediatrics and neurology, and have over 20+ years of combined experience helping kids of all ages; especially with neurodevelopmental disorders.

Choosing the right doctor is key in any therapy you select for your child. Doctors with training in both pediatrics and neurodevelopment, along with experience will provide families with the highest success rates in dealing with neurodevelopmental disorders. Dr. Christine Hafer and Dr. Enrico Dolcecore both have the passion and expertise to help guide families in the right direction in restoring health and function.

To learn more about how chiropractic care can help please call 813-607-0474 to schedule your appointment.

Please Join Dr. Dolcecore for an informative Seminar/Workshop Unraveling Neurodevelopmental Disorders May 16, 2018

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IMMUNOTHERAPY IS TURNING THE TIDE AGAINST SOME CANCERS

Immunotherapy, an approach to cancer treatment that uses the body's natural defenses, has been around for decades; however, the early forms of this type of treatment were very toxic and did not result in the desired outcomes for most patients. In the past 10 to 15 years, as researchers have learned much more about the genetics and mechanisms of cancer cells, advances have been developed that are causing great excitement and that are credited with helping many patients realize amazing results with certain types of cancer.

How does immunotherapy work?

The immune system consists of several organs, special cells and other substances that help your body fight germs, infections and diseases. It naturally recognizes abnormal substances in the body and raises an alarm, causing the immune system to attack the foreign bodies. For example, germs contain certain proteins that are not normally found in the body and so the immune system targets these foreign proteins and eliminates them.

However, the body's natural defense system has a harder time targeting cancer cells because sometimes the malignant cells are not very different from normal cells. Other types of cancer have a mechanism that helps the mutated cells "hide" from the immune system. In immunotherapies, researchers have discovered drugs that boost the immune system and help it recognize cancer cells more easily so it can attack and destroy these cells.

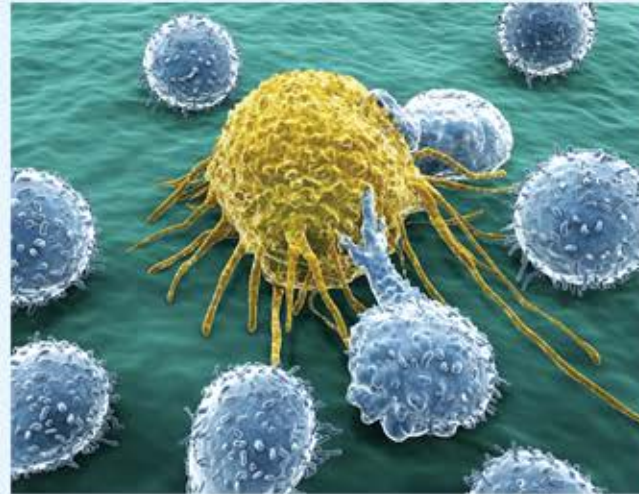
What are the types of immunotherapy?

According to the American Cancer Society (ACS) there are various immunotherapies that are proving to be very effective. These include:

Monoclonal antibodies (mAbs) are laboratory-made substances that can attach to cancer cells, so the immune system can recognize and destroy them.

Immune Checkpoint Inhibitors are a type of monoclonal antibodies that use "checkpoints" – molecules on certain immune cells that need to be activated (or inactivated) to start an immune response.

Non-specific immunotherapies, including *Interferons* and *Interleukins*, also help the immune system destroy cancer cells.



Oncolytic virus therapy uses genetically altered viruses to attack and kill cancer cells. The first of these was approved in 2015 for use in treating melanoma.

CAR T-cell therapy uses T-cells (a type of white blood cell) drawn from the patient. These are altered in the laboratory to recognize and destroy cancer cells, and then returned to the patient's body. T-cell therapy is not yet approved for widespread treatment. Only two CAR T-cell therapies have been approved for use in the U.S. One is used for advanced or recurrent acute lymphoblastic leukemia in children and young adults. The other is for certain types of advanced or recurrent large B-cell lymphoma. More are currently being studied in clinical trials.

Vaccines have been developed for both prevention and treatment of cancer. Most treatment vaccines are still in clinical trials. Several prevention vaccines are in use today, helping to prevent cervical cancer, and Hepatitis B, which can cause liver cancer.

Immunotherapies are transforming patients' lives. For patients with certain types of cancer, such as melanoma, bladder, renal cell carcinoma (a type of kidney cancer), head and neck cancers, some types of leukemia and lymphoma, and lung cancer, immunotherapies are already producing encouraging results, and some are even being called a possible cure. In addition, new research is moving forward rapidly to find immunotherapies that will be effective against more types of cancer.

Clinical Trials Lead to Tomorrow's Treatments and Cures

Through a strategic partnership with Sarah Cannon, one of the world's leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In the past three years, the majority of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

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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For more information, visit FLCancer.com

Learning Disabilities for Children and Adults Improve With Vision Therapy

By Walesby Vision Center

Unlike orthoptics, which is a method to straighten the eyes muscularly, Vision Therapy is an entirely different treatment, which encompasses not only strengthening the eye muscles, but also improving visual perception, visual brain signaling, developing the ability to follow text efficiently, and hand-eye coordination. While it does improve eye muscle strength, it's better described as enhancing the complete visual system and cognitive process. Developmental Optometrists specialize in vision therapy.

Vision therapy works by retraining the brain in response to external stimuli. There have been multiple studies on children and adults with vision system and learning complications. During the studies, the diagnostic testing shows increased gray matter in the brain of the examined patients (1). This change suggests brain structure regeneration occurs with vision training, as well as an uptake in increased learning abilities.

Advantages of Vision Therapy

While visual training is better known to improve learning abilities for children, it is also used for adults and the aging population to correct concentration levels and other disabilities. It is so effective that it is even used to enhance an athlete's eye and hand coordination for specific sports and better performance levels.

Who Would Benefit from Vision Therapy?

- Children with learning disabilities
- Adults with cognitive decline, or learning disabilities
- Individuals with brain damage
- Issues with following text when reading
- Dyslexia
- ADD
- ADHD
- Athletes needing to hone specific hand-eye coordination skills





Symptoms of Visual Field Complications

- Blurry vision
- Double vision
- Excessive blinking to clear eyesight
- Eyestrain
- Headaches
- Eye aches
- Inability to concentrate
- Loss of place when reading
- Need to reread text
- Need to rub eyes to see more clearly
- Squinting

At Home Training Vs. Medical Specialty Training

Vision Therapy is an individualized, supervised, treatment program designed to correct visual-motor and perceptual-cognitive deficiencies. Experts like Dr. Walesby and Dr. Thomas of the Walesby Vision Center works with his patients one on one to develop specific protocols to help improve their entire visual system and cognitive strengthening. With the methods implemented by Walesby Vision Center, visual-motor skills and endurance are corrected through the use of specialized computer and optical devices, including therapeutic lenses, prisms, and filters. During the final stages of therapy, the patient's newly acquired visual skills are reinforced and made automatic through repetition and by integration with motor and cognitive skills.

Many individuals have heard and utilized some forms of at home training like push-ups. A pencil push-up is when you hold a pen or pencil at arms

length and read the text, while gradually bringing the pencil closer and closer toward you. This is thought to enhance eye muscles. At home training like a pencil push-up can be effective for acuity and muscular strengthening, but it will have no benefit on any cognitive or learning issues, and it would never compare to an in-office, medically supervised vision training program (2).

Vision Therapy sessions Include Procedures Designed to Enhance the Brain's Ability to Control the Following:

- Concentration
- Eye alignment
- Eye movements
- Eye tracking (following text and images efficiently)
- Visual Focusing
- Visual processing

In addition, vision training is not the same thing as visual acuity. 20/20 vision can be achieved with glasses or contact lenses in most cases, but there can still be underlying visual incompetency that may affect a child or adult's ability to concentrate on and comprehend text and learning. With routine eye exams, Walesby Vision Center can pinpoint their patient's specific needs regarding the entire visual system including the need for vision therapy.

References:

1. Cannonieri GC, Bonilha L, Fernandes PT, et al. Practice and perfect: length of training and structural brain changes in experienced typists. *Neuroreport* 2007 Jul 2;18(10):1063-6
2. Convergence Insufficiency Treatment Trial Investigator Group. A randomized clinical trial of treatments for symptomatic convergence insufficiency in children. *Arch Ophthalmol.* 2008;126:1336-1349.

Walesby Vision Center has been and continues to be, an asset to its community, bringing unmatched vision therapy services and helping thousands of patients improve their ability to acquire and process visual information.

While the practice does offer full-scope eye care for the entire family, our doctors are pediatric specialists. And, they are experts in comprehensive Developmental Optometry, which focuses on the entire visual system.

To find out more about vision therapy, please contact Walesby Vision Center at the following locations:



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THAN JUST 20/20**

www.walesby3d.com

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2510 West Waters Ave, Tampa, FL 33614
(813) 915-0755

Lutz Office

24444 State Road 54, Lutz, FL 33559
(813) 345-8544

Audiologist Vs. Hearing Aid Specialist:

The Difference Matters

By Davis Family Hearing

An audiologist is a specialist in hearing and balance. They have studied for many years and are required to have a doctorate degree in the field of hearing. While they do not perform ear surgery, they are experts in diagnosing and finding solutions for children and adults that are experiencing hearing loss.

A hearing aid specialist is not required to have a degree, although many of them may have a degree in another field. They do need to take a certification course, which is usually a few months long. They are not experts in the area of hearing, but they are trained to sell hearing aid devices for you. If you need hearing aids, it's always best to see an audiologist first, especially if you haven't had your hearing tested in a while, as hearing level loss changes can occur fairly quickly.

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. From children to adults, Davis Family Hearing has a reputation that the community respects and trusts. That's why their motto is: "Our Doctors Make the Difference."

At Davis Family Hearing, their team of experienced, board-certified audiologists and caring staff are unwavering in their commitment to helping West Central Florida patients of all ages hear the world around them clearly, easily and with confidence.

At Davis Family Hearing, they offer a comprehensive suite of hearing services that will not only improve your hearing but your quality of life as well.





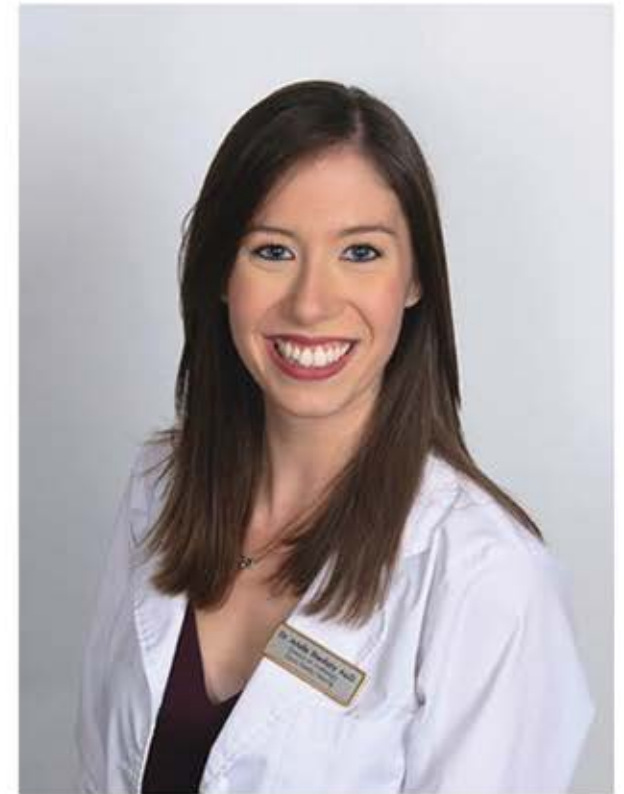
Dr. Joanie Davis

Board Certified in Audiology and Owner



Dr. Michelle Frenton

Board Certified in Audiology, Residency Supervisor



Dr. Arielle Shashaty

Board Certified in Audiology

Services

- Free initial hearing evaluations
- Hearing aid fittings
- Extended wear hearing aid fittings
- Tinnitus treatments (ringing in the ears)
- Ear wax removal
- Cochlear Implant Evaluations
- Cochlear Implant initial stimulation and follow up mapping
- Bone anchored hearing aid fittings
- Assistive hearing technology other than hearing aids
- Balance assessment
- And much more

Whether you already own hearing aids and simply need to have them repaired or you need complete hearing health care, you can rest easy knowing your ability to hear the people and the sounds of the world around you is in good hands. Schedule an initial consultation, so that the audiologists at Davis Family Hearing can explain all of your options.

Davis Family Hearing offers a comprehensive array of innovative hearing treatments, products, and services tailored to meet each patient's unique hearing needs, lifestyle and budget. When it comes to something as serious and personal as your hearing, it's imperative to find an audiology team you fully trust and feel comfortable around.

After your first visit to one of their welcoming offices, you will see firsthand why Davis Family Hearing is the full-service hearing health care provider of choice for your friends, family members, and neighbors. Their compassionate staff understands the fear and anxiety that accompanies your lost or diminished ability to hear clearly, which is why they've dedicated their lives and careers to ensuring you never have to go through it alone or without effective solutions.

To schedule an appointment at one of their three convenient locations in Spring Hill, Weeki Wachee, or New Port Richey, please call them at **(352) 666-8910**, or contact them by email at DavisFamilyHearing@gmail.com. You can also complete the form on their "Contact Us" page at www.davisfamilyhearing.com and they will respond within 24 hours.

Let Davis Family Hearing help you enjoy hearing again.



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5119 Commercial Way
Weeki Wachee, FL 34606
(352) 666-8910

Spring Hill Office
13101 Spring Hill Drive
Spring Hill, FL 34609
(352) 666-8911

New Port Richey Office
11325 Little Road
New Port Richey, FL 34654
(727) 375-8111

www.davisfamilyhearing.com

PHYSICAL ACTIVITY FOR ARTHRITIS

Why is physical activity important for people with arthritis?

If you have arthritis, participating in joint-friendly physical activity can improve your arthritis pain, function, mood, and quality of life. Joint-friendly physical activities are low-impact, which means they put less stress on the body, reducing the risk of injury. Examples of joint-friendly activities include walking, biking and swimming. Being physically active can also delay the onset of arthritis-related disability and help people with arthritis manage other chronic conditions such as diabetes, heart disease, and obesity. Learn how you can increase your physical activity safely.

How much activity do I need?

Stay as active as your health allows, and change your activity level depending on your arthritis symptoms. Any physical activity is better than none.

Start low, and go slow

When starting or increasing physical activity, start slow and pay attention to how your body tolerates it. People with arthritis may take more time for their body to adjust to a new level of activity. If you are not active, start with a small amount of activity, for example, 3 to 5 minutes 2 times a day. Add activity a little at a time (at least 10 minutes at a time) and allow enough time for your body to adjust to the new level before adding more activity.

Modify activity when arthritis symptoms increase, try to stay active.

Your arthritis symptoms, such as pain, stiffness, and fatigue, may come and go and you may have good days and bad days. Try to modify your activity to stay as active as possible without making your symptoms worse.

Activities should be "joint friendly."

Choose activities that are easy on the joints like walking, bicycling, water aerobics, or dancing. These activities have a low risk of injury and do not twist or "pound" the joints too much.



Recognize safe places and ways to be active.

Safety is important for starting and maintaining an activity plan. If you are currently inactive or you are not sure how to start your own physical activity program, an exercise class may be a good option. If you plan and direct your own activity, find safe places to be active. For example, walk in an area where the sidewalks or pathways are level and free of obstructions, are well-lighted, and are separated from heavy traffic.

Talk to a health professional or certified exercise specialist.

Your doctor is a good source of information about physical activity. Health care professionals and certified exercise professionals can answer your questions about how much and what types of activity match your abilities and health goals.

What types of activities should I do?**How hard are you working?**

Measure the relative intensity of your activity with the talk test. In general, if you're doing moderate activity you can talk, but not sing, during the activity. If you are doing vigorous activity, you will not be able to say more than a few words without pausing for a breath.

Low-impact aerobic activities do not put stress on the joints and include brisk walking, cycling, swimming, water aerobics, light gardening, group exercise classes, and dancing.

For major health benefits, do at least:

- 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity, like cycling at less than 10 miles per hour, or
- 75 minutes (1 hour and 15 minutes) of vigorous-intensity aerobic activity, like cycling at 10 mph or faster, each week. Another option is to do a combination of both. A rule of thumb is that 1 minute of vigorous-intensity activity is about the same as 2 minutes of moderate-intensity activity. Aerobic activity can be broken into short periods of 10 minutes or more during the day.

In addition to aerobic activity, you should also do muscle-strengthening activities that involve all major muscle groups two or more days a week.



Muscle-strengthening exercises include lifting weights, working with resistance bands, and yoga. These can be done at home, in an exercise class, or at a fitness center.

Flexibility exercises like stretching and yoga are also important for people with arthritis. Many people with arthritis have joint stiffness that makes daily tasks difficult. Doing daily flexibility exercises helps maintain range of motion so you can keep doing everyday things like household tasks, hobbies, and visiting with friends and family.

Balance exercises like walking backwards, standing on one foot, and tai chi are important for those who are at a risk of falling or have trouble walking. Do balance exercises 3 days per week if you are at risk of falling.

What do I do if I have pain during or after exercise?

It's normal to have some pain, stiffness, and swelling after starting a new physical activity program. It may take 6 to 8 weeks for your joints to get used to your new activity level, but sticking with your activity program will result in long-term pain relief.

Here are some tips to help you manage pain during and after physical activity so you can keep exercising:

- Until your pain improves, modify your physical activity program by exercising less frequently (fewer days per week) or for shorter periods of time (less time each session).
- Try a different type of exercise that puts less pressure on the joints—for example, switch from walking to water aerobics.
- Do proper warm-up and cool-down before and after exercise.
- Exercise at a comfortable pace—you should be able to carry on a conversation while exercising.
- Make sure you have good fitting, comfortable shoes.

See your doctor if you experience any of the following

- Pain that is sharp, stabbing, and constant.
- Pain that causes you to limp.
- Pain that lasts more than 2 hours after exercise or gets worse at night.
- Pain or swelling that does not get better with rest, medication, or hot or cold packs.
- Large increases in swelling or your joints feel "hot" or are red.

Source: CDC



Is Your Microcirculation Deficient?

Many Disease States Are Caused By This Small, Yet Dangerous Disorder

Robert Martinez, DC

The human body contains approximately 100 trillion cells. Each of these cells relies on energy and ATP to correctly metabolize, communicate with other cells and keep organs and tissues in a healthy state. Proper functioning and flow of oxygen and nutrients is key to keeping our cells vital. When these areas are inhibited, that's when fatigue, disorders, depleted immune systems, and disease form in our bodies.

When we hear about the vascular system, we think of the heart, arteries and blood vessels, but new research is proving that the microcirculatory system is just as important, as macrocirculation.

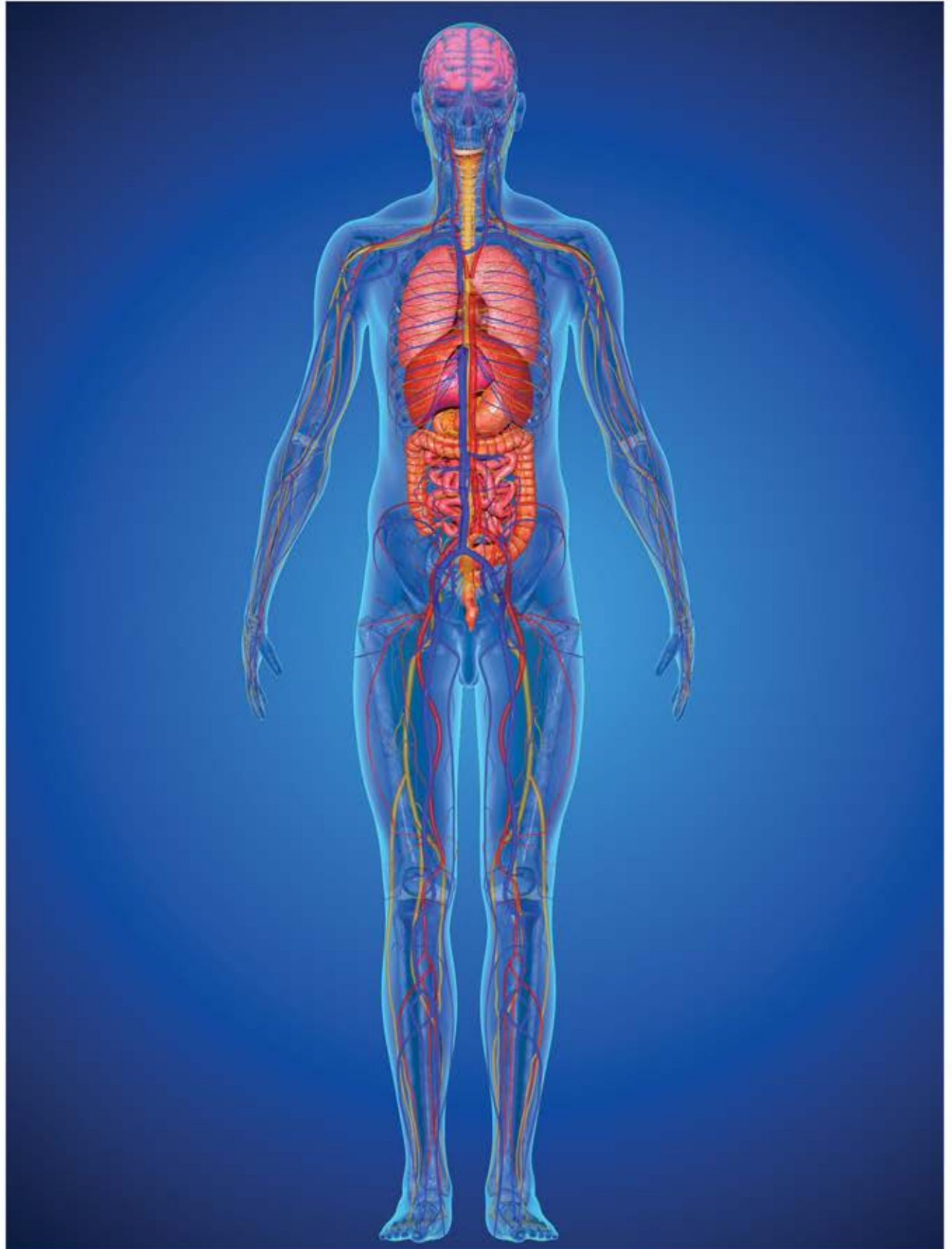
The microvasculature (microcirculatory) system is made up of our tiniest blood vessels. This small map work of arterioles, capillaries, metarterioles, and venules are all connected, and they each have a specific role to play within our vascular structure. Whether it's removing waste, disseminating hormones, feeding our microcirculatory system, or taking in nutrients, these microvessels are of extreme importance in our general wellbeing. These attributes also include a significant emphasis on our cardiac health.

In addition to the basics like eating a nutritious diet, exercising and cutting back, or eliminating any harmful habits (like smoking), there are additional supplements that can boost your circulatory system and your health's, including your heart and vascular structures.

Because our hearts are not only pumping blood through our arteries but also greatly rely on the microvessels to remove waste, provide circulation, distribute nutrients and hormones, among other tasks, it's critical to maintain a properly functioning unit of our microvasculature system. Improving circulation is crucial.

Microcirculatory Deficiency Can Lead To:

- CAD
- Diabetes
- Neuropathy
- Arthritis
- Autoimmune Disease





Health & Wellness
of Central Florida

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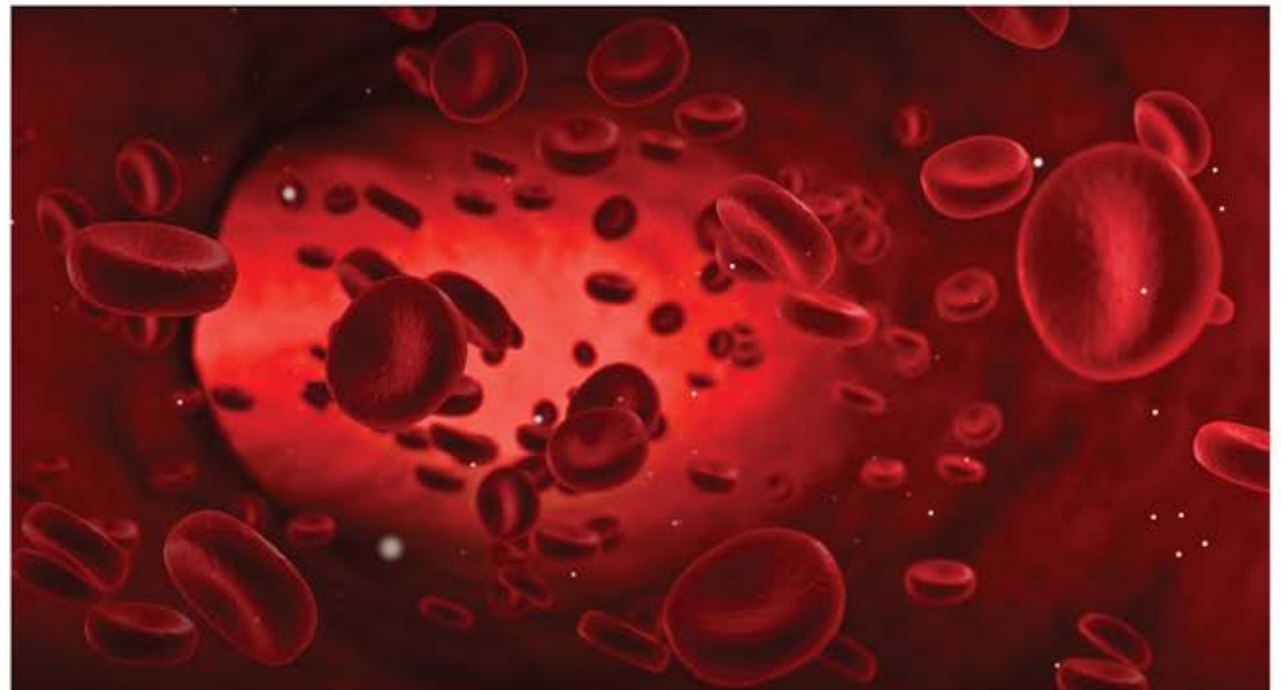
The newest breakthrough theory in cardiovascular health appears to make a lot more sense. This theory, which is becoming more and more accepted by alternative health experts, is that arterial blockages form where the minute micro-circulation blood vessels that feed the main arteries with oxygen and nutrients, shut down. When these extremely small blood vessels, called vasa vasorum, (from Latin—vessels of the vessels) become clogged and can no longer feed an artery, atherosclerotic lesions or atherosclerotic plaques can form.¹

What Can You Do?

1. **Exercise daily** to increase the blood flow through the microvessels and raise the oxygen in the blood. This improved circulation will revive the body's own natural healing process.

2. **Improve peripheral flow** and remove toxins with foods, nutrients, and herbs:

- Garlic
- Cinnamon
- Ginger
- Horse Chestnut
- Leafy Greens
- Frankincense
- Lean proteins
- Resveratrol
- Omega 3 fatty acids
- Gotu Kola
- Cayenne
- Ginko Biloba
- Elderberry
- Rosemary



3. **Visit an Alternative Functional Medicine Specialist** like Dr. Martinez of *Health & Wellness of Central Florida*. His services include:

- Chiropractic Care
- Massage Therapy
- Functional Medicine
- Spinal Decompression
- Auto Accidents treatment
- Neuropathy
- And more

References

1. Staub D, Schinkel AF, Coll B, Coli S, et al. Contrast-enhanced ultrasound imaging of the vasa vasorum: from early atherosclerosis to the identification of unstable plaques. *JACC Cardiovascular Imaging*. 2010 Jul;3(7):761-71.

Robert Martinez, DC

Dr. Bob has a heart to connect with his patients and help them achieve their greatest health. When Dr. Bob was just 24 years old, he suffered a neck injury after being in a motorcycle accident. Though medical doctors recommended surgery to repair the damage, a friend suggested he try chiropractic.

After receiving care, he was amazed at how much better he felt, and how his body had healed and regenerated itself without medical intervention. He didn't know it at the time, but this experience with chiropractic care would later inspire him to pursue the same work.

To schedule an appointment, please call 813-749-7548.

Ineffective Treatment for Anxiety is a Common Issue

The intriguing anatomy and process of our brains help us to better understand the production of fear, anxiety, worry and the decision to take flight or to fight.

Although medical professionals are still discovering new reasons for depression and anxiety to this day, we know that a tiny portion in the brain called the amygdala, stores emotional and threatening thoughts, along with memories from our early childhood to present day.

Anxiety & The Brain

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

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

The stark reality is that “standard of care” treatment for anxiety often falls short. When these therapies disappoint, patients need alternatives for their brain and bodily health, cognition and long-term ability to function and experience calm.

The standard care is behavioral therapy, counseling, and anti-anxiety medications. The problem is treatment is often just not enough due to the brain’s complexities, and anti-anxiety meds are addictive and very often fail to keep working for many patients.

What’s the alternative? Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to cannabis (medical marijuana). The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with medical marijuana, creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like mood, sleeping, immunity, pleasure, memory and much more.

There are two different forms of medical treatment through cannabis. The first is the natural marijuana plant that contains both CBD and THC, and the second is the altered version of the plant that has been



been through a hybrid process to lighten the THC (tetrahydrocannabinol) level. CBD or cannabinoids can treat many different forms of diseases and disorders with no THC. THC is the mind-altering, euphoric component of marijuana that gives the “high” feeling. With CBD plants, the THC levels have been extracted through a vigorous process, leaving zero to little THC levels. CBD is an excellent alternative for patients that would benefit from cannabinoids alone, while other more complex medical cases require the additional advantages of THC to be included in the leaves of the marijuana.

Along with multiple disease states and disorders, Medical Marijuana is approved for PTSD, Depression, and Anxiety. The standard treatment options for anxiety disorders are antidepressants. These medications play a role in how the neurotransmitters affect the mood by improving your mood and creating a more peaceful, cheerful spirit, by extinguishing the brain’s transmitters. The problem is these drugs are highly addictive, have adverse side effects, and also in many cases, show signs of cognitive decline in long-term use.

The other issue with standard medications is that they more often than not, become ineffective and are unable to reverse feelings of severe depression. This is called treatment-resistant depression.

Medical Marijuana is proving to be an effective treatment for anxiety, stress and depressive states given its ability to calm the body and mind by binding to the cannabinoid receptors. There are even studies that indicate it’s long-term effectiveness in repairing the brain cells and effects that cause anxiety.

Support continues to grow for Medical Marijuana with AARP surveys showing 80% of older Americans (50-80 years) approve of the drug for treatments. Further, most Americans think Medical Cannabis helps with reducing pain and anxiety and is less likely to cause cancer than tobacco and less addictive than prescription Opioids.

Getting help from Certified Medical Marijuana Physicians

There are multiple regulations and protocols that physicians must adhere to when prescribing medical marijuana. Omni Medical Services has gained a longstanding reputation of experience over the past seven years, helping over 30,000 patients in practices across five States in diagnosing and deciphering the need for THC and CBD products.

Since its founding in Michigan in 2011, this Doctor owned and operate company has been a premier provider in Medical Marijuana certifications in Florida since 2016. When you choose to receive your care through Omni Medical Services, you’ll receive compassionate treatment from a State certified doctor who specializes in providing safe, affordable, and reliable access to those seeking a medical marijuana certification. Omni’s goal is to be the standard of care and provide a better quality of life for their patients. They maintain an active role in the management of their medical services including concierge services and individual DNA testing to inform and enhance the health and well-being of a patient.

Omni’s highly trained doctors, caregivers and administrative assistants are knowledgeable and well versed in all Florida medical marijuana laws and ready to help you through the process of getting your medical marijuana card and use medical CANNABIS legally.



866-417-2002

www.omnimedicalfl.com

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



Hydrotherapy Health from the Inside Out

SUZANNE MARGOLIS – GRAY, M.ED., LMT, CT

Today we are hearing more and more about colon hydrotherapy. Actually, colon hydrotherapy has been around since 1500 BC. It was recorded in an Egyptian medical document written as the Ebers Papyrus. This document is in the Leipzig Library.

Fortunate for us, the technique and approach has improved tremendously. The equipment today is registered with the FDA and here in Florida, one must be a massage therapist to be a colon therapist. There is a state exam that must be passed before becoming a certified colon therapist.

Colon therapy is a gentle and safe approach of removing waste from the large intestines. It is more complete than an enema. By using filtered and regulated temperature water into the colon

the waste is soften and loosened, resulting in elimination through natural peristalsis.

The role of the therapist is to educate the client, not to diagnosis, prescribe or treat a condition. Most therapist will have a network of professionals that they refer to.

People want colon therapy for varies reasons. Many doctors will refer because of a health condition, others want a lifestyle change, and people have constipation, diarrhea, IBS, gas, bloating, indigestion, and many other digestive disorders.

The session usually will take 60-75 minutes. Every therapist has their own approach. The first visit maybe longer because a consult is always done. There are some contraindications such as uncontrolled blood pressure, Cirrhosis, Crohn's Disease, Severe Diverticulitis and more. If in question, the therapist will as that you get a prescription from your medical doctor.

Suzanne has been practicing massage and colon hydrotherapy in the Tampa Bay area for nearly 30 years. In the 1990's, Suzanne and Brenda Watson, her mentor, founded ReNew Life Wellness based upon Health begins from the Colon.

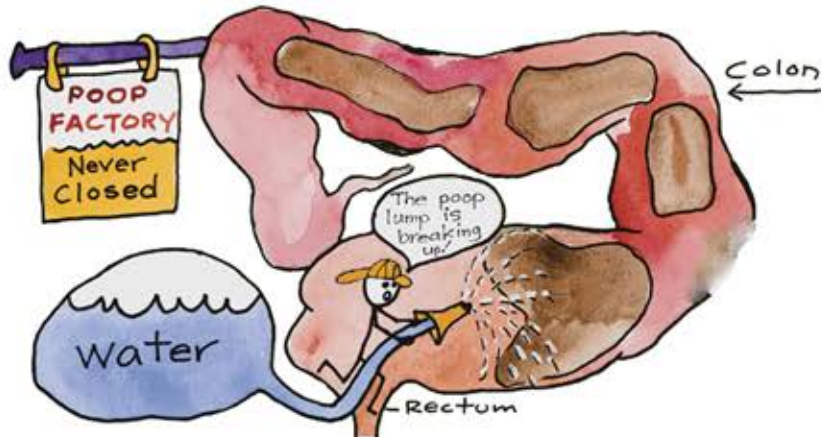
Suzanne's health challenges led her to colon hydrotherapy where it changed her life and career path. She discovered the importance gut health and its relationship to the rest of your overall health. If your colon is not functioning or clean, your health will be compromised. After all, you are in living your body 24/7 and it's the plumbing of your body.

Suzanne has a Masters degree in education and uses her knowledge and experience teaching colon therapy internationally and nationally. She has been a member of I-ACT and GPACT and a certified instructor. She has been teaching for 25 years. She served on the board of I-Act for 8 years.

Her experience is quite extensive. She works with holistic and traditional doctors. Suzanne was the first colon therapist in the gastroenterologist office, where she performed preps for colonoscopies and fecal transplants. She works with people of all ages.

Suzanne incorporates various modalities during her colon hydrotherapy sessions. Some of those modalities would include reflexology, acupressure, aromatherapy, the various types of massage therapy and much more.

Suzanne's intention is to educate and empower her clients so that they can make intelligent decisions about their health. Suzanne recently studied with Dr. Darrell Wolfe and incorporates Wolfe Deep Tissue Technique.



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IS A TRUST RIGHT FOR ME?



Zachary Grimland, Esq.

For the most part, a trust, whether operable during life or after death is generally used to give its creator the ability to control the flow of a person's property to beneficiaries following death while attempting to minimize if not avoid estate taxes. In today's world, it might not make sense to have a trust instrument because of the \$5.0 million applicable exclusion (increased for inflation) for a single person or \$10.0 million for a married couple.

With the increase in the Federal Estate Tax exclusion, a trust instrument (like a Last Will and Testament) can provide assurance that a person's assets actually flow to the beneficiaries of their choice and in manner to protect a beneficiary from themselves. However, with every benefit that comes with a trust, there are also issues that need to be addressed that often times are forgotten. This article will cover why you might consider a trust instrument as well those situations where it might not make sense. The major issue covered by this article is controlling where assets go after a person's death and any tax implications that may need considering.

Assume that we are dealing with a married couple (Spouse1 and Spouse2). This is the second marriage for Spouse1 and Spouse2 and both spouses have children from former marriages. Let's also assume that the combined assets of the marriage are approximately \$500,000.00 excluding the value of the couples Florida homestead property. Both spouses want to be sure that their children by birth are each afforded a portion of their estate following Spouse1 and Spouse2's death. Because the marriage is in excess of 10 years, the assets have long since been co-mingled. Spouse1 is now terminally ill and wants to know how he or she can provide for his or her children regardless of Spouse2's needs.

A simple solution is to separate some of the couples' assets into accounts in the name of Spouse1 and his or her children's names with right of survivorship or pay on death. But this is fraught with possible consequences such as the account being exposed to the creditors of Spouse1 and his or her children as well as the possible withdrawal



by one of Spouse1's children without the knowledge of the others. Moreover, at Spouse1's death, Spouse2 may need those funds for his or her medical needs which won't be available if Spouse1's children withdraw the funds and divide it among themselves. Lastly, Spouse1's estate may be exposed to gift tax issues (although this is unlikely given the size of the estate in this example and today's current federal gift tax laws).

The other possible solution is to create a trust (either in Spouse1's Last Will and Testament or outright via a Revocable Trust). If Spouse1 (the ill spouse) re-titles a portion of the married couples joint assets into Spouse1's trust, those assets are possibly exposed to his or her creditors in the event of a catastrophic event not covered by insurance. The trust assets exposed to creditors will largely depend upon the type of asset re-titled in the name of Spouse1's trust.

Spouse1's trust could contain provisions that fund a separate trust ("Credit Shelter Trust" or "Marital Trust") which can provide income to Spouse2 for his or her life. At Spouse2's death, the remaining principal from the Credit Shelter Trust can be paid out to Spouse1's children. Should there be a need for additional funding to assist Spouse2 during his or her remaining life (e.g. health needs), the Trustee could provide those funds from remaining assets that Spouse1's children would eventually receive. Given the size of Spouse1's estate in this example no Federal or Florida estate tax would be due under the current laws. So far everything seems to be great.

But, suppose Spouse2 lives another 10 years and the value of assets that make up the Credit Shelter Trust grow 10 fold (from \$250,000.00 to \$2.5 million). Because the Credit Shelter Trust asset

had a basis increase at the death of Spouse1 to \$250,000.00, and such estate assets were not transferred outright to Spouse2, the children of Spouse1 will not get an additional step-up in basis when Spouse2 dies. When Spouse1's children eventually get the remaining principal balance from the Credit Shelter Trust, they will ultimately be responsible for the capital gain increase from \$250,000.00 to \$2.5 million upon the sale of those assets. Obviously not what was desired.

As an alternative, Spouse1's assets could be moved to a By-Pass Trust upon his or her death with an independent Trustee taking control of the distributions. Income generated by the By-Pass Trust along with principal could be paid out to Spouse2 at the discretion of the Trustee. At the death of Spouse2, the remaining assets placed in the By-Pass Trust will receive a step-up in basis when paid out to Spouse1's children. The only downside here is that the assets placed into Spouse2's By-Pass Trust will be included in his or her gross estate for purposes of Federal Estate Tax calculation. Given the size of this estate example and the current laws in effect, no estate tax would be triggered.

Other considerations should be taken into account when deciding the type of testamentary documents that are best for you. One of those considerations is the overall expense of purchasing a Last Will and Testament versus that of a Trust. In the author's opinion, if you have an estate where the gross assets are less than \$300,000.00, a trust instrument may not make sense, unless you want to be certain that your children (from a previous marriage) receive something following your death and you are willing to risk having your assets exposed to creditors while you and your spouse are living.

No doubt deciding whether a trust is right for you is not a simple exercise and your best option is to visit the attorney of your choice to discuss what you and your spouse want to accomplish upon death. Your attorney can discuss with you the changing estate laws and try to design a plan that will fit your desires and yet be flexible enough to remain valid in the event Congress changes the current I.R.S. income and estate laws. It could be the best investment of time you make.

Before joining Grimland Law, PLLC, Mr. Grimland practiced complex commercial and intellectual property litigation at an Am Law 200 law firm in Tampa. Mr. Grimland also held staff attorney positions in the Thirteenth Judicial Circuit Court of Florida, including for the Honorable Herbert Baumann, Jr. (Complex Business Litigation, General Civil, Division L); Honorable James M. Barton, II (General Civil, Division C and General Civil, Tobacco Division Y); Honorable Charles E. "Ed" Bergmann (General Civil, Division F); Honorable Sam D. Pendino (General Civil, Division A); Honorable James D. Arnold (General Civil, Division J); and Honorable Richard A. Neilsen (General Civil, Complex Business Litigation Division). From 2011 to 2013, Mr. Grimland served as an assistant to the co-chairs of the Thirteenth Judicial Circuit Professional Committee.

Mr. Grimland received his Bachelor of Arts from the University of Central Florida and his Juris Doctor, with honors, from Stetson University College of Law.

His firm practices law in the following areas: Business Law, Intellectual Property, Real Estate Law and Civil Litigation.



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Robert Martinez, DC

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Maternal Deaths Among Black Women Continue Troubling Trend

Dr. Eina Fishman, chief medical officer for UnitedHealthcare Community Plan of Florida, shares tips on how to lower risks

The anticipation of bringing a new bundle of joy into the world – and all that comes with it – can be both exciting and stressful for moms-to-be. But if you are an expectant African-American mother, there is much more at stake, according to a recent study. Having a baby comes with several risk factors, and too many black moms die during and shortly after childbirth.

The Centers for Disease Control and Prevention (CDC) reports that, on average, black mothers in the United States die at a rate that is three- to four-times that of white mothers – one of the widest, most striking, disparities in women's health. According to America's Health Rankings' 2018 Health of Women and Children Report, gaps also persist in Florida, with more than 45 deaths per 100,000 live births among black moms, compared to nearly 20 for white moms. Nationally, there are 20 deaths per 100,000 births for all mothers.

There are a variety of issues that factor into these statistics. Some of these include rising rates of chronic diseases such as obesity, hypertension and cardiovascular disease among minority groups. However, systemic

issues abound. According to healthypeople.gov, factors such as access to health care and early intervention programs, educational, employment, economic opportunities, social support, and availability of resources to meet essential needs influence outcomes. Additionally, inequities in the level of medical care and gaps in patient safety for expectant black mothers play a major part.

Given these disparities, expectant black mothers are encouraged to take control of their health before, during and after their pregnancy. There are a number of things expectant mothers can do to curtail some of the risks that come with pregnancy and childbirth, including:

Preconception health

Healthy pregnancies begin before conception. Treatment of chronic illnesses – particularly cardiovascular diseases – before getting pregnant will ultimately result in fewer complications. Expectant mothers should talk to their doctor about their general medical history (including their family's), any current health issues, their diet and exercise routine, pregnancy history and any mental health concerns.

Early and consistent prenatal care

Having prenatal care is associated with healthy pregnancies, especially care during the first trimester. If you know you are pregnant or think you might be, call your doctor to schedule a visit. According to womenshealth.gov, babies of mothers who do not get prenatal care are three-times more likely to have a low birth weight and five-times more likely to die than those born to mothers who do get care.

Proper nutrition

A balanced diet, taking prenatal vitamins and maintaining a healthy weight during pregnancy can improve outcomes for both mother and baby.



Black mothers in the U.S. have a three-to-four times greater chance of dying during or shortly after birth than white mothers, a statistic that can be lowered through some proven preventive care measures before and during pregnancy, including getting regular exercise.

Be vocal about your medical care

As a patient, you have a right to know everything as it relates to your medical treatment. Do not be afraid to ask questions or raise concerns about your level of care or treatment (this includes routine procedures and tests) with your care provider.

Each year, UnitedHealthcare Community Plan covers 160,000 pregnancies and births nationally. Early identification and engagement of pregnant mothers, enhanced support for care providers, an enriched health care experience, and access to community partners who can offer additional resources are keys to healthy pregnancies and healthy babies.

Community resources

There are also numerous community resources available for expectant moms. Among them:

[Baby Blocks](#), an online program that rewards pregnant women and new parents for staying on top of their prenatal and well-baby care,

[Fresh EBT](#), a food budgeting app that educates pregnant women and others about healthy food choices and [Healthy First Steps](#), which improves pregnancy outcomes through case management and robust support services.

For more information about maternal health and mortality among expectant and new moms in Florida and nationwide, visit the [America's Health Rankings 2018 Health of Women and Children Report](#) from United Health Foundation.



Women can help reduce pregnancy risk by focusing on preconception health and it's recommended mothers-to-be work with their health provider to review medical history and establish a prenatal care plan that includes proper nutrition and healthy living habits.



RELIEVE STRESS NATURALLY WITH MASSAGE THERAPY

With stress and anxiety on the rise in modern society, especially during the busy holiday season, there has been a discernible shift away from visiting traditional doctors, and exploring more complementary treatments and therapies. Natural treatments are increasingly being sought out as alternatives to conventional medicine and surgery, and are valued for their non-invasive nature and lack of side effects.

What is Stress and Anxiety?

Stress is a response to a perceived threat or emergency by the body, and is generally a healthy reaction that prepares us for any eventuality. When we begin to react to everyday events as such, the body is constantly producing the hormones that trigger our defense mechanisms.

If left unchecked this scenario can have significant health implications – specifically heart disease, suppression of the immune system, hypertension and even diabetes. Symptoms include poor sleep patterns, irritability, poor concentration and low energy levels.

Anxiety is a condition closely related to stress, and is best described as irrational fear or apprehension. This is often in relation to everyday events or scenarios that do not affect most other people. Symptoms include excessive sweating, panic attacks and various phobias.

Natural treatments are gaining popularity for stress and anxiety relief. A wide range of natural treatments and remedies are on offer, from physical options like massage, which utilize manipulation of tissues and muscles; to more psychological treatments like meditation and hypnotherapy that emphasize the mental aspects.

Massage Therapy Relieves Stress

Massage is perhaps one of the more widespread natural treatments available, with a range of techniques and styles to choose from. Stress relief is one of the first benefits that come to mind when thinking of massage therapy. It's also a key component for anyone trying to achieve a healthier lifestyle. Clinical studies show that even a single 1 ½ -hour session can significantly lower heart rate, cortisol levels and insulin levels—all of which help reduce stress through massage therapy.

Taking care of your body should be at the top of your priorities. By adding therapeutic massage to your routine now, you'll feel, look and simply be healthier far into the future. In fact, stress relief alone can improve your vitality and state of mind. So what better way to prep for a long, happy life than a relaxing, therapeutic massage?

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If you're looking to add stress-relieving massage to your wellness program, know that a massage can be a powerful ally when combating daily pressures and anxiety. In addition to stress relief, ongoing massage therapy can reduce pain, increase energy levels and improve overall physical and mental performance.

Experts estimate that upwards of ninety percent of disease is stress-related. And perhaps nothing ages us faster, internally and externally, than high stress. Massage is an effective tool for managing stress, which translates into:

- Decreased anxiety.
- Enhanced sleep quality.
- Greater energy.
- Improved concentration.
- Increased circulation.
- Reduced fatigue.

Massage can also help specifically address a number of health issues including but not limited to:

- Alleviate low-back pain and improve range of motion.
- Assist with shorter, easier labor for expectant mothers and shorten maternity hospital stays.
- Ease medication dependence.
- Enhance immunity by stimulating lymph flow—the body's natural defense system.
- Increase joint flexibility.
- Promote tissue regeneration, reducing scar tissue and stretch marks.
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- Reduce postsurgery adhesions and swelling.
- Release endorphins—amino acids that work as the body's natural painkiller.
- Relieve migraine pain.



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Selling your home is an exciting endeavor and an important milestone in your life—not to mention potentially lucrative! However, it can also be stressful and nerve-wracking. Worrying over the sale of your home is natural and expected, but it doesn't have to get out of control. Here are some quick, easy ways you can maintain optimum mental health while dealing with negotiations, inspections, and appraisals.

1: Meditation

The practice of meditation can seem mystifying and arcane, but it's actually deceptively simple—and its cognitive benefits have been well known for centuries. All you need is a quiet space and a few minutes to yourself. Sit with your legs crossed, and focus on your breathing. Breathe into your diaphragm through your nose slowly and evenly for five to ten minutes to clear your mind, reduce feelings of anxiety, and get back at it refreshed.

2: Gentle Exercise and Cardio

Get rid of that excess nervous energy by engaging in some gentle, low-impact exercise. Even light exercise releases endorphins that make your brain happy and helps your body better adapt to stress. Exercising in a natural setting is even better, since outdoor vistas tend to create a meditative state of mind called involuntary attention in which our minds can wander but our senses are engaged in the present moment. When you're stressed, try some light yoga or go for a walk at your favorite spot.

3: Visualization

A similar practice to meditation, visualization is known to elicit relaxation response in the body and mind. It's also very simple: make yourself comfortable in a quiet place, then imagine yourself relaxing in a peaceful scene of your choice. You can also focus on positive, goal-focused imagery like selling your home, or picturing yourself in your dream home.



Anything less is second best!

4: Potassium Consumption

Stressing out with no time to take a meditation or yoga break? Grab a banana. Bananas (as well as sweet potatoes, yogurt, and winter squash) are rich in potassium, a nutrient that helps your body regulate blood pressure and recover more quickly from stress. Incorporate potassium-containing foods in your meals throughout the selling process to help your body and mind cope.

Selling your home should be an exciting, happy time for you and your family. Keep your selling stress low by hiring a Showcase team member to make sure you get exactly what you want from the sale of your home. Let us deal with the hard stuff so you don't have to!

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Joe LoCicero - Chief Executive Officer

Joe has been in marketing and sales since he graduated with a bachelor's degree in Business Management from the University of South Florida. He has successfully owned and managed several different business entities including; Owner/Branch manager of a mortgage company, Vice President of Negotiations for a successful law firm which specialized in short sale negotiations, and an Agency Manager for a top producing Allstate Agency. He brings a wealth of knowledge to the real estate industry from his previous business ventures.

Joe takes a very innovative approach when marketing a property and embraces technology. He realizes that every situation is different and will customize his marketing plan to meet his client's unique needs.

May is Blood Pressure Education Month**BLOOD PRESSURE BASICS**

Blood pressure measures the force your blood exerts on blood vessel walls as it travels through your body. Your blood pressure reading has two numbers (for instance, 120/80). The first number is the systolic blood pressure, and measures the force your blood exerts on blood vessel walls as your heart pumps. The second number is the diastolic blood pressure, and measures the force your blood exerts on blood vessel walls when your heart is at rest between beats.

What is high blood pressure?

For people over age 18, ideal blood pressure is considered 120/80 or lower. Blood pressure varies with exercise or stress. A blood pressure reading that is often higher than 120/80 is considered prehypertension. High blood pressure or Stage One hypertension is measured at 140/90 or higher. If you have had a previous heart attack, stroke, are diabetic, have kidney disease, high cholesterol, or are overweight, speak with your physician about controlling and lowering your blood pressure. Keeping your blood pressure below 140/90 may reduce your risk of any complications.

As many as 50 million Americans age six and older have high blood pressure. Of the one in every four adults with high blood pressure, 31.6 percent do not know that they have it.

How is high blood pressure related to stroke?

High blood pressure is the most common risk factor for stroke. Doctors call high blood pressure “the silent killer” because you can have high blood pressure and never have any symptoms. If it is not treated, high blood pressure can lead to stroke, heart attack or kidney failure.

High blood pressure puts stress on blood vessel walls, causing them to thicken and deteriorate, which can lead to a stroke. It can also speed up several common forms of heart disease.

When blood vessel walls thicken, cholesterol or other fat-like substances may break off of artery



walls and block a brain artery. In other cases, the increased stress can weaken blood vessel walls, leading to a vessel breakage and a brain hemorrhage.

What causes high blood pressure?

In most cases, it's impossible to pinpoint an exact cause of high blood pressure. There are, however, some factors that have been linked to high blood pressure, such as:

- **Family history** of high blood pressure
- **Age** – the rate of high blood pressure rises in men after age 35 and in women after age 45
- **Gender** – Men are more likely to have high blood pressure than women
- **Race** – Approximately 33 percent of African-Americans have high blood pressure, compared to 25 percent of Caucasians
- **Other factors** linked with high blood pressure include excess weight, high alcohol consumption, diabetes, lack of exercise, and a high-salt diet.

How can high blood pressure be treated?

In most people, high blood pressure can be controlled through diet, exercise, medication, or a combination of all three.

A diet that is low in salt and rich in vegetables, fruits, and low-fat dairy products may help lower your blood pressure. Recent studies have also shown that increasing potassium intake may help lower blood pressure.

A program of regular **exercise** – appropriate to your age and fitness level, and approved by your health care provider – can lower blood pressure, and may aid in weight loss.

Finally, many **medications** are offered to treat high blood pressure. You and your health care provider may have to try several different drugs before you find the one that works best for you. This is common, so try not to be discouraged if it happens. Once you find a drug that works, be sure to take it as directed, even when you feel fine. If you have already had a stroke, lowering your blood pressure (even if you do not have high blood pressure), lowers the risk of recurrent stroke.

Speak with your health care provider about “customized” strategies and information about how to control your hypertension. The key to keeping your blood pressure within the normal range is your commitment to be an active participant with your health care provider in your own care.

For more information: The National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health <http://www.nhlbi.nih.gov>.

For more information about ways to reduce your risk of stroke, visit National Stroke Association at www.stroke.org.

Source: stroke.org

SO WHAT'S THE BIG DEAL ABOUT FOOD ALLERGIES?

"The percentage of children with a food allergy increased by about 50% between 1997 and 2011."

Is peanut allergy the only allergy that is serious? What about other foods?

Many foods in addition to peanuts can cause a serious allergic reaction. When children come into contact with the foods to which they are allergic, they can develop symptoms. This is an allergic reaction. Foods that cause an allergic reaction are called allergens. Sometimes, these reactions can be severe and life-threatening. No one can predict how severe a reaction will be.

Why are there so many more kids with food allergies now than when I was a kid?

Food allergies are on the rise, but no one knows why. The percentage of children with a food allergy has increased by about 50% between 1997 and 2011. One in 13 children in the U.S. now has a food allergy. Around 15 million people in the United States have a food allergy.

Is there a medicine a child can take to prevent allergic reactions?

No. The only way to prevent an allergic reaction is to avoid the foods one is allergic to. A medicine called epinephrine can be given to treat a reaction, but it cannot prevent a reaction.

Is there a cure for food allergies? I keep hearing about cures in the news.

No. Researchers are studying possible cures for food allergies. While some studies have shown promising results, there is no definite cure yet for food allergies.

What kinds of foods are people allergic to? Do children have different food allergies than adults? Any food can be an allergen. The most common food allergies are milk, eggs, peanuts, wheat, soy, fish, shellfish and tree nuts.



The most common food allergies in babies and children are eggs, milk, peanuts, tree nuts, soy and wheat. Adults can also be allergic to these foods, but shellfish, peanuts and tree nuts are the most common food allergies in adults.

Why are schools telling other kids not to bring in certain foods to school? Can't you just tell the kids with food allergies not to eat those foods?

Children can react to an allergen by eating a food they're allergic to. They can also react by touching something that has traces of that food on it, such as peanut butter residue. Usually this will result in a local reaction like hives. If they have traces of food on their hands and put their hands in their mouth, they can have a more severe reaction.

Can you develop a food allergy as an adult?

Yes. Food allergies can develop at any age.

Do kids outgrow their food allergies?

Sometimes. Children often outgrow milk, egg, wheat and soy allergies. Peanut, tree nut, fish and shellfish allergies tend to be life-long.

I've heard kids can die from food allergies. Is that true?

Yes. Kids with food allergies can have a life-threatening reaction known as anaphylaxis (anna-fil-LACK-sis). The symptoms of anaphylaxis may occur shortly after having contact with an allergen and can get worse quickly. Anaphylaxis must be treated right away to provide the best chance for improvement and prevent serious, potentially life-threatening complications. Symptoms of anaphylaxis can involve one or more symptoms of the skin, mouth, eyes, lungs, heart, gut and brain. Some symptoms may include hives, difficulty swallowing, trouble breathing or vomiting.

How can I tell if I have a food allergy?

An allergy specialist can diagnose a food allergy. The specialist will diagnose based on symptoms, medical history, a physical exam and test results.



How careful do people with food allergies need to be? Isn't it good enough to be careful when they buy food or do they need to do more?

People with food allergies need to be aware of everything they eat. They need to read all food labels and know the ingredients in foods that other people make. Foods that seem "safe" can have hidden allergens and cause a reaction. They also need to be prepared to treat an allergic reaction with a medicine called epinephrine, which comes in a device called an autoinjector. After using their epinephrine auto-injector, they need to call 911 and go to the hospital.

Can kids with food allergies go to events where food is served, like birthday parties and holiday celebrations?

Yes, but they must be careful about what they eat and touch. With careful planning, a parent can make sure their child has safe food to eat. This may involve calling the host before the event to check the ingredients of foods being served. Or the parent may want to bring food that is safe for a child to eat.

What can I do if I know someone with a food allergy?

You can help by learning how people with food allergies avoid allergic reactions. They need to be extra careful because an allergic reaction can be life-threatening. People with food allergies must avoid allergens that may be passed from one food to another. They need to wash their hands before and after they eat.

So, they may ask you questions about food you're serving and if the utensils have been used for other foods. Or they may ask you to wash your hands after you've prepared a food or eaten a food that may contain allergens.

They must read food labels. A child with food allergies may need your help reading labels to eat safely. Find out what to do in case of an allergic reaction. Be prepared to help someone use their epinephrine auto-injector and call 911. If you are caring for a child, the parents can teach you how to give this medicine.

(Source: www.kidswithfoodallergies.org)

What I learned about Autism

By Ross Johnson, Lead Pastor, Gathering Pointe Church

Admittedly, I know very little about Autism. I have had very limited interaction with those who have Autism as well as those who are doing their very best to parent children who have been diagnosed with Autism. What causes it in some children and not others? Why are some affected to different degrees than others? What is the best way to reach out and minister to those impacted by Autism?

So in order to learn more about Autism, I asked a mom of an ASD (Autism Spectrum Disorder) child who is also a member at Gathering Pointe Church to come to our home so that I could ask her some personal and direct questions. The time spent was incredibly eye-opening, educational and quite honestly, heartbreaking. This article will just scratch the surface of what I learned about how Autism affects their son, their family, and how we as a church can more effectively minister to their family and others in the same situation.

Perhaps the greatest take away from my time with this incredible mother was the fears that they face on almost a daily basis. This mother relayed to me that most parents of ASD typically fear several things. They fear to let go. It is hard for them to let their child go into new, strange environments for a variety of reasons. They fear of judgment of others, especially in social situations. The reality is, there is not one parent that wants to be looked at as a bad parent. But when an Autistic child behaves in a way that could be deemed as “not typical,” she fears what others think of her child as well as her as a parent. She relayed to me a recent story in which she and her son were out for lunch at a local restaurant. As her son sat in his chair (quietly I might add), with his headphones on, gazing into his iPad and chewing on a device they use to keep him distracted from the overwhelming environmental stimuli, she could feel the looks of judgment closing in on her. As a result, she felt increasingly angry and fighting the desire to lash out to the onlookers in defense of her son. Then there is the fear of persecution, bullying and her child not being able to “fit in.” As I sat and listened to this mother share her heart, often with tears and brokenness, I couldn’t help but be broken with her and for her.



What can I do as their pastor? What can we do as a church? What can we do as a community? There are no easy answers, and I fear many of the solutions may seem extremely superficial. One of the particular replies was straightforward yet sincere; pray. Pray that God would free them of their fears and anxieties. Pray that God would protect those impacted by Autism, both the children and the families. But not only pray, but we must guard how we react and respond to those with Autism. In our day to day lives, it is easy to make very quick judgment calls. We must push back against that tendency of our human nature. Whether we know the underlying issues or not, Jesus’ call to treat others as we would want to be treated (also known as the Golden Rule) must come into play. We must demonstrate patience and compassion. We must do everything in our power to live with understanding and treating them as typical kids, all the while understanding what their “typical” may look like, because more than likely, it will not fit into our definition of “typical.” One of the practicalities we often speak of at our church is, “understanding requires proximity.” To honestly get to know and understand what struggles and heartaches others are facing requires that we get close. To truly understand the impact that an ASD diagnosis truly makes, we must draw near to and love on those impacted by that diagnosis.

I would like to leave you all with one closing remark that this mother made to me as we wrapped up our time together. Her son is clearly a gift from God, “God gave us our son” she so adamantly stated. The Bible is clear: we are made in the image of God. Before any of us were born into this world, He knew us. The Psalmist writes in Psalm 139:14 “...We are fearfully and wonderfully made.” -All of us.

May we all seek to live this life with that understanding and go with the intentional mission to love others as God has loved us—Imperfections and all.

Knowing God and Blessing the World,
Pastor Ross Johnson



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The screenshot shows the website interface for Health & Wellness Magazine. At the top, there's a search bar and navigation links for different editions (Charlotte, Collier, Lee) and archives. The main content area features a large article titled "Skincancer" with a photo of a woman wearing a protective hat. Below this, there are "Read Our Flip Book Version" links for three editions. A "Featured Article" section highlights "The Other Side of Parkinson's Disease" by Dr. Ranson A. Cox. On the right side, there's a "In This Issue" sidebar with various article teasers and a "SIGN UP FOR OUR NEWSLETTER" form with fields for name and email.

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