

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

September 2018

Pasco Edition - Monthly

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TIPS AND TRICKS:

GET THE MOST FROM
YOUR HEALTH PLAN

**YOUR DIET
PLAYS A HUGE
ROLE IN YOUR
OVERALL HEALTH**

**DRUG FREE
PAIN MANAGEMENT:**

A ROADMAP TO NATURAL HEALING

**PROSTATE CANCER
AWARENESS MONTH**

**PROSTATE
CANCER UPDATE**





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Florida Cancer Specialists doctors saw Roger within hours and identified his extremely rare hematologic condition. Florida Cancer Specialists initiated treatment that reinvigorated Roger within weeks, proving that when hope and science join forces, great outcomes can put you back on the track.

"Florida Cancer Specialists saved my life by acting fast when others could not identify my condition. I absolutely went to the right place."

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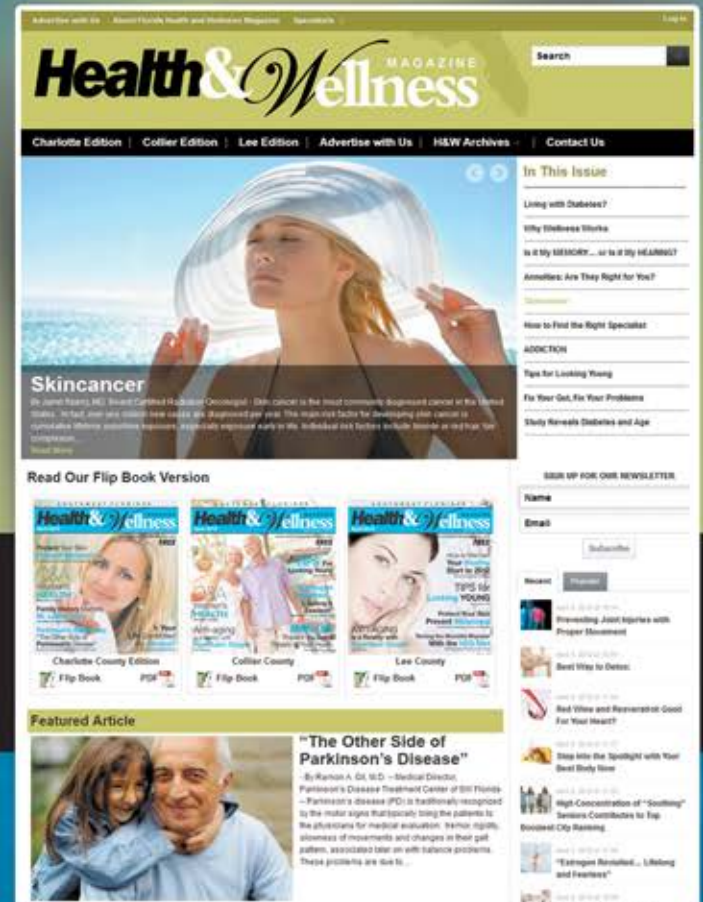


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Randall C. Latorre, MD

Put Your Runny Nose on ICE

We now have the first and only FDA approved safe and effective treatment that can help you enjoy life without tissues!

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ClariFix® Cryotherapy

Over 24 million Americans suffer from chronic rhinitis aka runny nose and its frustrating symptoms, such as the feeling of always having a cold, the constant need for tissues, the frequent urge to clear their throat and interrupted sleep.

Traditional medical treatments such as nasal sprays, drops and pills can help manage chronic rhinitis symptoms for some patients but often does not address the underlying problem and may have side effects. The issue is the inflamed nasal lining and underlying out-of-balance nerves that are causing your symptoms. This results in too many signals telling the nose to drip, run and swell more than necessary. These nerves may be stimulated by allergen or irritants in the air, weather changes, medications, eating or chronic health conditions. Using minimally invasive Cold treatment called 'cryotherapy', the ClariFix® device goes to the root of the problem.



Decrease in Runny Nose & Congestion

Patients reported a significant decrease in runny nose and congestion compared to initial symptoms.^{3,4}



Lasting Improvement

4 out of 5 patients reported long-lasting symptom improvement.^{3,4}



Proven Results

Most patients begin to see improvement between 2-6 weeks post-treatment

ClariFix® is a quick office-based procedure for the application of cryotherapy to nerves that control the rate of mucus production in the nose. The Doctor will anesthetize the patient's nose in the office procedure room and apply the treatment to each side. After anesthesia, the treatment takes about two minutes. Because no IV sedation or general anesthesia is required most patients return to normal activities the next day. A clinical study demonstrated the following after patients were treated with the ClariFix® cryotherapy.

- A significant decrease in runny nose and congestion symptoms
- 4 out of 5 patients reporting long-lasting relief
- Similar improvement in both allergic and non-allergic runny nose patients
- No device or procedure related serious adverse events.

"I tried everything under the sun to get my nose to stop running. I had to have tissues everywhere I went. It was so frustrating and embarrassing. So when Dr. Latorre mentioned he has a new treatment option, I was anxious to try it, I can't believe how much better it is. My nose felt like a waterfall before, and Dr. Latorre turned it off with ClariFix"
-Rebecca S.

The Latorre Sinus Center continually strives to offer patients the most effective minimally invasive treatment options. ClariFix® cryotherapy is a proven treatment option that can be performed in office with minimal downtime.

Are you ready to say good-bye to the tissue box?

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PROSTATE CANCER UPDATE

Although some younger men do get prostate cancer, the risk increases with age. According to the National Cancer Institute, more than 70 percent of all prostate cancer patients are over the age of 65, and about 75 percent of all men over the age of 80 will have some form of prostate cancer. In addition to age, other risk factors include ethnicity, genetic factors and diet. African-American and Latino men have a greater risk of developing prostate cancer than Caucasian men; Asian and Native American men have the lowest risk. There is also evidence that diet plays a role in the development of prostate cancer. Studies have found a higher incidence of prostate cancer in men whose diets are high in fats (particularly animal fats) and low in vegetables. A family history of prostate cancer also increases the chances of developing the disease.

IMPROVEMENTS IN TREATING PROSTATE CANCER

As scientists continue to look for more genetic mutations that could be potential targets for new treatments of advanced prostate cancer, targeted therapies are also being developed for patients with non-metastatic prostate cancer. Many advances in the treatment of prostate cancer have occurred in the past decade including new surgical procedures and improvements in radiation therapy. Both of these have proven to be extremely effective and, in many instances, to have minimal side effects. Advances in both hormonal therapy and chemotherapy have made the disease much more manageable so that even if it can't be cured, a patient can still experience a good quality of life while living with prostate cancer.

There are five major treatment options for men diagnosed with prostate cancer:

- **Active surveillance** - During active surveillance, your doctor will carefully monitor your prostate cancer on a regular basis – usually every 3 to 6 months. Some prostate cancers grow so slowly that they will never lead to death or even cause any symptoms. Closely monitoring this type of prostate cancer is often the best treatment option.
- **Hormone therapy:** There are several types of hormone therapy, however, the overall goal of each type is the same: to either reduce the levels of male hormones (also known as androgens) or to prevent the hormones from reaching the prostate gland cells. Since androgens stimulate prostate cells to grow, reducing the overall level of androgens in the body can often shrink a tumor or make it grow at a slower pace.



About 1 in every 7 men in the U.S. will be diagnosed with prostate cancer during their lifetime. Other than skin cancer, prostate cancer is the most common form of cancer in American men.

- **Radiation:** Radiation treatment uses high-energy beams to destroy cancer cells. New and improved techniques such as conformal radiation therapy (CRT) and intensity modulated radiation therapy (IMRT) use computers to map out the prostate and deliver focused radiation to cancer cells while sparing healthy surrounding tissue.
- **Surgery:** Prostate cancer surgery is used to remove either the whole prostate or part of it. Surgery is most often recommended for men with early stage prostate cancer, however it can be used for later stages as well. If cancer has spread to the lymph nodes, the surgeon may not remove the prostate and suggest another type of treatment.
- **Chemotherapy:** Chemotherapy is the administration of anti-cancer drugs, either through IV injection or by mouth in pill form. Chemotherapy is not usually given unless the cancer has spread outside of the prostate gland. This also becomes an option when the cancer no longer responds to hormone therapy.

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VERTIGO

Losing Your Balance and Nauseated?

You Need a Specialist!



By Davis Family Hearing

As children, a favorite retro game at birthday parties was Pin the Tail on the Donkey. Blindfolded, kids were spun round and round, and self-induced vertigo was onset quite rapidly, while the children staggered and lost their balance towards the donkey poster.

As adults, vertigo is not something we'd ever like to induce upon ourselves, and for those that suffer from the disorder, there is nothing they would want more than to stop the spinning and dizziness when the episodes strike. The hours and sometimes multiple days of nauseating symptoms are very often unbearable.

What is Vertigo?

Numerous disorders can cause vertigo, but most commonly it is associated with either vestibular or peripheral disorders.

Brain connection disturbances can cause vestibular disorders. The cerebellum and brainstem control eye movement and balance. These areas of the brain govern the connectivity and perception of both vision and equilibrium. Symptoms can involve disrupted balance, dizziness, or both, at some time.





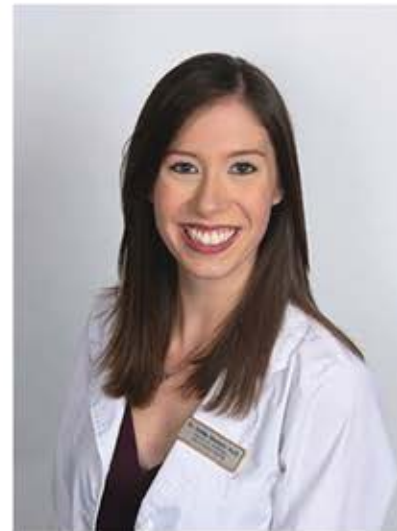
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An issue in the labyrinth of the inner ear causes peripheral disorders. The inner workings of the ear communicate with the brain in response to the gravitational pull and motion of the body. These connections and communications tell the brain when there are any vertical changes like standing and sitting. Inflammation from infections or irritants can cause the transmission to become disrupted and exacerbate the symptoms associated with vertigo.

Vertigo Symptoms:

- Balance and gait issues
- Ear congestion
- Head and neck aches
- Migraines
- Lightheadedness
- Motion sickness
- Nausea and vomiting
- Spinning sensation
- Tinnitus (ringing in the ear)
- Falling

Not only are the symptoms debilitating, but they are also dangerous, especially for the elderly. It's dangerous to leave vestibular disorders untreated. If you have balance issues, your likelihood of suffering a fall with possible complications like broken bones, or impingements, which cause limited range-of-motion is much higher. Not to mention

that the unpleasant side effects of nausea and painful headaches can be alleviated through the proper treatment, which will help you to get back to living a good quality of life.

Treatment

Depending on the cause of your vertigo, treatment options can range from specialized therapy to prescriptions.

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If you or someone you know is suffering from vertigo or other hearing related issues please schedule an appointment at one of their three convenient locations, please call them at (352) 666-8910.

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DRUG FREE PAIN MANAGEMENT: A ROADMAP TO NATURAL HEALING

September is Drug-Free Pain Management Awareness Month. The opioid crisis in America is getting worse every year, and one of the answers to fixing this massive problem is to find healthcare approaches that prevent the prescription of pain medications in the first place. Chiropractic care, acupuncture, massage therapy, and decreasing inflammation through dietary changes are a few options to help decreasing pain naturally. In this article, we will explore how we got to this point and what we can do about getting healthier and feeling better as a society.

Almost one third of Americans (100 million) suffer from chronic pain. It costs around \$635 billion per year in healthcare costs to manage. Between 1999-2014, more than 165,000 people died in the US from prescription opioid overdoses. 6 in 10 Americans take prescription medications. While chiropractic care has been shown to help manage acute, subacute, chronic pain, as well as prevent pain, it is very important that pain is not able to reach chronic stages. Chronic pain is defined as pain that is felt for more than half of the days of a 6 month period. Many people do not realize that chronic pain is actually becomes a central nervous system disorder that affects the entire body and brain. Chronic pain sufferers are more likely to start taking pain medications and become addicted to them, as their options for pain management in the current healthcare model are limited to few options.

When non-surgical approaches are used as a first line treatment, the amount of people on pain medications long term decreases. A study looked at elective surgical treatment vs. non-surgical treatment for pain and found that 6% of patients filled opioid medications long term after surgery, while only 0.4% of the non-surgical group filled opioid prescriptions. We can decrease the dependence on opioids by suggesting patients first try alternative healthcare options like chiropractic care in the first place. 80% of Americans will experience back pain, and many people are well aware that chiropractic care has been shown very helpful for pain issues like back pain, neck pain and headaches among other common maladies.



Chiropractic care is a drug-free and surgery-free approach to natural healing that focuses on removing misalignments in the spine that lead to ligament and muscle issues, and even more importantly problems with nerve interference that stop the body from healing itself as well as it naturally is able. Research has shown even beyond pain relief, chiropractic care provides patients an increase in their quality of life. They are able to do more of what they want, spend time with their families, enjoy hobbies, and contribute meaningfully to their communities. Chiropractors receive a minimum of 7 years of higher education and are trained to work with other healthcare professionals in the care of their patients.

If you or someone you know suffers from pain, a consultation and assessment from a chiropractor will help them understand the cause of your pain and whether you can benefit from chiropractic care. Our office provides chiropractic care, massage

therapy, acupuncture, functional medicine and nutritional counseling to help you reach your healthcare goals, naturally. Prevention of health and spinal issues is often the best way to make sure we stay healthy throughout our lives, and we can health you reach that goal at Full Life Chiropractic. Call us at 813-428-5648 for a complimentary consultation and see if we can help you or your family.



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Your Diet Plays a Huge Role in Your Overall Health

Courtesy of Florida Medical Clinic

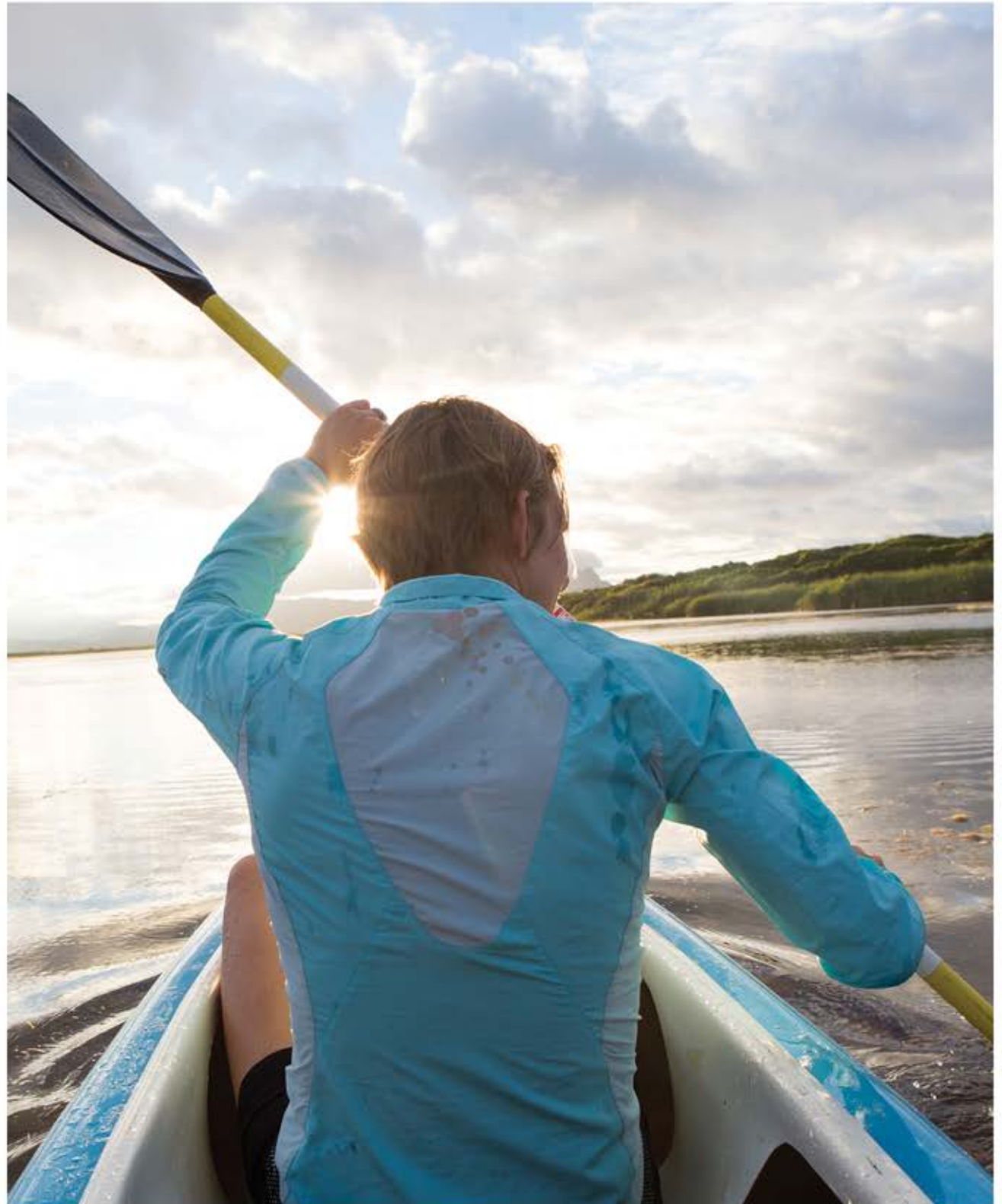
Whether young or old, most people lucky enough to live in Florida appreciate the great outdoors. The weather and sunshine allow Floridians and visitors alike time well-spent kayaking, golfing, playing tennis, jogging, and participating in competitive sports for the majority of the year.

Exertion, along with wear and tear can cause the weekend warrior to injure themselves from time to time, but one of the more common issues; in even health-conscious individuals is an underlying disorder that can cause acute incidences like cardiac disorders, stroke, cancer, and more.

Most of us are aware of healthy diet options. We're told to eat fresh vegetables and fruits, fish, poultry, nuts and healthy oils like olive oil. But in addition to eating those healthy foods, better understanding a key offender that can wreak havoc on our systemic health might surprise you. This little guilty pleasure is called—SUGAR.

Why is sugar so bad for us? Well, for many reasons, for example, sugar raises our risk of heart disease by contributing to metabolic syndrome. Metabolic syndrome is a condition in which the insulin and leptin levels are high and resistant. Usually, high blood pressure, high cholesterol, high triglycerides and visceral fat are prevalent. This can also lead to issues like diabetes and liver dysfunction.

Individuals that consume high amounts of refined carbohydrates (white flour based baked goods and pasta) and sugars have higher risks of developing metabolic syndrome because their bodies store fat, especially around their midsections.





Insulin is a hormone that helps move sugar into the blood for energy, in the case of an insulin resistant person, they have too much sugar, and the body cannot adequately utilize the source. This leads to weight gain, obesity, diabetes, and a more sedentary lifestyle. Leptin is a hormone that helps regulate body weight by sending signals to the hypothalamus in the brain. When this is distorted, the body becomes leptin resistant, and a person may feel extreme hunger and irritable, contributing to a vicious cycle of overeating foods that are high in sugar and unhealthy fats.

The metabolic syndrome is a significant factor in cancers, autoimmune disease, heart disorders and other diseases. Metabolic syndrome is becoming a more commonly identified risk factor for disease because a vast amount of Americans are overweight (even if by just a few pounds) and their bodies are literally inflamed.

Inflammation is at the root of many disease states including:

- Arthritis
- Lupus
- Cardiovascular disease
- Stroke
- Depression
- Rhinitis
- IBS
- Cancer
- Diabetes
- Thyroid disorders
- Alzheimer's & Dementia

The average person consumes 30 teaspoons of sugar per day. It's hiding in everything from salad dressings to bread. Sugar is a major staple in the American diet.

Cutting back on sugar is often difficult at first because it's an addictive additive. It's important to read labels and look for things like high fructose corn syrup, glucose, dextrose, and fructose to name a few.

Cutting back on sugary drinks like soda and even fruit juices is essential. Instead, eat a whole piece of fruit, because the fiber helps to counteract the way that the insulin is digested. Stop eating candy and sugary baked goods, cut back on pasta and white flour products like bread and pretzels and saltines. Try to incorporate more fresh vegetables, fruit, and whole grains, like brown rice, quinoa, and oats.

Treatment

Metabolic syndrome can be treated with a multifocal approach, meaning that dietary changes are needed, exercise must be incorporated, and medications need to be taken on a regular basis like cholesterol and blood pressure lowering drugs to get your body back into peak form.

The first step is to talk to your doctor about starting an exercise program and diet that is right for you, getting blood work and other labs drawn and beginning any necessary medication therapies. To schedule your appointment, please call Florida Medical Clinic today at 813.751.3636.

PHYSICIAN SPOTLIGHT

A.R. Gutierrez, III, DO

Board-Certified, Family and Sports Medicine



Dr. Gutierrez is the oldest of four boys raised in Brooksville, Florida. Medicine is deeply rooted in his family, as his father, three brothers and wife are all physicians. Dr. Gutierrez is board certified in Family Medicine.

He is also fellowship trained in Primary Care Sports Medicine and osteopathic manipulation. Dr. Gutierrez specializes in primary preventive care, as well as non-surgical orthopaedics, musculoskeletal injuries and dysfunction.

Dr. Gutierrez enjoys spending weekends fishing in the Gulf with his wife, scalloping, camping, kayaking and spending time with family and friends.

• **Medical Education**

- Lake Erie College of Osteopathic Medicine
- Bradenton, FL
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Hyperbaric Oxygen Therapy Increases Stem Cell Mobilization

Before we are fully formed human beings, in our fetal development stages, stem cells are continuously being produced. Fetal and embryonic stem cells are called, pluripotent. Pluripotent stem cells have the ability to develop and function into other types of stem cells, which helps our bodies grow within the womb.

The benefit of our fetal stem cells lies within the membrane. The membrane produces cells that can regenerate and become any one of many different types of cells. For example, the nervous system, bones, cartilage, skin and essentially every cell in the body can regenerate and renew. The majority of our adult stem cells (somatic) do not have this same ability. Somatic cells generally remain in a dormant state (quiescent) unless they are called into action due to sickness or adverse conditions. However, if there is a chronic underlying disorder, infection and/or illness, these cells typically become depleted with aging, and over time, our bodies have difficulty repairing and regenerating it's cells.

Stem cells are found throughout our entire body. The cells in our vessels, skin, and arteries are known as epithelial stem cells. The cells in our brains are called neural, and in several studies back in the 1990's, these neural stem cells were shown to help the brain's three primary cells regenerate and repair itself. Stomal cells support blood, cartilage, and fat.

The most impressive stem cells that we have are found in our bone marrow. These are called hematopoietic cells. Bone marrow stem cells are able to renew and differentiate themselves into all other types of stem cells. The can be mobilized out of the marrow and into the bloodstream to help the body repair itself wherever it is needed.



Of course, there are options for external embryonic stem cells to be transplanted in vivo, but there is still a lot of controversy and concern with those procedures. The good news is that with Hyperbaric Oxygen Therapy (HBOT), our stem cells have been studied and show extraordinary results of regeneration. This is especially true with bone marrow stem cells.

Nitric oxide in the bone marrow helps these stem cells to proliferate, and Hyperbaric Oxygen Therapy increases nitric oxide production, and therefore, increases the bone marrow's stem cells mobilization into the bloodstream.

A study done by a group of researchers at SUNY (State University of New York) was incorporated so that they could examine the mobilization of stem cells while a patient is under hyperbaric oxygen therapy. These researchers already knew from their previous work that stem cells have the unique ability to regenerate and renew bone marrow derived-stem cell and progenitor cells by a free radicalized mobilization while under HBOT. However, this study is of particular importance because they looked at how increasing the oxygen pressure ranges, or ATA (atmospheres absolute) could potentially produce even more amounts of stem cells. The results were remarkable.

At the 10th and 20th HBOT treatment, measurements of blood stem cell counts were done before and after hyperbaric oxygen therapy was given at 2.5 ATA. The conclusion of the study showed a stem cell growth of 2400 times the amount of Pluripotent stem cells. Pluripotent stem cells have the availability to turn into many different stem cells forms and help to regenerate all areas of the body.

This study alone is changing the way medical professionals are looking at HBOT as an alternative therapy and off-label treatment for various diseases and disorders.

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



Hyperbaric Centers of Florida is a premier hyperbaric treatment facility located in the Tampa Bay area. Their state-of-the-art hyperbaric clinic provides therapy to outpatients on a 7-day per week basis, 365 days a year.

Currently, There Are 15 FDA Approved HBOT Conditions:

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

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

Common Off-Label Indications:

- Autism
- Brain Injury
- Bells Palsy
- Cerebral Palsy
- Cosmetic Surgery
- Infections
- Inflammations
- Lyme Disease
- Multiple Sclerosis
- Nerve Injuries
- Oral Disease
- Peripheral Neuropathy
- Rheumatoid Arthritis
- Scleroderma
- Shingles
- Severe Migraines
- Sports Injury
- Stroke
- Tendon Injuries
- Ulcerative Colitis
- Venomous snake and spider bites

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

www.hyperbariccentersofflorida.com

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CD34+/CD45-dim stem cell mobilization by hyperbaric oxygen – changes with oxygen dosage S. Thom, Stem Cell Res. Author manuscript, PMC 2015 May 1.



OVARIAN CANCER IS OFTEN OVERLOOKED, UNDIAGNOSED, AND A SILENT KILLER

Dr. Vahora, MD, FACOG

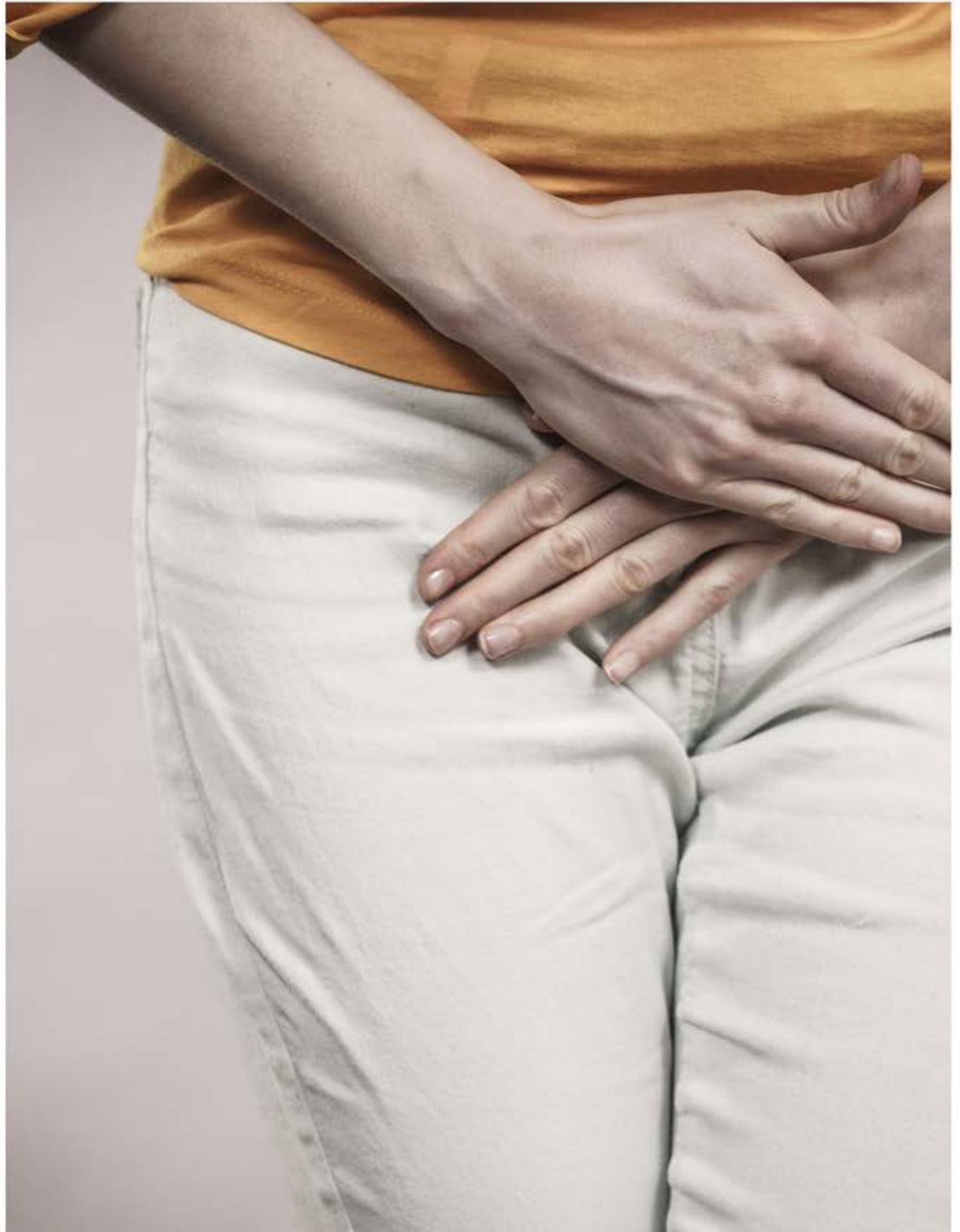
Ovarian Cancer has a reputation of going unnoticed until the disease state is advanced, and it commonly causes death due to the late diagnosis; that is why it is widely known as the “silent killer.” If left untreated, ovarian cancer rapidly grows and spreads into the abdominal and pelvic areas. Today, we’re able to diagnose the initial onset of these symptoms better, as we now know that most of them are directly related to ovarian and reproductive cancers and disorders. However, the key is to make certain that women who are experiencing any of these symptoms go to their physician immediately to be tested.

Ovarian Cancer Signs & Symptoms:

- Bloating
- Pelvic discomfort
- Abdominal pain
- Trouble eating
- Feeling full quickly
- Urinary urgency or frequency
- Constipation
- Nausea
- Painful intercourse
- Heart Burn
- Fatigue
- Irregular menstrual cycles

Are you at Risk?

Due to their rapid growth, if you’ve got one or more of the symptoms mentioned above that do not subside, you must seek medical attention quickly. Reproductive cancers can be linked to a hereditary genetic mutation called BRCA; this includes breast cancer as well. Although a high percentage of ovarian cancers are genetically passed down, many women with no family history are also at risk for developing ovarian cancer. Lynch Syndrome is also a genetically inherited syndrome that causes various cancers, including bowel, endometrial, and ovarian, as well as other cancerous conditions like colon, stomach and uterine cancers.



How do You Know if You're at Risk?

These are the Most Common Risk Factors:

- Genetics (BRCA1 and BRCA2)
- Family History
- Personal history of cancer
- Endometriosis
- Ovarian cysts
- Reproductive issues
- Infertility
- Hormone replacement therapy
- Being overweight
- Hormonal Imbalance
- Lynch Syndrome

Hereditary Risks

According to the National Cancer Institute (NIH), "A woman's lifetime risk of developing breast and/or ovarian cancer is greatly increased if she inherits a harmful mutation in BRCA1 or BRCA2.

About 1.3% of women in the general population will develop ovarian cancer sometime during their lives (1). By contrast, it is estimated that about 44% of women who inherit a harmful BRCA1 mutation and about 17% of women who inherit a harmful BRCA2 mutation will develop ovarian cancer by the age of 80 (2)."

Testing and Diagnosis

The most common diagnostic testing involves a gynecological examination, transvaginal ultrasound, blood tests for the antigen CA-125 (detects cancer cells), and genetic testing for BRCA1 or BRCA2 mutations

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 specific gene mutations might develop some cancers earlier in life, or at a higher rate, than the general population. This is precisely the case with BRCA mutations.

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 and 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.



Do not suffer in silence; make an appointment to discuss what options are best for you. Please call (727) 376-1536.

Dr. Vahora's Risk panel includes BRCA 1&2, lynch genes and others that can put you at risk for ovarian, breast and or uterine and colon cancer. Hormone therapy may not be indicated if you are a carrier if these genes or if you have a family history of cancer or have had cancer.

What if I'm BRCA Positive or Diagnosed With Ovarian Cancer?

If you are positive for a BRCA mutation, or if you have an ovarian cancer diagnosis, Dr. Vahora will work directly with you to discuss the possibility of 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%.

Surgical Menopause and Your Options

If you have your ovaries removed or a hysterectomy, your hormones will become even more imbalanced, but there are options to treat with either standard hormones or bioidentical hormones.

Although, hormone therapy is used to treat vaginal vulvar atrophy, unfortunately, sometimes it does not work for VVA and dyspareunia (painful intercourse). There is a better way! If your hormone therapy does not improve your vaginal issues, an advanced technique that has helped countless women is available.

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 1. Howlader N, Noone AM, Krapcho M, et al. (eds). *SEER Cancer Statistics Review, 1975-2014*, National Cancer Institute. Bethesda, MD, https://seer.cancer.gov/csr/1975_2014/, based on November 2016 SEER data submission, posted to the SEER web site, April 2017.
 2. Kuchenbaecker KB, Hopper JL, Barnes DR, et al. Risks of breast, ovarian, and contralateral breast cancer for BRCA1 and BRCA2 mutation carriers. *JAMA* 2017; 317(23):2402-2416.

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Mona Lisa Touch® is 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 a new laser therapy for the vagina and vulvar. There are no medications, not cutting and no lengthy healing times with this procedure. It's similar to having a 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 bodies 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. The laser stimulates the production of collagen, improving the functionality of the treated area and restoring the proper trophic balance to the mucous membrane.

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

Dr. Vahora is an expert on reproductive cancer diagnosis, sexual health and intimacy; please contact her to schedule a consultation. Call today to schedule your consultation at (727) 376-1536.

YOU'RE INVITED! Dr. Vahora Presents:
Your Cancer Risks: Hereditary Testing and Advanced Treatments are Changing the Way we Personalize Care for Women & Men.

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Do You Have Rheumatoid Arthritis?

Why you shouldn't wait to seek medical care

Courtesy of Florida Medical Clinic

Painful aching joints and a general feeling of being unwell are often the first signs of rheumatoid arthritis (RA). Affecting nearly 1.5 million Americans between the ages of 30 and 70, it is estimated that 3 times as many women than men are diagnosed with the disorder.

Rheumatoid arthritis is an autoimmune disease, and like all other autoimmune related conditions, it causes the cells in the body to attack itself. In the case of RA, it causes the body to attack its joints. The synovial fluid that lines the bones of the joints is the first to become inflamed and it deteriorates. As the disease progresses, especially if left untreated, it can degenerate the cartilage and then the bone of the joints. Individuals with RA have severe stiffness, and mobility issues from the disorder and their joints may begin to look deformed as RA advances.

Typically, rheumatoid arthritis is symmetrical, meaning that if the right index finger is affected, the left index finger will also be affected, or if the right ankle has RA, so will the left ankle. They may not both be as severe as each other, but there will be marked stiffness and inflammation on both sides of the body.

Symptoms of RA

RA can be difficult to diagnose at first since it mimics many other disorders. According to the Arthritis Foundation, the symptoms of rheumatoid arthritis are as follows: In the early stages, people with RA may not initially see redness or swelling in the joints, but they may experience tenderness and pain.

These following joint symptoms are clues to RA:

- Joint pain, tenderness, swelling or stiffness for six weeks or longer
- Morning stiffness for 30 minutes or longer
- More than one joint is affected
- Small joints (wrists, certain joints of the hands and feet) are affected
- The same joints on both sides of the body are affected





IF YOU THINK YOU MIGHT HAVE RA, IT'S IMPERATIVE TO SEE A RHEUMATOLOGIST AS SOON AS POSSIBLE.

Along with pain, many people experience fatigue, loss of appetite and a low-grade fever. The symptoms and effects of RA may come and go. A period of high disease activity (increases in inflammation and other symptoms) is called a flare. A flare can last for days or months. Ongoing high levels of inflammation can cause problems throughout the body.

Here of some ways RA can affect organs and body systems:

- **Eyes**—Dryness, pain, redness, sensitivity to light and impaired vision
- **Mouth**—Dryness and gum irritation or infection
- **Skin**—Rheumatoid nodules – small lumps under the skin over bony areas
- **Lungs**—Inflammation and scarring that can lead to shortness of breath
- **Blood Vessels**—Inflammation of blood vessels that can lead to damage in the nerves, skin and other organs
- **Blood**—Anemia, a lower than normal number of red blood cells (1)

References:

1. "Rheumatoid Arthritis." *About Arthritis*, Arthritis Foundation, arthritis.org, 2018

Diagnosing RA

High levels of ESR, erythrocyte sedimentation rate and elevated levels of CRP, C-reactive protein, can be a signal that RA is causing the inflammation in the joints. Other tests can pinpoint rheumatoid factors in the blood, but they're not always accurate. X-rays and MRI's allow physicians to see the severity of the disease and to track its progression once diagnosed.

Treatment

Unfortunately, there is no cure for RA, but many drugs are available to alleviate symptoms and stave off the disorders advancements throughout the body. Disease-modifying anti-rheumatic drugs (DMARDs) and biologic agents, which are a new class of DMARDs have proven highly effective at warding off the progression of the disease. These drugs target the immune system to prevent the inflammatory response and attack of the joints. Joint surgeries can also help if the joints are severely deformed, diseased, or immobile.

What can you do?

Heat and cold therapy is something you can do at home to manage your disease and discomfort. Self-massage is helpful, as well as exercising and stretching. Eating a nutritious diet, especially one that includes fish oils, vegetables, fruit and lean protein can help your body fight off flare-ups and infections.

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.



Rheumatology

www.FloridaMedicalClinic.com



Robert Martinez, DC

Numerous Diseases and Disorders Are Linked to Leaky Gut

The evidence is so compelling for Leaky Gut Syndrome's ability to dismantle the immune system and cause numerous illnesses and disorders, that now even many physicians in western medicine are recognizing it as a dangerous condition and trying to find suitable treatment options for their patients.

Leaky gut is nothing new. Decades ago, medical professionals referred to it as intestinal permeability and understood fractions of its ability to cause illnesses. In fact, Hippocrates, the Father of Medicine, declared, "All disease begins in the gut." In our advanced, modern medicine age, we now know precisely which proteins, microbiota, and microorganisms are responsible for the mucosal and epithelial damage or leaks. The natural functioning of our intestinal wall is to allow nutrients to pass through, but with Leaky gut, large openings enable dangerous substances to enter the bloodstream. This happens when the TJs, or tight junctions in the intestinal wall open and cause seepages.

Why is Leaky Gut Dangerous?

Our immune systems are essential for our overall wellbeing and the ability to fight off diseases and viral infections. However, many people are unaware of the fact that the gut has a great deal to do with direct immune function. Nearly 80% of our immune system is housed within the gut. When the gut lining is damaged, toxins, antigens, undigested food particles, and bacteria can leak through the intestinal lining and into the bloodstream. When this happens, your immune system tries to overcompensate and works in overdrive to attack the toxic substances in the blood. It can also exacerbate the immune system and turn it against the body, causing it to attack itself because it confuses its own cells with the foreign substances; this is called molecular mimicry. This type of immune response is known to cause and intensify autoimmune disorders. Many individuals, who have an autoimmune disease, are unaware that they have leaky gut syndrome, and in turn, those that have undergone leaky gut dietary and lifestyle changes have alleviated or lessened their autoimmune disease symptoms.



Correlated Conditions

Do you suffer from bloating, allergies, asthma, autoimmune disease, acid reflux, chronic fatigue, fibromyalgia, arthritis, thyroid disorders, IBS, Celiac disease, hormonal imbalance, skin disorders, Parkinson's, cognitive decline or other chronic disorders? If you do, you should have a few simple, but necessary tests performed to find out if you have leaky gut.

What Causes Leaky Gut?

Many issues can lead to the break down of the intestinal mucosal lining. Unfortunately, most of them are self-inflicted through our diet, lifestyle, or environmental factors.

Origins of Leaky Gut

- Antibiotics
- Gluten
- Sugar
- Dairy
- Chemicals
- Environmental toxins
- Alcohol consumption
- Good & Bad Bacterial Imbalance
- Stress
- Chlorine
- Fluoride
- Candida overgrowth
- Parasites
- NSAIDs
- Systemic Inflammation



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Testing

- Evaluation of your symptoms
- Functional intestine testing
- Gastrointestinal tract and stool testing
- Measurements of digestive enzymes, inflammation, and bacterial overgrowth

Symptoms of Leaky Gut Include the Following

- Chronic diarrhea, constipation, gas or bloating
- Nutritional deficiencies
- Poor immune system
- Headaches, brain fog, memory loss
- Excessive fatigue
- Skin rashes and problems such as acne, eczema or rosacea
- Cravings for sugar or carbs
- Arthritis or joint pain
- Depression, anxiety, ADD, ADHD
- Autoimmune diseases such as rheumatoid arthritis, lupus, celiac disease or Crohn's

If you believe you have leaky gut, it's imperative to get tested and receive functional medicinal care to reverse your disorder and to alleviate the complications of long-term gut permeability and the diseases that are so often related to the disorder.

Functional medicine calls on treatments that focus on optimal functioning of the body and its organs, usually using holistic or alternative approaches.

Dr. Robert Martinez

Dr. Robert Martinez provides functional medicine. He works with his patients to get their digestive 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 Health and Wellness of Central Florida to schedule a personal consultation with Dr. Martinez.

EVEN THOUGH PROSTATE CANCER IS HIGHLY TREATABLE, IT STILL TAKES THE LIVES OF 26,000 MEN PER YEAR.

Prostate cancer is the third leading cancer among males. It is often a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. This year alone, it will take over 26,000 men's lives. But it doesn't have to be this way; just a simple examination and getting regular checkups can alleviate these grim statistics.

Even though there are rarely signs of early prostate issues, some of the most common symptoms of the disorder are:

- Weak urination
- Interrupted urination
- Frequent urination
- Blood in urine
- Painful ejaculations
- Pain in pelvis, hips or thighs

Screening and Diagnosis

There are several different standard tests that urologists use to determine Prostate cancer or prostate disorders in men. The first is a digital examination by palpating the prostate through the rectum to feel if it is enlarged. The second testing is done through a PSA (prostate-specific antigen) count. The blood is tested for these specific protein-synthesized prostate cells, the higher the number of PSA, the more likelihood of impending prostate cancer. These screenings can't tell for sure if you have cancer, so diagnostic testing is needed if one of these screening tests is abnormal.

The most advanced method for diagnosing prostate cancer is known as multiparametric MRI or MP MRI. It's the best way to determine and diagnose prostate health.

Early and accurate diagnosis is critical and saves lives. The earlier your PSA levels are checked, the better your chances of successful treatment and survival rate of prostate cancer

At-Risk Patients

The American Cancer society recommends men start getting their prostate checked at age 50. For men with an increased cancer risk this age drops to 45. This is especially important for men who have a family history of cancer.

Family history including prostate, breast, colon and other forms of cancer can indicate a higher risk of developing prostate cancer. Some men are genetically predisposed to developing cancer and should ask their physician about new genetic testing to determine their risk.

Treatment

Every Cancer is different, and treatment plans should always be tailored to each patient. Depending on the patient's overall health, age, stage of cancer, PSA or Gleason scores, size of the tumor, and personal circumstances, the treatment may vary significantly. For some patients, a "watch and wait" approach may be appropriate, while for others radiation therapy or more invasive surgical and oncology options are better suited. You should always consult with an experienced urologist to determine your best plan of action when dealing with any prostate issues.

Advanced Treatment Options

• **Cryotherapy (cryosurgery):** Cryotherapy involves the use of liquid nitrogen injected into the prostate to kill the cancerous tissue. This often will destroy healthy prostate tissue as well.

• **High-Intensity Focused Ultrasound (HIFU):** Use of focused ultrasound waves to destroy cancer cells while limiting damage to surrounding tissue.

• **Hormone therapy:** Medication which regulates or inhibits the production of testosterone and therefore may slow the growth of prostate cancer.

• **Radiation therapy:** This involves the application of an external beam of radiation directed to the prostate and the prostate bed. Uses very advanced technologies - Image Guided Radiation Therapy (IGRT) and Intensity Modulated Radiation Therapy (IMRT) to allow radiation to be delivered in a more targeted and precise way than ever before, without having to use needles. This minimizes damage to healthy tissues around the prostate.

• **Surgery:** A successful option for some patients is a radical prostatectomy or surgical removal of the prostate. New advanced surgical techniques include robotic-assisted surgery, which minimizes scarring and recovery time.

Erectile Dysfunction

Often a side effect of prostate cancer treatments, Erectile Dysfunction has many safe and effective treatments including:

- medication therapy
- vacuum erection devices
- injections
- penile implants
- other cutting-edge treatments

A frank conversation with your urologist can often identify the most effective treatment option for you.



**Dr. Ramon Perez-Marrero,
Board-Certified Urologist**

Dr. Perez is one of the country's leading urologists, with nearly 40 years of cutting-edge research, surgical, and clinical experience. Dr. Perez and Nancy Dahl, ARNP practice with Advanced Urology Institute out of the New Port Richey, FL location. They are open 5 days a week, and also host a Men's Health Clinic held Bi-monthly focused specifically on men's health issues that are often side effects of prostate cancer.

If you have concerns about your prostate health or side effects you are experiencing after prostate cancer, please call Advanced Urology Institute and ask for Dr. Ramon Perez today at (727) 375-1975.

Upcoming Community Talks:

"Life After Prostate Cancer"

Presented by Dr. Ramon Perez
Thursday, September 27th 5:30-7:00pm
New Port Richey Surgery Center

Vitamins are “Vital to Life”

Vitamins are essential nutrients that are required by the body to perform hundreds of functions, such as immunity, metabolism and digestion. Let's go over these micronutrients, where you can find them in nature and what you will experience if you are deficient.

There are 13 vitamins that are essential to health:

Fat Soluble Vitamins: A, D, E, K

- Fat soluble vitamins dissolve in fat before they are absorbed in the bloodstream to carry out their functions
- Stored in the liver and fat tissue when not used
- Megadoses of vitamins A, D, E or K can be toxic and lead to health problems

Water Soluble Vitamins: C, B-complex

- Water soluble vitamins are not stored in the body and must be replaced each day
- Megadoses of multivitamins or supplements is not recommended.

Vitamin Facts

- **Vitamin A** – essential for eye, reproductive & immune health
 - Sources: beef liver, carrots, sweet potato, kale, spinach
 - Deficiency: leads to impaired vision and reproductive problems, recurring infections, hair loss, skin rashes, irritability

B Vitamins – Vitamin B is actually a collection of 8 separate vitamins; Thiamin, Riboflavin, Niacin, Biotin, Pantothenic Acid, B6, Folate, and B12

Some examples:

- **Folate** - required for proper cellular function and growth, prevents birth defects in pregnant women
 - Sources: spinach & other dark green leafy vegetables, fruits, nuts, organic beef liver
 - Deficiency: can lead to digestive dysfunction, depression, fatigue, and failure to thrive.
- **Vitamin B12** - vital for nervous system, red blood cells and brain function
 - Sources: cooked clams, organic beef liver, trout, salmon, tuna
 - Deficiency: leads to fatigue, depression, short-term memory. Pernicious anemia, an autoimmune illness, can cause chronic shortage of B12

- **Niacin** - lowers cholesterol, maintains good blood circulation, healthy skin, normal brain function, aids in conversion of nutrients to energy

- Sources: fish, nuts, dried grains, liver, chicken, lean red meat, whole grains, enriched refined grains, dried beans

- Deficiency: severe niacin deficiency results in Pellagra; symptoms affecting the skin (dermatitis), the digestive system (diarrhea), and the nervous system (dementia) and can even lead to death if left untreated.

- **Vitamin C** - needed for healthy iron levels, proper immunity, and circulation

- Sources: sweet red peppers, leafy greens, fruits (especially citrus), berries, kiwi, broccoli, Brussel sprouts, cantaloupe

- Deficiency: bleeding from mucus membranes, anemia, depleted immunity, scurvy

- **Vitamin D** - “The Sunshine Vitamin” is an integral nutrient for improving absorption of calcium, and thus affects bone growth – also boosts immunity, liver function, normal cell growth, and reduces inflammation.

- Sources: The body can produce Vitamin D when exposed to sunlight. 10-15 minutes of sunshine three times a week is enough to produce the body's requirement of Vitamin D. Other sources are fatty fishes— including swordfish, salmon, mackerel and especially cod liver oil, and some edible mushrooms

- Deficiency: muscle, joint, and bone weakness, pain, or fatigue



- **Vitamin E** – powerful antioxidant that protects cells from free radicals, important for immunity, healthy blood vessel function and necessary for hair, skin, and nail development

- Sources: wheat germ oil, sunflower seeds, almonds, vegetable oils

- Deficiency: impaired immunity, anemia, neurological and neuromuscular problems

- **Vitamin K** – essential for blood clotting, needed to work with protein for best development and strength of blood vessels

- Sources: dark green leafy vegetables, kale, turnip & mustard greens, lettuce, dandelions

- Deficiency: anemia, heavy menstrual bleeding, inability for blood to clot, bleeding from mucus membranes

Vitamins are essential for our growth and function. The best way to ensure that you are getting all the vitamins that your body needs is by eating a variety of real, whole foods.

Karina Hammer is an IAWP Certified Holistic Wellness Coach, Co-Host of the Magnetic Heart Radio Show, Wellness Expert, Writer, Speaker and Educator. She is dedicated to supporting busy professionals who suffer from chronic digestive issues overcome the confusion of what to eat every day so you can finally order from the menu with confidence and never feel frustrated or embarrassed at a lunch meeting again.

Do you need help discerning which vitamins are right for you and your family? Schedule a complimentary 30 Minute Assessment with Karina at www.karinahammer.com.





Tips and Tricks: Get the Most from Your Health Plan

By Michael Crotts

Getting the most from your health plan is important to many seniors, but it is not always easy to navigate your way through all of the benefit plans and options. Your plan choices may vary depending on the county in which you live, the medical conditions you have, and your financial status. Many people even mistakenly believe spouses need to be enrolled in the same health plan. The following tips and tricks are provided as a conversation starter. For a more thorough conversation about your current health plan and available options, we welcome you to stop by our office or schedule an in-home appointment by calling *Best Plan Choice* at 727-845-5297. Our services are always provided by a licensed agent and are without cost to you.

Transportation to the grocery store:

If your health plan offers transportation services the benefit typically only covers trips to and from the doctor or pharmacy. By transferring your prescriptions to a store that also sells grocery items you can use your transportation benefits to pick up some necessities. Just remember you may have a short wait for the return trip so you may want to pass on buying ice cream.

Lower your specialist copayment:

Health plan copayments are generally higher for specialist care because a specialist has more extensive training. This encourages patients to first seek

medical attention from their primary care provider. If you are under the care of a specialist consider this tip; select a health plan with lower specialist copayments, go to a medical center offering an in-house specialist, or select an internist with a sub-specialty as your primary care physician.

Never pay for bandages again:

Many health plans cover over-the-counter (OTC) products. There is no charge for the items and each month you are given an allowance to order products such as bandages, cough syrups, and blood pressure monitors. The trick is remembering to place your monthly order because it is a "use it or lose it" benefit. Unused credits do not carry over to the next month. Feel free to stop by our office if you have misplaced your catalog or want to learn how you may be eligible for up to \$50 a month in OTC items.

Bigger social security checks:

Enrollment in a health plan requires you to have both Part A and Part B of Medicare. Your \$134 monthly premium (in 2018) for Part B is automatically deducted from your social security check. There are health plans in Florida offering an automatic rebate of Part B premiums to members of certain plans. Rebates currently range from about \$60 to over \$100 a month, and new rebates for 2019 will be shared around October 1st. Keep in mind when you first enroll in a rebate plan it could

take a few months for the money to show up in your social security check. Once it is set up, you will be paid retroactively from your effective date.

Exercise for free:

Fitness centers usually experience less use between the early morning and after-work crowds. It is a perfect time for the centers to host classes specifically designed for seniors. Health plans may offer access to fitness centers and classes to encourage its members to be active and social. If you haven't been to Zumba or yoga class, grab your sneakers and try a class. All skill levels are welcomed, and you'll find yourself feeling better as you meet new friends.

Cut your prescription costs by a third:

To encourage the use of mail order services many health plans offer a three-month supply of medications for the cost of two month's copay. This option not only saves you money on your drugs, but it may also eliminate a monthly trip to the pharmacy, and you will be more likely to take your medicines if you always have a supply. Signing up is simple, and we are always glad to assist you.

Give your health plan an annual checkup:

It is important to review your benefits each year between October 1st and Dec 7th. Unless there is a special exception, this is the time you can enroll, disenroll or change your plan. Now is the perfect time to call us to schedule an appointment to review your current plan by calling 727-845-5297.

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Medical Marijuana: An Effective Solution for Chronic Pain



In the U.S., over 100 million people reportedly suffer from some form of chronic pain. Living with pain on a daily basis can become intolerable. There are three different pain syndromes, which are the cause of most individual's chronic discomfort: Neuropathic, somatic and visceral pain syndromes.

Neuropathic pain syndromes are related to disorders such as diabetes, fibromyalgia, CRPS, Lyme disease and migraines to name a few. Somatic pain is originated by an injury or trauma, such as neck and back pain, or spinal stenosis. Visceral pain is derived from pelvic, abdominal or thoracic organ and tissue pain; i.e. diverticulitis or chronic lung pain.

The Traditional Treatment leads to the Opioid Epidemic

The most common treatment for chronic pain is narcotics. Narcotics like Opioids are highly addictive, and our state is currently leading the country in abusing the drug and overdose episodes.

The Centers of Disease Control reports that nearly half of all opioid-related deaths are due to the narcotic being prescribed for pain related circumstances such as lower back pain, nerve and joint disorders, arthritis and spinal injury. They also estimate that 42,249 deaths annually are related to opioid overdose, and that number is on the rise.

A Better Alternative for Chronic Pain

Medical marijuana pain relief has become an increasingly popular treatment method. Patients have reported fewer side effects than conventional pain medications that have led to addiction or overdose. A study published by the *National Center for Biotechnology Information*, provides evidence to support that medical cannabis is as effective as opioids for treating pain. Many patients in the study reported using opioid medications in the past six months to reduce chronic pain. This study found that patients "overwhelmingly reported that cannabis provided relief on par with their other medications, but without the unwanted side effects." Medical marijuana can help if you or a loved one suffer from chronic pain, especially if you are cautious about traditional pain medications and the negative side effects often associated with them.

How Does It Work

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 (MM), 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 pain-reception, mood, sleeping, immunity, pleasure, memory and more.

Medical marijuana is made up of THC, CBD, and terpenes. The CBD is known to bind to receptors and is thought to regenerate cells and brain function. THC helps to relax and alleviate the physical symptoms of pain and apprehension, while terpenes have healthy healing properties. There are different levels of MM, some with higher THC, and some with very low THC depending on the disease being treated.

The advantage of MM in treating a wide array of conditions from multiple disorders is hard to dispute. Many patients have suffered for years with chronic pain and have become dependent on narcotics. They have not had improvement in their pain or had the ability to stop taking narcotics. States where medical marijuana is legalized, report upwards of 1,800 fewer pain medications being prescribed each year.

In 2016, Florida voters passed Amendment 2, making medical marijuana legal in our state; and one of the most exciting developments has been a lift on the stay to ban smoking medical marijuana. Other available forms are oils, tinctures, vaping and edibles. Not all patients are the same, but certain conditions and diseases are more receptive to smokable Medical Marijuana like ALS, HIV, and neuropathy.

Currently, there are 12 medical conditions explicitly defined in the Florida medical marijuana initiative. However, the Florida marijuana law also states that any medical condition in which the medical marijuana doctor believes that the medical use of marijuana would likely outweigh the potential health risks for a patient may be used as criteria when certifying a patient for the Florida MM program.

Florida's Qualifying Conditions

- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Seizures
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Crohn's disease
- Parkinson's disease
- Multiple sclerosis (MS)
- Chronic nonmalignant pain caused by a qualifying medical condition or that originates from a qualifying medical condition and persists beyond the usual course of that qualifying medical condition

Amendment 2 Updates

Amendment 2 now allows physicians the authorization to recommend the Florida Medical Marijuana Card to patients who have been diagnosed with "a similar or other debilitating medical condition."

- Anxiety
- Addison's Disease
- Fibromyalgia
- Migraines
- Radiculopathy
- Rheumatoid Arthritis
- Peripheral Neuropathy
- Depression
- Ulcerative Colitis
- Lyme Disease
- Osteoarthritis
- Diabetes

You must visit a Physician that is licensed to recommend medical marijuana. It's crucial for patients to seek out a highly qualified physician. The physicians at Omni Medical Services are the best in class for recommending medical marijuana for treatment. Having the right doctor will make the difference and help you get your Florida certification. Omni has over 7 years in the medical marijuana certification industry. In addition to Florida Omni has offices in Michigan, Ohio, Illinois and Pennsylvania.

Omni has helped many patients that are suffering from chronic pain and medical marijuana has helped many people become pain-free without the use of narcotics. To find out more, please call 866-417-2002, or visit their website at OmniMedicalFL.com.



866-417-2002

www.omnimedicalfl.com

Get Fit in Ave Maria: Lower Your Cholesterol

If you have high cholesterol, your doctor has likely talked to you about exercise. In addition to improving your diet, exercise is an effective lifestyle change you can make to help bring your numbers down naturally. At Ave Maria, our residents have access to many exercise options both indoors and out.

How to Start Exercising

Although moderate physical activity such as brisk walking is safe for most people, health experts suggest that you talk to your doctor before you start an exercise program.

What Kind of Exercise Will Help?

To improve cholesterol levels, as well as lower your blood pressure and risk for heart attack and stroke, the American Heart Association (AHA) recommends an average of 40 minutes of moderate - to vigorous-intensity aerobic activity three or four times a week. For overall cardiovascular health, the AHA suggests at least 150 minutes of moderate exercise — or 75 minutes of vigorous exercise — per week.

Examples of moderate-intensity exercise include:

- **Walking briskly (3 miles per hour or faster).** Ave Maria has miles of walking trails.
- **Bicycling (10 miles per hour or slower).** Our bike friendly town allows you to bike to shopping, dining and more!
- **Playing tennis (doubles).** The Ave Maria North Park is located just north of the Town Center and provides an ideal spot for tennis, baseball, basketball, and plenty of fun in the sun.

Examples of vigorous-intensity exercise include:

- **Racewalking, jogging or running.** Located in the Town Center, the Ave Maria Fitness Center spans 5,000 square feet of workout and classroom area, men's and women's showers, reception area and offices. The workout floor includes state-of-the-art treadmills, stationary bikes, and Star Trac exercise equipment.
- **Swimming laps.** Adjacent to the schools and the North Park lies Ave Maria's famed Water Park, rivaling



Visit and see why residents love to call Ave Maria home.

the finest parks of its kind in the area. With its interactive fountains, slides, pools, and pavilions, the Water Park provides hours of resort-style entertainment on a year-round basis.

- **Aerobic dancing.** The Club at Maple Ridge will be the central hub of activity and relaxation exclusive to residents of Maple Ridge, Maple Ridge Reserve, and Coquina. The Club is poised to include indoor and outdoor activities for all ages including an aerobics studio, bocce court, and dog park.

Ave Maria residents enjoy a seemingly endless array of activities, from free organized events to a waterpark, aquatics center, dog park and miles of walking trails. At Ave Maria, you don't just live here; you come alive here.

With homes from our three featured builders priced from the low \$200s to \$400s, Ave Maria indeed has something for everyone. Just a few hours south of The Villages on I-75. Make a trip of it and visit our 21 models open daily. Call (239) 325-3903 or visit avemaria.com to learn more.

How Do I Get There?

From I-75 south take Exit 111, and then make a left/east on Immokalee Road (County Road 846). Proceed 10 miles to Oil Well Road (County Road 858). Turn right on Oil Well Road to Ave Maria.

Ave Maria

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Take I-75 to Exit 111, follow the signs to Ave Maria Town Center



WILLS, DIVORCE & LIFE INSURANCE



Zachary Grimland, Esq.

Have you ever wondered what happens to the outcome of a person's Last Will and Testament following the divorce of a married couple? Even more interesting is what happens to a named spouse as a beneficiary of a life insurance policy when a couple divorces.

The answer is fairly simple. Florida law treats the divorcing couples as if they predeceased one another. In other jurisdictions, the laws may be different causing some unusual outcomes. In most cases, the married couple will immediately rewrite their Wills following the judgement of dissolution of marriage. But sometimes the immediate need to change named beneficiaries is forgotten and years later when one of the divorcing couples re-marries and then dies, a problem may develop.

When this occurs, any language that passes property to the former spouse is reviewed to see what happens if he or she predeceased. Suppose the language of the Will states that the deceased person's property were to pass to the step-children (former spouse's children) upon the death of the Testator. Once again, Florida law would prevent that property from passing to the deceased person's step-children.

In the case of the scenarios mentioned above the outcome would depend on whether the deceased person's Will was written and executed prior to the divorce. Had it been written following the divorce, then in that event, the deceased person's property would pass to the former spouse or step children.

Does the same situation occur when dealing with life insurance and retirement benefits? The answer is it depends on the State where the deceased person passes. In Florida, a recent change in the law would once again treat the divorced spouse who would benefit from the life policy as pre-deceased. However, there have been recent constitutional questions whether that is allowed.



You have to remember that life insurance is a contract as opposed to a gift like that of a Will. The constitution protections regarding the freedom to contract are such that they cannot be altered by the government. When the government starts to re-write a contract (such as the changing of a beneficiary of a life policy) that action becomes unconstitutional depending on when the life policy was signed versus the date of the statute.

The State of Florida and other States have argued that it is not unconstitutional because a contract calls for two parties to agree on an outcome. In this case, the recipient of the life policy is not a contracting party, but merely the benefactor of an expectancy to a life policy. The agreement is between the insured and the insurance company. But this raises additional questions such as the government (via statutes) altering the terms and conditions of the life policy between the insured and insurance company.

Once again the State's argument is that the contract is for the payment of insurance upon the death of the insured and not the selection of the party to whom it is go too. Therefore, the government is not changing the terms and conditions of a policy only the third party benefactor. The States claim that they are simply protecting the insured from passing funds from his or her policy to someone who they likely did not want to provide for after the dissolution of marriage.

In essence, beneficiaries to a life insurance policy have no vested rights, they only have an expectancy interest. Furthermore, the beneficiaries are

not parties to the life insurance policy and have no standing to bring an action raising a claim of unconstitutionality and lastly; the statutes affecting the life policy only affect the donative intent of the insured and not the agreement's terms to pay upon death.

Remember that a life insurance policy is a third party beneficiary contract making it a combination contract and donative transfer to the third party. Is this also true for an annuity? The general answer is yes because at the death of the annuitant, the remaining funds are donated to a beneficiary. Think of it as a life insurance policy.

The constitutionality of a States statute removing a beneficiary from a contract policy or a Will have been challenged multiple times. The majority of those cases where the dissolution of a beneficiary's interest in a life insurance policy were overturned occurred when the statute was enacted retroactively. Most statutes when enacted are pro-active – meaning the statute becomes operable beginning at a certain date in the future.

The reason for this is that the government can't go backwards and change contract terms due to the constitutional rights of freedom to contract. However, the government can put in place a law that affects future events prior to signing a contract. For that reason, Florida's law concerning divorces and beneficiary designations is pro-active and not retroactive.

If you have experienced a divorce and wonder if your life policy or Last Will and Testament beneficiary designations will be affected, I strongly

recommend you seek the attorney of your choice and have that discussion. Failure to do so may affect your immediate family for years to come.

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

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

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

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Fatigue and Tiredness

Why and What Can I Do?

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

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

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

The Adverse Effects of Mental Exhaustion

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

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

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

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





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

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

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

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

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

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

Common causes of anergia in this age bracket

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

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

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

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

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



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TOP 5 REASONS HAVING AN EXPERIENCED REAL ESTATE AGENT IS IMPORTANT

It's time-consuming and daunting to find the perfect home or the right buyer. That's why partnering with an established real estate agent is crucial to making the process go as smoothly as possible.

1. The National Association of Realtors® (NARS) Code of ethics requires your agent to have a fiduciary responsibility to you and your needs above all else and in all transactions.

2. Negotiation can be difficult. Your agent specializes in knowing the market value of your home, neighborhood, and location. They are keenly aware of fair pricing and local comparable homes sales and asking prices. When you're ready to sell or purchase a home, they will have the most valid, up-to-date information that you can rely on.

3. Contracts are cumbersome; some can be 30- 50 pages long, when you're forced to read through addendums and riders, it's critical to have an experienced agent guide you through the paperwork and help you make those important decisions.

4. Realtors are aware of pitfalls that many buyers are not mindful of, like Chinese drywall, black mold, pipes that burst frequently, damaged tresses and other issues that should be disclosed during your contracting phase.

5. Being informed is critical in real estate. Agents must stay well-informed on regulations and laws that are often changing year to year these days. An experienced agent will guide you through the process with ease so that you can focus on the rewarding part, which is buying a new home or selling the one you're in.

Preschool before starting her multi-million dollar Real Estate business in 2002. She and her husband have three children (ages 14, 15 and 23). Their eldest graduated from a local school while their youngest two still attend public school in Ocala where they are actively involved in sports and other activities.



Joe and his TEAM of Realtors love to work with people moving to the Pasco County area so that they can share their love of their community and help them find their niche.

Joe and his team members take pride in going the extra mile to not only help our customers find or sell their Pasco County home but also to find connections here that make their transition smooth and exciting.

Most of their business comes from friends, and referrals of friends, which, they feel, make their job fun and enjoyable. They also love the new connections they make from their Internet presence. They enjoy helping people reach goals, move on to new seasons of their lives, purchase their first home, make a real estate investment, upsize, downsize, or whatever the case may be.

Joe has been in marketing and sales since he graduated with a bachelor's degree in Business Management from the University of South Florida.



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He has successfully owned and managed several different business entities including; Owner/Branch manger 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.



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 manger 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.

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The Power of Prayer and Fasting

By Generations Christian Church

Eric dragged me to the kitchen to make his point. He's usually "extra" (that's what the kids say these days to describe someone who is overly dramatic). We were talking health and dad bod issues casually. Our back and forth jabs started over how easy it was for me to push him around during our water basketball game. It was super easy because I had 40 pounds on him. The informal chit-chat didn't start serious. Eric is also a pastor and so, like normal, the conversation we were having was also spiritual. The two, physical and spiritual, intersect in so many places and the truth is that modern science today still can't pinpoint the exact place or places where they connect.

The conversation was about to go to the next level. I felt like I knew the lesson already. "I'm already a believer and this isn't necessary man," I told him. Eric was kind of crazy so at first I went along with the object lesson because if nothing else, it would be funny. He asked me what my normal breakfast consisted of and I gave him my standard, "One cup of coffee and two pieces of toast" order. He pulled it out, prepared it and set it on the counter. It took a minute, even with a Keurig coffee maker. Yes, I wanted cream. I stared at my normal breakfast on the table and I was annoyed. It was 9PM. I don't like "brinner" (breakfast for dinner); but that isn't why I was annoyed. Eric wasn't making me food to eat. He was on a mission: Show me the work-load on the most amazing machine man didn't invent.

After taking my breakfast order he made me lunch, a dinner plate and two snacks. It was a good bit of food. Honestly, I thought it may have been lighter than my average day's worth of food but his presentation was already gaining steam. He pushed all of the food to the corner of the table and said, "Let's get another day's food prepared." I was already overwhelmed and stopped the object lesson. "I get it", I said. "Your body is a machine that is constantly processing food, breaking it down, storing energy, exposing waste. When does it rest?" I started to picture what a weeks worth of food on that table would look like. Could I even fit it on the table? I was 35 years old. What machine that is man-made could last longer than 35 years without ever resting? It floored me. People NEVER rest!



Eric invited me to start a life pattern of physical rest through regular fasting. The idea of fasting is first recorded as Moses goes without eating for 40 days on Mount Sinai while receiving the Law from God. He didn't need to eat because he was in the presence of God. Imagine the advancements just in the past few years in science and modern medicine. There is possibly more that we don't know than what we have discovered so far. The concept of fasting and rest is taught over 70 times in the bible.

I tried prolonged periods of fasting and was amazed at just how long one could actually go without food and drinking water only. I've spent the last few years studying the impact of systematic fasting in short and long intervals. I believe that you will find physical effects and the spiritual effects are worth taking a look.

Fasting

- Start where you can. Don't compare yourself to someone else. Just skipping a meal and taking a walk outside for that time period may be the win you need!
- Drink a lot of water.
- We don't earn points with God by fasting and it doesn't make God hear us more.
- It's not just for when we are sad or really want something bad from God.
- There is a biblical precedent for rest. Fasting provides margin.

- Always consult your medical doctor before making major changes in your diet or fasting.
- Fasting should be accompanied with prayer for spiritual growth.
- The time saved from all the work that surrounds food can be used during a fast to read the Bible.

Our Father in heaven has made us both physically and spiritually. He knows where these two forms connect because Psalm 139:13 says, "For you created my inmost being; you knit me together in my mother's womb." There are so many wonderful things to experience when we follow His plan of rest both Spiritually and Physically. He made us in ways we are so far from understanding. We don't have to understand the science to experience the benefits of following His plan for living well. Try fasting, if you're like me, you will experience breakthrough in creativity, clarity in problems, and peace in the fast-paced life that others will notice!



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