

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

November 2018

Pasco/North Tampa/New Tampa Edition - Monthly

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HEALTHY SKIN:

YOU HAVE MANY OPTIONS, BUT SALT IS PROVING TO BE THE NEXT ANTI-AGING FACIAL PHENOMENON

NONSURGICAL FACELIFTING:

MAJOR FACIAL REJUVENATION WITHOUT SURGERY

REHABILITATIVE THERAPY

WITH COMPROMISED INDIVIDUALS IN MIND

ED AND PEYRONIE'S:

AN ALTERNATIVE TREATMENT FOR MEN THAT'S 100% NATURAL

PROGRESS AGAINST LUNG CANCER

HOW YOUR WEIGHT

AND YOUR OVERALL HEALTH AFFECT YOUR LIVER

STAYING REJUVENATED & HEALTHY

THROUGH FALL'S BUSY SEASON

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YOUR HEART CAN'T WAIT.

WE'LL SEE YOU
TODAY





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ED AND PEYRONIE'S: An Alternative Treatment for Men that's 100% Natural

DR. ROBERT LUPO, D.C.

For men between the ages of 40 to 70, erectile dysfunction is extremely common. Some causes of the disorder are vascular disease, which leads to narrowing of the arteries and decreased blood flow, diabetes, heart disease, high cholesterol, physiological effects, and prostate cancer. It's important to see a medical professional if you are experiencing difficulty in getting and maintaining an erection.

Peyronie's disease is defined as relating to symptoms of the curvature of the penis. Peyronie's is a buildup of scar tissue in the penis that causes a bend in the erected penis. This disorder typically causes a great deal of pain during intercourse. This condition affects nearly 12% of the male population.

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



GAINSWave also helps men with Peyronies disease by stimulating circulation and removing the plaque and scar tissue associated with the disorder. **DON'T JUST MASK YOUR SYMPTOMS—TREAT THE ROOT CAUSE!**

What better resource for a procedure such as GAINSWave than from an actual patient? We spoke to Calvin B., a patient from the Physical Medicine Center in North Tampa.

Q: Calvin, tell us about your experience and outcome with GAINSWave technology.

A: I've suffered horribly from ED due to my ongoing health issues. I'm Agent Orange positive, and have had five different cancers with chemotherapy and radiation treatment. Oncologist won't tell you that radiation damage remains in the body for up to ten years. I've had so much radiation in my life and most recently I was treated for prostate cancer with 36 open cone beam CTs and I also had the seeds implanted. One year after this treatment, I started to bleed rectally and through my penis.

Doctors also won't tell you what radiation does to you. It shrinks your penis by sometimes up to 2 inches. In 2001, I had a heart attack and the ER doctor asked me if I had been having Erectile Dysfunction issues. I thought this was an inappropriate question until he explained to me that ED is usually one of the first signs of atherosclerosis and hardening of the arteries.

After 46 years of marriage, having sex with my wife was mostly impossible, and if I was able, I didn't feel normal. I began to research alternative therapies and treatment options. I found Dr. Lupo and my life has changed drastically! After working with Dr. Lupo with treatments at his facility, my erectile dysfunction has improved greatly. I, of course, am not a roaring success because of my overall failing health, but through a few alternative methods including GAINSWave, I'm able to have sex again, and my penis looks and feels normal.

There is a noticeable difference in the appearance and functioning of my penis. I'm a firm believer in the GAINSWave technology because it works, and I tell a lot of people about it. I'm a spokesperson for a cancer organization, and I use that platform to also help men with erectile dysfunction because the two often go hand-in-hand.

Along with GAINSWave, Dr. Lupo gives me the P-shot, which is spun down plasma of my own blood's stem cells. Between GAINSWave and the P-Shot, I'm doing fantastic, despite my other health issues. I'm able to sex again with my wife and I feel like myself again.

Dr. Lupo's Practice—An Integrated Approach

At Physical Medicine Center, Inc. you can expect a welcoming, friendly environment with a staff that genuinely cares about your progress. Their goal is your improved quality of life—that's why their comprehensive treatment plans are designed to help you reach your goals. If pain is holding you back, call today to learn more about their natural, non-surgical, non-drug options for pain relief.

Dr. Robert Lupo, D.C.

Dr. Robert Lupo is the clinic director at Physical Medicine Center located in north Tampa near the University of South Florida and New Tampa. Physical Medicine Center is a multidisciplinary medical center that offers Medical Care, Chiropractic Care, and Physical Therapy. Dr. Lupo attended Life University in Marietta Georgia and graduated with a Doctor of Chiropractic degree in 1985. Dr. Lupo has taken postgraduate education in chiropractic orthopedics, neurology, spinal disc injury care, and auto accident and injury care. Physical Medicine Center also offers massage therapy, treatment for dizziness, balance disorders, Spectra cell nutritional blood analysis, bio-identical hormone replacement therapy for men and women and offers the nationally known Medifast weight system.

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



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Their professional therapists and nurses provide skilled care in numerous areas; to name a few, stroke recovery, joint replacement therapy, arthritis management, neurological rehabilitation, vestibular balance therapy & fall management, diabetes management, back pain & spinal conditions, COPD management, and cardiac rehabilitation to name a few.

In addition to programs like speech and occupational therapy, physical therapy is a major contributor to getting patients back into their prior mobile or independent state. However, back pain, arthritis, vascular disorders, and numerous other conditions contribute to the fact that it's difficult for many individuals to exercise and to receive traditional physical therapy treatment. The importance of cardiovascular training, building muscle, strengthening bones, and increasing range-of-motion should never be overlooked. Land Therapy is physical therapy achieved through exercise machines, walking, balance programs, stretching and many other forms of rehabilitation to get your body back into moving with fluidity, increasing a greater range of motion, improving your quality of life and achieving successful remediation of impairments, but what about those individuals with limitations or major health concerns in a rehabilitative program?

Lutz Healthcare & Rehabilitation goes one step further for their patient's total recovery. The AlterG® is an anti-gravity treadmill that utilizes differential air pressures to decrease the effects of



gravity during ambulation. It is precisely the same as "Land Therapy," except that all of the beneficial rewards are accomplished with zero strain on your joints and minimal strain on your heart. The use of differential air pressures allows the user to decrease weight bearing through lower extremities without changing the medium in which we move, which is air.

While it is possible to unweight lower extremities through such means as water or a harness, these methods change how the body moves and doesn't simulate proper gait as closely as the AlterG® can allow. Clinical studies on the AlterG® have shown a decrease in overall recovery times and an increase in overall outcomes. Clinical studies have focused in on such areas as the benefits to the recovery of total knee replacements, muscular dystrophy, balance, and neurological impairments, and increasing a safe cardiovascular response in the elderly just to state a few.

Prime examples of suitable AlterG® candidates would be, patients with a vascular stent in their leg, or a hip replacement, or someone that has suffered from a stroke. They might be better suited to walk on an antigravity treadmill, because most likely they will experience a less strenuous workout with little to no pain as opposed to on land. They also would be able to walk farther than on land, which is critical for healing, cardiovascular health, building muscle strength, and improving gait.

Lutz Healthcare & Rehabilitation Center serves your rehabilitation needs with state-of-the-art equipment and a fully trained, professional and courteous staff. At Lutz Healthcare & Rehabilitation Center, their specialty practitioners, therapists, nurses, and staff are focused on providing you with the skilled care and therapy you need to get you back to your highest level of function.

If you or someone you know needs inpatient or outpatient rehabilitative therapy, please ask your practitioner for a referral to Lutz Healthcare & Rehabilitation, or contact them directly.



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Abnormal Heart Rhythms: Why Seeking Medical Attention is Critical

While most people will have infrequent, abnormal heartbeats in their lifetime, some will experience a cardiac arrhythmia, a condition in which the heart beats with an irregular or abnormal rhythm. Arrhythmias can be classified as too slow (bradycardia), too fast (tachycardia), too early (premature contraction), or irregular (fibrillation). Many cardiac arrhythmias are harmless and require little or no treatment, but it's critical to seek medical attention to rule out life-threatening or damaging disorders.

Symptoms of arrhythmias are widespread and mostly related to the type of arrhythmia a person is experiencing. These include, but certainly are not limited to shortness of breath, lightheadedness, dizziness, fainting or near fainting, palpitations (flutters or pounding in the chest), fatigue, weakness, and chest pain.

Common risk factors for arrhythmia include old age, genetics, heart disease (including coronary artery disease, cardiomyopathy - enlarged or weakened heart muscle, and valvular heart disease), hypertension, obesity, diabetes, and sleep apnea. Some medications, stress, and heavy alcohol, caffeine or illegal drug use can also contribute to or exacerbate arrhythmias.

Tachycardias can be complex and variable, leading to a variety of possible treatments depending on the type of rhythm diagnosed. Medications may help suppress a tachyarrhythmia and cardioversion can be effective in some cases. A type of tachycardia known as an SVT or Supraventricular tachycardia is classified as abnormal electrical activity in the upper and lower chambers of the heart that cause an unusually fast heart rhythm. These issues lead the heart to not beat properly and can leave individuals feeling faint, weak and short of breath, and it also creates an unsettling rapid, heart-pounding sensation.

Many additional circumstances can cause abnormal heart rhythms and there are multiple ways to treat these abnormalities, but a standard procedure for some cardiac disruptions is called an arterial ablation.

Atrial Ablations

Ablations can eradicate a tachycardia by freezing or burning small areas of tissue in the heart where the arrhythmia is thought to originate from. Using radiofrequency energy, a catheter ablation uses heat to destroy tiny portions of the heart tissue that

are causing these irregular stimulations. Using an electrode catheter, the physician sends a small electrical impulse to activate the abnormal tissue in the heart. During the procedure, you will be sedated, but awake and the total time needed is typically two to four hours in an outpatient cath lab.

Cryogenic ablation is performed in much the same way as the radiofrequency version. Cryogenic ablations produce necrosis by pumping refrigerant (N2O) through a balloon. This is done in one step and freezes the abnormal tissue that 's causing the arrhythmia. Both of these procedures are FDA approved.

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- Device Implantation

Andrea Tordini, MD

Dr. Tordini is a Clinical Cardiac Electrophysiologist specializing in the management of abnormal heart rhythms. Her areas of expertise include atrial fibrillation ablation and management, evaluation and management of syncope and symptoms related to slow heart rhythms, pacemaker and cardiac defibrillator implantation, as well as management of heart failure through cardiac resynchronization therapy. Dr. Tordini focuses on providing optimal, personalized care for her patients in order to relieve symptoms related to heart rhythm abnormalities, and improve quality and longevity of life.



VLADIMIR CURKOVIC, MD, FACC
ANDREA TORDINI, MD
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Florida Medical Clinic, A Leader in Comprehensive Health Care

At Florida Medical Clinic, your health and wellbeing is their specialty. Their team of compassionate, experienced physicians offers a comprehensive range of healthcare services. By specializing in everything from family and internal medicine services to cardiology, gastroenterology, sports medicine, plastic surgery, and beyond, all within a single, clinically integrated network, their team streamlines every aspect of your healthcare. There's only one name you'll need to remember for all of your medical needs: Florida Medical Clinic.

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

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PROGRESS AGAINST LUNG CANCER

According to the American Cancer Society, lung cancer is the leading cause of cancer deaths in the United States. More people die of lung cancer in a year than from breast, prostate, colon and pancreatic cancer combined. Lung cancer is the second most common cancer in both men and women – it ranks just behind prostate and breast cancer, respectively.

EARLY DETECTION SAVES LIVES

Although there have been some real advances in the treatment of lung cancer, the average five-year survival rate for lung cancer in the U.S. is only 16.3 percent, unless it is detected early. If the disease is detected early, while it is still localized within the lungs, the five-year survival rate soars to 52.6 percent. So, your chances of surviving lung cancer are three times greater when it is detected early. If it is found while still in Stage I, which is the earliest stage, there is an average five-year survival rate of over 80 percent.

The bad news is that only about 15 percent of all lung cancer cases are diagnosed at an early stage because, often in the early stages, there are no real symptoms. That is one of the reasons why regular screenings are so important – especially if you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years.

Recent studies have found that, through the use of low dose spiral CT scans of the chest, lung cancer can often be detected in its early stages before it becomes incurable, or even before a patient is showing symptoms. This type of screening can detect early stage cancers that cannot be seen on traditional chest X-rays. Check with your physician to see if you could benefit from a CT lung scan. Researchers are also exploring other detection tools, including a blood-based test. So far, however, results are mixed.

IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade, including the development of medications known as targeted therapies, which interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment more effective and safer for patients.



About 85 percent of all cases of lung cancer occur in people who are smokers or have smoked in the past. The remaining 15 percent of cases occur in non-smokers, for reasons not yet fully understood.

Newer immunotherapy treatments have significantly improved survival rates for some lung cancer patients. A recent study, presented at the American Association for Cancer Research (AACR) Annual Meeting in April 2017, demonstrated that, for a small subset of patients, immunotherapy can work for a very long time.

LUNG CANCER RESEARCH INVESTIGATES MANY POSSIBILITIES

Many clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective. Especially important for older patients who may have other health problems, doctors are studying these combinations to discover if treatment outcomes can be further improved. Sometimes, chemotherapy is also being used in combination with some targeted therapies and has been shown to improve survival rates.

With some types of lung cancer, research has shown that receiving chemotherapy before radiation or surgery may actually be helpful. Chemotherapy may shrink the tumor, making it easier to remove it with surgery. It may also increase the effectiveness of radiation and it can destroy hidden cancer cells at the earliest possible time.

More research needs to be developed for even more effective treatments for lung cancer. Currently, there are no cures for lung cancer and even the best options don't help all patients. However, doctors are able to offer more treatment options with better outlooks for patients than a decade ago.

World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

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Robert Martinez, DC

How Your Weight and Your Overall Health Affect Your Liver

When we hear about someone with fatty liver disease, immediately we assume they are heavy drinkers, but nearly 3 million individuals worldwide have nonalcoholic fatty liver disease (NAFLD). Due to inflammation, scarring of the liver, known as cirrhosis can occur. Once this happens, the disease is fatal. Unfortunately, NAFLD is the most common form of liver disease in children. Extra fat cells in the liver cause fatty liver disease; if the fat in the liver is more than 5%, it is referred to as steatosis.

NAFLD is rarely associated with any symptoms, and the few that there might be are often confused with other conditions. Some of the symptoms are as follows: fatigue, nausea, pain, or insignificant weight loss.

Why does NAFLD affect so many people? Those with the highest risk are usually individuals with conditions and disorders such as type II diabetes, high cholesterol, obesity, prior gastric bypass surgery, and an unhealthy lifestyle. Since nearly double the children currently are obese or overweight in our country, this is thought to be the significant risk factor for children developing the disorder. In both adults and children, the cardiovascular risk increases with fatty liver disease and can lead to complications and untimely death.

Blood testing is the first step in diagnosing the disorder. The lab work typically includes a complete blood count, lipid profile, liver enzyme, hepatitis, and fasting blood sugar tests. Additionally, imaging procedures will help to pinpoint NAFLD, and it's scarring ratio. These tests include a CT scan, MRI, Transient elastography, and ultrasound. If necessary, the physician may order a liver tissue biopsy, which measures the level of fat cells and cirrhosis.

The disease is obviously severe with many health-related adversities. **However, the most interesting concept is that the standard first-line treatment is diet and exercise.** Ideally, physicians want patients to lose at least 10% of body weight. This is a prime example of why being proactive about our health is critical.



Eating a healthy diet that is dominant in plant-based foods and lean protein is the optimal protocol for nearly all individuals. If you are overweight, have diabetes, or are worried about fatty liver disease, it's not too late. The best options for you and your loved ones are to seek medical help from a physician that will work one on one with you to custom-tailor a plan. This will include evaluating and tweaking an exercise program that gets you to your goals, as well as a meal planning with calories and nutrient dense foods to keep you satiated while helping you lose the weight and keep it off. It's essential to find a physician that doesn't just write you a prescription for something like diabetes or hepatitis medication and then calls it a day because these are NEVER going to help you lose the weight!

With a Functional medicine doctor, you will be given a specific plan and supplements to help you lose weight to get you safely to your healthiest state. Functional medicine physicians don't just mask your symptoms; they treat the root cause of your disorder. At **Health & Wellness of Central Florida**, they take in-depth history and physicals and run extensive full panel labs on all of their patients. They test everything from hormones, thyroid function, genetics, heavy metals, infectious disease, and neurotransmitter communication to food sensitivities. Finding the cause of your disorder far surpasses standard medicine's minimal testing and treatment routes.

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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TAMPA PHYSICIAN DEVELOPS NEW MODEL FOR PERSONALIZED HEALTH OPTIMIZATION

Health issues such as fatigue, low sex drive, insomnia, high cholesterol, increased abdominal fat, insulin resistance, and mental fog are common among Americans, especially as we age. These seemingly unrelated issues are typically treated by various specialists who focus on each one as an isolated problem. This often leads to a team of physicians attempting to rectify various symptoms, without consideration of how these conditions may be connected.

A new health optimization program in Tampa seeks to change that. For more than 30 years, Dr. Jay J. Garcia has studied the role that metabolism plays in overall health and its interrelationship with chronic disease. As he observed the ways in which various imbalances and dysfunction manifested in different symptoms among his patients, he saw the need to develop a more integrated approach to health care.

"Our current healthcare system has failed many patients who are actively seeking to improve their health," says Dr. Garcia. "Restrictions posed by insurance companies mean that patients don't always get the tests or treatments they need. Our health system is designed to treat and control symptoms, but failure to identify the root cause of a health problem will never result in true healing."

Excess weight is one of these common symptoms. In his successful weight-loss clinics, Dr. Garcia has developed a holistic approach that identifies and targets the underlying causes of weight gain, which often include hormonal imbalances and internal inflammation.

Now, Dr. Garcia is expanding his integrative health care model to address additional needs such as vitality, immune system response, cognitive function, and cardiovascular health. The result is an approach he describes as a personalized health concierge service.

His health optimization program looks at how the body is functioning through genetic testing, as well as various lab tests that reveal underlying biochemical processes that influence health and

"I have been on the program for four months. It has completely transformed my body. I have lost over 30 pounds and 9% body fat. My energy levels and focus are incredible. I feel more positive, in control, and do not suffer from any mood swings."

Elissa, actual patient



wellness. Each patient is assigned to a health track designed to address their most pressing health needs. Health tracks are further customized for each patient based on their lab results. Because Dr. Garcia's health optimization is cash based, he is able to provide tests and treatments that typically aren't allowed in the restrictive insurance-driven healthcare model.

One of these tests is a sophisticated DNA analysis that evaluates more than 80 genetic markers. In 2003, genetic researchers completed a 13-year international collaborative research project known as the Human Genome Project, which mapped the entire human genome. This allowed scientists to conduct deeper studies into the ways that specific genetic variants influence health.

Many wellness programs or weight-loss plans rely on trial and error, or are based on data from studies that did not take generic variants

into consideration, explains Dr. Garcia. But people with certain genetic variants may be more likely to gain weight or may experience a higher risk of other health issues due to the way that their bodies respond to different foods and other factors.

"Historically, medical research and clinical trials have been conducted on white males, with the results extrapolated to different patient groups," says Dr. Garcia. "We know now that this approach is ineffective for people whose genetics differ from the research sample. DNA testing, along with blood, urine, and saliva tests, gives us a complete picture of how the body is actually functioning, so that we can develop a program that truly meets each patient's needs."

To learn more about Dr. Garcia's personalized health optimization services, visit jayjgarciamd.com



2801 S Macdill Ave. Tampa, FL 33629
(813) 327-6004
JayJGarciaMD.com

BayView Radiology:

A Radiology Center with Your Health and Comfort in Mind

Need an MRI, a CT scan or any other radiology exam? If you do, you may be wondering, 'Where should you have this done?' You have many choices, but getting an image at just any center can be a mistake. And when it comes to your health, inaccuracy, slip-ups, and mistakes are not something any of us desire. Many people don't realize that there are differences in radiology centers.

Radiology facilities are a vital part of our individual health care needs, but as patients, we generally take the direction of what is the cheapest out of pocket cost, the most convenient location, or the mediocre facility that your PCP referred us to for a radiologic exam, versus what is the best treatment option for myself or my loved one.

Quality vs. Quantity

Radiology centers differ in the sense of quality. Many of us tend to think they are all the same because they have similar equipment, but there is more to this than just having diagnostic imaging exams. The average patient is much more educated than ever before, and with technology at our fingertips to research a radiology center and see their protocols and reviews, now is the time to do a little research. Your health is worth it! Radiology is a medical specialty practice with MD/Radiologists that have trained for 5-6 years or more in residency and fellowship after completing medical school and standards of quality can vary from center to center. So, you the consumer should ask yourself, 'Who are your radiologists and does the staff that surrounds your care truly care about your well-being?' In addition, you should also find out if the radiologists are on site or if they are at a third party firm at another location. Unfortunately, the latter is quite typical.

Here in Tampa Bay is a facility that has the values of care that are homegrown, where you are not a number but instead treated like a family member. BayView Radiology, located in the heart of Carrollwood believes in quality care for all of its family known as their patients. Their boutique medical style uniquely caters to individualized attention while doing so at a cost that is affordable.



They value the reward of a patient's smile and take an interest in patient comfort as well as educating their patients understanding of an exam.

The technologists and staff at BayView Radiology go several steps beyond what most centers do because they are not double and triple booked; they genuinely are interested in your best outcome and your comfort. For example, if you need an MRI, you may not know that the noises can be somewhat loud, but they will walk you through each step before, during and after and provide noise-canceling devices with relaxing music. If you need an Ultrasound, you may not know the steps involved in getting your results, but at BayView, they work directly with you and your referring physician to help you understand the process entirely.

Cyndi N., tells us this, "I had the pleasure of experiencing this first hand. I needed an MRI and had specific fears related to the exam. One of the radiologists took the time to discuss my best options and why. He put me at ease and helped me to understand the difference of quality within an image, how certain equipment that produces

that image can affect the quality and how this affects my outcome specific to my health. Medical care should always be personal and not delivered as a checklist of completed tasks." BayView Radiology is the one stop shop for all radiologic needs, and their care is a high benchmark of how care should be.

Bayview Radiology is the Best Kept Secret for radiology in the Tampa Bay area. At their center, a patient does not feel like a number, rather, an individual that is genuinely cared for. The center is a boutique for radiology services with the utmost personalized attention and concern for each patient.

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– Jay J. Garcia M.D.

PERSONALIZED HEALTH OPTIMIZATION



The traditional insurance-based health care system is broken. Doctors spend too little time with patients and prescribe too many drugs to treat symptoms, rather than treating the root cause of the issue. I created my new health optimization program so that I could practice medicine and care for my patients in a far more personal way. I create personalized programs based on advanced testing, including DNA, to treat each patient as the individual that they are. The cost is reasonable and using telemedicine we can greatly reduce the time you will need to commitment to the program, and still achieve your goals.

If you are battling issues such as **fatigue, low sex drive, insomnia, high cholesterol, increased abdominal fat, insulin resistance, and mental fog**, please visit my new website at JayJGarciaMD.com, read more about my program and if appropriate apply to join. **I look forward to being your personal physician.**

– Jay J. Garcia M.D.

Call us at (813)-327-6004
Or apply online at: JayJGarciaMD.com

G
Jay J. Garcia M.D.

Healthy Skin:

You Have Many Options, But Salt is Proving to be the Next Anti-Aging Facial Phenomenon

November is National Healthy Skin Awareness Month. Because our skin is the largest organ throughout our bodies, taking care of it should be more of a priority than most individuals realize. Here in Florida, we're blessed with gorgeous days, but we're continually combating the sun's aging effects. If you have fine line, hyperpigmentation, melasma, dull or aging skin, ZMD Center for Face and Body Rejuvenation has the answers.

The newest innovative facial on the market is a salt-infused facial called SaltFacial L'avantage™. Always on the cutting edge, ZMD is the first office to offer it in the area. If you want plump, toned, bright, glowing skin, this is what you've been waiting for.

For thousands of years people have been clamoring to the Dead Sea or products made from its salt due to its proven ability to heal. With minerals that are used for eczema and psoriasis, to toning and tightening the skin, sea salt has found its way into a groundbreaking medical aesthetic facial.

The SaltFacial L'avantage™

Similar to the microdermabrasion technique, organic salt is applied with a patented hand-piece to the face, neck and décolletage area, utilizing a positive pressure system to exfoliate your skin's surface. Because salt retains moisture, the organic salt causes a natural plumping effect to the skin before it's suctioned off, leaving the skin's outer layer ready for further antioxidant serums that infuse nutrients deep into the dermal layers. This part of the procedure is achieved by using sound waves. This ultrasound therapy delivers hydrating antioxidants, which stimulates and increases oxygenation and blood circulation while encouraging cellular turnover.

The final step is high-intensity light therapy. This light therapy increases the cellular turnover and healing process. The results are remarkable.



Patients and clients notice significant improvements in tightness, tone, and brightness, less discoloration and decreased fine lines. The best part is that it's 100% natural and involves no trauma to the skin. If you want glowing skin; this is the newest addition that you should incorporate into your facial protocol.

ZMD's Other Skincare Treatments

From skincare to body contouring, ZMD Center offers endless options for your health and aesthetic needs. Offering injectables, fillers, Ultherapy, laser treatments and beyond, ZMD center has your best interest and satisfaction in mind. That's why they are always on the leading-edge of the latest techniques, devices, products, and procedures. They also offer IV Vitamin infusions to make you healthy and beautiful from the inside out.

Their mission is to help you become your personal best by offering the latest advances in anti-aging and preventative treatments to help you look and feel better. Services aim at

treating sun damage, Melasma, excess pigmentation, acne, wrinkles, cellulite, fat reduction, veins, surgical scars, and acne scarring. All treatments are FDA approved & cleared and give you the best results without surgery possible.

Dr. Brian K. Zebrowski, MD FACS

At ZMD Center for Face and Body Rejuvenation, located in Lutz, FL, Brian K. Zebrowski, MD FACS and his trained staff have been long standing members in the



Tampa Bay community supporting their clients and patients with their medical needs.

At ZMD Center, their medical staff combines years of experience, extensive training and knowledge on our vast variety of services. They work diligently to ensure that each patient is able to achieve his or her desired goal with our state-of-the-art technology. Every patient is given the time and attention necessary to develop a unique treatment plan while building valuable relationship with their staff.

Recharge your mind, rehydrate your body, and revamp your life. Call ZMD to schedule your appointment today.



ZMD Center for Face and Body
18944 N Dale Mabry Hwy #102
Lutz, FL 33548
(813) 949-4000

MERIDIEN RESEARCH

Brings Medical Research Close to Home

The research community is constantly seeking new treatment options for diseases and medical conditions. To make sure new medications and devices are safe and effective, they are tested by volunteers in clinical trials at facilities like Meridien Research at 5411 Beaumont Center Blvd., #760, Tampa and 120 Medical Blvd., #103, Spring Hill, FL 34609.

A clinical trial is a medical research study in which volunteers receive investigational treatments under the supervision of a board certified medical doctor. These treatments are developed by pharmaceutical and biotechnology companies who choose qualified physicians, also known as principal investigators, to conduct clinical trials to determine whether or not there are benefits to new investigational drugs.

The phases of a clinical trial

Drug and device testing begins with extensive laboratory research which can involve years of experiments in animals and human cells. If the initial laboratory research is successful, researchers send the data to the Food and Drug Administration (FDA) for approval to continue research and testing in humans.

Once approved, human testing of experimental drugs and devices can begin and is typically conducted in four phases (I, II, III and IV). Each phase is considered a separate trial and, after completion of a phase, investigators are required to submit their data for approval from the FDA before continuing to the next phase. Only a small number of people participate in phase I trials while the later phases involve a larger number of volunteers. It is estimated that 70% to 90% of drugs that reach phase III studies successfully complete this phase of testing. Once phase III testing is complete, a pharmaceutical company can request FDA approval for marketing the drug.

"The majority of the studies we see at Meridien Research are phase III and IV. This means they have been in testing for months, if not years, which should help our subjects feel more comfortable with their decision to participate in a trial," said Cynthia Huffman, MD and Principal Investigator at Meridien Research.



Who can participate in a clinical trial?

All clinical trials have guidelines about who can participate. Before joining a trial or research study, a volunteer must qualify. The factors that let volunteers to participate in a clinical trial are called "inclusion criteria" and the factors that prevent volunteers from participating are called "exclusion criteria." These criteria can include age, gender, the type and stage of a disease, previous treatment history and other medical conditions.

Who pays for clinical trials?

Funding for clinical research comes from the federal government such as the National Institutes of Health, the Department of Defense, the Department of Veteran's Affairs, and private industry such as pharmaceutical and biotech companies, medical institutions, and foundations.

Benefits of participating in a clinical trial

By participating in a clinical trial, people may benefit by:

- gaining access to new treatments that are not yet available to the public
- testing drugs and procedures at no cost
- obtaining improved medical care at a leading health care facility
- playing an active role in their own health care
- improving their quality of life
- helping others by contributing to medical research

"We have seen an increase in the number of subjects who are willing to participate in a medical research study because they don't have health insurance," said Jennifer McCaffrey, Site Director for Meridien Research. "Some of our studies last years, so they are guaranteed treatment they otherwise couldn't afford."

New research studies begin almost every month. In Tampa, currently enrolling clinical research studies include those for Alzheimer's disease, multiple sclerosis, traumatic brain injury and headaches.

For more information on Meridien Research or the studies enrolling now, call 813-563-6009 or visit www.newstudyinfo.com today!

About Meridien Research

Meridien Research has been conducting clinical research trials and studies since 2000 in the Tampa Bay area. All studies are administered by board certified doctors and highly trained medical personnel in St. Petersburg, Tampa, Bradenton, Spring Hill, Orlando and Lakeland.





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Saturday: 10 a.m. – 2 p.m. (by appointment only)
Sunday: (by appointment only)



Nonsurgical Facelifting: Major Facial Rejuvenation without Surgery

By Kriston J. Kent, M.D.

Traditionally, the term "facelift" referred to a surgical procedure to correct sagging facial and neck tissues. More recently, with the rapidly advancing development of new rejuvenation modalities, facelift is most commonly used to refer to **any procedure which addresses and improves facial aging**. Likewise, it has been increasingly obvious to specialists in facial rejuvenation that **sagging** is only a part of the aging process in the face and neck. In fact, in many individuals, **sagging** may be less important than volume loss, **unsightly skin**, and **overactive facial expression lines**.

The term "nonsurgical facelift" is now used to describe any number and combinations of procedures which **address volume loss, unsightly skin, and overactive expression lines**. Without the need for surgery, **significant down time, significant pain, and the potential for significant complications**, aesthetic physicians can provide a very significant improvement in facial, neck, Décolletage, and hand appearance.

Today, a nonsurgical facelift **commonly involves a combination of the best procedures** available to improve the skin, to improve facial volume, and to correct overactive expression lines.

Popular injectables:

Nonsurgical Facial Rejuvenation using Volume enhancement with biocompatible commercial products.

Several products have proven to be quite useful and beneficial for correction of facial volume inadequacies causing the appearance of significant facial aging (which makes us look older than we feel).

The most popular products utilize **hyaluronic acid (HA) gels** which are typically quite safe and effective. These HA gels typically **work best on defined folds and depressions**. They are used most commonly in the folds around the mouth, in **thinning lips**, in the **flattened lateral eyebrow** regions, and in **hollow areas under the eyes**. Juvederm and Restylane are the most well-known of these fillers. Everyone loves immediate gratification and the **results from these fillers typically occur immediately**. Ultimately the results gradually resolve over the ensuing year.

Some of the most exciting new products on the market are called **Voluma, Vollure & Vobella**. Though these products are also hyaluronic acid gel based products, they are especially formulated to provide specific results that provide "lifting" (Voluma), fold improvement (Vollure) and fine line improvement (Vobella). Voluma is

Before



After



used primarily in the upper cheek area to correct the loss of cheek fullness and along the jawline to address early jowling. Vollure can be used for heavy, sagging brows and for prominent folds around the mouth. Vobella works to improve fine lines and wrinkles around the eyes and the lips. This restores a more youthful facial contour. And better yet, the results persist for up to 2 years.

Other biocompatible commercial products which can provide volume improvement include the use of Calcium hydroxyapatite (**Radiesse**) and poly-L-lactic acid (**Sculptra**).

Sculptra is most commonly used for more widespread facial volumizing instead of treating specific folds and depressions. Unlike hyaluronic acid gels and Calcium hydroxyapatite products, results from Sculptra appear over time and tend to last longer.

Nonsurgical Facial Rejuvenation: Correction of overactive facial expression lines

The use of minute amounts of highly purified botulinum toxin is used to **address overactive scowl lines, frown lines, squint lines, and smile lines** and has been performed successfully for nearly 20 years.

Botox, and other similar products, **do not provide lifting, correction of facial volume loss, or improvement in his skin tone, color, and texture**. However, when overactive expression lines are present, the aesthetic improvement can be quite significant.

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Resurfacing Skin that is showing signs of Aging/Sun Damage

in the past, improvement in skin color, tone, and texture involve undergoing skin resurfacing procedures which require a great deal of downtime, and a risk of uneven pigmentation. In recent years, there has been an explosion of less aggressive skin resurfacing devices which can provide amazing results without significant downtime or significant risk of undesired outcomes. A host of different devices exist which each have their advantages and disadvantages. HKPS uses minimally invasive/noninvasive lasers and radiofrequency devices to individualize treatments which address specific needs for each patient. BBL, LaseMD, Infini, and Halo are a few examples of state of the art laser, light, and RF devices used to provide a patient with more beautiful skin.

All Natural, Nonsurgical Facial Rejuvenation CRP Microchanneling

One very popular, **all natural procedure** involves micro channeling, and injection of **Platelet Rich Plasma (PRP)** also referred to as **Cytokine Rich Plasma (CRP)**. Whether it is referred to as CRP or PRP, this procedure utilizes the ability of **growth factors and peripheral stem cells** taken from your own blood to stimulate existing stem cells to produce **new collagen and other substances which improve facial skin appearance**. These powerful growth factors are **micro-channelled** (using a special device) back into your facial skin and superficial subcutaneous areas. Typically, **several sessions** are performed to provide the best results and several months are required to obtain the benefits. Finally, most often, this procedure is combined with **injection of growth factors** into the deeper facial tissues to provide further aesthetic enhancement of the face by addressing volume loss (which inevitably occurs as we age). These techniques lie behind the secret of youth for many well known personalities.

PRP Injection for Skin improvement and Hair regrowth

As noted above, in addition to microchanneling, growth factors (PRP) can be injected back into your facial tissues, to stimulate existing stem cells to produce new collagen and other substances at a deeper level, which will also further improve facial appearance. Likewise, PRP has been shown to stimulate regrowth of hair on the scalp in both men & women who have experienced alopecia(hair loss) with increasing age. Once again, several sessions are performed to provide the best results.

In summary, there has never been a better time than 2018 to take advantage of the amazing advances of aesthetic medicine to address the inevitable signs of facial aging. And remember, a combination of the right procedures is better than choosing just one. We're living longer, and healthier, than ever before. It a good thing that we can also remain more beautiful without the need for surgery!

Best Plan Choice: Local Health Insurance Agency Dedicated to Boomers



Health insurance decisions can be confusing, frustrating and complex to navigate, with seemingly endless changes to policies and laws. Fortunately, there are agencies who care for your best interest and will work diligently to guide and properly inform you – agencies like Best Plan Choice, owned and led by Michael Crofts.

Mr. Crofts' story of how he found himself in this industry, supports his passion for people and healthcare: "I didn't choose healthcare, I believe it chose me. During my high school days, I played sports and developed some serious back issues, requiring multiple surgeries. Through my own experience, I learned the value of good health insurance and quality medical care. It also instilled compassion in me for anyone having health issues. Later in life, I had the opportunity to become certified in health insurance. After certifying, I worked exclusively for a health plan and then for an agency, representing several plans. Recognizing the need for an agency dedicated to people with Medicare and Medicaid needs, I opened my own local office. We focused on helping people understand the "ins and outs" of healthcare. Our office is a place where you can drop in, relax with a cup of coffee, and learn about your Medicare plan options. There is never a rush and we are open all year for your customer service needs. Our goal is to help you make the Best Plan Choice."

Insurance is complicated and ever-changing; new products are being offered every year and many offer coverage for benefits not covered by original Medicare and/or Medicaid plans. Baby Boomers had completely different insurance products during their working years. The indemnity and major medical policies are no longer the only choice and often do not meet the needs of consumers today. Every year, Michael and his team of independent agents spend over a hundred hours in product trainings to become familiar with all the

changes and updates which may impact their clients – a service provided without a fee or charge. Navigating through complex healthcare documentation can become a time-consuming process that can easily overwhelm or confuse you. Michael Crofts and his Best Plan Choice team will sit with you and review all of the documents, and answer all of your questions. Most importantly, they will conduct a needs analysis to determine your individual needs – if you expect a hospitalization, use certain medicines, or want dental or vision type benefits – everything is taken into consideration.

The Best Plan Choice team does not consider their customers to be "just another client." Often times, they establish great friendships that carry on long after the application has been written. "For example, we socialize, attended sprint car races and even go fishing with some of our loyal customers because we are in the business for the right reason, caring for and helping people," explains Mr. Crofts.

Best Plan Choice is independent and locally-owned, with no commitment to deliver a certain number of policies to any one insurance company. Owner, Michael Crofts, maintains certification in every major and local health insurance product. (This helps the agency stay current on the information you need to know.) They offer all plan choices, but assist clients in selecting the right choice for them. Their agents are available to meet with customers anywhere in Florida, including their comfortable office in New Port Richey, at their home, or in a public location. (Customers find this to be a huge convenience.)

Expect the Best Plan Choice team to be available long after the policy is written. This means helping with doctor changes, plan questions, annual review of your benefits, and of course taking great care of any friend or family member you refer. At Best Plan Choice our clients become friends and our friends become clients.



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www.bestplanchoice.com

The Role Assistive Technology Plays in the Wellbeing of Seniors

The people that we make the best connection with are usually those with common traits or similarities to us. When we feel comfortable with someone, we find communication is more natural and bonds are continuously built.

At Seniors Helping Seniors, an in-home senior care service, their caregivers are seniors themselves, making your life easier by providing compassionate care in the comfort of your home with someone that you can connect with. Their in-home care services empower seniors to continue to live independent lives by taking care of day-to-day tasks that become more challenging as you age. As your health and personal requirements change, Seniors Helping Seniors is here to assist in the ways you find most helpful.

Aging can be challenging not only relating to our health, but also our ability to perform daily tasks and to live the life we deserve. When we're younger, we often take for granted the ability to easily button a shirt with no arthritic fingers or the capacity to walk safely from the bathroom to the living room without tripping over the area rug and getting hurt.

Assistive technology can make a difference in seniors' lives. One of the benefits of technology is that it can improve quality of life. Designed to enhance safety and wellbeing, assistive technology for seniors supports their health, safety, and quality of life. There are many types of technology designed for these purposes. Some of these technologies are digital and cutting-edge, while others are more basic.

Assistive Technology:

- Hearing Aids
- ACTIVATOR Poles
- Buttoning Aid Hook
- Bed Handles
- Long Reach Comfort Wipe
- Medical Alert Devices
- Voice-Controlled Alarm Clocks



Assistive Technology Benefits:

- Help seniors age in place
- Increase independence
- Improve quality of life
- Enable social connections
- Protect senior safety
- Support senior health
- Enhance convenience
- Restore senior confidence

Seniors Helping Seniors is an experienced, reliable resource for seniors who want to stay in their own homes. They provide in-home care, companionship, and services from seniors who enjoy helping others.

Seniors Helping Seniors offers reasonable hourly rates for seniors who want care and companionship, as well as reasonable hourly wages to seniors who want to provide these services.

To find out more, please contact them today at 813-973-1954.

AHCA #233739



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Painful Intercourse?

You Are Not Alone; Get The Best Treatment Personalized For You!

Dr. Vahora, MD, FACOG

Do you have pain with intercourse? Do you find that lubricants are no longer helping and that your sex life is not as enjoyable as it once was? Dyspareunia (painful sex) is a symptom of vulvar and vaginal atrophy (VVA). Whether the menopause was brought on naturally by aging, or surgically, it is quite common for women to experience painful intercourse during this time in their lives. A fairly new term, genitourinary syndrome of menopause (GSM) better explains the overall dysfunction of the urinary and genital tissues as women undergo menopausal symptoms.

Genitourinary Syndrome of Menopause & VVA

When the regularity of a woman's periods cease, the estrogen receptors decrease along with estradiol in the uterine lining, which disrupts the thickness and lubrication of the tissues. Why is this significant? Estrogen increases gland secretion and blood flow to the urogenital tissues, so when our estrogen is limited or obsolete, it leads to vaginal dryness, pain, PH imbalance and urinary changes like incontinence to name a few.

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. This disorder is specifically known as vaginal and vulvar atrophy.

Your Treatment Options

Most women think that it's just a normal part of the hormonal process, but there are many options to relieve vaginal and vulvar atrophy by restoring your vaginal tissues and alleviating your pain. Finding the right treatment for you is what Dr. Parveen Vahora specializes in. She helps women by looking at the whole person and diagnosing the cause when administering highly acclaimed treatments, not merely their symptoms.



Estrogen Therapy

If you are experiencing moderate to severe menopausal symptoms, Dr. Vahora may suggest estrogen pills, creams, gels or transdermal patches, which will increase estrogen production in the uterus. If you no longer have a uterus, you might respond better to a stronger, time-released dose of estrogen via an inserted vaginal ring or other non-estrogen related products.

Non-Estrogen Management

Osphena® is the only FDA-approved oral pill for the treatment of moderate to severe dyspareunia (painful sex), a symptom of vulvar and vaginal atrophy (VVA), due to menopause. It's not an estrogen, but it works like one to help improve specific vaginal tissue* and help relieve moderate to severe painful sex due to menopause. *Increases superficial cells, decreases parabasal cells (these are two types of vaginal cells) and reduces vaginal pH.¹

INTRAROSA is a steroid treatment for VVA. INTRAROSA is made from prasterone, a synthetic form of a substance your body produces naturally called DHEA. DHEA is important because after menopause it becomes your body's primary source of sex hormones, but as you age, DHEA decreases.

Like DHEA, INTRAROSA is inactive until your body converts it into sex hormones, specifically androgens and estrogens, which remain within normal postmenopausal ranges.²



References:

1. "About Osphena", osphena/Duchenas USA, April, 2018, Osphena.com
2. "About INTRAROSA, Intrarosa Endoceleutical, AMAG Pharmaceutical, Waltham, MA, 2018 intrarosa.com



Non-Hormonal Advanced Treatment

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

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

Now it's possible to have relief from vaginal and vulvar atrophy due to the MonaLisa Touch's® ability to gently improve the tissue of the vaginal mucosa. The laser stimulates the production of collagen, improving the functionality of the treated area and restoring the proper trophic balance to the mucous membrane.

Rejuvenate Your Sex Life

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

Parveen Vahora, M.D.

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

Don't just live with your sexual discomfort, get the relief and new beginning that you are worthy of. Call today to schedule an appointment and/or your Mona Lisa Touch consultation at (727) 376-1536.

PARVEEN S. VAHORA, MD, FACOG

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A Non-Surgical Approach to Long-Term Pain Relief

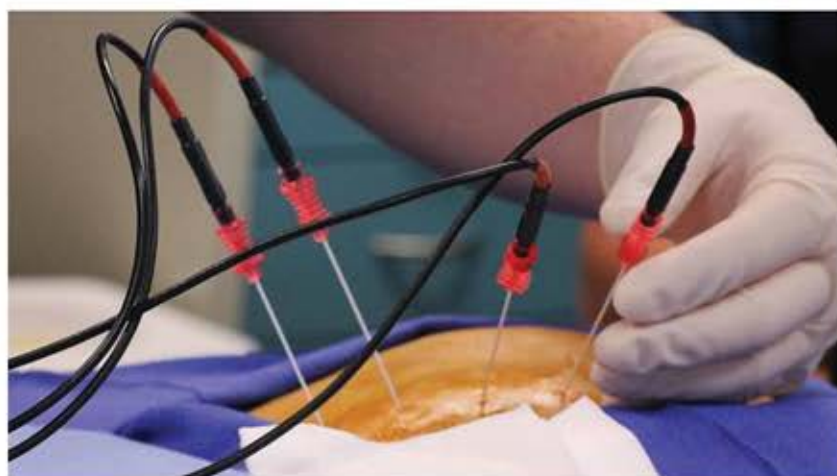
Avoiding surgery is usually at the forefront of most people's minds when dealing with chronic pain. Over 115 million people suffer from various types of chronic pain disorders ranging from fibromyalgia, osteoarthritis, neuropathy, back, hip and neck pain to name a few. Whether trauma or degenerative disease has 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?

Although surgery is critical in certain situations, finding alternative methods to control or alleviate pain is always the first step in pain management. The **National Institute of Pain** is a state of the art facility that specializes in the comprehensive treatment of acute and chronic pain. They provide the utmost quality care for patients and provide for their pain management needs.

One of the most widespread causes of neck pain and lower back pain is osteoarthritis of the spine. This causes the joints and cartilage to break down leading to pain over the spine with radiation to the arms and legs. Over time, bone spurs may occur, which may lead to pressure on the spinal cord or nerves. This can cause numbness, weakness, pain and tingling to the hands and feet.

Unlike traditional back surgery, which can be intimidating for many patients, a minimally invasive procedure using light sedation and local anesthesia called cervical or lumbar radiofrequency ablation is the answer that many individuals are waiting for to alleviate their neck and back pain.

Neurotransmitters transmit signals from peripheral nerves to the spinal cord and to the brain. This pathway lets us know that something is awry in our bodies. With cervical and lumbar radiofrequency ablation, the nerves that are starting the signaling for this pathway are cauterized with a low-level of localized heat, causing the nerve to stop sending signals to our brain through an interruption in the nerve pathway.



This procedure is entirely safe and effective. It has been used for decades with long-lasting results for people suffering from low back pain. During the procedure, the patient will lie on their stomach, and the neck and spinal area will be treated with a pre-procedural antiseptic. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are then located through a probe that is inserted through a tiny needle into the spinal area. Once the target nerve(s) are located, a small ablation lesion is created through the controlled heating of the probe through medium-frequency alternating current. This will alleviate the pain signals to the brain, allowing the patient to be virtually pain-free. The entire procedure takes approximately 20-30 minutes, and patients can resume normal activities within a short period of time.

Radiofrequency Ablation (RFA) is able to treat other areas in the body as well. It is commonly used for headaches, facial pain, peripheral neuropathies, trigeminal neuralgia, hip and knee pain, as well as for disc denervation, and in some cases, complex regional pain syndrome.

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

and determine your care needs. The National Institute of Pain's President and Founder, **Dr. Sunil Panchal**, is a board-certified interventional pain and spine physician.

Dr Panchal has been an academic leader, and previously was Director of the Multidisciplinary Pain Fellowship and Chronic Pain Service at the Johns Hopkins University, and Director, Division of Pain Medicine at Cornell University. He has held leadership responsibilities in many profes-

sional societies, including the Board of Directors for the American Academy of Pain Medicine, Coverage Committee for the North American Spine Society, and Committee for Pain Medicine for the American Society of Anesthesiologists. Dr Panchal has authored and co-authored a number of abstracts, journal articles, and book chapters. He has served as an invited editorial reviewer for *Clinical Researcher*, *Anesthesia and Analgesia*, *Pain*, *Pain Medicine*, and the *Clinical Journal of Pain*. He previously served as Editor-in-Chief of the *International Journal of Pain Medicine and Palliative Care* and of *Seminars in Pain Medicine*. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and spine devices, and in clinical research protocol design, most recently for regenerative medicine and stem cells.

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

The National Institute for Pain
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Mental Health: An Exclusive Opportunity to Explore Self-Help & Development Courses

Why is it that some people see the light, while others are constantly reminded of the darkness? The intriguing anatomy and processes of our brains produce bouts of fear, anxiety, worry, obsessions, compulsions, the impulse to take flight or fight as well as joy and love.

In *Paradise Lost*, John Milton may have summed up this scenario very well when he wrote, "The mind is its own place and in itself, can make a Heaven of Hell, a Hell of Heaven." We have known for some time that two parts of the brain called the amygdala and the hippocampus act together when emotion meets memory. The amygdala and hippocampus can cause an immediate and overwhelming emotional response out of proportion to the stimulus which triggered the reaction. All kinds of stored memories from the threatening to the sublime, from our early childhood to present day can revisit us and cause symptoms. Finding ways to release these emotions and memories and helping patients to move on is what Dr. Grabau, owner of Dr. Grabau Therapy and OPG, has been doing for over 35 years.

Dr. David Grabau, Psychologist

Dr. Grabau explains, "I think of my work as a way of helping patients make friends with themselves. I believe that we torture ourselves by holding onto memories that are painful. We play endless 'tape recordings' in our minds that create anxiety, depression or compulsive behaviors.

We repeat destructive patterns in our relationships, which lead to isolation, shame, regret, and guilt. Our choices in life become narrow and limited. Keeping unpleasant feelings at bay becomes our priority thus sapping us of energy. With the release of that energy, prosperity can develop in all areas of life. A future begins to take shape, which could include intimacy, stability, and even financial prosperity.

I specialize in treating depression, anxiety disorders, behavioral excesses and deficiencies, relationship problems, and chronic emotional disorders; loss, grief, and trauma; mood disorders.

I offer consultation to families and adult children with aging parents as well as young adolescents, late adolescents, adults, couples, and seniors. I work in



the realm of language and thus help people examine what they think and how they feel before they act. I help patients to examine their fear of sharing personal information; once they remove their resistance to talking they move forward.

By keeping ideas in the verbal realm, impulsiveness can be reduced and may be prevented; a careful examination of impulses can reveal significant emotional underpinnings. My 35 years of experience has enriched my clinical skills significantly.

I have worked with people as young as three to as old as 107. I encourage people to tell their story by sharing thoughts and feelings they have held onto all of their lives. Sometimes what is shared has never been told to anyone before."

OPG is offering a unique workshop series designed as opportunities to explore one-self in relation to others as self-help courses. These courses are open for enrollment, and each class consists of five sessions.

Relationship Series

- Repetition Compulsion: Ground Hog Day Revisited Why do we seem to create the same type of situation in our lives repeatedly?
- Narcissistic Relationships: When a Partner or Parent Doesn't Respond
- Helping Pre-Teens become Teens: Shifting into the "age of negotiation". (For elementary, middle school, and high school parents)

Research Development & Treatment Series

- Alzheimer's and Dementia related disorders
A review of up to date research and treatment methods.
- Management and Treatment of Emotional Disorders: Side Effects and Benefits of Using Psychiatric medications

Self-Development Series

- Tranquility Meditation, and Stress Related Illnesses
- Music and your Mind I
- Guided Imagery and Music II
- Reducing Anxiety with Imagery III
- Lifestyle Weight Loss
- Working with Dreams

Society & Culture Series

- The Importance of Belonging and the Experience of Being Different
- The Marginal Individual: Cross Cultural Identity Issues

The office of Dr. Grabau Therapy and OPG

To find out more about the series or to schedule an appointment with Dr. Grabau, please contact him today.



Dr. Grabau Therapy

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Staying Rejuvenated & Healthy Through Fall's Busy Season

At this time of year, things tend to become a little more hectic. Our schedules are packed; we have events, holiday preparations, meetings, kid's after school activities and the list goes on and on. We want to look our best, feel energized and let's not forget that we're all attempting to stave off the flu virus.

A key component to staying healthy, feeling rejuvenated and looking our best is easier than most people are aware. IV therapy is an all-natural, relaxing way to increase stamina, buildup immunity, brighten skin, and so much more. This type of treatment option, administers proprietary blends of vitamins, minerals, anti-oxidants, oxygen, amino acids, and other compounds, to sustain a variety of personalized treatments to support your lifestyle, from athletic performance to anti-aging weight-loss, detoxification, stress, and chronic fatigue.

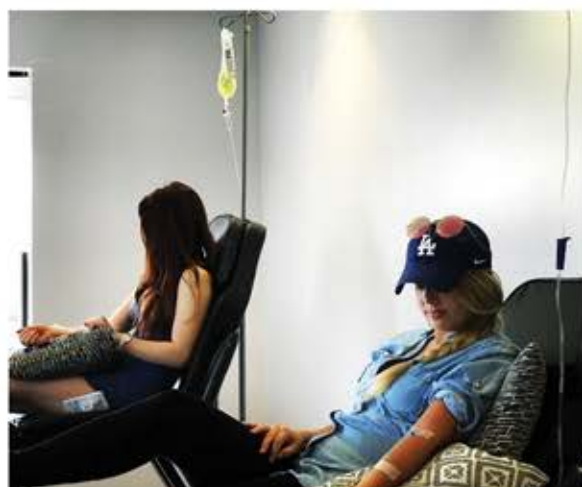
IV Vitamins Infusions Vs. Supplements

Many individuals have digestive malfunctions and liver complications that prevent oral medications and supplementations from getting into the bloodstream and to the appropriate cells in the body. In addition, some supplements are not easily absorbed through the stomach. An example of this is Glutathione. Glutathione is one of the most potent antioxidants and is a master at detoxifying and healing the body. Some of the most popular types of IV treatments are Alpha Lipoic Acid, Chelation, Glutathione, High-Dose Vitamin C, Meyer's Cocktail, and Magnesium.

Anti-Aging

The health and integrity of your skin, speaks volumes about the underlying health of your body. IV Therapy is also used for its excellent anti-aging effects. Poor diet, chronic stress, insomnia, disease states, illness, environmental stressors, and a sedentary lifestyle can all contribute to premature aging, wrinkles, loss of skin elasticity, age spots, hyperpigmentation, dullness, cellulite, and weight gain.

High doses of IV infusion therapy containing enzymes, vitamins, minerals, phytochemicals, antioxidants, and amino acids can repair damaged skin and make you look years younger from the inside out. Created ideally



for rejuvenation and hydration. The vitamins, minerals, and anti-oxidants restore a youthful appearance and cell regeneration, to help combat the symptoms associated with aging; such as elasticity, weight gain, fatigue, illness, and overall appearance.

Aesthetic IV Infusions

- Anti Aging
- Skin Detox
- Vitamin C
- Alpha Lipoic Acid
- Glutathione
- Skin Lightening
- Cellulite Reduction
- Improves Collagen & Elastin Production
- Brightens
- Calms Inflammation

The Replenish IV Solutions Difference

Along with the highest-quality infusions and tenured managing partners and staff, replenish IV Solutions goes one step further. They offer an exclusive synergistic service, which is not only relaxing and stress relieving, but also enhances the absorption of the IV infusion. So, what is this additional service? Massage therapy. Massage Therapy addresses tension and pain primarily in the upper body (back, neck, shoulders, scalp, arms, and hands), but creates an allover sense of well-being and relaxation. When paired with your IV infusion session, the assimilation of the solution into the body is significantly increased.

Replenish IV Solution's Services

- Vitamin Infusions - IV Drip
- Anti-Aging
- Immune booster
- Detoxification
- Fatigue Fighter
- Ozone Therapy
- Hangover IV
- Weight Loss
- Health and Wellness
- Performance Enhancement
- Pre-wedding (glow and relax)
- Personal Assessment (in-depth deficiency testing)
- Fat Burning IV therapy

If you want to feel better, stay healthy, lose weight, increase your performance level, or look younger, Replenish IV Solutions has the answers and the experience you're longing for. Call them today to schedule your appointment.



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- Emotional Intelligence
- Life Style Weight Loss



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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

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

To find out more, or to schedule your appointment today, please call
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A Groundbreaking Device is Proving to be the **Next Generation of Neuro Biological Stimulation** For Healing and Function



Competitive Edge Performance is a physical therapist owned practice that was founded on the desire to provide a better patient experience than the standard of care set by traditional clinics. They take a personal interest in their clients' health and in them as individuals who have sought their expertise for their particular needs. That's one of the reasons they are always adding the latest technology to their treatment protocols.

Competitive Edge Performance has a cutting-edge device that helps individuals heal faster, improve performance levels, regain range-of-motion, and reach fitness goals quicker. If a movement dysfunction is contributing to your pain, keeping you injured, limiting your mobility, or robbing you of performance, then NeuFit's approach can help you.

The NeuFit & NEUBIE Scientific Details

NeuFit is a company that developed the NEUBIE, which stands for NEURO-BIO-ELECTRIC STIMULATOR. It is an electrical stimulation device that accelerates the client's progress in fitness and injury recovery. Contrary to popular belief it is not your typical TENS unit. NEUBIE is unique in that it uses direct current rather than alternating current, so it doesn't lock up your muscle when using it at high intensities. By using NEUBIE to stimulate the neurological system, you're able to get a full muscle contraction while still maintaining functional movement patterns.

The NEUBIE has helped people of all ages and in almost all situations, get out of pain, improve performance, sometimes avoid surgeries and get out of wheelchairs, and live life at a higher level.

Technology enhances natural processes; it doesn't replace them. The Nervous System controls virtually everything about the body. When you work neurologically, you can change everything else for the better - and do it much faster. We use advanced technology to accelerate your body's internal processes. When given the right signals, your body heals itself from injury, builds muscle, and creates good health.



Jason Waz, President of Competitive Edge Physical Therapy, states, "In more than 20 years in practice as a physical therapist, I can unequivocally state that I have never come across a technique or device that has a more profound effect on acute or chronic musculoskeletal pain as the NeuFit device. This is next-generation physical therapy at its finest. My mission is to introduce new technology to PT practices everywhere in order to improve outcomes well beyond the industry standard while providing a business model that will dramatically exceed the goals of the practitioner."

NEUBIE Benefits

- Injury Rehabilitation
- Burn Fat
- Reduce Pain
- Improve Performance
- Build Muscle
- Build Stamina

Word of mouth is always the best predictor of consumer satisfaction; here's what patients are saying about Competitive Edge Performance and NEUBIE provided by NeuFit:

"Amazing place, great staff, couldn't ask for more. Tore my pectoralis muscle, did treatment pre-surgery, the doctor commented on how easy the tendons were to work with, direct result of the pre-surgery treatments. Post surgery is going great, the doctor said I was a month ahead of schedule and that was just two weeks post op." —Chris S.

"Unbelievable results! Pain free after 20 years, after 10 sessions. You must give CEP a try, you won't be disappointed." —Tom B.

"Competitive Edge is where you come if you want to get off the couch and become active again. After major low back fusion, and becoming less and less active, my primary sent me here. Working with Daily, my (soon to be) assistant PT therapist was a pleasure. She knew when to push me and always listened to me. The Neufit technology they have, combined with conventional therapy, I am now able to bend, ride my bike, swim, and anything else that I would want to do. Jason and Daily, thank you so much for giving my life back. It feels great to be so active again."—Susan G.

Competitive Edge Performance (CEP)

They believe in the "care" part of healthcare. And they also believe in establishing partnerships and relationships with their clients based on the merits of old-fashioned hard work, respect for their clients' time and through the results they strive to achieve with each person who trusts them to do their best to help them get better. To CEP, there is no greater reward than exceeding expectations.

NeuFit has redefined electric stimulation. By making the nervous system healthier, the NEUBIE is the next generation of total neurological fitness. If you are a patient or active individual that is interested in this cutting-edge device to help you heal and improve your muscle function, please call Competitive Edge Performance today at (813) 849-0150.

If you are a practitioner interested in adding NEUBIE to your office procedures, please contact the NeuFit distributor today to find out how it can increase your patient satisfaction through healing, therapeutic recovery, and overall increases performance. Please email NeuPT Technologies at NeuPTTech@gmail.com or call (813) 849-0150.



COLON POLYPS: WHAT YOU SHOULD KNOW

What are colon polyps?

Polyps are growths involving the lining of the bowel. They are most commonly found in the colon. They can look like small bumps, they can grow on a "stalk" and look like mushrooms, or they can be flat and more difficult to find. Polyps can range from <5mm to several centimeters in size. Many patients have several polyps scattered in different parts of the colon.

Why are colon polyps significant?

Two-thirds of colon polyps have the potential to become cancerous. These are called adenomatous polyps, or adenomas. Most are small and do not develop into cancer. As a general rule, the larger the adenomatous polyp, the greater the chance that it will eventually become cancer. Some colon polyps do not have the potential to become cancerous. These are called hyperplastic polyps. However, differentiating between the types of polyp typically requires removal of the polyp and microscopic examination.

How common are colon polyps?

Polyps are common—they occur in 30 to 50 percent of adults.

What are risk factors for developing polyps?

The most significant risk factor for developing colon polyps is being older than 50. A family history of colon polyps or colon cancer also increases the risk of polyps. In addition, patients with a personal history of colon polyps or colon cancer are at increased risk of developing new polyps. Lifestyle risk factors include a high-fat diet, a diet high in red meat, a low-fiber diet, cigarette smoking, and obesity.

How can I tell if I have colon polyps?

Most polyps cause no symptoms. Larger ones can cause blood in the stool, but even they are typically asymptomatic. Colonoscopy is the best way to know if you have polyps because it allows the doctor to see the entire lining of the colon. During a colonoscopy, the doctor inserts a thin, flexible tube with a light and a camera at the tip through the anus and advances it through the entire length of the large intestine (colon). Using a variety of techniques, polyps that are found during this thorough examination can then be removed and collected through the colonoscope.



Do patients feel discomfort during a colonoscopy, and when polyps are removed?

Fortunately, no. Our patients are given twilight anesthesia and so are not awake for any part of the procedure. Polyp removal itself is not painful because the lining of the colon does not have the ability to sense pain.

When should I have a colonoscopy?

A colonoscopy is recommended for evaluation and removal of polyps for anyone age 50 and older who has not had a colonoscopy. It is recommended that this is done earlier if there is a significant family history of colorectal cancer or polyps. The number, size, and appearance under the microscope of any polyps removed then guide the doctor in recommending the timing for your next one.



727-232-2462

8109 SR 54, Trinity, FL 34655



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.

GoGoGrandparent

Gets You Where You Need to Go!

GoGoGrandparent is a service that utilizes Lyft and Uber drivers, but without the need of owning a smartphone or navigating a sometimes confusing app. By calling them on the phone, users order rides after speaking to a live operator or using their automated menu system. No longer will you have to rely on the dreaded public transportation system. Checking the bus schedule is a thing of the past.

No Smart Phone?

Many seniors do not have a smart phone and therefore can't use the app to order Uber or Lyft. Plus, not all Seniors have access to, or the ability to drive a car. Whether it be a trip to the grocery store, movie theatre, or doctor's appointment -- getting around should be made easy. According to a 2017 Pew Research Center study, more than 40% of people aged 65 and over do not own a smartphone. This means rideshare apps such as Lyft and Uber are inaccessible for that audience. People should not be limited on where they can go simply because they cannot drive a car or have a smartphone. Public transportation is an option but there are many issues and obstacles with it. Fortunately, the folks at GoGoGrandparent have an answer to this problem. Calling themselves "Professional Grandchildren" their service allows their users to request rides that are ordered by just a simple phone call. GoGoGrandparent is really opening new doors with old technology. GoGoGrandparent prides itself on providing the best on demand ride sharing service for seniors. There are several significant ways GoGo differentiates itself from other ride sharing services. The big 5 are:

- Closely Monitored Ride Management
- Ease of Use
- Driver Screening and Communication
- 24/7 Service
- Live Operators

Can't drive any longer, or can't drive during an injury or ailment? We can help get you to where you need to go!



GoGoGrandparent makes transportation easier for Seniors without transportation or smart phone app.

Safety - Your safety, or your loved one's safety is our number one concern. The drivers used by GoGoGrandparent are Lyft and Uber drivers are all licensed and certified by the *Transportation Network Company*, which ensures that safety is our priority. In addition, GoGoGrandparent requires more driver screening to ensure the drivers are comfortable working with seniors who may need extra assistance, and that their cars are compatible with the senior's needs.

24/7 Operator support are available if questions or concerns arise throughout the ride. Family members can also choose to get real-time updates when a ride is placed, begins, and completed to have peace of mind that their loved ones are in good hands.

The freedom of mobility is back again with GoGoGrandparent. Being able to be mobile and travel freely opens new doors to allow an active lifestyle once again.

Give them a call and set up your first ride at 1(813) 213-0293 or find them at www.gogograndparent.com



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TAX SMART INVESTING

THE TIME IS RIGHT TO RETHINK INVESTMENT TAX MANAGEMENT

Most Americans don't take the time to understand the role taxes play in achieving, or falling short of, their long-term financial goals. If left unchecked, taxes can reduce returns each year and over time take a big bite out of an investor's wealth. An uncertain tax structure can cause significant harm. The fact is, taxes on investment income and capital gains affect every investor—not just the ultra-wealthy. It's especially challenging for retirees who mistakenly assumed that their tax rate would be lower in retirement. That may prove not to be true, as a constantly evolving tax code may mean greater tax liability in the future for all investors.

Most investors are aware of terms like asset allocation, diversification and portfolio rebalancing, yet the slightest shift in portfolio composition—a change in allocation or change of management, or even unplanned withdrawals—can generate harmful side effects - taxes.

In times like these, every investor needs to examine and possibly rethink their investment tax management. The best way to address this issue is to develop a Tax-efficient Tax-Management Strategy. These strategies are not just for the ultra-wealthy.

Gains are a good thing; but while focusing solely on generating the highest investment returns, many fail to consider the factors that contribute to — or detract from what they actually earn after taxes.

There are many tax-managed investments tools, and strategies that may help investors keep more of what they earn.

TOOLS AND STRATEGIES TO HELP YOU KEEP MORE OF WHAT YOU MAKE

- **Make tax management a year-round undertaking** – Keep taxes top of mind. Successful tax management is not seasonal. If you wait until year-end to consider tactics, you'll never get the most benefit. You should be "tax-management-minded" on your investments year-round and in every market condition.

- **Schedule regular investment tax reviews** - Given the potential drain on wealth, we believe that tax management should be a cornerstone of every investor's planning process and planning reviews

- **It calls for greater sensitivity** to the tax consequences of portfolio implementation by employing effective tax management techniques and strategies throughout the year.

- **Capital Allocation Awareness** – Think about asset location vs asset allocation. i.e. tax wrapper awareness.

- **Wider rebalancing ranges** - A wider rebalancing range can help reduce the number of trades made to your portfolio, which may lead to lower realized capital gains and corresponding taxes.

- **Tax-lot accounting** - A method of accounting for a securities portfolio in which the investor tracks the purchase, sale price and cost basis of each security.

- **Loss harvesting:** Allows the investor holding a stock at a loss to sell all or part of it to realize the loss and create an "asset" that may help offset some future gain.

- **Gain-loss offset:** Involves selling securities at a loss that have dropped in price, to help offset gains from selling securities that have increased in price.

These are some of the tools that fall within the category of "tax-aware" trading. Each investor needs to assess their individual circumstances to determine what tools may be best for them to utilize.

We offer a complimentary initial consultation.

Contact us at 813-793-7048 or email at dominick@northstarwealthadvisor.com.

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Dominick Calderazzo
Registered Financial Consultant®

Dominick entered the financial services industry in 1994 and joined Calton & Associates, Inc. as an independent advisor in 1995. Dominick has attained the following professional designations: Registered Financial Consultant® (RFC®). Accredited Investment Fiduciary® (AIF®).

He is a Lifework Leadership Tampa Bay Alumni, class of 2012. He holds a General Securities Principal (series 24 license) and also a Registered Investment Advisor Representative (series 66 license). He has served as the Advisory Services Principal and as an investment committee member for Calton & Associates, Inc. until he opened the 98th branch office for Calton in November of 2015. His office operates under the name of North Star Wealth Advisors, Inc. North Star Wealth Advisors, Inc and Calton & Associates, Inc. are separate entities.

He also maintains a securities Series 7, Series 63 licenses, as well as a life, health, and variable annuity insurance license in the State of Florida



Joshua G. Hanby
Registered Advisor

Joshua is a graduate of Florida State University where he received a Bachelor of Science in Finance and Real Estate.

Joshua entered the financial services industry in 2001 and joined Calton & Associates, Inc. a Tampa Florida based broker dealer and investment advisory firm, as a Registered Representative in the same year.

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TUTORING: The Correlation Between Academic Success and Self-Esteem

When children and teens are struggling in school, it's usually due to a lack of fundamental knowledge in a particular subject. Even as adults, we are continually building upon the skills and knowledge that we have to learn new programs for work or to prepare for an upcoming promotion. True of both children and adults, if we lack the basic foundations of our skills or advancing our education, we will almost always fall behind our peers.

Perhaps your child missed quite a bit of a semester due to an illness, or maybe your child is shy and doesn't speak up when they have questions, they might have poor study habits, or their teacher might not connect well with how they learn, these are all common stumbling blocks for educational advancement and success.

There have been multiple studies that correlate the relationship between children with high self-esteem and their ability to succeed in school. This ability is mostly thought to be from a sense of not wanting to fail, but this theory doesn't always hold true and is highly debatable.

The more realistic view of self-esteem and academic success is in studies on children with low self-esteem. In these cases, the students often have a more difficult time learning than their counterparts due to the lack of confidence that has escalated from previous failures. It's also important to keep in mind that self-esteem doesn't always play a role in learning. In fact, many students have other learning issues altogether like dyslexia, the need to learn new study habits, the need for more visual aids or better problem-solving skills in order to advance.

The first KnowledgePoints opened here in Pasco County ten years ago in Land O Lakes, with the second location blooming in Trinity shortly after to offer two convenient Pasco County options. KnowledgePoints is an advanced tutoring center that excels in remediation, enrichment, and test preparation. They see children, teens, and even



adults of all ages and specialize in the ABC's to the SAT's. And consistently, they repeatedly see students that have a change not only in their learning abilities but also their confidence levels.

KnowledgePoints provides superior supplemental education services to benefit children, parents, and educators to help them achieve success in school and life in communities across the nation.

The KnowledgePoints Land O Lakes Center Director, Randee Williams has had a successful and varied career in both direct student instruction and education administration. Her personal experience with tutoring and how it helped her child's confidence speaks volumes about the importance of children believing in themselves. She says, "My son did poorly in middle school math and really hit the wall when he started high school. He was sinking fast, so I got him tutoring. After two sessions, the tutor told me my son did not believe he could learn math because he thought his brain was wired differently than other students. Once the tutor was able to convince my son that he COULD learn math, he went on to do well in high school math. Several years later, when he graduated from college, his first job was a middle school math teacher! So I know both personally and professionally that every student can be successful given the right encouragement and instruction."

KnowledgePoints' services include tutoring in reading, math, and writing, homework help, a study skills program, and SAT/ACT preparation to name a few. Not every child is the same, nor should their tutoring be a one size fits all approach. With affordable tutoring and proven results, contact KnowledgePoints today to help your child succeed in school and in life with confidence.

KnowledgePoints has two convenient locations in Pasco County to serve you!

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We Treat Our Patients as Family at Family Hearing Center

Remember those old Hollywood movies where the town doctor would arrive at the door with his big medicine bag? House calls from doctors are very rare these days but, Dr. Monica Barnes doesn't mind making them if it helps her patients. "Sometimes it's easier for me to go to my patients, especially those with other medical complications or transportation limitations," says Dr. Barnes.

In a big city like Tampa, there are some very big and nationally known corporate hearing centers with multiple audiologists on staff. Sometimes patients feel like just a number to these corporate big wigs.

At Family Hearing Center, Dr. Barnes personally works with every patient, one on one, to help identify and treat hearing concerns.

Dr. Barnes' comprehensive style and personalized approach has endeared her to her patients.

Here are just a few of the 5 Star Reviews she regularly receives:

Sheila says...

"I had a wonderful experience here at Family Hearing Center!! I had previously visited a different clinic a few days before where I had treatment done that left me in pain in one of my ears. But I was very fortunate to have found Dr. Barnes and her amazing team! As soon as I walked into their office the atmosphere was very welcoming, I was greeted with a smile. She's such a sweet and compassionate doctor. She was able to see me right away, addressed my pain and even took the time to explain and even show me in detail through photos what was going on inside my ear. I can't thank Dr. Barnes and her team enough!"



Mr. Puff the Family Hearing Center mascot may greet you on your visit

Desiree says...

"Dr. Barnes is a knowledgeable and compassionate audiologist. We are very lucky to have found her and have her in our community. She helped a family member of mine with tinnitus and hearing loss. I could not recommend her more highly."

Robert says...

"Great experience, very professional, someone to trust"

Her practice truly is a family affair as Dr. Barnes' Mom and Dad (Natalie and David) help with patient scheduling and coordination, along with the office cat, Mr. Puff. Dr. Barnes grew up in the Temple Terrace area and went to the University of South Florida for both her bachelorette and doctoral degrees. "I'm a true Tampa girl, through and through" she says.

If you or a family member are experience hearing loss or hearing related issues, call **813-899-1651** to schedule your FREE hearing healthcare check-up.



(From left to right) Dr. Barnes' husband Lucas, Dr Monica Barnes, Natalie Barnes (Mom), David Barnes (Dad)



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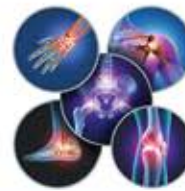
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Gluten's Adverse Affects

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 there 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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Medical Marijuana: Alleviating Cancer's Side Effects & Destroying Cancer Cells

Whether cancer treatment entails surgery, chemotherapy, radiation treatments, reconstructive surgery, or alternative therapies, the bottom line is that these individuals are sick! They are not feeling well and many times find it entirely overwhelming to function at all.

Chemotherapy is poisoning the cells, radiation is burning them, and surgeries can be invasive and complicated, to say the least. There are a plethora of prescription medications that are supposed to help you feel better faster and at a more comfortable rate, but the truth is many of them have extreme side-effects of their own, making it more difficult to live a normal life and to focus on self-healing, which is critical to cancer patients recovery.

Cannabis Alleviates the Side Effects of Cancer Treatment

Some of the most common side effects of cancer treatment are pain, nausea and vomiting, brain fog, extreme fatigue, loss of appetite, hormonal disruptions, weight gain, hot flashes, anxiety, and trouble sleeping. The good news is that there is an alternative therapy that many mainstream physicians agree helps their cancer patients recover more comfortably due to its ability to alleviate the aforementioned symptoms.

Medical Marijuana decreases the side effects of cancer treatment and medications and is becoming more widely accepted due to a large number of studies showing remarkable outcomes for patients. The varying levels of THC and CBD can be modified depending on your specific needs.

CBD (Cannabidiol) is excellent for controlling pain and fatigue. The THC (tetrahydrocannabinol), which causes marijuana's high feeling is also excellent at controlling pain but also lessens nausea, vomiting, and anxiety. CBD is also known to bind to receptors and is thought to regenerate cells and brain function, while THC helps to relax and alleviate the physical symptoms.

Killing Cancer Cells With Medical Marijuana

A Spanish microbiologist, Christine Sanchez, discovered the ability for cannabis to destroy cancer cells. She discovered that cannabidiol disrupts the cellular signaling inside the tumor cells and creates imminent cancer cell death.

The NIH (National Cancer Institute) also puts out this statement regarding cannabis and cancer: "A review of 34 studies of cannabinoids in glioma tumor models found that all but one study showed that cannabinoids can kill cancer cells without harming normal cells." Furthermore, in a Spanish study done in 2009, researchers at Complutense University established that THC generated the death of brain cancer cells by autophagy, which increases cellular stress.

How Does Medical Marijuana 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, creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like mood, sleeping, immunity, pleasure, memory and much more.

Marijuana is also comprised of Terpenes, which are the green, healthy healing properties. There is an entourage effect of these chemicals when taken together. The ratios of THC and CBD can be manipulated for the patient's benefit. These practices, experience, and education is what separates Omni Medical Services apart from the others.

Medical marijuana and cannabis oil can be used to treat and alleviate symptoms of numerous medical conditions. Listed below are the state's qualifying conditions:

- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Crohn's disease
- Parkinson's disease
- Multiple sclerosis (MS)
- Medical conditions of the same kind or class as or comparable to those above
- A terminal condition diagnosed by a physician other than the qualified physician issuing the physician certification
- 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



Omni Medical Services

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, as well as getting you the proper dosages for optimal healing. 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 cancer, the side effects of cancer treatment, and chronic pain to name a few. To find out more, please call 866-417-2002, or visit their website at OmniMedicalFL.com.



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The Largest Coming Issue You Might Not Know About...

By Pastor Johnny Scott - Generations Christian Church

Ed had the biggest smile in the room and while reflecting on Ed's bright countenance, I asked my associate pastor if he knew that Ed was the "head usher." As I made this inquiry, I chuckled, as I didn't even know we had such a position. However, from that point on, Ed was the official head usher of our church, self-proclaimed or not. He earned it, too! Ed would greet the most sullen person so warmly they couldn't help but cheer up when they entered the church. The worship team could hear Ed greeting people in the lobby even while the team was on stage leading worship. Between stanzas of songs, we would hear Ed exclaim, "Welcome today!" with so much enthusiasm it seemed like he was actually leading the congregation from the back of the worship center. He might have been a self-proclaimed head usher and song leader, but I have to admit, I found myself smiling many times as I stood on stage and watched Ed's service take place. He was always the last person to leave every service, staying to pick up all of the communion cups and service bulletins off the floor before giving me one last hug or smile. What a joy it was to see Ed in the perfect place God had created just for him to serve, using all of his God-given abilities.

Looming under all of that sincerity in Ed's service was an unknown forthcoming pain. I believe this article is extremely important, because if I had asked Ed before the hardship began, he wouldn't have seemed unprepared or in the dark about the situation that would ultimately be upon him and his family. He knew it was coming. Nonetheless, there is always something that can catch us off guard, no matter how much planning and preparing we put into place.

It became evident that something was changing in Ed's life when that huge, contagious smile of his turned to deep sadness. After a few weeks of sporadic appearances and rushed greetings at the end of a busy Sunday, everyone noticed that something serious was happening with our friend. Following service one weekend, I met Ed by the coffee station and the truth of what he had been dealing with broke in a flood of helpless emotion. The tears welled up in his eyes as he shared with me that his once strong and self-sufficient father had recently taken a fall, and that fall had turned into a steady decline of health. Ed and his family had moved his father into their home and they were tending to the growing needs of this man they loved so dearly.

A few of us from the church met at Ed's home to offer support. There was some embarrassment on his part, because they were falling behind in many ordinary, daily tasks. Ed's wife was so tired and admittedly couldn't keep up with all of the new demands in her schedule, let alone the tasks of caring for the kids on a regular basis. The kids had been pitching in as much as possible, but even they were looking at us with great concern.

I drove out to the family farm with Ed, and we walked the fields where his father had farmed for 30 years. Just a few weeks before the fall, his dad was chopping wood, cooking for himself, and getting ready for the next season's harvest. What an amazing generation his father represented. He was a full-time teacher and coach, while farming in the orange business. Ed had been driving his dad's truck since he had taken ill. The thought of selling the massive dually truck was a bridge that Ed wasn't ready to cross alone. It's not like Ed needed a gas-guzzling, quad-cab pickup truck for his inner city sales job. In fact, it wasn't about the truck as much as it was about the realization that he was in for a long haul in taking care of his father.

Ed wasn't prepared for the marathon effort that caregiving was going to take on him and the rest of the family. Everyone's life changed overnight and the fatigue set in quickly. Neither Ed nor his family would have chosen another way, but that didn't change the toll and hardship it placed on all them in caring full time for a loved one. The challenges were emotional, physical, and mental. Ed needed support and guidance on the many issues he wasn't prepared to undertake. Thankfully, Ed wasn't alone and many have gone before him on this journey. Over 90% of caregiving is done by a family member according to a 2017 national survey. It is estimated that 65 million Americans are involved in what would be considered daily, full-time work in providing care to a loved one. That means that someone in your neighborhood is struggling right now with loneliness and depression. Just imagine if all your friendships and regular activities came to a halt overnight.

What strikes me most about this circumstance is that Ed and I have a close relationship and I didn't recognize the hardship he and his family were facing. I noticed him driving the truck, but he joked about helping his dad with something and indicated that it was only a temporary situation. My wife, Jen, and I would pick up his kids and take them to choir practice, however, as close as we were, we didn't see the impact on their family until the situation became overwhelming. If you are not in this situation, you may live next door to someone who is experiencing this type of hardship or perhaps a co-worker is struggling and hiding an avalanche of need and emotion. What would you do if suddenly you were the caregiver to another person who needed your assistance with everything? Thankfully, there is help and resources are available. If it is not you, you may be the lifeline to another person. Is there someone who has just dropped out of your life unexpectedly? Has a friend recently taken on helping an aging parent? Is there a neighbor who could use a night out or a coffee break?

As we look towards National Family Caregivers Awareness Month take some time to think about those around you who provide care to others. How are they doing?

What could you do to help someone in this season? Here are some excellent resources:

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

Resources:

Here are some helpful resources for you and loved ones in a caregiving role:

<http://caregiveraction.org/resources/blueprint>

You are not alone. One very helpful resource is to hear the stories of others giving care.

<https://www.caregiving.org/caregiversmonth/>

Get a tool kit for you or a loved one involved in ongoing mental health caregiving:

<https://www.webcaster4.com/Webcast/Page/9/23367>

<https://caringpeopleinc.com/blog/national-family-caregiver-month/>

I can't help but think of the words that Paul wrote to Timothy about providing care. Paul urged Timothy to excel in this area. 1 Timothy 5:8 **"Anyone who does not provide for their relatives, and especially for their own household, has denied the faith..."** We all have our limits, we all need breaks, and we all need support. Don't wait too long before letting someone know what is going on. There is help in your neighborhood. Take some time today and consider all of your options because you are needed and loved!



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