

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

July 2018

Pasco Edition - Monthly

FREE  

www.healthandwellnessFL.com

**LIFE BEYOND
CANCER**

**HEARING
LOSS AND
DEMENTIA**

**MANY EYE
AND VISION
DISORDERS GO
UNDETECTED**

**JUVENILE
ARTHRITIS:
EARLY DIAGNOSIS AND
TREATMENT ARE
IMPERATIVE**

ALZHEIMER'S DISEASE

CAUSES, RISKS, TREATMENT & PREVENTION

MICROCIRCULATION:

YOUR SMALLEST VESSELS CAN
LEAD TO COGNITIVE DECLINE



OUT OF THIS WORLD BEHAVIOR & THERAPY SERVICES

Positive outcomes that are within reach

Providing comprehensive behavior and therapy services for children with autism and other developmental delays.

- . Applied Behavior Analytic Therapy (ABA)
- . Occupational Therapy
- . Feeding Therapy
- . Speech + Language Therapy
- . Physical Therapy
- . Parent Coaching + Support


Now welcoming new patients.

800.356.4049 | support@invotherapies.com

invo
BEHAVIOR AND
THERAPY SERVICES
invotherapies.com

We accept Medicaid, TRICARE, and other commercial insurance.






**WALESBY
VISION CENTER**

www.walesbyvisioncenter.com

WHERE VISION IS MORE THAN JUST 20/20



Lutz Office:
24444 State Road 54, Lutz, FL 33559
Phone number (813) 345-8544
Fax Number (813) 406-4424
Email: info@walesby3d.com

Tampa Office:
2510 West Waters Ave, Tampa, FL 33614
Phone number (813) 915-0755
Fax Number (813) 915-0704
Email: info@walesby3d.com

Hours:
Monday thru Friday 9 a.m. to 6 p.m.
Closed for Staff Meeting on Tuesday
and Thursday from 12:00 to 2:00 p.m.

J. Robert Walesby, O.D., F.C.O.V.D.
Dr. Walesby is a fellowship-trained, board certified Behavioral Optometrist who specializes in the diagnosis and treatment of binocular vision dysfunctions.

He received his doctor of optometry degree in 1992 from the Southern College of Optometry in Memphis, Tennessee. He joined his father, Dr. Jack Walesby, in 1992, and they moved the practice to what is now the Walesby Vision Center.

Nicholas Thomas, O.D., F.C.O.V.D.
Dr. Thomas is a fellowship-trained, board certified Behavioral Optometrist, specializing in the diagnosis and treatment of binocular vision dysfunctions.

He obtained his B.S. in Interdisciplinary Natural Sciences from the University of South Florida in 2003 and his Doctor of Optometry from the Indiana University School of Optometry in 2007. Since 2007, he has worked exclusively in the diagnosis and treatment of binocular vision anomalies.

AT WALESBY VISION CENTER, VISION THERAPY IS OUR PRIMARY FOCUS.

PARVEEN S. VAHORA, MD, FACOG
GYNECOLOGIST



SERVICES:

- GENERAL GYNECOLOGY
- MONALISA TOUCH®
- LAPAROSCOPIC SURGERY
- PELVIC PAIN
- ROBOTIC SURGERY
- HORMONE THERAPY/
BIO-IDENTICAL HORMONES
- GENETIC CANCER TESTING

**NOW OFFERING GENETIC
TESTING TO MEN**

**INSPIRING WOMEN TO LIVE THEIR BEST
LIFE BY PROVIDING COMPASSIONATE CARE.**

Call or email to set up your consultation today!

727-376-1536

Info@ParveenVahoraMD.com

www.ParveenVahoraMD.com

9332 STATE ROAD 54 SUITE 403, TRINITY, FL 34655

ADVANCED AND INDIVIDUALIZED CARE



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 her treatment was exactly what she needed. The world-class expertise at Florida Cancer Specialists and Margaret's determination proves that when hope and science join forces, great outcomes can happen.

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

A handwritten signature in black ink, reading "Margaret Metz".

-Margaret Metz, Patient & Survivor

Where Hope is Powered by Science™

FindHopeHere.com



Proud to serve patients at our six Pasco County locations.

Jorge Ayub, MD
Sawsan G. Bishay, MD
Mamta T. Choksi, MD
Uday Dandamudi, MD

Larry Gandle, MD
Vivian Griffin, MD
Gajanan A. Kulkarni, MD
Kapisthalem S. Kumar, MD, FACP
Arthur Joseph Matzkowitz, MD

Joseph M. Sennabaum, MD
Gerald H. Sokol, MD, MSc, FCP
David Wenk, MD
Gail Lynn Shaw Wright, MD, FACP, FCCP



Now Accepting New Patients



ALICIA FIERRO, DO
American Board of Internal Medicine
American Board of Rheumatology



DAVID RIVERA, MD
American Board of Internal Medicine
American Board of Rheumatology
Se Habla Español

Specializing In

- Rheumatoid Arthritis
- Psoriatic Arthritis
- Osteoporosis
- Osteoarthritis
- Scleroderma
- Psoriatic Arthritis
- Tendonitis & Bursitis
- Lupus
- Pregnancy & Rheumatic Disease

TWO LOCATIONS
813.782.1234

LAND O'LAKES
2100 Via Bella Blvd, Ste. 201

ZEPHYRHILLS
38135 Market Square



Rheumatology

Your life. Our specialty.

Request an appointment online: www.FloridaMedicalClinic.com

**Certified Physician Formulated
Vitamin Supplements for results
YOU CAN FEEL FOR OPTIMAL HEALTH**



Visit www.myqvita.com

**BRO-TOX - Buy 30u, get 8u free
(can share)**

**KYBELLA FOR THE FELLAS -
Get 1 treatment (4 vials)
for \$1650 (\$2000 value)**

**MICRODERMABRASION TREATMENT -
to smooth skin and reduce scars
and dark spots \$55 (\$75 value)**



Qvita Health & Wellness

2734 Windguard Circle, Suite 101

Wesley Chapel, FL

Phone: 813-501-4130, Fax: 813-501-4537

Email: info@qvitahealthandwellness.com

HOURS

Mon: 8:30am - 6pm

Tues-Thurs: 8:30am - 5pm

Fri: 8:30am - 4pm



**FULL LIFE
CHIROPRACTIC**

**EXCELLENT HEALTH,
NATURALLY**

813-428-5648



DR. ENRICO DOLCECORE

Neuro Based Chiropractor

DR. CHRISTINE HAHER

Pediatric and Pregnancy Chiropractor

ACUPUNCTURE • CHIROPRACTIC • MASSAGE

1003 N Dale Mabry Hwy, Lutz, FL 33548

www.mylutzchiropractor.com

**HEALTH PROBLEMS DON'T IMPROVE WITH TIME...
They only improve with CARE.**

Contents JULY 2018

- | | |
|--|---|
| <p>6 Innovative In-Office Balloon Procedure Provides an Alternative to Sinus Surgery and Nasal Packing</p> <p>8 AUTISM: Applied Behavior Analysis (ABA), Tips on Finding an Expert Provider</p> <p>9 Life Beyond Cancer</p> <p>10 Hearing Loss and Dementia</p> <p>12 BRCA Genetic Testing</p> <p>13 Alzheimer's Disease Causes, Risks, Treatment & Prevention</p> <p>14 Many Eye and Vision Disorders Go Undetected</p> <p>16 Juvenile Arthritis: Early Diagnosis and Treatment are Imperative</p> <p>18 Perinatal Chiropractic Care</p> | <p>19 Microcirculation: Your Smallest Vessels can Lead to Cognitive Decline</p> <p>20 Fighting Chronic Illness with CBD Oil</p> <p>21 A Health Test That Can Save Your Life</p> <p>22 Alzheimer's Disease: Staving Off Its Progression</p> <p>24 Is a Trust Right for Me?</p> <p>26 Four Stress-Busters for Home Sellers</p> <p>27 A Fit, Fun Summer</p> <p>28 Road Trip Ready: Pack Your Travel Essentials</p> <p>29 Swimming Safety Tips</p> <p>30 Understanding Different Health Care Options</p> <p>31 Spiritual Wellness: Freedom is Never Free</p> |
|--|---|

CONTACT US

OWNER / ACCOUNT EXECUTIVE
JENINE CRESCIMANNO
3cmediagroup@gmail.com

CREATIVE DIRECTOR
SONNY GRENSING
sonny@gwhizmarketing.com



3C MEDIA GROUP

(727) 877-0759

www.HealthandWellnessFL.com

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

To get your article published and for ad rates, call

727.877.0759

3C MEDIA GROUP, LLC | 2952 Trinity Cottage Dr. | Land O'Lakes, FL 34638

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2018. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

DO YOU SUFFER FROM:
DIZZINESS,
LOSS OF BALANCE,
VERTIGO?



DR. JODY COSTANZO, DR. ARIELLE SHASHATY,
DR. JOANIE DAVIS, AND DR. MICHELLE FRENTON

THERE IS RELIEF!



**WE CAN
HELP!**

DAVIS FAMILY HEARING

FAMILY AUDIOLOGY | HEARING AIDS | COCHLEAR IMPLANTS



Our Doctors Make the Difference!

CALL AND BOOK AN APPOINTMENT WITH
ONE OF OUR BOARD CERTIFIED

DOCTORS OF AUDIOLOGY TODAY!

WE ACCEPT MOST INSURANCES

Highway 19 | (352) 666-8910

5119 Commercial Way, Weeki Wachee, FL 34606

Spring Hill Drive | (352) 666-8911

13101 Spring Hill Dr, Spring Hill, FL 34609

Little Road | (727) 375-8111

11325 Little Rd, New Port Richey, FL 34654

@DavisFamilyHearing



@DavisHearing



@DavisFamilyHearing



Davis Family Hearing



DAVISFAMILYHEARING.COM



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:

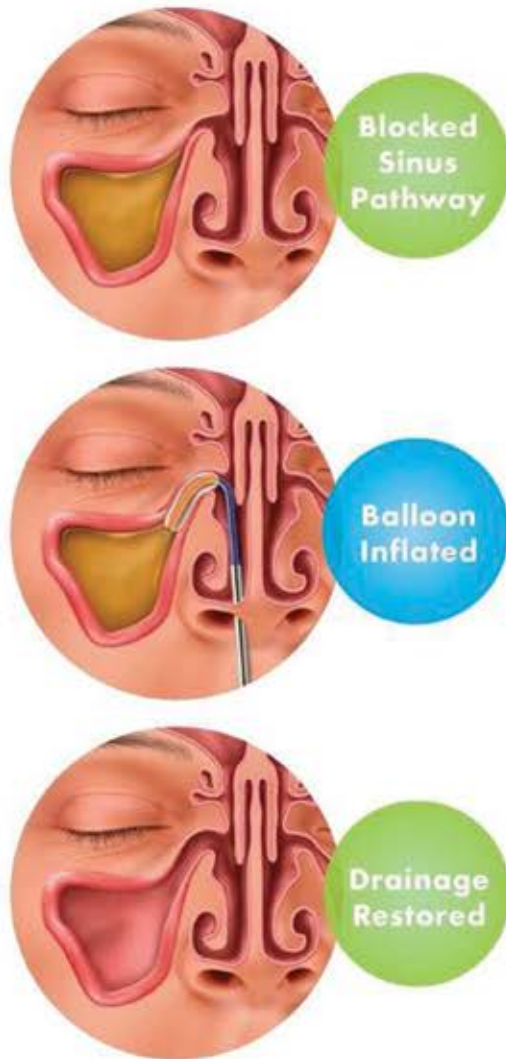
- Nasal obstruction
- Difficulty breathing
- Postnasal drainage
- Thick mucosal drainage
- Coughing
- Weakening sense of smell
- Dry mouth
- Trouble sleeping
- Pain in eyes and cheeks
- Sore teeth and gums
- Facial sensations of pressure or pain
- Sneezing

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

Latorre Sinus Center: Dr. Latorre, a Board Certified Otolaryngologist, specializes in sinus diseases. Dr. Latorre provides patients with unparalleled quality of care for nasal and sinus disorders.

If you or someone you know is in need of sinus relief, please call their office today.

LATORRE
SINUS CENTER

SINUS & ALLERGY CENTER

www.balloondoctampa.com

Tampa Office

12500 N. Dale Mabry Hwy. Suite F
Tampa, FL 33618
(O) 813-908-8585
(F) 813-355-5905

Trinity Office

8146 Cerebellum Way, # 101
Trinity, FL 34655
(O) 727-375-8580
(F) 813-355-5905

Land O'Lakes Office

2100 Via Bella Blvd, Suite 105
Land O'Lakes, FL 34639
(O) 813-908-8585
(F) 813-355-5905

AUTISM: Applied Behavior Analysis (ABA), Tips on Finding an Expert Provider

By: Brittani Argott M.A., BCBA, Invo Healthcare, Regional Clinical Manager-ABA Services Florida

Interventions based on the science of Applied Behavior Analysis (ABA) have been utilized as a technique to address skill deficits and behavioral excesses displayed by individuals with autism since the 1960's. These procedures produce functional and significant effects on behavior, learning, and life skills.

As a program, ABA provides a comprehensive curriculum of skills that encompasses a multifocal approach to address various behavioral difficulties including attending to others, direction following, imitation, and daily living skills among others. According to Autism Speaks, "Effective ABA intervention for autism is not a "one size fits all" approach and should never be viewed as a "canned" set of programs or drills. On the contrary, a skilled therapist customizes the intervention to each learner's skills, needs, interests, preferences, and family situation. For these reasons, an ABA program for one learner will look different than a program for another learner."

Like most disorders, it's imperative to seek out qualified professionals that are well-trained and can demonstrate a history of successful outcomes through years of competent experience in ABA therapy.

Some of the key features to look for in an ABA provider are:

- Board certification in Behavior Analysis
- BCBA-D
- BCBA
- BCaBA – with supervision by a BCBA or BCBA-D
- RBT – provides direct care and is supervised by a BCBA, BCaBA, or BCBA-D
- Develops individualized programming based on a comprehensive assessment of a child's skills
- Reliable oversight of RBTs including at least one in-person meeting per month (more meetings may be required depending on the number of hours the RBT is with your child)
- Consistent collaboration with families and caregivers.

How does ABA work?

- A qualified and trained behavior analyst designs and directly oversees the intervention.
- The analyst's development of treatment goals stems from a detailed assessment of each learner's skills and preferences and includes family goals.
- Treatment goals and instruction are developmentally appropriate and target a broad range of skill areas such as communication, sociability, self-care, play and leisure, motor development and academic skills.
- Goals emphasize skills that will enable learners to become independent and successful in both the short and long terms.
- The instruction plan breaks down desired skills into manageable steps to be taught from the simplest (e.g. imitating single sounds) to the more complex (e.g. carrying on a conversation).
- The intervention involves ongoing objective measurement of the learner's progress.
- The behavior analyst frequently reviews learner data uses this to adjust procedures and goals as needed.
- The analyst meets regularly with family members and program staff to plan ahead, review progress and make adjustments as needed.

ABA therapy is effective for individuals with autism, intellectual and developmental disabilities, ADHD, brain injuries, cognitive decline (dementia), behavior disorders and other individual diagnoses on a case-by-case basis.

If you or someone you know could benefit from ABA therapy, contact Invo Healthcare for their list of qualified practitioners.



Invo Healthcare Utilizes A Holistic Approach to Services

Together, Invo HealthCare and Progressus Therapy is the leading behavioral health and special education organization, specializing in center, home, school-based and early intervention services in the United States. The therapists and clinicians we place, provide an array of educationally-relevant services to infants, toddlers and school-aged children with various developmental delays.

Invo-Progressus has a rich 25+ year history of meeting the needs and addressing the challenges of families, partnering schools, districts, and community agencies around the country. Our organization is comprised of some of the best educators; operators and clinicians in the nation exclusively focused on helping children of all ages learn and grow. Building strong connections between educators, clinicians, and families creates a capacity to help learners adapt, thrive and succeed at home, school and in their community.

References:

1. "Applied Behavior Analysis (ABA)." Autism Speaks, Inc., 2018, autismspeaks.org

invo
BEHAVIOR AND
THERAPY SERVICES

invotherapies.com

2701 N. Rocky Point Drive, Suite 650
Tampa, FL 33607
Toll Free: 800-892-0640

LIFE BEYOND CANCER

While the end of successful cancer treatment is a time for celebration, it can also mean new challenges for survivors. Returning to work and managing the ongoing emotional and physical effects of cancer and cancer treatment often presents unanticipated changes for patients and their families. The key to returning to a normal life after treatment may be found in establishing new habits in diet and exercise, and learning to cope with a range of emotional and physical challenges.

Nutrition and Exercise

Cancer survivors should first turn to their care team for information and advice about nutrition, physical activity and dietary supplements to improve quality of life and long-term survival. In the past, doctors often advised patients to rest and reduce physical activity to avoid fatigue associated with cancer and treatment. If patients experience pain, shortness of breath or rapid heart rate, this is good advice. However, recent research also indicates that exercise during and after treatment can be safe and beneficial. Your cancer team is the best resource for beginning or resuming a more active post-cancer lifestyle. They have answers to many questions about maintaining a healthy diet and exercise routine during and after treatment, and they can refer patients and family caregivers to other professionals for a tailored post-treatment plan.

Physical and Emotional Challenges

The aftereffects of chemotherapy, surgery or radiation therapy should not be underestimated. Pain, fatigue and nausea are common; more serious conditions can include anemia, lymphedema (a buildup of fluid in fatty tissues just beneath the skin) and even severe infections. For both men and women, cancer and cancer treatment can cause changes in fertility and sexual side effects. Your oncology team is trained to monitor and manage the short and long term effects of treatment, so it's important to discuss your concerns with your team and follow their instructions.

The emotional side effects of cancer survivorship touch both patients and their families. The stress associated with a cancer diagnosis and the physical effects of treatment are often still fresh in memory. Survivors and their



Not long ago, there were not many options for patients diagnosed with cancer. Today, thousands of patients can look forward to many healthy and productive years after cancer.

families can feel a complicated mixture of relief and worry about the future; some suffer episodes of anxiety and even depression. These are all matters to discuss with your oncology team, who can help you achieve emotional balance or refer you to another appropriate professional, if needed.

Healthcare after Cancer

In the rush to put cancer behind you, it's important to remember that the end of treatment doesn't mean the end of seeing your cancer team. Most often, long-term follow-up appointments and tests, followed by routine checkups and health screenings, will continue for many years. It's important to keep your follow-up appointments and undergo these tests and screenings as recommended by your oncologist. While there is no absolute certainty that seeing your oncologist will prevent cancer from returning, it will help make sure that any recurrence is detected and treated early.

As a cancer survivor you've come a long way; with the help of your oncology team, your family and even your employer, there's a lot of promise in your future as well. Your life after cancer offers the prospect of many years of good health, rewarding work, happiness and fulfillment.

World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to

local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. That status puts this practice on the leading edge of clinical trial research, and gives FCS physicians access to the newest and most innovative treatments.

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



World-Class Medicine. Hometown Care.

Hudson

7651 Medical Drive
Hudson, FL 34667

Hudson North

14100 Fivay Road
Suite 380
Hudson, FL 34667

Land O' Lakes

19409 Shumard Oak Dr.
Suite 101
Land O' Lakes, FL 34638

New Port Richey

8763 River Crossing Blvd.
New Port Richey, FL 34655

New Port Richey West

5802 State Road 54
New Port Richey, FL 34652

Zephyrhills

38010 Medical Center Ave
Zephyrhills, FL 33540

For more information, visit FLCancer.com

Hearing Loss and Dementia

By Davis Family Hearing

In recent news, there has been a great deal of effort to establish the relationship between hearing loss and cognitive decline, including Alzheimer's and dementia. For decades, researchers and specialists have shed light on these comorbidities. One of the pioneers of these types of case studies is Dr. Frank Lin. Frank R. Lin, MD, Ph.D., is an Associate Professor of Otolaryngology-Head and Neck Surgery at Johns Hopkins University School of Medicine.

One of Dr. Lin's articles, states the following on the correlation between hearing loss and cognitive impairment:

"Current projections estimate that the prevalence of dementia will continue to double every 20 years, such that 1 in every 30 Americans will have prevalent dementia by 2050. At the present time, there is not one single established intervention or pharmacologic therapy that could potentially even help delay the onset of dementia."

Hearing loss is highly prevalent in older adults with nearly two-thirds of older adults 70 years and older having clinically significant hearing loss, but with less than 15% receiving any form of rehabilitative treatment."

Further studies from Dr. Lin and his peers have purported that a significant decrease in hearing causes strain on the area of the brain that processes communication. Individuals that struggle with hearing are less social, and therefore their cognitive decline is affected by less interaction and less mental processing. It is also thought that other senses effected like smell and vision loss will exacerbate cognitive issues due to a cause of degeneration in these areas of the brain.

Dr. Doraiswamy is also a highly-regarded researcher on this subject. P. Murali Doraiswamy, M.D., a professor of psychiatry and medicine at Duke University School of Medicine and coauthor of The Alzheimer's Action Plan, states that *"The improvement in cognition was huge, about double that seen with any of the current FDA drugs for treating Alzheimer's."* He continued, *"Studies have*

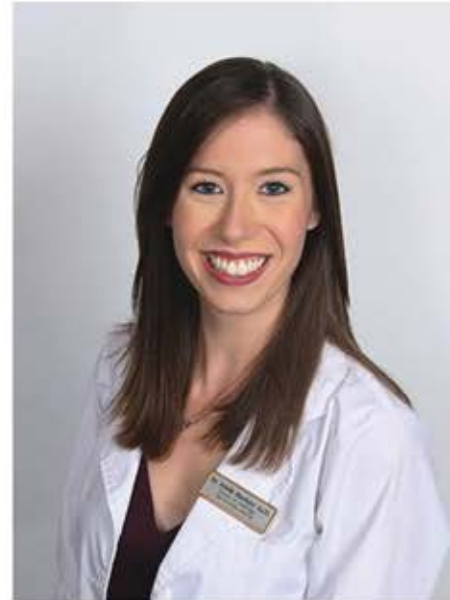



Dr. Joanie Davis

Board Certified in Audiology and Owner


Dr. Michelle Frenton

Board Certified in Audiology, Residency Supervisor


Dr. Arielle Shashaty

Board Certified in Audiology


Dr. Jody Costanzo

Board Certified in Audiology

shown that uncorrected vision problems raise the risk for dementia. Every doctor knows that hearing loss can result in cognitive problems, but they still don't focus on it as a priority when they evaluate someone with suspected dementia, which is a big missed opportunity. The benefits of correcting hearing loss on cognition are twice as large as the benefits from any cognitive-enhancing drugs now on the market. It should be the first thing we focus on."

Schedule a Hearing Test

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, quickly 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.

Services

- Diagnostic hearing evaluations
- Hearing aid fittings
- Tinnitus treatments (ringing in the ears)
- Ear wax removal
- Cochlear Implant mapping
- Assistive hearing technology other than hearing aids
- Balance evaluations/treatment
- And much more

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.

To get your hearing checked and finally get back to living a life full of conversation and livelihood, please schedule an appointment at one of their three convenient locations, please call them at (352) 666-8910.

Davis Family Hearing 
www.davisfamilyhearing.com

Highway 19 Office
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



BRCA Genetic Testing

Dr. Vahora, MD, FACOG

Do you have personal or family history of breast and/or ovarian cancer? Do you have a personal or family history of uterine, colon, stomach, brain, thyroid, or prostate cancers? If so, you may qualify for genetic testing? If you qualify your insurance will cover it, and even if you don't have insurance, you may qualify for financial assistance.

Genetic testing is a cutting-edge medical technique that looks at your unique genetic makeup and that can be used to see how your DNA might shape your health over the course of your life. A sample of DNA is collected—typically with a small sample of blood or saliva—then analyzed in a lab to look for evidence of genetic disorders or vulnerabilities to some diseases. For example, people with certain gene mutations might develop some cancers earlier in life, or at a higher rate, than the general population.

Dr. Parveen Vahora, M.D., FACOG, a Board-Certified Gynecologist offers Genetic testing in the comfort of her office for her patients. A sample of DNA is collected with a small sample of blood or saliva, and then it's analyzed in a lab to look for evidence of genetic disorders or vulnerabilities of specific diseases. The information gathered from genetic testing is a powerful tool that can help Dr. Vahora tailor medical care and treatment just for you.

BRCA Positive

If you are positive for a BRCA mutation, Your gynecologist and surgeon will direct you to possibly having an oophorectomy on one or both ovaries and fallopian tubes, or a full hysterectomy. These precautionary surgeries will reduce your risk of ovarian cancer by approximately 90% and breast cancer by 50%. However, this will cause your body to go into a menopausal state early, and that can cause a mass of medical complications to arise, including heart attacks, anxiety, depression, and cognitive decline.

Multiple conflicting research and studies show it's not safe to receive any hormonal estrogen therapy if you have the BRCA gene. One school of thought is that it intensifies further cell mutations in breast cancer.

When you have early onset menopause caused by surgery, you're symptoms, and risk factors are just as

uncomfortable as if you were going through the change naturally. These symptoms can cause hot flashes, weight gain, and very painful intercourse.

For a younger woman, it's just unfair to experience these distressing symptoms, especially sexual discomfort with her significant other.

MonaLisa Touch™

MonaLisa Touch®

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.

Dr. Vahora offers MonaLisa Touch®, an advanced procedure the revitalizes the vagina and makes it feel like a younger vagina. For countless women and their partners, it has turned back the clock of time.

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

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

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

References:

1. "beBRCAware." BRCA Basics, April 18, 2018. beBRCAware.com (Astrazeneca).

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

Whether you're in menopause and experiencing vaginal dryness, or if you are suffering from these sexually uncomfortable symptoms due to a hysterectomy or cancer, Dr. Vahora can help.

If you are concerned about your genetic mutations and cancer risks, Dr. Vahora is now offering genetic testing for men who may have personal or family history of colon, stomach, prostate, stomach cancer, or for women with a family history of breast, ovarian or uterine cancer. Please follow this link for a quiz on your genetic risk factors, <https://www.hereditarycancerquiz.com/vahoramd>.

Dr. Vahora is an expert on sexual health and intimacy; if you're concerned about cancer, or if your sex life has gone to the wayside or lost its spark, please contact her to schedule a consultation. **Call today to schedule your Genetic testing or your MonaLisa Touch consultation at (727) 376-1536.**



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.

PARVEEN S. VAHORA, MD, FACOG

727-376-1536

Info@ParveenVahoraMD.com

www.ParveenVahoraMD.com

9332 State Road 54 Suite 403

Trinity, FL 34655



Alzheimer's Disease Causes, Risks, Treatment & Prevention

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

Alzheimer's Disease (AD) is the most common form of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60 to 80 percent of dementia cases. **Alzheimer's is not a normal part of aging.** The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Approximately 200,000 Americans under the age of 65 have younger-onset Alzheimer's disease (also known as early-onset Alzheimer's).

There are 3 hypotheses as to the cause of Alzheimer's Disease:

1. The cholinergic hypothesis

a. Proposes that AD is caused by the decreased synthesis of the neurotransmitter acetylcholine. This has not gained much support because medications intended to treat acetylcholine deficiency have not been very effective.

2. 1991 – Amyloid Hypothesis

a. This postulates that amyloid beta (Ab) deposits are the fundamental cause of the disease. The gene for the Ab precursor protein (APP) is on chromosome 21. Together with the fact that people with Down Syndrome (trisomy 21) universally exhibit AD by age 40. Also ApoE4, the major genetic risk factor for AD, leads to excess amyloid build-up in the brain before AD symptoms arise. The problem is that an experimental vaccine was tried that cleared amyloid plaques and it had no effect on dementia.

3. 2004 Tau Hypothesis

a. Tau proteins initiate the disease cascade. Tau proteins are microtubule-associated proteins that are abundant in neurons in the central nervous system and are less common elsewhere. Eventually, they form neurofibrillary tangles inside nerve cell bodies and the microtubules disintegrate, collapsing the neuron's transport system. This may result first in malfunctions in biochemical communication between neurons and later in the death of the cells.

Patients will often ask us if there is a genetic test for AD. Scientists have so far identified one Alzheimer risk gene called apolipoprotein E-e4 (APOE-e4). APOE. This is considered a deterministic gene. So if you test positive for it, it means that you are at higher risk for developing AD but no guarantee that anyone who inherits it will develop the disorder. Because of that, it is not widely used and it also not considered a diagnostic or genetic test with high predictability.

So what can you do to reduce your risk? Prevention is always the best course since it cannot be treated once in the later stages. There have been lifestyles shown to reduce the risk of developing AD. According to the National Institute of Health, The Mediterranean-DASH Intervention for Neurodegenerative Delay, or MIND diet, is a hybrid of two different diets combined, that is gaining attention for its potential positive effects on preventing cognitive decline in older individuals. The DASH (Dietary Approaches to Stop Hypertension) diet, developed to lower high blood pressure, is another popular diet being researched for its effects on the early stages of AD.



Some Foods to Eat on the Mediterranean Diet

Here is a breakdown of specific foods included in the diet:

- Dark green leafy vegetables and other veggies with deeply hued colors (such as beets, bright red peppers, eggplant and sweet potatoes)
- Beans and legumes (plant proteins and healthy carbohydrates)
- Brightly colored fruit (particularly red berries, but also apples, grapes, pears and more)
- Fresh, wild caught fish two to three times per week (such as cod, mackerel, oysters, sardines and wild caught salmon) which is rich in Omega 3 fatty acids
- Heart-healthy olive oil and nuts in place of animal fat (which is saturated fat)
- Limited amount of low-fat dairy for protein (plain yogurt and milk)
- Moderate amounts of lean meat no more than twice per week (like chicken or turkey without the skin)
- Olive oil at every meal (the primary source of oil, used instead of butter for dipping with bread and on vegetables, used in all cooking)
- Plenty of fresh herbs and spices

- Red wine (1-2 glasses per day)
- Whole grains (complex carbohydrates in place of white bread)
- Very limited amounts of red meat

Antioxidants and the Brain

In recent research studies, antioxidants have been found to reverse some of the symptoms of aging, such as cognitive impairment. Here are fruits and vegetables with high antioxidant levels.

- Alfalfa sprouts
- Beets
- Blackberries, blueberries, raspberries and strawberries
- Broccoli
- Brussels sprouts
- Cherries
- Corn
- Eggplant (with the skin on)
- Green and red bell pepper
- Kale and other dark green leafy vegetables
- Onion
- Oranges
- Plums
- Prunes
- Raisins
- Red grapes

Other Alzheimer's Prevention Tools

Studies have shown that several lifestyle changes may also lower the risk of Alzheimer's. These include:

- Avoiding excessive alcohol intake and quit smoking
- Engaging in social activities on a regular basis
- Getting eight hours of restful sleep every day
- Getting plenty of exercise on a regular basis (including cardio and resistance workouts)
- Implementing regular screening for diabetes, high blood pressure and other types of heart disease
- Managing stress effectively
- Stimulating the brain by reading, writing, or other activities

Sources:
Alzheimer's.net, Mentalhealthamerica.net/Alzheimersdisease,
Alzheimer's Update 2017, NIH



813-501-4130

www.qvitahealthandwellness.com

2734 Windguard Circle, Suite 101, Wesley Chapel, FL

Many Eye and Vision Disorders Go Undetected:

The Importance of Eye Examinations Should Not be Overlooked

By Walesby Vision Center

People of all ages, from children to the elderly, need to regularly have their eyes examined by a respected, licensed Optometrist. Examinations for vision impairments, ocular health, and disease of the eye are imperative and should be considered a top priority. Walesby Vision Center takes eye exams to the next level by also testing binocular vision ability, ensuring that every patient is able to use the two eyes together as a team to acquire and process visual information properly.

Adult Eye Exams

It is essential to get your eyes examined annually to prevent irreversible deterioration of your visual system. Many conditions of the eye go unnoticed until it's progressed to advanced stages. For example, glaucoma is a sight stealer; in fact, it's often referred to as, "the sneak thief of sight." There are usually no symptoms, and once vision is compromised, it's unable to be restored. Without the patient even noticing, glaucoma can cause up to 40% of permanent vision loss, and if left untreated it will cause blindness. Because there are little to no symptoms, out of the 3 million Americans that suffer from Glaucoma, half of them are unaware that they have it.

In adults, it's most common to experience conditions like dry eye and presbyopia (near vision impairment) in your 40's, and cataracts, glaucoma or retinal disease like macular degeneration in your 50's and beyond. Although some adults can have age-related myopia (near-sightedness), its most commonly contributed to development and growth of the eye as a child.

Children's Eye Exams

Children's eyes that are elongated, or those that have curved corneal lenses, are at high risk of developing myopia. Vision tests, which are commonly performed at schools, do not always detect myopia and other visual impairments. Only an Optometrist performing specific eye examinations can identify and treat vision disorders and diseases of the eye.

Wearing glasses, or regular contact lenses will certainly help children to see more clearly temporarily, but does not treat the progression of myopia.



As they continue to age, their vision will become more and more impaired, requiring stronger prescription strength glasses or lenses. Specific types of contact lenses, prescribed by a myopia specialist, can slow down the rate that myopia develops.¹

According to the American Optometric Association, multifocal contact lenses for children with myopia can slow the progression of nearsightedness; providing a more effective and efficient treatment option.² The specialists at Walesby Vision Center treat myopia with these advanced contact lenses.

Catching Visual Issues Early

To diagnose and treat visual issues early, like myopia, amblyopia (lazy eye) and strabismus (misalignment of the eye), it is suggested that all children should have their vision checked three times before entering school: 6 months old, 3 years old and 5 years old. Walesby Vision Center

is a proud participant of our **At First Sight Program**, offering free eye exams to infants under 12 months old.

Going Beyond the Average Eye Exam

While the practice does offer full-spectrum eye care for the entire family, their doctors are Fellowship trained Developmental Optometrists. They are experts in Comprehensive Developmental Optometry, which focuses on the entire visual system. Walesby Vision Center takes significant additional steps with every eye exam by also testing each patient's binocular vision. They have been able to help thousands of patients improve their ability to acquire and process visual information by offering unmatched vision therapy services to treat binocular vision dysfunctions.

Why is Binocular Vision Dysfunction Testing Important?

For children and adults with learning disabilities, cognitive decline, ADD, ADHD and learning disorders, vision therapy encompasses not only



strengthening the eye muscles, but also improving visual perception, visual processing, visual fluency, and hand-eye coordination. While it does improve eye muscle strength, it's better described as enhancing the complete visual and cognitive process. The Fellowship trained Developmental Optometrists at Walesby Vision 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 cognitive deficiencies and learning complications. During the studies, the diagnostic testing shows increased gray matter in the brain of the examined patients. This testing suggests brain structure regeneration occurs with vision training, as well as an uptake in increased learning abilities.

Walesby Vision Center incorporates binocular vision dysfunction testing in every eye examination that they perform.

Walesby Vision Center specializes in diagnosing and treating eye and vision disorders in infants to adults. They are the only Fellowship trained Developmental Optometrists in this area that examine and treat all ages and specialize in pediatrics. Their devoted staff is trained to work with each Patient's specific needs. Your entire family can trust their eye health and vision care to Walesby Vision Center.

To schedule an appointment for you or your family's eye exam, please call Walesby Vision Center today.

References

1. Sankaridurg P. Fitting Multifocal Contact Lenses for Myopia Control. Review of Cornea and Contact Lenses. February 2017.
2. American Optometric Association. Multifocal contact lens effective at treating myopia in kids. Available at: <https://www.aoa.org/news/clinical-eye-care/multifocal-contact-lens-effective-at-treating-myopia-in-kids>.



**WHERE VISION IS MORE
THAN JUST 20/20**

www.walesby3d.com

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

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

Juvenile Arthritis:

Early Diagnosis and Treatment are Imperative

Courtesy of Florida Medical Clinic

There are over 300,000 children with Juvenile arthritis, which is an umbrella term for multiple autoimmune disorders that affect infants to young adults. The most common form of the disease is Juvenile idiopathic arthritis.

Common Symptoms are varied due to so many disorders encompassed under the name "Juvenile Arthritis;" however, many of them are similar symptoms associated with most autoimmune disorders. The most common are the following:

- Pain and swelling in joints
- Warmth or redness to joints
- Fatigue
- Lethargy
- Chronic illness or viruses
- Fever
- Rashes
- Stiff muscles and mobility
- Swollen lymph nodes
- Insomnia
- Overall pain
- Flu-like symptoms
- Reduced appetite
- Favoring one limb

According to the Arthritis Foundation, these are the Types of Juvenile Arthritis along with their indicators:

- **Juvenile idiopathic arthritis (JIA)** - Considered the most common form of arthritis, JIA includes six subtypes: oligoarthritis, polyarthritis, systemic, enthesitis-related, juvenile psoriatic arthritis or undifferentiated.

- **Juvenile dermatomyositis** - An inflammatory disease, juvenile dermatomyositis causes muscle weakness and a skin rash on the eyelids and knuckles.

- **Juvenile lupus** - Lupus is an autoimmune disease. The most common form is systemic lupus erythematosus, or SLE. Lupus can affect the joints, skin, kidneys, blood and other areas of the body.





• **Juvenile scleroderma** - Scleroderma, which literally means "hard skin," describes a group of conditions that causes the skin to tighten and harden.

• **Kawasaki disease** - This disease causes blood-vessel inflammation that can lead to heart complications.

• **Mixed connective tissue disease** - This disease may include features of arthritis, lupus dermatomyositis and scleroderma, and is associated with very high levels of a particular antinuclear antibody called anti-RNP.

• **Fibromyalgia** - This chronic pain syndrome is an arthritis-related condition, which can cause stiffness and aching, along with fatigue, disrupted sleep and other symptoms. More common in girls, fibromyalgia is seldom diagnosed before puberty.

Like all autoimmune disorders, juvenile arthritis can be challenging to diagnose. The experienced rheumatologists of Florida Medical Clinic will work with you and your child to incorporate diagnostic evaluations and testing to better understand their disorder and treatment protocol.

The earlier your child is diagnosed and treated, the better their outcomes will be for controlling the disease and to alleviate the risk of future comorbidities. With aggressive treatment, remission is a

valid possibility. With juvenile arthritis, seeking expert attention and care is critical. If your child is experiencing any symptoms of this disorder, please contact Florida Medical Clinic today.

Florida Medical Clinic, A Leader in Comprehensive Health Care

At Florida Medical Clinic, your health and wellbeing is their specialty. Their team of compassionate, experienced physicians offers a comprehensive range of healthcare services, *including expert Rheumatologists.*

By specializing in everything from family practice and internal medicine services to cardiology, gastroenterology, sports medicine, plastic surgery, and beyond, all within a single, clinically integrated network, their team streamlines every aspect of your healthcare. There's only one name you'll need to remember for all of your medical needs: Florida Medical Clinic.

Their team of physicians treats patients of all ages, from infants to seniors. In addition to emphasizing preventive care to help their patients stay healthy, their primary care services include physical exams, urgent care appointments for non-life-threatening injuries and illnesses, cancer screenings, minor surgical procedures, routine gynecology and dermatology services, and ongoing management of chronic conditions such as scleroderma, diabetes, osteoporosis and arthritis.

Florida Medical Clinic's Rheumatology Experts:



Alicia Fierro, D.O.
Board-Certified Rheumatologist

Special Interests

- Lupus
- Osteoporosis
- Pregnancy and rheumatic disease
- Rheumatoid Arthritis
- Scleroderma

Board Certifications

- American Board of Internal Medicine
- American Board of Rheumatology



David Rivera, M.D.
Board-Certified Rheumatologist
(el habla español)

Special Interests

- Scleroderma
- Rheumatoid Arthritis
- Psoriatic Arthritis

Board Certifications

- American Board of Internal Medicine
- Internal Medicine
- American Board of Rheumatology

Florida Medical Clinic offers, expedient appointment scheduling, short wait times, a caring and responsive staff, and for your convenience, labs and imaging are available in the office.

To schedule your appointment today, please call 813-782-1234.

Florida Medical Clinic
Your life. Our specialty.

Rheumatology

www.FloridaMedicalClinic.com

Perinatal Chiropractic Care

Pregnancy is an amazing time, often full of ups and downs. Your body is constantly adapting to the new life within you. As baby grows, so does mom. While most women feel at least some discomfort during pregnancy, others report feeling amazing. The hormones associated with pregnancy like relaxin open and soften ligaments to fit a growing baby. If we all lived lives before getting pregnant with no injuries and stress, it's safe to assume that all the softening necessary for growing and birthing a baby would happen naturally.

However, we live in a world where we're stuck in cars, sitting in chairs, have chronic stress, don't always eat the best foods and don't move enough. This can mean that our bodies may have stuck bones, scar tissue, and a decrease in communication between brain and body that we didn't even realize were present. For everything to open for pregnancy and birthing, we need to be able to adapt to the stressors that pregnancy gives us. Increased adaptation to our environment is the biggest goal of chiropractic care for all, especially during pregnancy.

The American Pregnancy Organization recommends chiropractic care during pregnancy for maintaining a healthier pregnancy, decreasing nausea, decreasing neck/low back pain, reducing the time of labor/delivery, and preventing C-sections. Let's explore how chiropractic care can help pregnant mothers reach these goals.

Healthier Pregnancy

Chiropractic care is rooted in decreasing nerve interference, and increasing the ability for the brain and body to communicate. By detecting and removing what we call subluxations (or spinal misalignments), chiropractors get the spine moving better and allow the body more ease. Chiropractic care is beneficial for pregnant mothers and any person that wants their body to be better connected. During pregnancy, it's common to see more comfort, energy, less nausea, more activity, and less stress.

Decreasing Neck/Low Back Pain

It's no surprise that chiropractic can help decrease low back pain, neck pain and headaches. Many people visit their chiropractor either to help fix pain or to prevent pain. Because pregnant mothers have hormones that change their ligaments and a big change in their center of gravity from increased weight, they need to be adjusted a bit differently.



The normal changes of pregnancy may set women up for increased injury to their neuromuscular system. These changes are still happening during the postpartum period as well. Low back and pelvic pain are very common. Care needs to be taken in gentler adjusting. As the pelvis and ribcage open to accommodate a growing baby, more gentle and specific approaches need to be used. A chiropractor trained in the Webster's technique has learned how to best work with these changes.

Reducing Labor and Delivery Time

Research has found that first time mothers have a 25% decrease in laboring and multiparous moms have a 31% decrease in labor time with chiropractic care. The average labor time for a first time mom is 9 hours total. This could decrease labor by 2-3 hours. While that may not sound like a lot, ask any mother that had a long labor if they would have liked if baby arrived 2-3 hours sooner! Birthing can be an amazing experience, but they call it labor for a reason. It's challenging! Pregnant mothers often report more comfortable births with less instrument assisted delivery.



813-428-5648

1003 N Dale Mabry Hwy., Lutz, FL 33548

Caesarian section reduction

While there are many reasons for caesarian deliveries, baby positioning, obstetrical interventions and less than optimal uterine contraction are among the causes. Many pregnant mothers present to chiropractic care when they have been told that baby has less than optimal positioning. While baby frequently flips and flops positions until 37 weeks of gestation, at 37 weeks they can be labeled in breech position. As there can be risks to delivering a baby in breech presentation (and many birth providers are no longer trained in delivering breech babies), this increases the risk of a C-section delivery. The Webster's technique is a specific chiropractic technique that can be used by chiropractors to facilitate a mother's pelvic positioning and nerve system function. This leads to decreased uterine torsion and more balanced muscles and ligaments. This can help promote a natural, low intervention labor. While sometimes C-sections are very necessary, the World Health Organization and many other organizations believe the C-section rate is unnecessarily too high. Florida has the highest C-section rate in America. There are task forces set out to decrease this rate, but seeking alternative care like chiropractic, acupuncture, and specific exercises (like those found on the Spinning Babies website) may be used to improve presentation and increase likelihood of natural delivery. Doula assistance is also associated with a decreased C-section rate. It's important to have a great birth team behind every pregnant and birthing mother. Midwives are an amazing option for low risk pregnancies as well. Chiropractors and doulas are both vitalistic health advocates that support women throughout their journey into motherhood.

Chiropractic care is a great tool throughout life to be optimally healthy. It is helpful for infants through the most mature adults, and pregnancy is no exception! Because pregnancy and children are special populations with special needs, there are chiropractors trained specifically to see these populations. Perinatal and pediatric chiropractors have specific adjusting techniques and education to provide the best care for their patients.

Full Life Chiropractic has prenatal/pediatric and family chiropractors, as well as acupuncturists, massage therapists, and functional medicine doctors that specialize in fertility, perinatal, pediatric and care for the whole family. Learn more at FullLifeTampa.com and check our upcoming events for families, pregnant women, and new mothers, or call 813-428-5648 for more info.



Robert Martinez, DC

Microcirculation: Your Smallest Vessels can Lead to Cognitive Decline

For years, medical professionals and researchers have been trying to find the exact cause of Alzheimer's disease (AD). Even with the top three speculative triggers, it's still unclear as to what is causing this devastating disease to rob so many people of their cognition.

The main hallmarks of the disease are attributed to amyloid plaques, cerebral amyloid angiopathy, and neurofibrillary tangles. While these pathological markers are evident in many individuals with Alzheimer's disease, they are not always present; consequently, they cannot entirely account for cognitive disorders.

In a recent study, top neurologists and researchers went a few steps further, to shed light on a new discovery in the causes of Alzheimer's. The study looked at the cerebrovascular pathologies, cardiovascular health, and microvascular disorders.

The Science

According to the study, Morphological and Pathological Evolution of the Brain Microcirculation in Aging and Alzheimer's Disease, "In order to elucidate the microvascular changes that contribute to aging and disease, direct neuropathological staining and immunohistochemistry, were used to quantify the structural integrity of the microvasculature and its innervation...Taken together, these data suggest a concomitant loss of functional capillaries and brain volume in AD subjects. We also demonstrated a trend of decreasing vesicular acetylcholine transporter staining, a marker of cortical cholinergic afferents that contribute to arteriolar vasoregulation, in AD compared to ND control groups, suggesting impaired control of vasodilation in AD subjects. In addition, tyrosine hydroxylase, a marker of noradrenergic vascular innervation, was reduced which may also contribute to a loss of control of vasoconstriction. The data highlight the importance of the brain microcirculation in the pathogenesis and evolution of AD."

The results of other similar studies show microcirculation as being a critical component of Alzheimer's disease. So what is microcirculation? The human body contains approximately

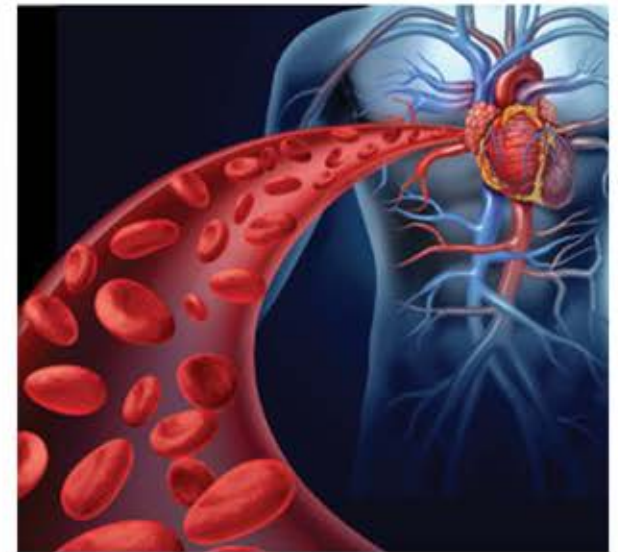
100 trillion cells. Each of these cells relies on energy and ATP to correctly metabolize, communicate with other cells and keep organs and tissues in a healthy state. When these areas are inhibited, that's when disease form in our bodies and our brains.

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. These attributes also include a significant emphasis on our vascular and circulatory health. We lose up to 40% of our microcirculation by the age of 50. A healthy circulatory system pulls free radicals away and gives the cells better oxygen profusion for saturation.

The Brain

The blood-brain barrier has tiny microvascular capillaries that supply energy to grey-matter neurons when these vascular structures are damaged, the brain will begin to show signs of cognitive decline.

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 microcirculatory system, including your brain, heart, and vascular structures.



How to Improve Microcirculation

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:
3. Supplements and herbal therapy provided by functional medicine physicians

Dr. Robert Martinez

Dr. Robert Martinez works with his patients to get their microvascular system in peak form. With the proper diagnostic testing and evaluation, he works out a dietary and supplement plan that fits their budget and lifestyle, along with a comprehensive therapeutic algorithm. He also implements multifocal functional and alternative therapies that are medically recognized to improve his patient's overall health.

To tailor your individualized plan to better overall health and to ward off diseases and disorders, please call (352) 686-1686 to schedule a personal consultation with Dr. Martinez.



Health & Wellness
of Central Florida

17937 Hunting Bow Cir., Ste. 101, Lutz FL 33558

352-686-1686 | www.hwcfla.com

Fighting Chronic Illness with CBD Oil

There are countless ongoing peer-reviewed studies on the medical outcomes of utilizing Cannabis as a drug therapy in patients that have cancer, multiple sclerosis, HIV/AIDS, cognitive damage, rheumatoid arthritis, PTSD, epilepsy, ALS, Crohn's, Parkinson's, Lupus, and many other disorders. CBD oil is also a viable alternative for many patients wanting the healing properties of cannabis and its potent antiviral and anti-inflammatory effects without the strict regulations of medical marijuana.

The treatment for diseases like cancer, epilepsy and other chronic disorders require a higher dose of mg of CBD oil in tincture form, and it's imperative to see a certified marijuana physician that is experienced with treating a patient's disease and disorders with cannabis.

Recent studies have shown the following health benefits of CBD oil:

- Alleviates Seizures
- Controls & eases muscle spasm
- Anti-nausea
- Anti-psychotic
- Anti-tumor factors
- Brightens skin
- Cancer cell death
- Cancer cell growth inhibitor
- Fights viral infections
- Improves sleep
- Reduces anxiety
- Reduces beta-amyloid plaque
- Reduces cognitive impairment
- Reduces Seizures/anticonvulsant
- Reduces inflammation
- Relaxes organs and tissues
- Relieves pain

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 through a hybrid process to lighten the THC (tetrahydrocannabinol) level. CBD or cannabidiol 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 oil is an excellent alternative for patients that would benefit from cannabidiol alone, while other more complex medical cases require the additional advantages of THC combined with CBD in the marijuana plant.

Cannabis can be quite effective for many conditions that are difficult to treat using traditional pharmaceutical medications. Some of these include fibromyalgia, irritable bowel syndrome, migraine headaches, seizures, PTSD and neuropathic pain. Medical cannabis should certainly be a consideration for those suffering from chronic diseases, or just looking for a more balanced and comfortable life.

History of Cannabidiol

Over 4000 years ago, Asian Emperors utilized cannabis for its healing properties, noting exceptional improvements in edema issues. In ancient Greece and Egypt, cannabis is reported in many manuscripts, describing its use for medical conditions such as eye disease, joint inflammation and as an anesthetic. Over 300 years ago, in one of Oxford's medical professional journals, it was touted as a means to reduce depression. Cannabis has even been reported to reduce the menstrual complications of Queen Victoria. In the early 1900's, the United States began growing cannabis for pharmaceutical companies to formulate medications.

Certified Medical Marijuana Physician

Because this is strictly for medical use, there are multiple regulations and protocols that physicians must adhere to when prescribing medical marijuana. Omni Medical Services has a longstanding reputation of experience in diagnosing and deciphering the need for THC and CBD in their practice.

Dr. David Crocker has counseled thousands of patients in the use of medical marijuana and is well known in Michigan and Florida as a medical marijuana expert and patient advocate.

"In our practice we've seen thousands of people benefit from the balancing properties of medical cannabis. The most common benefits we see are improved sleep, better mood, reduced pain, better appetite and a general improvement in quality of life. Many of our patients have been able to reduce their dependence on narcotic pain medications, sleeping pills, anti-anxiety agents, anti-depressants and muscle relaxers." Said Dr. David Crocker.

Dr. Crocker's experience and understanding of CBD led him to create his own CBD oil. Dr Dave's Solutions is the perfect option for the patient that is looking for relief without effects of THC. Omni Medical Services is proud to recommend Dr Dave's Solutions CBD oil to support patients as they journey to find relief from their health issues.

These products and amenities make Omni Medical Services a premier provider of Medical Marijuana certifications in Florida. When you choose to receive your care through one of their clinics, you'll receive treatment from a highly trained, compassionate doctor that 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 for their patients. They maintain an active role in the management of medical staff provided to each of their clients. With licensed doctors, caregivers and administrative assistants that are knowledgeable and well versed in all Florida medical marijuana laws, they are ready to help you through the protocol and get you on your way to being approved and able to use medical marijuana and CBD legally.



866-417-2002

www.omnimedicalfl.com

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

A HEALTH TEST THAT CAN SAVE YOUR LIFE

Getting tested now might help you down the road.

Heart Disease and the Corus CAD

Heart disease is the leading cause of death for men and woman in the United States. This year more than 1.2 million people will have a heart attack. While there are warning signs and risk factors, heart disease can hit anyone.

Heart attacks and other types of heart disease occur when coronary arteries become clogged with fatty deposits, resulting in coronary artery disease (CAD). Until recently there was no way outside of traditional imaging tests, to measure artery health, but the Corus CAD is challenging that. Imaging scans are invasive and expose people to radiation thus their use is limited.

The Corus CAD is a gene expression test that uses messenger RNA from a gene set in blood cells to determine whether or not patients have coronary artery blockages. Patients are given a simple blood test that delivers a score on a scale of one to forty. The higher the score the more likely you are to have blockages. This knowledge enables your physician to take extra precautions and book follow-up tests that can potentially save your life.

This test is available to any non-diabetic patient with typical or atypical symptoms of coronary artery disease regardless of age. Medicare coverage is available and non-insurance patient assistance is available.

Are you experiencing any of these symptoms?

If you have experienced symptoms from the list below, you may have a significant narrowing or blockage in your heart arteries, also known as obstructive coronary artery disease (CAD). Talk to your doctor and ask about the Corus® CAD test. It's a simple blood test that can help your doctor assess whether obstructive CAD may be the cause of your symptoms. The Corus CAD test is safe (no radiation exposure), convenient, and can help your doctor determine if further testing is necessary.

Check the symptoms you've been experiencing:

- | | | |
|---|--|--|
| <input type="checkbox"/> Chest discomfort | <input type="checkbox"/> Chest tightness | <input type="checkbox"/> Shortness of breath |
| <input type="checkbox"/> Chest pain or pressure | <input type="checkbox"/> Back pain | |
| <input type="checkbox"/> Dizziness or lightheadedness | <input type="checkbox"/> Palpitations; awareness of heartbeat | |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Vomiting | |
| <input type="checkbox"/> Heartburn | <input type="checkbox"/> Squeezing, heaviness, or burning sensation in upper body | |
| <input type="checkbox"/> Abdominal discomfort | <input type="checkbox"/> Tightness or pressure in throat, jaw, shoulder, abdomen, back, or arm | |



Please call your local representative at 813-702-0791 for more information.

CORUS CAD



Alzheimer's Disease: Staving Off Its Progression

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

More than 9 million people in the U.S. are living with some form of dementia. Alzheimer's is one of the main forms of the disease, but there are many different varieties facing our population. Often times, it may be unclear exactly what type of dementia a patient has, but the commonality between them all, is that it's related to a biological brain condition and some form of damage to the brain's inner communication.

Dementia is progressive, so even with treatment and medication, the patients will continue to get worse with time. With nearly 76 million people worldwide with dementia and that number expected to triple by 2050, we have to be more proactive in our health and wellness prevention.

What Causes Dementia?

As we age the blood vessels in our bodies, including our brains lose elasticity and proper circulatory function. They start to become more inelastic and rigid. When this happens the likelihood of atherosclerosis, the formation of plaque in the vessels, is very high. Atherosclerosis is what causes strokes, and other vascular issues. One sign that this is occurring in your body is the diagnosis of high blood pressure or high cholesterol.

The Alzheimer's brain has disruptions and twists called neurofibrillary tangles. These nerve endings become unattached and interfere with the intracellular functions of the brain. Amyloid plaque, which can cause the destruction of nerve cells and exacerbate the formation of twists and tangles in the brain. Over time more and more disruptions and communication disorders will occur. The primary cause of these issues is inflammation and toxicity to the body.



Food and nutrition play a huge role in the functioning of our brains. We now know that amyloid plaque is caused by:

- Processed Cheese (causes build up of amyloid protein)
- Processed Meat (nitrates cause the liver to build up fat)
- White Flour (bread, pasta, baked goods)
- Butter Flavoring, diacetyl (chemical in beer, chardonnay, microwave popcorn and margarine)
- Heavy Metals (tooth restorations, mercury from certain finfish, aluminum)
- Toxins (chemicals, pesticides, pollution)

Staving off Dementia & its Progression

Eating a healthy diet is key to decreasing the risk of dementia, and it's development. The diet you choose is very important. If you prefer animal protein in your diet it is important to eat only organic. It is best to eat cold-water fish, however; it is debatable because of the mercury levels found in fish today. Fish used to be the main source of fatty acids; however, you can find Omega-3 in chia seeds, flaxseeds, olive oil and walnuts. Because the grains today have been altered, it is best to consider gluten free grains such as quinoa, millet, and teff to mention a few. Simple carbohydrates should be avoided like white bread, pasta, and baked goods, as these are known to adversely affect the brain. Staying socially active, learning new skills that stimulate your mind, and doing daily cardiovascular exercise are critical to staying cognitively healthy.

At ReNew Life Wellness Center, we offer an educational session regarding the body terrain. The terrain is where your blood cells live. You will be able to observe healthy and not to healthy blood cells. This educational session will show over 42 anomalies like yeast (candida overgrowth), heavy toxins, digestive issues, inflammation markers, parasites, degenerative damage, & adrenal fatigue. We can suggest many holistic alternatives to address any of your health concerns.

When inflammation or other unhealthy conditions are in the body, ReNew Life Wellness is a place for education. We want to provide information so you can make your own health choices. We understand that everyone is different and will help you customize a plan just for you. Contact us today and start living a healthier lifestyle.



ReNew Life Wellness
Change your **THOUGHTS***Change your
HEALTH*Change your **LIFE!**

July Specials:
\$10 dollars off Live Blood Cell Education With
a Free Ionic Foot Detox

MYSTERY DISCOUNT on COLON THERAPY
and MASSAGE- come pull out of the mystery
bowl for your discount!

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.

813.871.3200 OR 813.948.1006 | renewlifewellness.com



**WE'LL HELP YOU GET YOUR
MEDICAL MARIJUANA CARD!**

*Medical documentation is required for an evaluation.

UPCOMING CLINICS

May 12th from 12 - 3 pm
2527 Windguard Circle, Suite 101 - Wesley Chapel

May 19th from 12 - 3 pm
4710 N Habana Ave, Suite 304 - Tampa

For more information, call us at 866-417-2002 or
visit us online at: www.omnimedicalfl.com



QUICK &
PROFESSIONAL



MEDICAL MARIJUANA
CERTIFICATIONS



SERVING
ALL OF FLORIDA



Robert Martinez, DC

**Health & Wellness
of Central Florida**

Get Well With Our
Experienced Chiropractor

- Chronic health problems
- Neck pain
- Auto related injuries
- Headaches and back pain
- Herniated and bulging discs
- Allergies

17937 Hunting Bow Cir., Ste. 101, Lutz FL 33558
813-749-7548 | www.hwcfla.com



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.

Renew Life Wellness

Health Begins from the Inside Out

813-871-3200 OR 813-948-1006

17886 N US HWY 41, Lutz, FL 33549

renewlifewellness.com



SERVICES:
Colon Hydrotherapy
Far Infrared Sauna
Deep Tissue Work
Body Scrubs
... and more!

**Choosing to live a healthy lifestyle
is a commitment.**

**AT RENEW LIFE WELLNESS, WE ARE
DEDICATED TO EMPOWERING OUR
CLIENTS TO MAKE WISE DECISIONS
CONCERNING THEIR PHYSICAL, MENTAL,
AND SPIRITUAL WELL BEING.**

Contact us for
a **FREE Case
Evaluation**



GRIMLAND | LAW

www.grimlandlaw.com

Zachary Grimland, Esq.



- Business Law
- Intellectual Property
- Real Estate Law
- Civil Litigation



407-448-2605

1503 S. US Highway 301,
Suite 16
Tampa, FL 33619

zach@grimlandlaw.com

FOUR STRESS-BUSTERS FOR HOME SELLERS

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.



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!

FREE HOME EVALUATION

Inventory is low, and buyers are combing the greater Tampa Bay Area for homes. Take advantage of the seller's market and get a head-start in the selling process with a free home evaluation! Contact me at 813-435-5411 to learn more about how your home will perform in today's market.



(813) 435-5411 | www.team54.com

20525 Amberfield Dr., Suite 101
Land O' Lakes, FL 3463



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.

A FIT, FUN SUMMER

Make smart fitness choices with post-workout recovery and hydration

During warm-weather months, fitness enthusiasts often take their exercise routines to the great outdoors. The spike in summer temperatures can make those tough workouts even more challenging.

Even after your workout is complete, your body does not stop – after a tough sweat session in the summer heat, you need to replenish what you lost to rebuild and refuel muscles. A tall glass of chocolate milk may not be the first thing you think to reach for after a long run, but recovering from each intense workout with the nutrients in low-fat chocolate milk allows you to get the most out of your fitness routine.

Before gearing up for your summer workout routine, make sure you are taking care of your body with these tips.

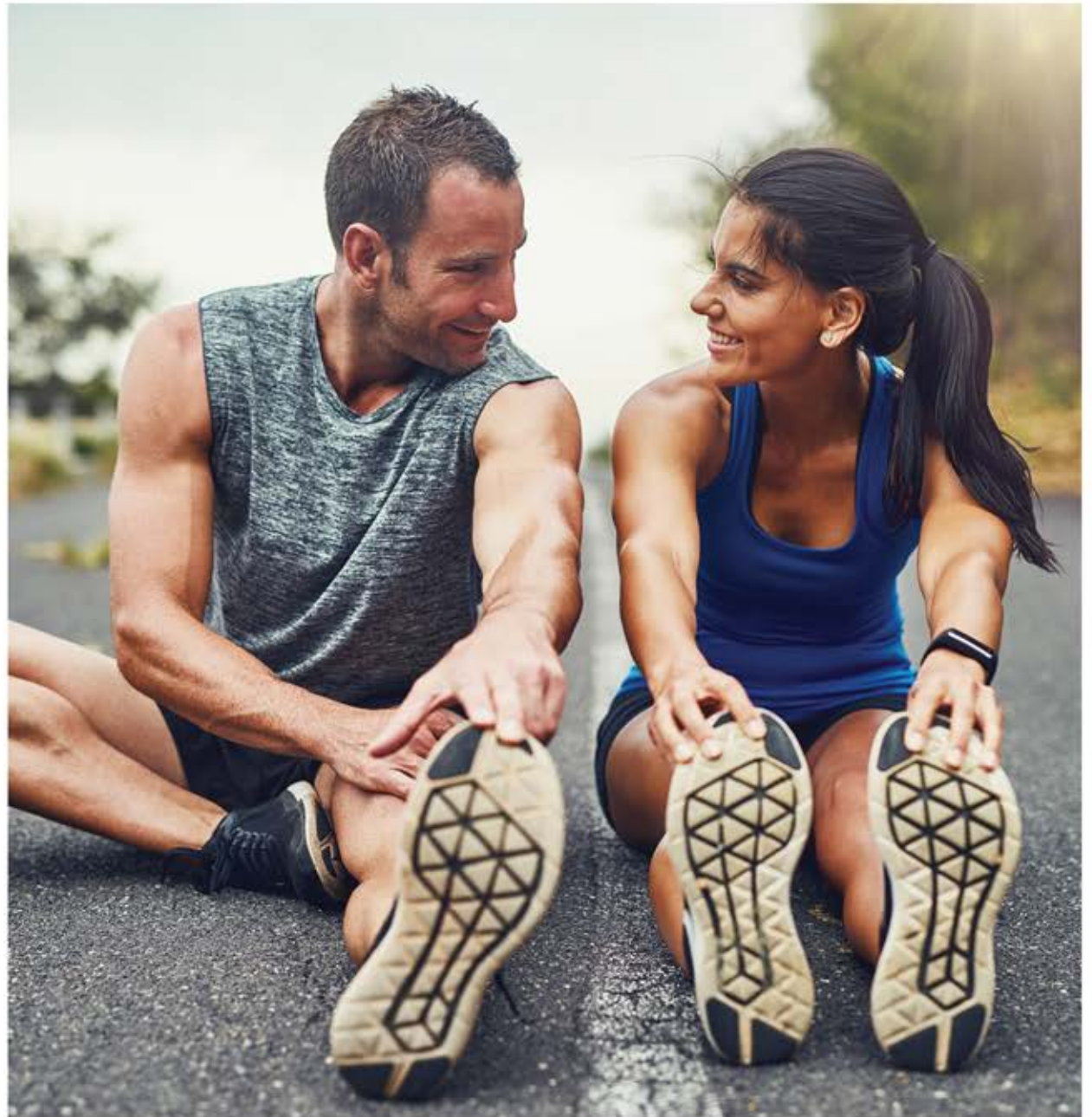
Be Mindful of High Temperatures

High temperatures don't have to get in the way of your workout plan, but it's important to consider the heat index and time of day when exercising. Temperatures typically peak during the middle of the day, so aim to work out in the morning or once the sun starts to set.

The body loses a lot of important nutrients through sweat. Learn your sweat rate by weighing yourself with minimal clothing before and after one hour of sweaty exercise. One pound of sweat loss equals 16 ounces of fluid loss. This can guide your fluid intake during your next workout.

Replenish What You Lose in Sweat

After putting in real work this summer, your body needs real recovery. Recovery after strenuous exercise can make a difference in how well you can perform during your next workout. For example, low-fat chocolate milk helps replenish fluids and electrolytes lost in sweat. In fact, drinking low-fat or fat-free milk after exercise could restore hydration better than other popular post-exercise beverages, including water or sports drinks, according to a study published in the "American Journal of Clinical Nutrition." Plus, chocolate milk has a 3-to-1 carb-to-protein ratio scientifically shown to refuel and rebuild muscles quickly.



Shield Yourself from the Sun's Rays

Just because your fitness routine includes strenuous laps in a pool or a run through shady trails doesn't mean you are protected from the sun. Apply sunscreen with SPF 30 or higher to your face, neck, ears and body before exercising outdoors. If you're going back out for another round of laps in the pool or around the track, reapply sunscreen 20-30 minutes before getting back to work.

While summer weather provides many opportunities for fresh air and fitness, it's important to remember these tips and more for healthy hydration. Find more information at builtwithchocolatemilk.com.

Source: MilkPEP

Road Trip Ready:

Pack your travel essentials

Whether you're planning a cross-country vacation or just a weekend mountain getaway, packing for a road trip doesn't have to be a daunting task. Creating a packing list of essentials can be the first step toward avoiding unnecessary stress and making your trip one to remember.

Of course, that list should start with the items you should never leave home without like your driver's license and proof of insurance, but it should also include pertinent information about your destination, like the trip's itinerary and reservation confirmations. Don't forget a map or printed directions in case your GPS dies or your phone loses service.

While even the most experienced travelers have reached their destinations only to find they left a necessity or two behind, this handy packing guide can set you on the road to success and help you avoid buying a new set of sunglasses or portable charger en route to your destination.

Safety

- **Roadside Emergency Kit.** In addition to having your owner's manual and the equipment necessary to change a flat tire, including a lug wrench and portable jack, keeping some additional safety supplies in your vehicle can come in handy in case of a breakdown. Consider including items like jumper cables, a tire pressure gauge, road flares, a poncho, gloves, a flashlight, a small tool set, a small fire extinguisher, paper towels or rags and duct tape.

- **First Aid Kit.** Just as your car may need patched up while on the road, someone in the traveling party may need a little TLC between stops. Some items to include: bandages, aspirin or ibuprofen, antiseptic spray, cotton balls or gauze, tweezers, hand sanitizer, antibiotic spray and bug spray.

Entertainment

- **Reading Material.** A road trip is the perfect time to dive into a good book, such as New York Times best-seller and Reese Witherspoon Book Club pick "The Alice Network." The enthralling historical novel from national best-selling author Kate Quinn



tells the story of two women – a female spy recruited to the Alice Network, an espionage ring operating during World War I, and an unconventional American socialite searching for her cousin post-World War II. They embark on a dangerous mission to discover the truth about the betrayal that tore apart the organization, no matter the cost. Learn more at katequinnauthor.com.

- **Technology.** While cellphones often fall into the "essential" category, there are other devices that can make the miles pass by a little easier, like a laptop or tablet, but don't forget headphones and chargers for any gadgets you decide to bring.

Comfort

- **Toiletries.** Regardless of where your travels take you, personal hygiene will rank near the top of the list for each passenger in the vehicle. Ensure you've got your bases covered with soap, shampoo,

conditioner, a comb or brush, a toothbrush and toothpaste, deodorant, shaving supplies, lotion, sunscreen and any additional hair accessories you may need.

- **Snacks.** It's often cheaper to pack your own snacks at home than stopping at a gas station or a drive-thru, plus you can pack some healthier choices. Consider options such as trail mix, granola bars, crackers, and dried fruits and vegetables, or if you have room for a cooler, consider fresh fruits and veggies as well as some bottled beverages.

- **Accessories.** Long periods of time spent in the car can get uncomfortable, so consider bringing along a neck pillow and blanket to make the ride more enjoyable, and don't forget to grab an umbrella in case the elements decide not to cooperate.

Source: Harper Collins

SWIMMING SAFETY TIPS

For most children, there is nothing more fun than playing in water of some sort—pools, lakes, rivers, or the beach. But with that fun comes a very high risk of drowning, and there is nothing more tragic than the drowning of a precious child. Follow these tips closely to keep your little ones safe this summer.

There Is No Substitute for Active Supervision

1. Actively supervise children in and around open bodies of water, giving them your undivided attention.

2. Whenever infants or toddlers are in or around water, an adult should be within arm's reach to provide active supervision. We know it's hard to get everything done without a little multitasking, but this is the time to avoid distractions of any kind. If children are near water, then they should be the only thing on your mind. Small children can drown in as little as one inch of water.

3. When there are several adults present and children are swimming, use the Water Watcher card strategy, which designates an adult as the Water Watcher for a certain amount of time (such as 15-minute periods) to prevent lapses in supervision. Download a Water Watcher card at safekids.org.



Start Slow With Babies

1. You can start introducing your babies to water when they are about 6 months old. Remember to always use waterproof diapers and change them frequently.

Educate Your Kids About Swimming Safely

1. Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach children how to tread water, float and stay by the shore.
2. Make sure kids swim only in areas designated for swimming. Teach children that swimming in open water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.
3. Whether you're swimming in a backyard pool or in a lake, teach children to swim with an adult. Older, more experienced swimmers should still swim with a partner every time. From the first time your kids swim, teach children to never go near or in water without an adult present.

Don't Rely on Swimming Aids

1. Remember that swimming aids such as water wings or noodles are fun toys for kids, but they should never be used in place of a U.S. Coast Guard-approved personal flotation device (PFD).

Take the Time to Learn CPR

1. We know you have a million things to do, but learning CPR should be on the top of the list. It will give you tremendous peace of mind – and the more peace of mind you have as a parent, the better.
2. Local hospitals, fire departments and recreation departments offer CPR training.
3. Have your children learn CPR. It's a skill that will serve them for a lifetime.

Take Extra Steps Around Pools

1. A swimming pool is a ton of fun for you and your kids. Make sure backyard pools have four-sided fencing that's at least 4 feet high and a self-closing, self-latching gate to prevent a child from wandering into the pool area unsupervised.
2. When using inflatable or portable pools, remember to empty them immediately after use. Store them upside down and out of children's reach.
3. Install a door alarm, a window alarm or both to alert you if a child wanders into the pool area unsupervised.

Check the Drains in Your Pool and Spa

1. Educate your children about the dangers of drain entanglement and entrapment and teach them to never play or swim near drains or suction outlets.
2. Pools that pose the greatest risk of entrapment are children's public wading pools, in-ground hot tubs, or any other pools that have flat drain grates or a single main drain system.
3. For new pools or hot tubs, install multiple drains in all pools, spas, whirlpools and hot tubs. This minimizes the suction of any one drain, reducing risk of death or injury. If you do have drains, protective measures include anti-entrapment drain covers and a safety vacuum release system to automatically release suction and shut down the pump should entrapment occur.
4. Regularly check to make sure drain covers are secure and have no cracks, and replace flat drain covers with dome-shaped ones. If a pool or hot tub has a broken, loose or missing drain cover, don't use it.
5. If you do have drains, protective measures include anti-entrapment drain covers and a safety vacuum release system to automatically release suction and shut down the pump should entrapment occur. Go to www.PoolSafely.gov for a list of manufacturers of certified covers.
6. Check to make sure your pool or hot tub's drains are compliant with the Pool and Spa Safety Act.

Source: safekids.org

Understanding Different Health Care Options: *Know where to go before an emergency happens and the differences in cost*

By Dr. Christine Laramée, chief medical officer, UnitedHealthcare North/Central Florida

Do you know all of your options when you need medical care? Your primary care doctor should always be first on your list, as they have easy access to your medical history and know the bigger picture when it comes to you and your family's health. However, we all encounter emergency situations when seeing your primary doctor is not possible. This is why it's important for you to know your options for quick access to emergent care and how much they might cost to avoid financial surprises.

If you or someone else is in immediate danger, call 911 or your local emergency number right away. For other emergent medical needs, there are other options available such as:

Virtual Visit – If it is a minor problem that doesn't require an in-person visit, an online appointment may be the most convenient option. Colds, flu, fevers, pinkeye and sinus problems are just a few routine illnesses that can be diagnosed by a care provider using telemedicine. You don't need an appointment and in most cases have to wait only 30 minutes or less. The cost often requires a copayment or coinsurance; sometimes it may even cost less than a doctor visit.

Convenience Care Clinic – This is a good option for minor problems when you can't wait to be scheduled by your primary care doctor. Skin rash, flu shots, minor injuries and earaches can usually be treated at a convenience care clinic, where you will likely be seen by a nurse practitioner or physician assistant. You do not need an appointment,



Medical emergencies can be made less stressful by understanding where to go for different kinds of issues, saving both time and money.



Virtual office visits are one of the most convenient and affordable resources for routine illnesses and don't require an appointment.

however wait times can vary. This option generally requires a copayment or coinsurance and will cost about the same as a regular doctor's visit.

Urgent Care Center – If you have a non-life threatening issue, but need quick care after hours, consider this option. Low-back pain, respiratory illnesses, stomach illnesses, infections, burns, stitches, sprains and small fractures all qualify as urgent care needs. You do not need an appointment and wait times are generally less than 30 minutes. This option requires a copayment that is often higher than a regular doctor visit.

Emergency Room – For life-threatening or certain serious illnesses or injuries, this is the best option. Problems such as chest pain, shortness of breath, severe asthma attack, major burns, severe injuries

and kidney stones qualify as an emergency. Wait times vary and may be long depending on how severe your needs are. Patients with the most urgent needs are seen first. This option usually requires a copayment, and it will be significantly higher than a regular doctor's visit.

For more tips and easy-to-understand information about where to go for care, compare your options at www.uhc.com/checkchoosgo.

Dr. Christine Laramée is a board certified physician headquartered in Tampa, Fla. and chief medical officer for UnitedHealthcare Central and North Florida.



Freedom is Never Free

By Ross Johnson, Lead Pastor, Gathering Pointe Church

Among the Mural Wall, and the nineteen stainless steel statues, and the United Nations Wall of the Korean War Memorial in Washington D.C. is the Pool of Remembrance. This shallow Pool (thirty feet deep) is lined with black granite and is surrounded lushly by a grove of linden trees. The wall includes inscriptions of the number of men and women killed, wounded, missing in action and those held as Prisoners of War.

Since the Revolutionary War, nearly 1.2 million American men and women have given their lives to fight for what I consider to be the greatest nation on our planet. They gave their lives so that we might enjoy freedom.

Yet, there is another granite wall that is constructed at the Korean War Memorial with a simple, yet ominous inscription engraved in silver:

Freedom is not free.

A grave reminder that serves each of us an incredibly powerful truth.

Freedom is never free. Freedom has and always will cost somebody something.

This month we celebrate the 4th of July, the birth of our great nation. I love the patriotism. I love seeing "Old Glory" whip in the wind as they hang off of the homes on the street on which I live. I love the fireworks; admittedly, I am somewhat of a "pyro"...not in the criminal sense mind you...but I enjoy a great fireworks finale at the local fireworks celebration as much as anyone! I love the cookouts and the picnics that may or may not include several bacon wrapped hotdogs! (Isn't America great?)

The 4th of July ranks up there as one of my favorite holidays to celebrate. But for me, I tend to celebrate this holiday for what is perhaps a different reason than most.

You see, that age old axiom, "Freedom isn't free" rings true to me in a very deep and spiritual sense as well. Just as blood was shed for the freedom that you and I enjoy as citizens of the United States, there was blood shed for the freedom that I enjoy as a child of God and a citizen of Heaven.



This month, I am able to enjoy two realms of freedom. I am free as an American because of the men and woman who died to afford me such freedom. Yet, as a follower of Jesus, I enjoy an even greater freedom which comes through the shed blood of Jesus on the Cross. In the New Testament book of 1 Peter, Peter tells us that our freedom (and redemption) was purchased with the precious blood of Jesus Christ. It is an unfortunate reality that freedom is almost always a bloody affair. The Bible teaches that there is no forgiveness of sin without the shedding of blood (Hebrews 9:22). I am free because I am forgiven. I am forgiven because Jesus loved me to the Cross and willingly shed His blood for me.

It is my hope and prayer that each of you reading this edition of Health and Wellness Magazine can truly celebrate the freedom(s) afforded you this 4th of July. May we all humbly celebrate the freedom we have as Americans as we remember the birth of our nation through the sacrifices of

thousands. But perhaps, this 4th of July, you may also be able to celebrate the freedom you have through the ultimate sacrifice paid on the Cross by Jesus.

Freedom always cost someone something. Always. Whether on the battle grounds around the world or on the Cross, freedom is never free.

May you all have a happy and safe 4th of July.



Gathering Pointe Church
Meets Sundays at Imagine School
2940 Sunlake Blvd
Land O Lakes, FL 34638

Sundays at 10:30 AM

www.gatheringpointe.com

info@gatheringpointe.com

Avoid Sinus Surgery & Nasal Packing

**Breathe Better
LIVE FULLY**

Get **PROVEN SINUS RELIEF**
with an In-Office Procedure



Latest and most advanced
medical and surgical techniques
to treat sinus disease

If you suffer from
chronic sinusitis,
the first step is to
schedule a consultation
at the Latorre Sinus Center



Randall C. Latorre, MD
Yale School of Medicine
BOARD CERTIFIED

LATORRE
SINUS CENTER

Tampa Office
813-908-8585
12500 N. Dale Mabry Hwy. Suite F
Tampa, FL 33618

Land O'Lakes Office
813-908-8585
2100 Via Bella Blvd., Suite 105
Land O' Lakes, FL 34639

Trinity Office
727-375-8580
8146 Cerebellum Way, # 101
Trinity, FL 34655

balloondctrinity.com • balloondoctampa.com