

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

October 2018

Pasco Edition - Monthly

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**OXYGEN
THERAPY
FOR CANCER:**

A GROWING DEBATE

**MIGRAINE
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SUFFERERS:**

KNOW THE ALTERNATIVES

WELCOME

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WHAT YOU SHOULD KNOW

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EMPATHY

Empathy. A powerful element in fighting cancer.

Jeanie Harris has been the caregiver. As a Registered Nurse and an Oncology Certified Nurse with Florida Cancer Specialists, she has spent her career educating, delivering medication, empathizing and holding the hands of her patients. So when Jeanie found a lump in her breast, she knew Florida Cancer Specialists was the place where she would get science-driven care and the personal attention she needed to fight cancer. Now with the experience of being a cancer survivor, she connects with her patients on a deeper level, and she has a fresh perspective on how special each patient feels at Florida Cancer Specialists. In October and all year, we honor all of those who have fought this awful disease and all of those caregivers who help them in the fight.

"I always knew Florida Cancer Specialists had quality caregivers, but being a patient gave me a fresh perspective."

Jeanie Harris

-Nurse, Patient & Breast Cancer Survivor

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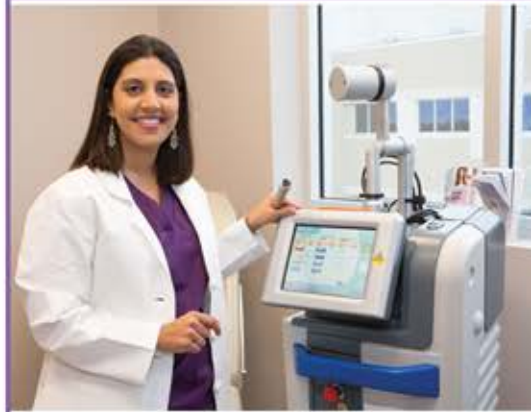
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Randall C. Latorre, MD

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

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

Symptoms of Chronic Sinusitis are:

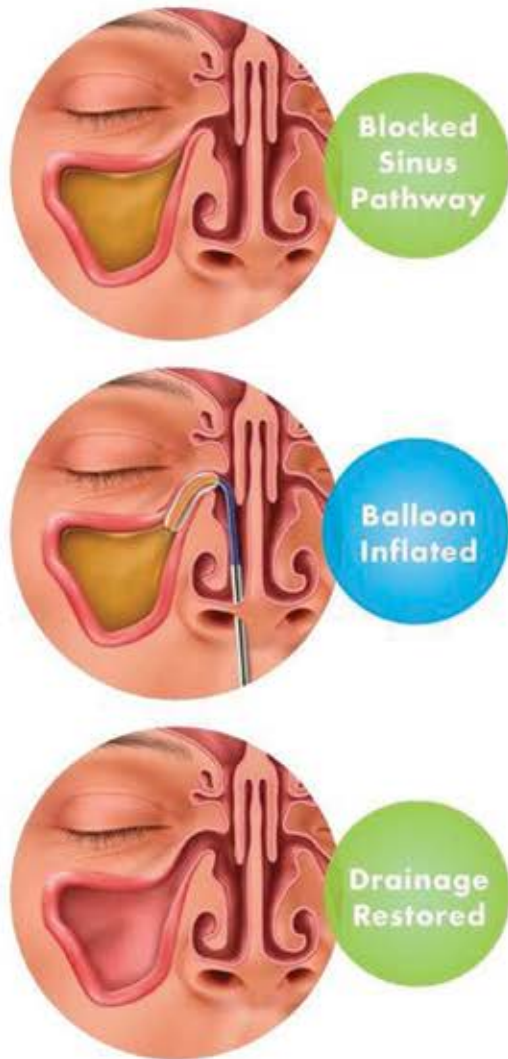
- Nasal obstruction
- Difficulty breathing
- Postnasal drainage
- Thick mucosal drainage
- Coughing
- Weakening sense of smell
- Dry mouth
- Trouble sleeping
- Pain in eyes and cheeks
- Sore teeth and gums
- Facial sensations of pressure or pain
- Sneezing

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

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

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





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

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

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



Randall C. Latorre, MD,
Board Certified Otolaryngologist

Medical Education

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

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Dr. Sotrop's Family Practice Joins Florida Medical Clinic

Florida Medical Clinic is focused on recruiting and retaining a dedicated group of specialists and subspecialists to further develop the depth and breadth of their services for the community. Recently, they recruited Dr. James Sotrop (and his practice) for his well-known patient-centered focus and his expertise. Dr. Sotrop's office location will remain the same



James Sotrop, M.D. was born in the Midwest and has lived in several different cities. He attended undergraduate school at the University of Iowa and continued with his graduate studies at the University of Iowa College of Medicine.

Dr. Sotrop completed postgraduate training at the Medical College of Wisconsin (formerly Marquette). In 1982, he moved to Florida. He practiced private medicine and also worked at a walk-in clinic before buying his father's practice. He has been practicing medicine in the Tampa Bay area for more than 35 years.

Dr. Sotrop explained, "We are a comprehensive family doctors office. Many other primary care offices are focusing on agendas like weight loss, skin screenings, breaks and sprains, but we do all of that within our practice. This is the way my father ran his practice, and that's what I do as well. We consider ourselves to be the manager of your health and we have wonderful relationships with all of the specialists to treat your advanced conditions. We take pride in our diagnostics and working with our patients through whatever treatment and specialty they may need. Our comprehensive care, follow up, and genuine interest is what sets us apart."

There are two dedicated ARNP's that assist Dr. Sotrop in his primary care practice. They specialize in women's and men's health, preventative care, pediatrics, physical exams, and diagnostics.



Dr. Sotrop and his staff's practice is best known for partnering with their patients to make the best health care decisions for you. Their practice has enhanced the health of the community for over 35 years, and their top priority is the well-being of you and your family. For your convenience, the practice even offers same-day appointments for minor illnesses or acute conditions.

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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 autoimmune disorders, diabetes, and osteoporosis.



Cassidi Sorensen Lugo, ARNP Board-Certified Nurse Practitioner

Cassidi is certified and fluent in sign language, and she received her Master of Science in Nursing and Family Nurse Practitioner from South University. She has a special interest in preventative care.



Kasie Hazen, MS, ARNP, FNP-BC Board-Certified Nurse Practitioner

After completing six years of active duty as a Captain in the United States Air Force Nurse Corps, she moved to Florida in 2013 to pursue her studies as a family nurse practitioner. Kasie received her Master of Science in Nursing from The University of South Florida.

To schedule an appointment with Dr. Sotrop or his ARNPs, please call their primary care office at 813-961-5201.

James Sotrop, M.D.

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WINNING THE FIGHT AGAINST BREAST CANCER

Regardless of age, race or family history, all women – and about 1 percent of men – have some level of risk for breast cancer. Primary risk factors include age and gender, along with a number of other factors such as obesity and alcohol use, which can be moderated through healthy lifestyle choices.

Can Breast Cancer Be Inherited?

Certain types of breast cancer do seem to run in some families; however, it is important to note that what is inherited is the abnormal (mutated) gene that could lead to breast cancer, not the cancer itself. The most common genetic risk factors for breast cancer are in women who have a mutation to the BRCA1 and BRCA2 genes. Women with this inherited gene mutation have up to an 80 percent chance of developing breast cancer during their lifetimes. If you have a close relative (mother, sister, daughter, etc.) with breast cancer, you should speak with your doctor about genetic testing.

Early Detection

Identifying any type of cancer at an early stage before it has spread extensively (metastasis) provides a much better outcome for patients. Florida Cancer Specialists' physicians concur with the American Cancer Society's recommendation that women over 40 with no family history of breast cancer should get a mammogram once a year; for women under 40, a clinical breast exam is recommended at least once every three years. In addition, monthly breast self-examinations can be an effective way of discovering any changes in the normal look and feel of the breasts.

New Findings Offer Guidelines for Chemotherapy

Today, there are many types of effective treatments for breast cancer including surgery, chemotherapy, radiation and hormone therapy, to list a few. Results of a recent study released in June 2018 confirmed with better accuracy which patients will benefit from chemotherapy and which will not. It is now estimated that, because of this new understanding, about 70,000 breast cancer patients can safely skip chemotherapy. The study was recently published in the New England Journal of Medicine (NEJM) and, according to its findings, almost 70 percent of women with early stage



breast cancer and an intermediate risk of recurrence can now safely skip chemotherapy after their tumors have been surgically removed.

Over 10,000 patients in the clinical study received a genomic test that estimates the individual risk that cancer will recur. Known as gene expression testing, this assessment helps determine which breast cancer patients are most likely to benefit from chemotherapy following breast surgery.

Those with a high-risk score (above 25) were advised to have chemotherapy and hormone therapy, which is standard treatment; those with a low-risk score (0 to 10) would still need hormone therapy, but could forego chemotherapy and avoid its sometimes harsh side effects.

Prior to this study, the group of patients with test results in the intermediate risk range (between 11 to 25) did not have a clear course of action with regard to chemotherapy; however, the results of the study found that, within the intermediate-risk group, all women over 50 whose tumors responded to hormone therapy and tested negative for the HER2 gene had no significant benefit by adding chemotherapy and could safely skip it. Chemotherapy did offer some benefit for those 50 and younger who had a recurrence score between 16 and 25.

Florida Cancer Specialists is proud to have participated in this study. Its findings provide more certainty about which patients in the intermediate-risk group need chemotherapy and which do not. This is just one example of the incredible benefit that clinical research brings to both current and future cancer patients.

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.



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Robert Martinez, DC

Migraine Headaches: An Alternative to Drugs and Surgery with Proven Results

38 million people in the U.S. suffer from migraines. The debilitating pain, nausea, environmental sensitivities, and general ailments affect more women than men. For the vast majority of people that suffer from headaches and migraines taking an over-the-counter pain reliever sometimes does the trick, but often those medications are ineffective. Some stronger medications and injections work to mask the symptoms of the aching, but there is a better way to treat the cause of migraines and not just the side effects.

Have you noticed that your headaches are more frequent than they used to be? Along with tension, tightness and the throbbing sensations associated with a headache, your spinal alignment may be exacerbating your symptoms and recurrence levels.

The spine is made up of wedges of vertebral bone consisting of sacral, lumbar, thoracic and cervical vertebrae, as well as, vertebral discs, ligaments, tendons and muscles that attach to the spine. Over 30 nerves run down the entire spinal column. When our spine is injured or misaligned, the surrounding muscles in our necks often contract, as they tighten to try and protect the spine. This compression causes severe headaches and while taking ibuprofen may work short-term by masking your pain, until your spine is aligned and your nerves are decompressed, your headaches will keep coming back.

A chiropractor uses imaging to view the cervical spine (neck) and the position of the vertebrae. When these vertebrae are misaligned the muscles of the head and neck are pulled, and the nerves from the brain stem are strained resulting in dural inflammation and tension. The inflammation causes migraines. Re-alignment of the cervical spine provides accurate positioning and relieves stress in the surrounding nerves and muscles. This results-driven solution realignment is known as spinal decompression and doesn't require any drugs or surgery. Spinal realignment and decompression provide favorable results in relieving migraine and vertebral pain. For many years chiropractors and physical therapists, have been utilizing this natural therapy for their patients.



When you have suffered from migraine headaches, Dr. Martinez can help put you on the road to recovery. At their facility, they offer a variety of care services for patients throughout the area. No matter what type of condition you are suffering from, the experienced team of professional chiropractors will work with you to develop a personalized treatment plan. They make sure your needs are always their number one priority.

Stop masking your symptoms with pain relievers and get to the root cause of your pain today. 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.



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GASTROINTESTINAL BLEEDING CAN CAUSE IRON DEFICIENCY ANEMIA: *What You Should Know*

Anemia is a condition in which there are not enough healthy red blood cells to carry adequate oxygen to all of the body's tissues. At first, anemia can be mild and go unnoticed. However, as it progresses, it can cause the skin to appear pale and can result in symptoms including fatigue, weakness, lightheadedness, shortness of breath, irregular heartbeats, and chest pain.

Iron deficiency is the most common cause of anemia. When the body does not have enough iron, it is unable to make enough hemoglobin, the protein in red blood cells that carries oxygen and delivers it throughout the body. This is what causes the symptoms.

Iron deficiency is common and can occur in women who have heavy periods and among some people whose diets do not include iron-rich foods, such as vegetarians or vegans. Another important cause of iron deficiency anemia that should not be overlooked is gastrointestinal bleeding.

Gastrointestinal, or GI, bleeding can be visible or invisible. When visible it can present as red blood in the stool or black tarry stool. However, even GI bleeding that is not visible (referred to as occult GI bleeding) can indicate disease and needs to be investigated. Conditions that can cause GI bleeding and lead to iron deficiency anemia include colon cancer, ulcers in the stomach and small intestine, inflammatory bowel disease, celiac disease, and other cancerous or inflammatory conditions.

Diagnosics

If you are experiencing symptoms that could be caused by low blood counts, the first step is to have blood testing to determine whether you have iron deficiency anemia. If this is confirmed, endoscopic evaluation should be seriously considered. Upper endoscopy is typically performed under sedation and with a thin tube with a camera at the tip inserted from the mouth to examine the esophagus, stomach, and beginning part of the small intestine. For colonoscopy, a similar camera scope is inserted through the rectum and guided all around the colon, or large



intestine. Depending upon the results of these procedures, additional diagnostics may be considered such as biopsies, capsule endoscopy (a pill with a light and camera to evaluate the remainder of the small bowel), nuclear bleeding scan, CT, or MRI.

Treatment

Management of iron deficiency anemia from GI bleeding depends on the severity and acuity of the anemia. If the anemia is severe and/or bleeding is visible and significant, hospitalization is necessary for evaluation, stabilization, medical therapy, possible blood transfusion, and possible endoscopic therapy. If the anemia is not severe or acute, endoscopic evaluation can be pursued as an outpatient. Depending upon the cause, endoscopic therapies include cauterization, placement of clips, injection of epinephrine, and tamponade of bleeding. Importantly, sometimes precancers or early cancers are found that can be addressed with appropriate therapy, improving longevity and quality of life.



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Dr. Kaif, Board Certified Gastroenterologist and Hepatologist, Founder of Frontier Gastroenterology and Hepatology

Dr. Kaif specializes in digestive and liver disease and performs upper endoscopies and colonoscopies with the aforementioned interventions as necessary. He recently opened his practice in Trinity, FL and is accepting new patients.

Dr. Kaif grew up in the Pasco and Pinellas county area. He pursued training in Gastroenterology and Hepatology (digestive and liver diseases) at the University of Alabama at Birmingham, where the fiberoptic endoscope was first invented. Dr. Kaif then served as Assistant Professor at the University of South Florida from 2016-2018, where he pursued both clinical practice and education of gastroenterology fellows.

If you or someone you know needs a gastrointestinal evaluation for prevention, diagnosis, or treatment, please contact Dr. Kaif's office today.

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.

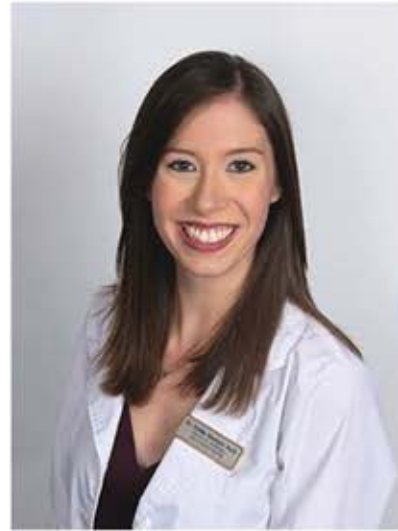
As adults, vertigo is not something we'd ever like to induce upon ourselves, and for those that suffer from the disorder, there is nothing they would want more than to stop the spinning and dizziness when the episodes strike. The hours and sometimes multiple days of nauseating symptoms are very often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



**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. Allison Hatcher**

Board Certified in Audiology

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.

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 and balance services that will not only improve your hearing but your quality of life as well.

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- Tinnitus treatments (ringing in the ears)
- Ear wax removal
- Cochlear Implant evaluations & Mapping
- Assistive hearing technology other than hearing aids
- And much more

Davis family hearing offers a comprehensive array of innovative hearing and balance 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.

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.

www.davisfamilyhearing.com

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(727) 375-8111

Gluten's Adverse Affects

Gluten sensitivity doesn't always include abdominal distress. It often causes adverse effects like fatigue, anemia, flu-like symptoms, Brain fog, skin issues, and aching joints. Many people with celiac disease or gluten sensitivity do not know if they have the disorder.

Gluten can cause intestinal disruption, which is known as leaky gut syndrome. Leaky Gut Syndrome's ability to dismantle the immune system and cause numerous illnesses and disorders is mainly due to the inflammatory response.

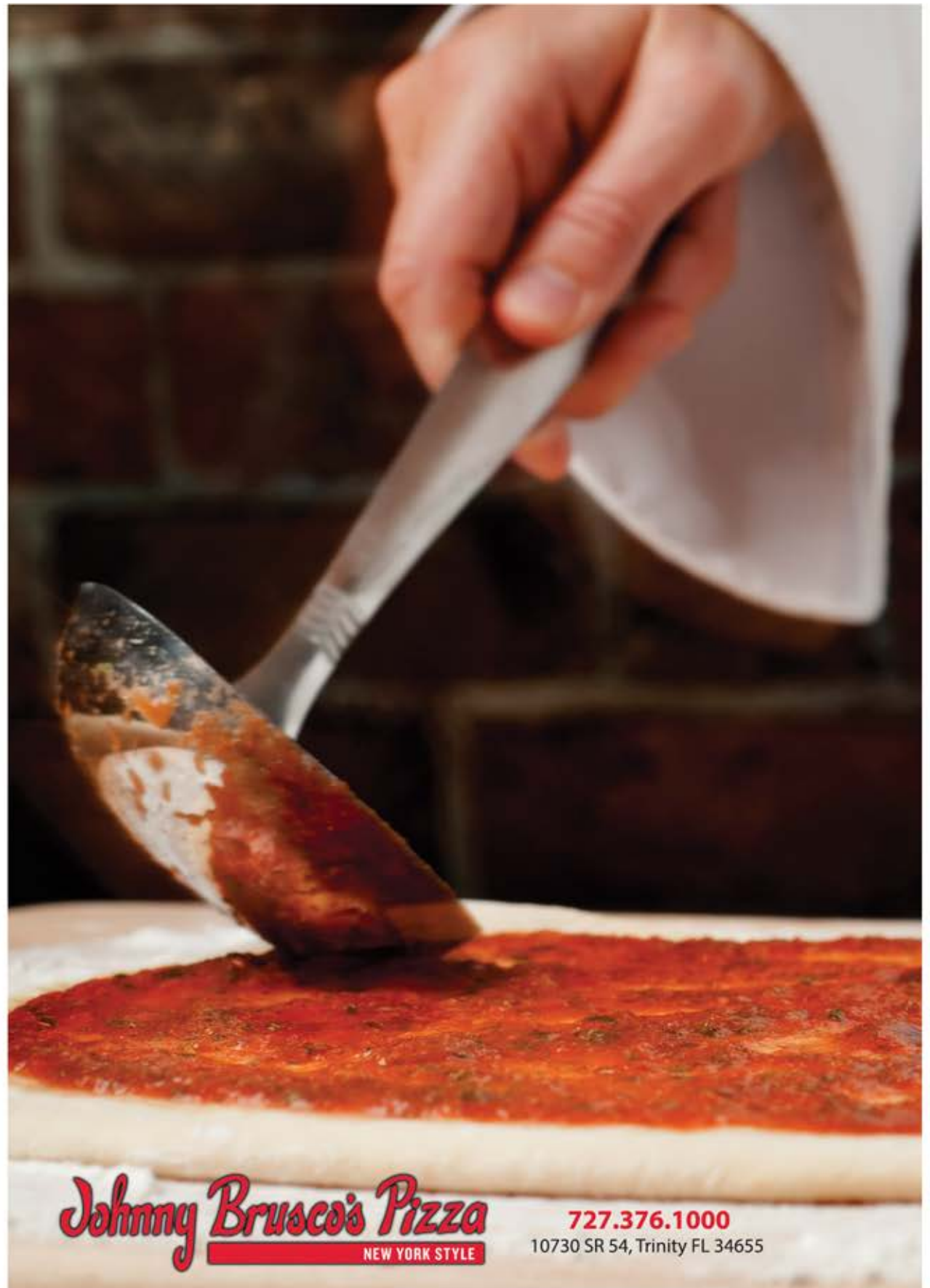
Leaky gut is nothing new. Decades ago, medical professionals referred to it as intestinal permeability and understood fractions of its ability to cause illnesses. The natural functioning of our intestinal wall is to allow nutrients to pass through, but with Leaky gut, large openings enable dangerous substances to enter the bloodstream.

Wheat has two protein compounds, which are gliadin and gluten. The gliadin is the main cause of intestinal perforations and inflammation throughout the body. When Gliadin enters the intestines, they escape into the bloodstream causing the body's immune response to go into overdrive. The body detects these gliadin proteins as foreign substances and tries to attack the proteins, which in turn can cause inflammation, autoimmune disorders, and many other dangerous side effects.

Brain disorders like autism, epilepsy, psychosis, and dementia can be exacerbated with gluten intake. Many people who alleviate gluten from their diet find remarkable improvement from these disorders and some are even free from these disorders altogether.

Not everyone needs to avoid gluten! Being able to enjoy a good slice of pizza, or a sandwich is important, but if you do have celiac disease or an autoimmune issue, or autism, it's helpful to try and avoid gluten. The good news is that now gluten-free options are becoming readily available.

Understanding the importance of gluten-free options, Johnny Brusco's Pizza offers a delicious gluten-free pizza. So now you don't have to miss out on family night, or the big game day food, because you too can conveniently enjoy pizza with the rest of the gang.



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We will do our best to ensure that our Gluten Free Pizza Crusts are served 100% gluten free, but in a flour rich environment such as ours, it is possible that a small amount of cross contamination could occur. If even a small amount of gluten will be harmful to your health, we recommend you avoid this product.



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Knowing Your **Breast Cancer Risks**, Diagnostic Options, and the Side Effects of Treatment

Dr. Vahora, MD, FACOG

Breast cancer affects both men and women worldwide at a whopping 1.4 million new cases annually. Consequently, in the United States, breast cancer is the second leading cause of death after heart disease in women. And here locally, in the state of Florida, nearly 16,000 new cases of breast cancer are diagnosed each year.

Screening

A small investment of your time can help save your life. Early breast cancer diagnosis is what spares lives and offers longevity. Physicians cannot stress the importance of getting regular mammograms as well as doing self-breast examinations enough. The breast cancer survival rates in the U.S. are 80-90% if caught in the first stage due to advanced care. However, the diagnosis in later stages drastically drops the survival rate to 24%. It's essential to schedule your mammogram tests regularly, and if you feel a lump, please contact your physician immediately.

Risk Factors

- Being Female
- Age
- Cancer Recurrence
- Overweight
- Hormone replacement therapy
- Alcohol consumption
- Environmental toxins
- Dense breast tissue
- Unhealthy lifestyle & diet
- Menstrual onset before 12 yrs.
- Menopause after 55 yrs.
- Family History (sister, mother, daughter)
- Genetics (BRCA1 and BRCA2)

Genetics is a Major Factor In Breast Cancer Disease

Genetic Testing

Genetic testing is a cutting-edge medical technique that looks at your unique genetic makeup, which 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 particularly the case with breast cancer and the BRCA gene mutations.

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.

BRCA Positive

In some cases, if you are positive for a BRCA mutation, your gynecologist and surgeon may recommend that you have a partial or full hysterectomy. These precautionary surgeries will reduce your risk of breast cancer by 50% and ovarian cancer by approximately 90%. However, this will cause your body to go into a menopausal state early.

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. Whether you can't take estrogen or choose not to, for women of all ages, it's unfair to experience these distressing symptoms, especially sexual discomfort with your significant other.

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 that 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, no 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.

PARVEEN S. VAHORA, MD, FACOG

727-376-1536

Info@ParveenVahoraMD.com

www.ParveenVahoraMD.com

9332 State Road 54 Suite 403

Trinity, FL 34655

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.

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

If you are concerned about your genetic mutations and cancer risks, Dr. Vahora offers genetic testing for men who may have personal or family history of colon, stomach, prostate, stomach cancer, and for women with a family history of breast, ovarian or uterine cancer.

If you're concerned about breast cancer, or if your sex life has lost its spark, please contact Dr. Vahora to schedule a consultation. Call today to schedule your gynecological, genetic testing, or your MonaLisa Touch consultation at (727) 376-1536.



A Festival with hidden agendas . . .

Many people know what a music festival looks like - A huge stage with lots of bands and food trucks, right? While the music part of Trinity Fest is new this year, the midway carnival, 5K, community business expo and fun entertainment for families celebrating the fall is not! So what is the hidden agenda? It can't really be hidden if it's out there in the open, right? Trinity Fest 2018 has some secrets that we can't wait to share!

Trinity Fest is going into the community! We think that a Festival can change the lives of people. "Life Changing" is rather big brand promise. While Trinity Fest might look like every other festival you've seen; there are a few things you need to know!

One is that the Music festival is actually free and the emcee for this 4-night party at Generations Christian Church has a mission while he is here. Eric Samuel Timm partners with schools and communities nationwide to provide value-based public and private school assembly programs. While using the power of art, Eric lands each message. Further aiding the presentation, Eric uses humor and examples from his own powerful, personal adventures to stories from the student's very own textbooks to make an impact on their lives. Eric stirs up what lays dormant and leaves students and staff inspired. When he speaks, they'll listen. When he paints, you will see art speak louder than words. One recent teacher at a school assembly with Eric said, "There was dead silence, at times, and then the roar of laughter. The students wanted to listen."

Kurt Browning, Pasco county school superintendent says, "We really appreciate Generations Christian Church offering these opportunities to our students."



You can get a sneak peek of Eric's school assemblies at www.paintingHOPE.com. This isn't an ordinary Fall Festival. It has an underlying mission to encourage the students of Pasco County schools. Kids need hope, kids need to laugh, kids need to be encouraged.

Trinity Fest Secrets:

- The 4 Night Music Festival is FREE, October 25th-28th
- A Free Trunk or Treat Night on Wednesday, October 24th
- Special artist, Eric Samuel Timm, will be appearing at local high schools and middle schools across the counties with a message of hope
- Trinity Fest is expecting over 10,000 visitors over 5 days of events for the local community, business leaders, foodies and connoisseurs of fall festivities.
- Trinity Fest will be your gateway to the world!

How can a festival reach across the world and ultimately take you there?

Missions of Hope is an organization that started 20 years ago in the slums of Nairobi, Kenya through one young lady's dream of making a difference. Today, more than 16,000 children have education and meals provided to them. The next generation of leaders in Africa is growing and we can partner with them to deliver continued hope. Trinity Fest 2018 has the goal of sponsoring 1,000 kids in 5 days! Sponsoring a child means that a child gets a teacher, clothes to go to school, meals, and most of all, hope! \$36 a month sponsors a child and a future leader.

The music, food and carnival rides are sure to be great; but changing the future of a child and bringing hope across the world will always be the heartbeat of Trinity Fest!

Oxygen Therapy For Cancer: A Growing Debate

 Hyperbaric Centers of Florida
www.hyperbariccentersofflorida.com

Oxxygen is the critical element of every cell in our body. Our bodies take in oxygen, and our bloodstream begins to flood our tissues and organs with oxygen-rich blood. Cancer cells thrive on what is known as hypoxia. When cancer cells have hypoxia and are depleted of oxygen, they resist treatment. Hypoxic cancer cells begin to convert glucose into a fermentation process to supply themselves with lactic acid for their survival and their ability to grow. So, a common debate has been studied, researched, and argued for decades on whether or not oxygen helps cancer cells grow, or kills them off.

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.

A mid-century German Doctor named Otto Warburg discovered that you could eliminate or reduce the fermentation process of the cancer cells by flooding them with oxygen. Many researchers have since reconfirmed this logical notion by conducting studies using hyperbaric oxygen therapy on cancer patients.

In 2012 an extensive study called Hyperbaric Oxygen Therapy and Cancer—a Review, by Norwegian researchers, Moen and Stuhr reviewed eight years of HBOT and hypoxia cancer cell therapy. They concluded that HBOT did not increase the risk of cancer growth or recurrence, but instead they determined that there was an indication that HBOT might have tumor-inhibitory effects in specific cancer subtypes. They stated that they firmly believe there is a need to expand our knowledge of the impact and the mechanisms behind tumor oxygenation.



Many patients have tried HBOT for various disorders and disease states, and the majority of them will give glowing reviews for disease reversal and regression. There are no guarantees and off-label use is at the person's personal discretion. Individuals wanting to explore HBOT have the right to do so, although results are always based on a patient's overall health, physical condition, and other medical factors.

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

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.

Natural Solutions To Pain: Physical Therapy And Cannabis Work Hand In Hand

Chronic Pain can lead to depression, addictions, anxiety, stress, isolation, and even suicide. Finding relief from pain is critical to having the quality life you deserve. Avoiding surgery and being over medicated should be at the forefront of most people's minds when dealing with chronic pain. However, many of these individuals would do almost anything to relieve their agony.

Over 116 million people suffer from various types of chronic pain disorders ranging from fibromyalgia, osteoarthritis, neuropathy, back, hip and neck pain just to name a few. Whether trauma or degenerative diseases have caused your pain, the consensus is usually the same; people want their pain to go away. But how do you know that the options you've been given are right for you?

The most common treatment for chronic pain is to mask it with narcotic prescription pain medications. Narcotics like Opioids are highly addictive, and our state is currently leading the country in abusing the drug and overdose episodes.

The CDC 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.

Physical therapists are trained to administer flexibility and strengthening tactics along with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results. The CDC (Centers for Disease Control and Prevention) also launched new guidelines recently, recommending the use of physical therapy for chronic pain over painkillers like opioids.

Medical Marijuana for Chronic Pain

Medical Marijuana has significantly helped countless individuals with chronic 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



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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 much 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, while THC helps to relax and alleviate the physical symptoms of pain and apprehension, and terpenes have healthy healing properties. There are different levels of MM, some with higher THC, 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 who have suffered for years with chronic pain and have become dependent on narcotics have not only had improvement in their pain but have also been able to stop narcotic use altogether. Many states where medical marijuana was legalized, report upwards of 1,800 fewer pain medications being prescribed each year.

How Cannabis and Physical Therapy (PT) Work Together

Although cannabis can alleviate pain, if the underlying issues are not dealt with in a more synergistic approach through combining physical therapy, the chronic pain and musculoskeletal issues will lessen, but might still be in vivo. In combination, cannabis, and PT address the actual complications or disorders associated with pain and discomfort. Whether you are seeing a physical therapist or medical marijuana expert for acute pain or a long-standing issue, combined therapies are proven to be the most beneficial. When physical therapy is performed on a relaxed, less painful body, the overall therapy penetrates deeper into the muscles, and the joints are less inflamed. This synergistic approach is much more beneficial to the patient's pain relief and improved condition.

The *Canadian Medical Association Journal* printed a study by Canadian Professor, Dr. Wares and his team at McGill University in Montreal. Their clinical trial intensely studied the effect of three varying doses of cannabis and one placebo. The men and women in the trial had chronic neuropathic nerve pain and were given all four strengths of the marijuana and placebo throughout a two-month

period without their knowledge of what they were inhaling. The patients rated their pain levels and all showed marked pain relief with the highest dosage of THC cannabis at three times per day. Dr. Wares and his team believe that cannabis is truly a powerful analgesic.

Omni Medical Services will work with you and your physical therapist to get you the pain relief and results you desire.

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.



The ABCs of Aging Into Medicare

If you are turning 65 soon, Happy Birthday!

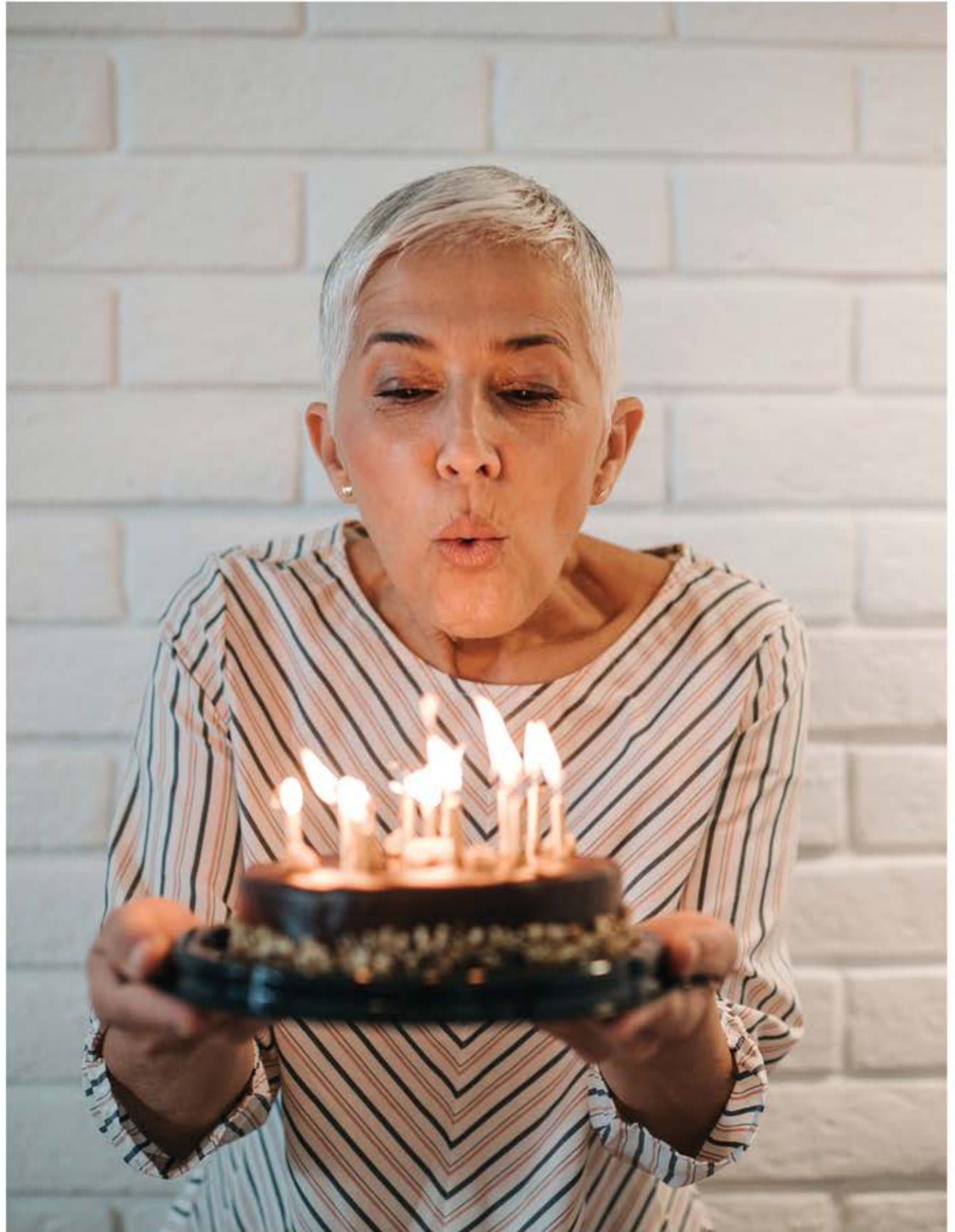
By Michael Crotts

Up to three months before your birthday celebration you can start making important decisions about your Medicare coverage. First, it is recommended you sign-up for Part A (Hospital coverage). The cost of Part A coverage is usually paid for by Medicare and covers some of the cost of inpatient hospitalizations.

Second, electing Part B (Physician services and tests) coverage means you will be paying a premium which is usually deducted from your social security check. By electing Part B when you first become eligible means you will avoid a late enrollment penalty for every year you delay enrollment. Some people delay electing Part B because they already have coverage, are entitled to Veteran's benefits, or cannot afford the social security deduction. If you have coverage through an employer it is important to verify the coverage is deemed credible. For Veteran's it is recommended they consider electing Part B to avoid penalties later if Medicare covered services or providers are needed. If you are hesitant to enroll in Part B because of the cost there may be some options.

First, if you have limited financial resources (income and assets) you may qualify for Medicaid assistance. There are different levels of assistance available which may cover some or all of your costs. We can assist you in the application process. Secondly, there are health benefit plans which offer a rebate of Part B premium in varying amounts. For 2019, some of these plans are offering an automatic refund that covers most of your Medicare Part B premium. This amount almost off-sets all of the cost of adding Part B coverage.

Part C refers to the Medicare Advantage ("MA") health plan benefit packages offered by insurance companies covering both Part A and Part B coverage. Most MA plans also include Part D coverage for prescription drugs. You cannot enroll in a stand-alone Part D plan if you are enrolled in a MA plan offering only Part A and B. By enrolling in a Part C plan offering Part A, B and D you get the most complete coverage.





The ABCs of Medicare are not always easy to understand. It is important to have a licensed agent who understands the particulars of Medicare and Medicaid along with multiple health plan options. Each year we offer local Medicare Enrollment Seminars so you can join us for free coffee and dessert while we showcase a chosen benefit plan. This year we are presenting health plans by Ultimate and WellCare because of their Part B rebate benefits.

Invite your friends to dessert and coffee...the tab is on Best Plan Choice!



Starting October 1st we are allowed to share all of the exciting changes coming to Medicare health benefit plans in 2019. Learn how your current health plan coverage is changing or hear specifics about Medicare health plans offered in your area. We scheduled events in local restaurants. You can join us at the enrollment event closest to you for FREE dessert and coffee. While you enjoy the dessert, we will share plan specifics and answer all of your questions.

Space is limited at some locations and we don't want to run out of the delicious desserts. Therefore, it is suggested (but not required) that you call and RSVP. Our toll-free number is 855-BOOMER65. Remember there is no limit on the number of friends you can bring to this Medicare seminar. As a matter of fact, the more you bring the better because we have a special gift for everyone.

The presentation only last about one hour. After the event, a licensed representative will be available to assist you with your health plan enrollment, plan change, or questions you may have about the presented information or other Medicare related topics. We are presenting Ultimate and WellCare health plans at the events but because our independent agents are licensed and trained in all health plans they can assist you with any plan. If you prefer a private in-home appointment please call us at 727-845-5297. One of our friendly agents will be glad to help you.

Pasco Medicare Enrollment Seminars

Beef 'O' Brady's - 5546 Main Street, New Port Richey

- Oct 16th 2pm - Ultimate
- Oct 25th 2pm - WellCare

Pinellas Medicare Enrollment Seminars:

Acropol Family Restaurant - 1170 Starkey Rd, Largo FL 33771

- Oct 26th 2pm - Ultimate
- Nov 7th 2pm - Ultimate

Golden Coral - 10050 Ulmerton Rd, Largo 33770

- Oct 18th 2pm - Ultimate
- Oct 29th 10am- Ultimate
- Oct 29th 2pm - Ultimate
- Nov 12th 10am- WellCare
- Nov 12th 2pm - WellCare
- Nov 16th 2pm - Ultimate

Panera Bread - 10801 Starkey Rd, Largo FL 33777

- Oct 22nd 10am - WellCare
- Oct 31st 10am- Ultimate
- Oct 31st 2pm - Ultimate
- Nov 6th 10am- WellCare
- Nov 6th 2pm - WellCare

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Women of Steel – Spearheading the Crusade Against Breast Cancer

The Early Detection League of RAO's Women's Imaging Center (WIC) is composed of a group of caring and driven professionals dedicated to early breast cancer discovery and compassionate guidance.

Breast cancer continues to strike 1 in 8 American women, but death rates have dropped 39% in the past few decades, due largely to advances in diagnostic testing. "Great strides have been made in both early discovery and survival," says WIC Medical Director and breast imaging subspecialist Dr. Amanda Aulls. "With advances like 3D mammography, we're able to discover breast cancer earlier and more accurately than ever before."

3D mammography™ exams are the standard of care at WIC, replacing less effective screening technologies. "My breast cancer was caught early with 3D mammography," says RAO MRI technologist Michele Barkley. "If I had chosen standard mammography over 3D mammography, it's possible my cancer would have been missed."

Another RAO employee, Yvonne Seymor-Palmer, is also a breast cancer survivor. "Getting that diagnosis was frightening, sure, but I felt grateful to be here among trusted friends with outstanding credentials. They helped get me through it, so I can say firsthand that the WIC team is unbeatable."

RAO's commitment to superior modalities, including breast MRI and same-day biopsy, combined with its team of subspecializing radiologists make WIC the region's only full-service women's diagnostic center. All imaging results are read in-house by Board Certified radiologists who live in the area and

are devoted to the community, and WIC's team of women enhances the climate of security and understanding. "It feels good to have women doctors on staff who can relate personally" says RAO physician liaison Amanda Smith.

In that vein, WIC welcomes its newest radiologist, Dr. Janet Ter Louw, who subspecializes in breast imaging. "Fellowship training gives patients a tremendous advantage," says Dr. Ter Louw, "because it promotes exceptional accuracy."

RAO's superior technologies aren't limited to WIC. "As the manager of RAO's TimberRidge Imaging Center, I make it a mission to acquire the most advanced technologies and procedures," says Kathy Gillman. "And I methodically review our standards and practices to foster an unparalleled level of patient care," adds RAO's operations coordinator, Carrie Law. "This is the team of people I'd trust with my own care, or that of a loved one. You can't get a higher recommendation than that."

(Pictured left to right: Kathy Gillman - Manager of TimberRidge Imaging Center; Carrie Law - Operations Coordinator; Amanda Smith - Physician Liaison; Amanda Aulls, MD - Medical Director of Women's Imaging Services; Michele Barkley - MRI Technologist, Breast Cancer Survivor; Yvonne Seymor-Palmer - Scheduler, Breast Cancer Survivor)



Celebrating National Physical Therapy Month

This Fall, your practitioners at Life Care Center of Ocala would like to share a special month with you! National Physical Therapy Month is celebrated each October. The goal of the month long celebration is to raise awareness of the important role that physical therapists and physical therapy assistants play in helping people decrease pain, improve mobility, and engage in healthy lifestyles.

The History of National Physical Therapy Month Initially, National Physical Therapy Week was celebrated each June starting in 1981. In 1992, the week was moved to October so as to not conflict with the American Physical Therapy Association (APTA) national conference in June. It was then declared that the entire month of October would be designated National Physical Therapy Month. National Physical Therapy Month is a recognized observance on the National Health Observances Calendar.

The Practice of Physical Therapy

Physical therapy is a discipline that concentrates on major muscle joints and muscle groups. It is prescribed to patients with complications related to stroke, neurological disorders, hip and knee replacements, sports injuries, arthritis, sprains and strains, back pain and repetitive motion injuries. By utilizing a wide range of techniques, not limited to but including manual therapy, soft tissue mobilization techniques, modalities and kinesio-taping, physical therapists have the tools to help patients heal following surgery, illness or injury.

The Benefits of Physical Therapy

Improve Mobility & Motion

Physical therapists are experts in improving mobility and motion. Pain-free movement is crucial to your quality of daily life, your ability to earn a living, your ability to pursue your favorite leisure activities, and so much more.

Avoid Surgery and Prescription Drugs

While surgery and prescription drugs can be the best course of treatment for certain diagnoses, there is increasing evidence demonstrating that conservative treatments like physical therapy can be equally effective (and cheaper) for many conditions.



Participate In Your Recovery

Physical therapists routinely work collaboratively with their patients. Treatment plans can be designed for the patient's individual goals, challenges, and needs. Receiving treatment by a physical therapist is rarely a passive activity, and participating in your own recovery can be empowering. In many cases, patients develop an ongoing relationship with their physical therapist to maintain optimum health and movement abilities across the lifespan.



With endless possibilities of activities, social gatherings, games, restaurant-like dining, and healthcare, Life Care Center of Ocala is the way most of us would like our aging process to happen. When we think about growing older, socializing, feeling secure, safe and well cared for, we can be at peace knowing that such a place exists and they treat their residents like family.

If you are looking to make the transition into a skilled nursing facility for yourself or a loved one, call Life Care Center of Ocala to book your tour today.

Source: www.apta.org



May-Thurner Syndrome:

A Vascular Disorder Affecting Mostly Women

By Bryan Carter, MPA-C, Phlebology-Surgery

Blood is carried toward the heart through our veins, and is called venous flow; blood is carried away from the heart through our arteries and is called arterial flow. Because proper blood circulation aids the body's movement of nutrients and oxygen to the extremities, heart, brain and other organs, it's imperative to maintain and improve our arterial and venous blood flow as we age. However, it's not uncommon for arteries and veins to fluctuate directional flow, but with May Thurner Syndrome, it can lead to dangerous outcomes like impinged blood flow and DVTs (deep vein thrombosis).

The right iliac artery and the left iliac vein intersect within the pelvis. With May Thurner Syndrome, the left iliac vein can become "kinked" from the pressure of the right iliac artery, pressing it against the lumbar spine, and in turn, may cause the blood flow to become partially or fully blocked. This is how dangerous DVT's can form. Females suffer from this disorder more commonly than men.

Symptoms

The bad news is May Thurner Syndrome rarely shows signs and symptoms. Small indicators may be swelling in your left leg and/or some discomfort or the following.

- Enlarged veins
- Leg feels heavy
- Skin color changes
- Swollen leg
- Warmth
- Pain

Risks

- Blood clotting factors (medications, health-related or genetics)
- Hormonal Medications (birth control, menopause)
- Child birth
- Dehydration
- Scoliosis
- Spinal compression
- Female

DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep in within the legs. Vascular malformations, pelvic tumors or sitting for long periods of time are some of the risk factors that go along with DVTs.



DVTs are life-threatening, as they can lead to a pulmonary embolism. Thankfully, surgical solutions save lives. Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death. These are grim statistics since the treatment is minimal and so readily available to patients. It's unfortunate that there still seems to be more of a reactive process, than a proactive plan. Speaking to your physician is vital if you or a loved one have any of the venous symptoms or risk factors discussed above.

Diagnostic testing includes contrast venography, duplex ultrasonography, or other imaging of the iliac venous and arterial flow.

Treatment

With DVT's, and those caused by May Thurner Syndrome, the treatment is standard. A stent needs to be placed in the vein and/or artery to

open the blood flow, as well as prescribing medication for anticoagulation, like warfarin or another blood thinner to prevent future clotting complications.

Making an appointment with a phlebologist, which is a vascular surgeon specializing in venous disease is your best line of defense against this common disorder.

At the Heart of the Villages, Bryan Carter specializes in venous issues and leg health, taking great pride in getting to know his patients on an individual level. He is supported by a full-service cardiology practice. Mr. Carter is a previous Army combat medic who obtained his Masters in Physician Assistant studies with a thesis in Venous Disease and Treatment. Mr. Carter has been treating vein problems since October 2002 and was one of the first Physician Assistants to perform thermal ablation—a treatment that soon made traditional vein stripping extinct. Bryan has personally trained physicians, physician assistants and nurse practitioners throughout Florida and Georgia and is an active member of the American College of Phlebology. He is also one of only a few to be inducted into the American Venous Forum.



What You Can Do To Lower Your High Cholesterol and Decrease Your Cardiovascular Risks

Cholesterol is a natural substance that the body produces through the liver. It's waxy and circulates through the bloodstream, feeding the heart and brain. But when cholesterol is derived from foods like saturated fats and trans fats, the body overproduces LDL, which is the "bad" cholesterol.

HDL is the "good" cholesterol our bodies crave. Without HDL, our brains would not function properly, and we would suffer from other bodily disorders, like heart attacks and strokes. HDL helps to remove the bad cholesterol (LDL) from the body. High levels of LDL may also adversely affect overall health by causing atherosclerosis (plaque in the arteries), cardiovascular disease and other disorders.

Cholesterol Numbers:

Your total cholesterol is made up of both LDL and HDL numbers. Your family doctor may order tests in order to check your numbers. The healthiest combination of both types of cholesterol measures HDL, good cholesterol,) around 40, and LDL, bad cholesterol,) around 100.

Risk Factors:

Cholesterol, along with triglycerides in the blood, can form atherosclerosis, which as previously mentioned is the plaque that builds up in the arteries. Excessive plaque can increase the chances of a coronary heart attack, heart disease, stroke and other related issues. Triglycerides are the fat that is stored in the bloodstream from the excess fat in our diets. Triglycerides combine with the high LDL level and create harmful plaque build up.

Diet & Exercise:

Because high levels of LDL and triglycerides are both associated with food intake and the body's inability to burn fat, adopting healthier habits can help lower cholesterol naturally.

- Eat a healthy diet
- Quit smoking (contributes to atherosclerosis)
- Start a regular exercise program
- Cut back on alcohol and processed foods

Schedule an annual exam with your physician to check your cholesterol levels on a regular basis. If you have high cholesterol, your doctor may prescribe medication to help lower the overall cholesterol levels. In addition to medication, a change in diet can help to decrease LDL and Triglycerides, as well as raise your HDL to optimum levels.

Incorporate Healthy Foods and Nutrients in Your Diet
A significant contributor to successfully lowering LDL is the addition of soluble fiber, omega-3 fatty acids, mono-saturated fatty acids (MUFAs), powerful antioxidants and lutein, to your diet. However, in order to see the benefit of ultimately lowering bad cholesterol, an overall healthy diet must be maintained. This includes decreasing, and in some cases, completely eliminating processed foods from your diet. Cholesterol lowering foods can drop your bad cholesterol levels by 5-10% within a few weeks; your cardiologist can speak with you about a personalized dietary plan.

Medications:

The most common cholesterol lowering drugs are statins. In recent years there have been other medication developments that may help to lower your total cholesterol levels.

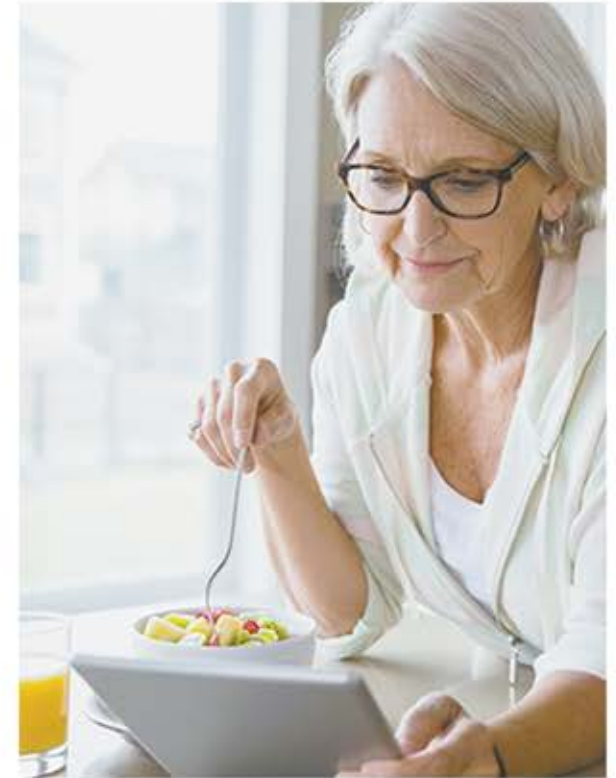
It's best to speak with your physician before changing your diet or exercise program. Your doctor will develop a strategy to suit your specific needs, along with a coordinated medication and lifestyle strategy.

One Health Center, OHC

One Health Center features all the specialists you will need for your complete health, making it truly a one-stop for better health. From cardiology to endocrinology and from vision to dentistry, your entire healthcare needs will be met by their state of the art urgent care facility in Ocala.

OHC Cardiology Clinic Services:

- Board Certified Internal Medicine
- Non-invasive Cardiologist
- Cardiology Fellowship



Consultation:

Patients with cardiac conditions requiring consultation and investigation can be referred. Echocardiography, exercise tolerance testing and stress echocardiography, medication reconciliation, will be facilitated on the day of their consultation.

Consultative Cardiology:

In an effort to provide the optimum level of care to their patients, OHC Cardiac Clinic partners with other community-based health care providers including patient's Primary Care Physician to assess and jointly manage complex cardiac conditions. This team base approach will allow their patients to access an expanded base of services at one location.



LEONARD SAVINO, MD

OHC CARDIOLOGY CLINIC
www.gotomhc.com



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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"This article is for all of us."

By Generations Christian Church

I am reluctant to put a title on this article concerning what it's about. The reason I don't want to do that is it would be terrible for many of us to see the title and say, "that has nothing to do with me or my life or anyone I know".

What if I were to tell you something grew by 72%...seems like a lot of growth to me? What if I were to tell you that the thing that grew by 72% in the past 10 years was something that is very bad and devastates everyone in contact with it. I would find that alarming.

You know the look that a person gives you when they are truly in total shock? Sam's brother was looking at his youth pastor with THAT look. "Something has happened to my brother", the young man said to his pastor. The regular Wednesday night youth service was about to begin in five minutes. Both Sam and his brother would normally be hanging out with the other kids as they gathered like every other normal week, but not this week. Something would shift everything this week.

The look that this young man gave his pastor must have conveyed more than words ever could. The pastor handed out duties for others to carry on the weekly event and left to drive to Sam's house. Little did he know that the next 24 hours would be the hardest day of his life. This would be a Wednesday night that would change the lives of an entire community. The tragic news finally became clear.

A father found his sophomore son hanging in the basement.

He was hanging from the beams on the ceiling. All alone, the father got his son down on the floor and administered CPR until a pulse returned. The paramedics arrived with the youth pastor and again the pulse was gone; the paramedics got the pulse back on the way to the hospital. After another ambulance ride to a larger hospital and hours of no sleep, the family finally dealt with the reality that their 16-year-old son had committed suicide. Dad was mowing the grass. Mom was at the grocery store. They were going to watch a movie later that night they had already picked out. There was no final conversation that gave them a tip or raised concerns.

The family would gather around their son with a community and ultimately hear the news that their son, brother, friend was brain dead. A shocked church and devastated high school would spend the next days under a dark cloud.

The most difficult thing about this story is that though I have changed the names of the people represented here to protect privacy; this story is everywhere; these people are everywhere. It seems no one is untouched. I personally have encountered this tragic tale time and again this year alone through many pastor friends across our nation. It has brought us to our knees.

We are all interconnected. When one person hurts in a community, ultimately, the rest of the community feels it. The ramifications of one person, who is in a place of confusion or loneliness, can make ripples that extend to every corner of our society.

The family knew that their child had been struggling with some common depression; they had even been dealing with the signs and taking steps they thought were appropriate. How did it escalate this quickly without anyone realizing it? This young man was very much like many people you and I see every day.

Mental illness can be debilitating and it can be aggressive.

September is the National Suicide Awareness Month. Not all cases of mental illness end tragically, but if one does, it is one to many. So what can we do? The best place to start is to know the signs of suicide:

What are the signs?

Are your loved ones talking about:

- Unbearable pain
- Feeling trapped
- Having no reason to live
- Being a burden to others

Do your loved ones have these behaviors?

- Withdrawing from activities
- Acting recklessly
- Visiting or calling people to say goodbye
- Increased use of drugs or alcohol
- Isolating from friends or family
- Aggression
- Giving away possessions
- Researching suicide methods

Does their mood display any of these signs?

- Depression
- Rage
- Irritability
- Lack of interest
- Humiliation

Land on hope.

Hope is central to who God made us to be. God is even known as the one who is "of hope". Romans 15:13 says, "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." When we lose hope, we lose our footing in the battle against mental illness.

Stand with others.

One way to get hope is to stand with others who can lend a hand up. You are not the only person struggling like this. Others have gone before you and found victory and you can too. Here are some resources for you if you are struggling or if you alone:

- Crisis Text Line offers free, 24/7 crisis support to those in need. To get connected with a free crisis counselor, text TWLOHA to 741741.

- The Suicide Prevention Lifeline provides 24/7, free, and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. All you have to do is call 1-800-273-TALK (1-800-273-8255).

- The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. The organization also has a free crisis lifeline, online chat, and text option. If you need help, call 1-866-488-7386.

- The Veterans Crisis Line connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.

Hope begins to take deep root when we all say that the problem is OURS. If we all take ownership of the solution, we start to find real hope for the growing casualties of mental illness. When we all become aware of the warning signs, we can all help. When no one stands alone any longer, true hope can take deep root.

Johnny Scott is the Lead Pastor at Generations Christian Church. You can follow him on Instagram: johnnyscottgcc, or check his blog out at www.generationssc.com/johnnysblog



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Service Times:

Sat @ 6PM | Sun @ 8:30, 9:45 & 11:15AM



Trinity Fest 2018

The 4th Annual Trinity Fest launches with the wildly successful Trunk or Treat! We anticipate 3,000 individuals will attend this event on Wednesday night, October 24. Trunk or Treat will serve as a preview of the four days that will follow of family-friendly fun and excitement for everyone.

Not only are we extending the fall festivities this year by one day, but are adding a free music festival to increase attendance. We have partnered with Christian Missionary Fellowship International (CMFI) to promote the child sponsorship program, bringing the love of God into the lives of hundreds of additional children that may not otherwise get sponsored. Every aspect of this year's Trinity Fest will be tied to Child Sponsorship and our Global Outreach initiatives.

Schedule of Events – Musical Acts Being Added Weekly!

Wed, Oct 24	Trunk or Treat
Thu, Oct 25	Full midway carnival and \$1 ride night
Fri, Oct 26	Full midway carnival and music festival
Sat, Oct 27	5K, business expo, kids' events, full midway carnival, and music festival
Sun, Oct 28	Full midway carnival, kids' events, and music festival

Additional Acts and Information

Eric Samuel Timm <http://ericssamueltimm.com>

Eric will be presenting at school assemblies at four of the largest schools in our church vicinity during the week of Trinity Fest. Eric will be inviting kids and their families to Trinity Fest during the evenings to hear the sponsorship pitch between bands.

- Eric's current child sponsorship completion rate is 9-12%. (This is currently the highest percentage in the industry.) Our attendance predictions put us in range to feasibly sponsor 1,000 children.
- Eric will be performing, painting, and emceeing the entire evening and pushing our partnership with CMFI on the event PA system and large video screen.

Additional Programing

Bands will be added Thursday and Friday nights, that fit the rock or youth genre. Local bands will be staged in early afternoons as well. We have contacted other musical artists and offers are pending. We are eagerly awaiting Universal Studios "Rock the Universe Music Festival" to confirm final performers. We are right on time for industry fall tour confirmations. We will secure final bands to fill all nights in the upcoming weeks.



Radio Sponsorship

Florida is the second largest Christian radio market in the county next to Dallas, TX. We have radio endorsement with JoyFM and sponsorship of this event, pointing people to our event.

Concert Line-Up

Sat Night - Mark Shultz - Mark is a great adult contemporary Christian music artist. A special Trinity Fest church service will be held outside on the lawn. The evening will be geared more towards the older adult audience of the festival.



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