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Health & Wellness[®] MAGAZINE

February 2019

Pasco/North Tampa/New Tampa Edition - Monthly

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WOMEN'S HEART DISEASE RISK FACTORS & WARNING SIGNS

Heat disease is the narrowing of the arteries over time, due to a build-up of plaque that can in some cases cause a complete blockage of the blood vessels or coronary arteries, and it's the number one killer of women, taking 1 out of 3 women's lives each year. With so much focus on other diseases that affect women, like breast cancer and autoimmune disorders, heart disease is often overlooked and underestimated. One woman dies every minute of cardiovascular disease.

Symptoms in Women

- Excessive sweating
- Sleep disturbances
- Shortness of breath, fatigue
- Pain in the jaw
- Shoulder pain
- Upper back pain
- Neck pain
- Nausea
- Abdominal pain

Many factors play a role in how heart disease affects women; a leading culprit is hormonal changes. When hormones are out of balance, additional factors such as high cholesterol, high blood pressure, and weight gain arise, and all of these symptoms contribute to heart disease.

Linking hormonal changes to the increase in women developing heart disease are also marked by risk factors such as having had hypertension or diabetes in pregnancy. Along with menopause and the related hormonal fluctuations, eating an unhealthy diet, having uncontrolled hypertension or high cholesterol, being overweight, mental anxiety or unresolved stress, and smoking or previously smoking all play a considerable role in heart disease. For men, many cardiac issues are brought on by stress and unhealthy dietary and lifestyle habits.¹

According to the American Heart Association, "Heart disease risk rises for everyone as they age, but for women symptoms can become more evident after the onset of menopause.



Menopause does not cause cardiovascular diseases. However, certain risk factors increase around the time of menopause and a high-fat diet, smoking or other unhealthy habits begun earlier in life can also take a toll, said Dr. Nieca Goldberg, a cardiologist and an American Heart Association volunteer."²

Coronary Microvascular Disease (MVD)

The tiniest blood vessels are connected to the larger vessels and arteries, but these small delicate vessels can become damaged and create blockages due to the inner vessel's inability to produce proper blood flow. More women than men have this disorder.

The American Heart Association states the following, "Women may be at risk for coronary MVD if they have lower than normal estrogen levels at any point in their adult lives. Low estrogen levels before menopause can raise younger women's risk for coronary MVD and can be caused by stress and also a functioning problem with the ovaries.

"Women who have high blood pressure before menopause, especially high systolic blood pressure, are at increased risk for coronary MVD. After menopause, women tend to have more of the traditional risk factors for atherosclerosis, which also puts them at higher risk for coronary MVD."³

Depression plays a role in both pre and post-heart attacks. For example, stress can lead to high blood pressure, arterial damage and a weakened immune system, which can exacerbate a myocardial infarction. For those individuals that have suffered a heart attack or those that have undergone heart procedures, depression can linger for weeks following their episode. If the condition is not dealt with, it can lead to chronic depression, which will hinder healing and may because additional health issues to arise.

Both Men and Women can be treated successfully if heart disease is caught early. Usually keeping weight down with a healthy diet, keeping the heart muscle strong and oxygen-rich blood flowing through cardiovascular exercise are helpful, along with medications like ACE inhibitors, alpha-beta blockers, and cholesterol-lipid lowering drugs. In certain situations, stents, angioplasty, bypass grafts, and other procedures may be necessary.

If you believe you are having a heart attack or stroke, call 911! If you're having initial symptoms that come and go, contact your physician immediately.

Your Best You, P.A.

Your Best You's goal is to assist every patient in achieving and maintaining their best state of health possible by providing compassionate, collaborative, and comprehensive care so that every person leaves better than they arrived.

Your Best You, P.A., is a primary care and diabetes specialty practice focused on delivering unique and personalized health management services to the community. Primary care, diabetes care, and chronic disease management are their specialties. Their patients are appreciated as the expert of their life story, and Your Best You aims to assist with health-related goal setting to the best of their capacity. Their team designs treatment, management, and education plans that are based on the most current standard of care to optimize the potential and goal attainment for every patient.

To make an appointment, please call Your Best You today at (813) 936-2609.

References:

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3. American Heart Association. Coronary Microvascular Disease: "What is Coronary Microvascular Disease (MVD)?" *heart.org* 2019, Dallas, Tx.



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Introducing Stedman Clinical Trials:

An Organization Dedicated to Finding New Treatment Options and a Cure for Alzheimer's Disease

Unfortunately, we all know someone that has been diagnosed with Alzheimer's disease. The devastating effects of losing not only memory, but the "wholeness" of the individual can be overwhelming. Nearly 5.2 million Americans have Alzheimer's disease, and that number is expected to triple by 2050. Experts estimate that an Alzheimer's diagnosis will affect close to 15 million people by mid-century.

Forgetfulness, agitation, frustration, social withdraw, and difficulty with daily tasks, are all symptoms of Dementia. Alzheimer's is the most progressive form of dementia. As the tangles and plaques in the Alzheimer's brain become more prevalent, they cause neuron damage and disrupt the communication in the brain.

Causes & Risk Factors

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

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

Advances in New Treatment Options & Clinical Trials:

Pharmaceutical companies are consistently researching promising new medications and treatment options to slow the progression of Alzheimer's and to find a cure for the disease.

One of Tampa Bay's leading Alzheimer's Research organizations, **Stedman Clinical Trials** works closely with pharmaceutical companies to bring new options to patients sooner through clinical research.



Dr. Stedman has been working in Alzheimer's research since 1997. Her immense success in this industry is attributable to her extensive 21 years of research experience and knowledge, as well as the company's passion for putting patients' needs first by providing personalized care. At Stedman Clinical Trials, patients ranging from those who do not yet have a diagnosis through those who are in severely progressed stages of Alzheimer's disease can find programs that will meet their individual needs, and a compassionate approach to Alzheimer's treatment.

Along with new treatments and curative medications, Dr. Stedman's team are huge advocates for early detection through regular memory screenings, which they perform as a complimentary service to the community for those with memory concerns.

Stedman Clinical Trials partners with virtually every pharmaceutical company involved in Alzheimer's research. These partnerships allow them to offer their participants a broad study selection, in an effort to meet the needs of as many patients as possible.

Mary Stedman, M.D.

Dr. Stedman holds her M.D. from USF, and her degree in pharmacy from the University of Florida; this combined education experience gives her more in-depth pharmacological insights and a better understanding of drug mechanisms. Taking her clinical research experience and combining it with her extensive pharmaceutical knowledge, she has developed one of the region's most respected clinical research sites.



If you or someone you know is interested in participating in a trial, Stedman Clinical Trials has ongoing studies that are class specific, meaning they cover cognitive decline, early Alzheimer's up to advanced Alzheimer's diagnosis. To find out if you are eligible, please contact them directly, or take their survey online. Additionally, Stedman Clinical Trials offers several studies based on various other health conditions.

To find out more please call 813-971-8311, or visit StedmanClinical.com



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New Year—New Body: Freeze Away Your Problem Areas

By Dr. J. David Holcomb, M.D.

You've probably heard about CoolSculpting from magazines, online, social media, or perhaps on a television program. The reason that its popularity has grown exponentially over the past few years is because of the results that it provides.

What exactly is CoolSculpting?

CoolSculpting is an FDA-cleared treatment that uses controlled cooling to eliminate fat permanently without surgery or downtime. And with 95% customer satisfaction, you'll love the results of CoolSculpting every time you look in the mirror.

Who is a good candidate for the Procedure?

The typical patient is usually those that have undergone a strict diet and exercise plan but still have stubborn areas that are unaffected by exercise and eating nutrient-dense foods. For example, a patient may have stubborn love handles or a bulge of some sort here or there, that really bother them, with CoolSculpting, they can alleviate these problem areas for men and women.

Is it painful?

It's not painful. Typical fat reduction procedures like liposuction or surgery, do cause a great deal of pain and downtime, but with CoolSculpting, it may be uncomfortable at first, while your tissue adjusts to the cold sensation. After a few moments, you'll be numb and not feel much of anything. The entire procedure takes approximately 1 hour depending on the size of the area being treated.

How does the science of CoolSculpting work?

Harvard scientists developed CoolSculpting. It's essentially a rectangular plating system that squeezes your problem area and exposes the fat internally to a frigid degree. So, for example, if you have a belly bulge, the technician places a material over your skin to protect it, and then the device is placed on the bulge. It suctions it up in between the plating system while permeating cold into the fat cells. This creates crystals that develop in the fat cells. Over time, the fat cells will die off. Although you will see results within the first two weeks, the entire process usually takes a few months before your results are complete.



What areas can be treated?

Numerous areas can be treated. To name a few; belly bulges, muffin tops, upper arms, thighs, love handles, flanks, the chin area and the neck are all areas that are commonly treated. Because we can't "spot reduce" with exercise and diet alone, CoolSculpting has really been the answer that so many men and women desire.

If you've been doing everything right, but don't see results in specific areas of your body that you want to change, you've got to try the CoolSculpting procedure!

How is Holcomb Kreithen setting themselves apart to maximize patient results?

Enters ZWave – a highly effective, quick, totally comfortable treatment which replaces manual massage with a machine that sends shockwaves through the fat layers, forcing the treated fat cells to break up more quickly.

Zwave goes beyond assisting in the effects on CoolSculpting and can be used as a systematic treatment plan in improving cellulite appearance. Although not a cellulite "cure", and not permanent, Zwave can keep your skin smoother if you stay on a consistent treatment plan.

Holcomb - Kreithen Plastic Surgery & Medspa

Dr. J. David Holcomb, MD is a Facial Plastic and Cosmetic Laser Surgery specialist, and **Dr. Joshua C. Kreithen, MD** is a Plastic (Breast and Body Contouring). **Dr. Kriston Kent** is a board certified facial plastic surgeon with more than 25 years of experience in facial plastic surgery, non-surgical facial procedures and injectables. He specializes in facial injectables, laser treatments, and hair restoration. Dr. Kent brings a wealth of knowledge and experience in aesthetics industry to beautiful Carrollwood Florida.

Holcomb – Kreithen Plastic Surgery and MedSpa offers surgical and non-surgical treatments and programs that enhance the lives of both women and men so they can look and feel their best at every age. Their staff is comprised of an extraordinary group of professionals who enjoy empowering individuals to reach their full potential. They are committed to treating patients and each other with kindness, compassion and dignity at all times.

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Natural Remedies for Real Estate Woes

By Toni Hedstrom, P.A., Owner
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The 'Buying a Home' Blues

You have had tons of training via HGTV! You feel you are ready to take on the real estate world! There are ways to make this process a less painful one.

The Greater Tampa Bay Area has been in a Seller's Market for the past several years mostly due to historically low inventories and low interests rates. The combination of low inventory and low rates makes it a buyer's Hell in the real estate world. There are literally hundreds of people in the Tampa area each week out looking for a home to purchase. Even with very standard search criteria, the amount of available homes can be exceedingly small. So when you are in the car with your Real Estate Agent riding around on a home tour, there are probably a couple hundred other people and agents doing the exact same thing- at the exact same time!

Search Criteria: 4 Bedroom | 2 Bathroom home with a pool under 300k that's not in the sticks
Results: 3. Yes 3

Finding a Cure-for 'Buying a Home' Blues

If you don't prepare properly and commit to making an offer without procrastination, chances are you will lose your shot at the house. When inventory is low and buyer demand high, there is always competition for available homes. But there are several ways to make sure you are the most competitive buyer in that pool of hundreds scurrying around town looking for that needle in a haystack.

1.) Get Pre-Approved! Don't confuse pre-approval with pre-qualification. Pre-approval means you have actually submitted paperwork to a lender to substantiate your claims regarding income, tax liability, debt, etc. Pre-qualification just means the lender asked some questions and may have looked at your credit report. Not enough!

2.) Find a Real Estate Agent You Trust!

Trust creates a successful relationship. And if your agent does a lot of business, he or she can quickly identify a home you should pursue. This could happen on the very first day you start looking!

3.) Know What Expenses You Have While Under Contract! There are costs associated with buying a home above and beyond 'closing costs.' You must offer an Earnest Money Deposit (avg. about \$1000), and you must have money set aside for inspections (ranges from \$250- \$700). Don't try to shop for a home if you don't have a few thousand dollars saved up.

4.) Have a General Idea About Expenses. For example, you need to have an understanding of how homeowners insurance costs are impacted by location and age of the home; how CDD fees impact your taxes and closing costs; how HOA fees are paid and when. A qualified real estate agent can easily help you increase your knowledge about real estate transactions.

5.) Don't Expect Any House to be Perfect! A perfect home usually doesn't exist. Be realistic when choosing a home. You want the home's major components to be operating properly, but there always will be more minor things found on an inspection report. Address the important concerns - don't waste negotiating power on routine things.

The best prescription for overcoming the real estate woes is to find a real estate specialist that can eliminate the "bugs" in any potential sale or purchase.



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Health of the Market Report: Supply and Demand

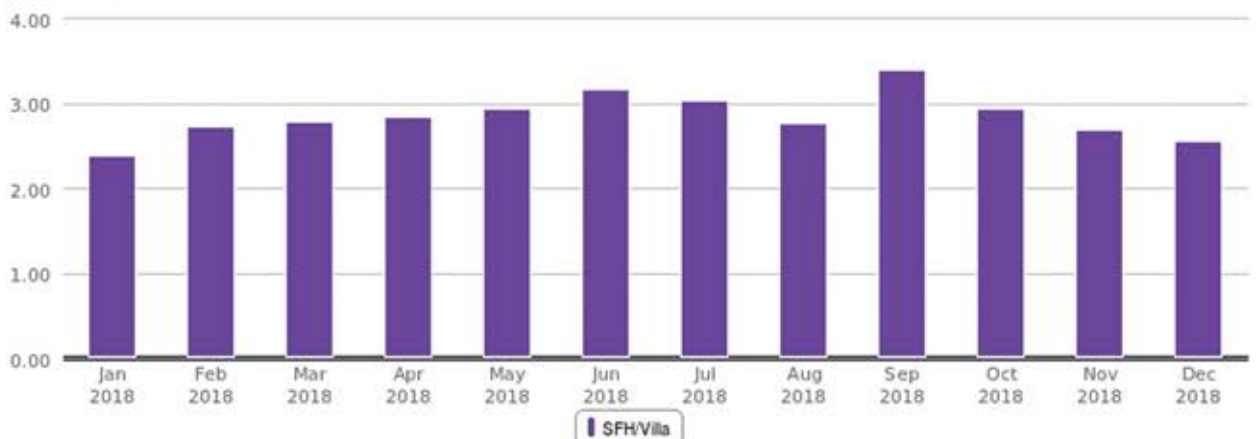
GOOGLE 'Months of Supply Housing' and every result describe a stable market as having about 5 months of inventory. And, anything over 6 months indicates a buyer's market (too much inventory). Anything below 5 months indicates a seller's market (lack of inventory).

With a focus on the New Tampa area (zip code 33647); There hasn't been over 5 months of inventory since the summer of 2012! This tells us that the New Tampa market has been in a seller's market for 6-years!

Over the summer of 2018, there was a small rise in inventory as interest rates trended high causing some buyers to hold off on purchasing. However, since September, inventory has begun to fall once again.

The data is clear; New Tampa remains in a seller's market as we head into the spring selling season.

Months of Supply | ZIP: 33647
By Home Type



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Inpatient Rehabilitative Therapy

Inpatient rehabilitative therapy allows patients to heal in a relaxing, safe environment. If an individual has multiple injuries, trauma, surgical complications, or has suffered a stroke or heart attack, it's usually a good idea to seek inpatient rehabilitation rather than outpatient. This way, the patient and his or her team will focus entirely on their recovery, which will allow for the most beneficial therapy.

The importance of rehabilitating treatment options through Physical Therapy (PT) should not be overlooked. PT can help patients improve their overall physical health and well-being in countless ways. Since every patient's needs are different, many therapies are adjusted to specific patient-centric approaches depending on their individual circumstances. Physical therapists work directly with your physician to evaluate, map out and report on your progress during treatment.

If you have limited functional mobility or musculoskeletal damage, your physician should recommend you for outpatient or inpatient physical therapy to minimize your pain, retrain your muscles, and get you back to the best state of recovery as possible. This includes your movement, correcting imbalance and perfecting your range of motion.

When individuals suffer from a stroke or are healing from a hip or knee replacement, or a fracture many times, it's fitting to seek medical rehabilitation before returning home. To help patients recover at a safer, more efficient, and at a functional rate, rehabilitation professionals offer support and specific programs geared towards your specific condition. Lutz Healthcare & Rehabilitation therapists have advanced training and experience in meeting the healthcare and emotional challenges of the senior adult.

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.

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

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Dr. Vahora, MD, FACOG

LOVE – L is for the way you Look at me, O is for the only one I see, V is for...*Vaginal Atrophy?*

During February, love is marketed to us day and night, so what if the love we're experiencing seems less like an intense flame and more like a smoldering wick? In relationships, sexual intimacy is a common issue that many couples suffer with, and they often do so silently, without much dialogue or solution, which can exacerbate other problems and cause a great deal of tension on the relationship. Sexual disorders can happen to both men and women. For women, it's often due to vaginal atrophy. Intimacy issues can affect a partner's psychological wellbeing, just as much as it does with the one with the condition.

Dr. Parveen Vahora explains what vaginal atrophy is and how it affects women's sexual health.

"The truth is that many pre and postmenopausal women, and even women that have recently gone through childbirth, have vaginal disorders, like burning, dryness and pain that they often withhold and keep to themselves. Most women think that it's just a 'normal' part of the hormonal process, but they don't have to live with this condition! There are many options to relieve vaginal and vulvar atrophy.

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

"There are many options for women, like creams, medications, and surgery, but they all pale in comparison to an innovative procedure that has no side effects and only takes a few minutes to perform right in the convenience of my office. This advanced technology is called the MonaLisa Touch®, and it's helped countless women get their confidence and sexual health back to how it was when they were younger."



MonaLisa Touch®

It is a new laser therapy for the vagina and vulvar. There are no medications, not cutting and no lengthy healing times with this procedure. It's similar to having a Pap smear test done. The laser does not 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, regenerates the mucous membrane and helps with the restoration of collagen. This renews 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 with 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 restores enjoyment of each other. You'll be amazed at how effective this procedure is in getting 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.

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

Want the V in love to stand for very, very extraordinary love again? You deserve to feel whole and satisfied.

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

ParveenVahoraMD.com
info@ParveenVahoraMD.com



**Welcoming
Connie Moler APRN**

Former Carrollwood patients, come see me at my new location.

How Vision Loss Effects Seniors Safety & Quality of Life

Low vision and blindness are common conditions in the elderly population; 6.5 million seniors over the age of 65 have some degree of age-related vision loss. And with this vision loss comes several of risk factors and difficulties.

Vision loss and blindness can intensify the following risks and issues:

- Falls
- Bone fractures
- Needs private transportation
- Difficult with daily tasks
- Walking
- Moving around the home
- Bathing
- Medication management
- Eating
- Dressing
- Preparing meals
- Paying Bills
- Reading important documentation
- Security is jeopardized and more

There are multiple causes of vision loss and blindness; listed below are the most common and the symptoms and risks associated with each disorder.

Macular Degeneration

Age-related macular degeneration is the leading cause of blindness in adults over the age of 50. It is estimated that more than 10 million Americans have age-related macular degeneration (AMD), and unfortunately, there is still no cure for the disease. In AMD the portion of the retina responsible for our central vision, the macula, becomes damaged leading to a loss of vision, distortion or blind spots in central vision. Although it is a very complex disease and still not completely understood, it can be brought on by both hereditary and environmental factors.



Glaucoma

3 million Americans are suffering from a dangerous eye disorder that can rob them of their sight and nearly 1.5 million of them do not even know they have it. Glaucoma is referred to as a "sneaky sight stealer" because, unfortunately, there are minimal symptoms associated with the disease and the miniscule indicators can cause up to 40% of permanent vision loss before the person notices any vision changes. Glaucoma is the second leading cause of blindness and usually affects the elderly.

Cataracts

According to the American Academy of Ophthalmology, Cataracts affect more than 24.4 million Americans age 40 and older, and by age 75, more than half of that demographic will have advanced cataracts.

The usual symptoms of cataracts are blurry vision, seeing double, sensitivity to light (both natural and synthetic), trouble with night vision, and irritated eyes. The lens of the eye that is affected is behind the iris (the colored area of the eye). This lens filters light through the eye into the retina, allowing signals of the images that we see to transmit to the brain. But with cataracts, the lens is cloudy and scatters the light, causing blurred vision. If left untreated, cataracts can cause blindness.

Diabetic Retinopathy

One in 10 Americans have diabetes, putting them at heightened risk for visual impairment due to the eye disease diabetic retinopathy. The disease also can lead to other blinding ocular complications if not treated in time. Fortunately, having a dilated eye exam yearly or more often can prevent 95 percent of diabetes-related vision loss.

Seniors Helping Seniors is an experienced, reliable resource for seniors who want to stay in their own homes. They provide in-home care non-medical, companionship, and services by seniors who enjoy helping others. Seniors Helping Seniors offers reasonable hourly rates for seniors who desire our assistance, as well as reasonable hourly wages to seniors who want to provide these services.

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MORE PEOPLE LIVING WITH CANCER

The evolution of cancer treatment over the last 40 years has resulted in better outcomes for patients; today more people are living with cancer than ever before.

Cancer is an illness unlike any other. Many people mistakenly believe that cancer refers to one disease that occurs in many different parts of the body, but in reality, cancer is not just one disease. The term “cancer” is the general name for a group of over 100 diseases in which abnormal cells begin to grow uncontrollably. No matter what type it is, cancer is the result of a malfunction in the genetic mechanisms that control and regulate cell growth. Cancer can affect blood, bones, and over 60 different organs of the human body.

Through research, we have learned that each person’s cancer is a unique disease because every tumor or malignancy has its own distinctive DNA. This discovery has resulted in many new and highly-effective targeted treatments and immunotherapies that are based on a patient’s unique genetic profile. Genetic sequencing of a patient’s tumor can help identify which drugs or treatments will be most effective for that individual.

DAMAGE TO DNA CAN RESULT IN CANCER

DNA is the genetic material that makes up every cell. When DNA becomes damaged or changed, it produces mutations in genes that affect normal cell growth and division. Gene mutations can be inherited from a parent, or, more commonly, are acquired during a person’s lifetime due to environmental factors such as ultraviolet radiation from the sun or cigarette smoking. Other mutations occur for still unknown reasons, resulting in various types of cancer.

In addition to unregulated cell growth, when a cancer occurs it means there is also a failure in the immune system’s ability to recognize these abnormal cells and destroy them. When normal cells become old or damaged, they die and are replaced with new cells. However, the growth of cancer cells is different from normal cell growth. Instead of dying, cancer cells continue to grow and form more abnormal cells. Cancer cells can also invade other tissues, something that normal cells cannot do.

HOW EFFECTIVE IS CANCER TREATMENT TODAY?

There have been remarkable advances in the treatment of cancer, especially over the past two decades. Today,



millions of people are surviving cancer and most oncologists feel that cancer is becoming more like a chronic disease, such as diabetes or hypertension. In other words, even though no cure has been found yet, the disease is something that can be managed, and people can live with cancer for many years.

Early detection and diagnosis, as well as advances such as immunotherapy and targeted treatments—most of which are available in pill form—are making it possible to live with cancer and continue to have a good quality of life; some of these newer treatments have actually produced virtual cures for many types of cancer.

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.

CLINICAL TRIALS LEAD TO TOMORROW’S TREATMENTS AND CURES

Through a strategic partnership with Sarah Cannon Research Institute, one of the world’s leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In the last three years, the majority of new cancer drugs approved for use in the United States were studied in clinical trials with FCS participation, prior to approval.

In addition to a robust clinical research program, Florida Cancer Specialists offers a number of services, such as an in-house specialty pharmacy, an in-house hematopathology lab, and financial counselors at every location. Patients can now receive the most advanced care, including immunotherapies, chemotherapy, targeted treatments and cutting-edge, precision technologies, at the same location where they see their oncologist and get their lab tests done, not only increasing convenience for patients, but also improving their quality of life.



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PRP Treats Multiple Conditions from Injuries, Tendonitis and Chronic Pain to ED



DR. ROBERT LUPO, D.C.

Platelet Rich Plasma & Stem Cells Explained

PRP is taken from your own blood. A small sample is collected and spun down leaving the Platelet rich plasma, which is your own natural healing and rebuilders cells. The blood plasma and platelets are aspirated from the collection (which results in an injectable that is 10x the normal strength of platelets), and then injected into the injured joint or damaged soft tissue region. Over the past several years, PRP therapy has become a recommended treatment option, due to the results seen in elite athletes who have used the treatment for the past 20 years and it is a natural and proven effective treatment used on various orthopedic, neurologic, aesthetic and dental conditions.

Because our bodies naturally produce these cells, this treatment is not perceived as a foreign body to our systems, and in the case of injured degenerative joints it is quickly becoming the accepted method of treatment to induce healing. Our joints are constantly under wear and tear, which causes inflammation, damage and progressive injury to occur. Our own platelets and stem cells assist in the normal healing process. Stem cells and PRP can regenerate tissue, create new growth, and signal repair to the damaged area.

Stem cells, are different than PRP in that they are specialized cells collected from our fat reserves and bone marrow. These cells can differentiate into several different types of tissues that have the need of repair. When our stem cells are not enough or limited (usually due to aging, illness, or severe injuries), stem cells from other sources can be used. These include amniotic or placenta derived cells, which can be used in the injured area to increase healing just as, or in some case more effectively than your own stem cells.

As you have learned here, there are all different types of stem cells, but most outside stem cells are taken from the placental membrane tissues. The stem cells are collected and frozen for future use providing the most effective way to use the

cells this matrix is full of nutrients, minerals, amino acids, and proteins and have the ability to reproduce and regenerate new cells throughout the body. Totipotent stem cells are one of the most powerful stem cells available because they have the potential to develop into any cell found in the human body.

A multipotent tissue matrix can be used to treat and replenish areas of the entire body from head to toe. Stem cells can work wonders in the area of repairing and regenerating tissue. Totipotent cells and allograft tissue are derived, certified and tested from a human which like a blood donation is entirely acceptable to the human body. These cells are non-hormonal and have no side effects, and they are highly accepted as natural cells to the body. No embryonic tissues or no tissue from aborted fetuses are ever used. The amniotic tissue is obtained through special recovery techniques during a planned Caesarian section of full-term deliveries from a healthy woman.

Area and Conditions Effectively Treated with PRP

Platelet Rich Plasma can treat and heal numerous disorders. Some of those include arthritic or damaged joints, ligaments and tendon injuries, chronic and acute bursitis, tendonitis, and plantar fasciitis to name a few. For extensive degeneration or damage, adding stem cells into the PRP treatment plan have proven even more effective in many cases.

In addition to these conditions, a lesser known PRP therapy has helped countless men with erectile dysfunction. It's known as the P-shot (Priapus Shot). The P-Shot is spun down blood of platelet-rich plasma that is taken from the patient and injected back into specific points in their bodies. The P-Shot can help rejuvenate nerve sensitivity, add volume back to the penis and aid in the erection response. Again, it is 100% natural, so the body accepts it 100% of the time with no adverse reactions. Stem cells can also be used in a P-shot program and can serve as an internal repair system, which can further heal more damaged tissue.

The P-Shot also helps men with Peyronie's disease by stimulating circulation, repair mechanisms and softening the scar tissue associated with the disorder. The P-shot along with Gainswave can dissolve the scar in Peyronie's permanently. No longer do men have to rely on the tiny blue pill that causes so many adverse side effects. Now, there is a safe, natural alternative to help so many men with ED and Peyronie's disease.

If you've tried standard medical treatments, like corticosteroid injections, pain relievers, physical therapy, surgery for joint injuries, or perhaps the little blue pill has left you in the cold and you found it unsatisfactory or substandard in treating your condition, it's time you found out more about PRP and stem cell therapies.

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.

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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Chronic Pain:

Alleviating Pain, Addiction and Treatment Resistance

When you're dealing with chronic pain, it's difficult to focus on anything other than your discomfort. The agonizing and sometimes debilitating pain can cause us to lose out on the important things, like spending time with our families, being productive at work, and even the simplest daily activities can require monumental strength to muster through them. In the U.S. over 100 million people reportedly suffer from some form of chronic pain. Living with pain on a daily basis can become intolerable and for this reason, many people suffer with addiction.

Pain Management Addiction

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

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

The bigger issue that many pain doctors won't tell you is that after long-term use, narcotics fail to work. This is known as treatment resistance. So, where do you go from there? Narcotic use for pain is a bottomless pit of delusion and dependence.

Cannabis for Chronic Pain

Medical Marijuana has significantly helped countless individuals with chronic pain. Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to cannabis (medical marijuana). The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with medical marijuana (MM), creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like pain-reception, mood, sleeping, immunity, pleasure, memory and much more.

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

The advantage of MM in treating a wide array of conditions from multiple disorders is hard to dispute. Many patients who have suffered for years with chronic pain and have become dependent on narcotics have not only had improvement in their pain but have also been able to stop narcotic use altogether. Many states where medical marijuana was legalized, report upwards of 1,800 fewer pain medications being prescribed each year.

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

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

Florida's Qualifying Conditions

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

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

- Anxiety
- Addison's Disease
- Fibromyalgia
- Migraines
- Radiculopathy
- Rheumatoid Arthritis
- Peripheral Neuropathy
- Depression
- Ulcerative Colitis
- Lyme Disease
- Osteoarthritis]
- Type 2 Diabetes
- Sickle Cell Anemia

You must visit a Physician that is licensed to recommend MM. To legally purchase and consume medical marijuana in Florida, a patient must have one of the 12 specific qualifying medical conditions regulated by the government, or have a medical condition that is deemed as appropriate.

It's crucial for patients to seek out a highly qualified physician. The physicians at **Omni Medical Services** have spent a considerable amount of time researching and learning the ins and outs of using medical marijuana to treat disease states. Having the right doctor will make the difference as to whether or not your condition gets approved if it's not already on the list.

For many patients with chronic pain syndromes, medical marijuana has helped them become pain-free without narcotics use. To find out more, please call 866-417-2002, or visit their website at OmniMedicalFL.com



866-417-2002

Omnidoctorsfl.com

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

Men & Women Have Distinctive Cardiac Symptoms: What You Should Know

Men and women share some of the same symptoms of an impending heart attack, but many individuals are unaware of their risk factors and indicators. Heart disease is the narrowing of the arteries over time, due to a build-up of plaque that can in some cases cause a complete blockage of the blood vessels or coronary arteries, and it's the number one killer of women, taking 1 out of 3 women's lives each year. With so much focus on other diseases that affect females, like breast cancer and autoimmune disorders, heart disease is often overlooked and underestimated. One woman dies every minute of cardiovascular disease.

Why is it so important to differentiate between heart risks for women and men? It's unfortunate, but women's heart attack and stroke episodes are on the rise, and women often overlook the signs and symptoms that are plaguing them day in and day out. A primary reason for this is the symptoms are frequently confused with other disorders, and women's warning indicators are different than those for men. With such an all-encompassing set of risk factors for heart disease that is familiar to most individuals, the primary issue is, women are uncertain of their gender's unique signs.

Symptoms in Women

- Excessive sweating
- Sleep disturbances
- Shortness of breath, fatigue
- Pain in the jaw
- Shoulder pain
- Upper back pain
- Neck pain
- Nausea
- Abdominal pain

Symptoms in Men

- Chest Pain and tightness
- Lightheaded
- Dizzy
- Tired/Fatigue
- Shortness of breath
- Anxiety
- Rapid heart rate
- Sweating
- Grayish color to the skin
- Arm/Shoulder Pain
- Abnormal heart palpitations



Many factors play a role in how heart disease affects women; a leading culprit is hormonal changes. When hormones are out of balance, additional factors such as high cholesterol, high blood pressure, and weight gain arise, and all of these symptoms contribute to heart disease.

Linking hormonal changes to the increase in women developing heart disease are also marked by risk factors such as having had gestational hypertension or gestational diabetes. Along with menopause and the related hormonal fluctuations, eating an unhealthy diet, having uncontrolled hypertension or high cholesterol, being overweight, mental anxiety or unresolved stress, and smoking or previously smoking all play a considerable role in heart disease. For men, many cardiac issues are brought on by stress and unhealthy dietary and lifestyle habits.

Coronary Microvascular Disease MVD

The tiniest blood vessels are connected to the larger vessels and arteries, but these small delicate vessels can become damaged and create blockages due to the inner vessel's inability to produce proper blood flow. More women than men have this disorder.

The American Heart Association states the following, "Women may be at risk for coronary MVD if they have lower than normal estrogen levels at any point in their adult lives. Low estrogen levels before menopause can raise younger women's risk for coronary MVD and can be caused by stress and also a functioning problem with the ovaries.

"Women who have high blood pressure before menopause, especially high systolic blood pressure, are at increased risk for coronary MVD. After menopause, women tend to have more of the traditional risk factors for atherosclerosis, which also puts them at higher risk for coronary MVD."¹

Depression plays a role in both pre and post-heart attacks. For example, stress can lead to high blood pressure, arterial damage and a weakened immune system, which can exacerbate a myocardial infarction. For those individuals that have suffered a heart attack or those that have undergone heart procedures, depression can linger for weeks following their episode. If the condition is not dealt with, it can lead to chronic depression, which will hinder healing and may because additional health issues to arise.

Men and Women can be treated successfully if heart disease is caught early. Usually keeping weight down with a healthy diet, keeping the heart muscle strong and oxygen-rich blood flowing through cardiovascular exercise are helpful, along with medications like ACE inhibitors, alpha-beta blockers, and cholesterol-lipid lowering drugs. In certain situations, stents, angioplasty, bypass grafts, and other procedures may be necessary.

In addition, there are specific diagnostic screenings that your cardiologist can provide to decipher how healthy your heart and arteries are; these include blood tests, stress tests, EKG's, echocardiograms, holter monitors, vascular ultrasounds, and scans.

If you believe you are having a heart attack or stroke, call 911! If you're having initial symptoms that come and go, contact your cardiologist immediately.

The Department of Cardiology & Heart Care at Florida Medical Clinic has a full comprehensive heart center to diagnose, treat and monitor their patient's cardiac health. In general, many individuals are uncertain about which cardiology specialists are best for their specific condition. Florida Medical Clinic details the a few of these differentiating factors.

References:

1. American Heart Association. Coronary Microvascular Disease: "What is Coronary Microvascular Disease (MVD)?" heart.org 2019, Dallas, TX.



Imran Ismail, D.O.

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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 Hyperbaric Centers of Florida at 813-788-3969.



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Does a Student Really Need SAT/ACT Test Prep & Tutoring?

One of the most stressful times for students and their parents is when preparing for and taking the SAT/ACT college admissions tests. Should you study on your own? Should you get a tutor? Do you know what scores the colleges that you want to apply for are requiring? There are many objectives to take into consideration when preparing for the SAT and ACT tests.

If your study skills are lacking, or if you are uncertain of your "target range", then a tutor is absolutely critical for you to set goals, study specific areas that you personally need to work on, take practice tests, and compare your progress. Many students need months of training and tutoring, but with the distraction of social media, hanging out with friends, and binge-watching Game of Thrones, who is going to keep you accountable? If you want to apply to the University of Miami, they don't want anything less than a 1300 on the SAT. If you are applying to Yale University, they require at least 1490 but prefer 1520 and higher. For ACT scores, the University of California, Berkeley expects 31-34, while Florida State University wants 25-29. Understanding your target range is why practice tests and tutoring are beneficial to keep you on track.

Both tests are part of the college admissions and merit-based scholarships protocol, and while they're similar, it's essential to understand the difference between the two tests:

SAT - Includes:

- Reading (5 passages)
- Math
- Writing & Language
- Essay (optional)

Scores: Based on a 400-1600-point scale (200-800 per two sub-scores split between Math and a combined Reading and Writing score)

ACT - Includes:

- Reading (4 passages)
- Math
- English
- Science
- Essay (optional)

Scores: Based on a 1-36 point scale

KnowledgePoints

KnowledgePoints is the tutoring and test preparatory leader in the industry because of their experience and their success rate. With numerous programs offered at levels to suit all ages and needs, KnowledgePoints understands that a "one-size-fits-all" approach is counterintuitive and that customizing each plan specific to the student is what sets them apart.

Offering tutoring and test preparation in reading, writing, study skills, phonics, elementary through high school math, algebra through calculus, chemistry and other sciences, the KnowledgePoints' staff is trained on how to achieve the best results with students, using patience and an individualized approach to help that student build the skills they need to be successful. 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. For SAT/ACT preparation and tutoring, KnowledgePoints is the expert in the field that can help you achieve the scores you need.

TUTORING:

- English
- Math
- Reading Comprehension
- Science
- Study Skills
- Writing
- Algebra
- Biology
- Calculus
- Chemistry
- Geometry
- Physics
- Trigonometry
- and more!

EXAM PREPARATION:

- SAT
- ACT
- SSAT
- ISEE
- GED
- ASVAB
- FSA

SAT/ACT Test Prep with KnowledgePoints

When you partner with KnowledgePoints you get the following for your test prep needs:

- A personalized plan of action
- Accountability
- Motivation
- Progress measurements
- Practical Resources

ACT/SAT Testimonials:

Amazing, KnowledgePoints is a fantastic organization that values the education of its students greatly. My high school GPA was not great, and I was afraid that I would not get accepted to any of the universities that I applied to. My last hope was to perform well on the ACT. My previous composite score on the ACT was a 24, but with the help of the amazing teachers at KnowledgePoints I was able to achieve a composite score of 29. With this high score, I was accepted into both University of South Florida and Florida State University. The owner, Rocky Contreras, the Center Director, Randee Williams, and all the teachers who helped me were wonderful and kind people who made me feel comfortable being there. This organization helped save my future, and I am very thankful for that. I recommend KnowledgePoints to anyone who wants to ensure a successful education. - Dylan D.

It was great!

My experience with KnowledgePoints was nothing but amazing. I first visited the Land O' Lakes site for Algebra 2 tutoring and later on I began taking their ACT prep classes. My math tutor was very sweet, and my grade improved greatly from the tutoring. My ACT prep classes were extremely helpful and proved very much worth it when I scored higher than I thought I would on the ACT. All of the tutors there are kind, considerate, and help students in every way they can. I always recommend KnowledgePoints to my friends and to anyone who needs their outstanding tutoring. With my high ACT score I can now apply to many colleges and have the ability to choose where I want to go, all thanks to their amazing services. - Hannah M.

To find out more about how KnowledgePoints can help you or your loved one, call them today at 727-484-6178 (Trinity) or 813-909-0781 (Land O' Lakes), or see below for website.

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Friday: Closed
Saturday: 9am - 1pm

**They accept the Gardiner Scholarship and the new Step Up for Students Reading Scholarship!*



Tooth Loss Effects of the Body's Overall Health

By Dr. DeLuca



Over time, teeth can begin to break down with wear and tear or inadequate hygiene. Almost all restorative dental treatment has limitations and will eventually need to be replaced or adjusted. If the old fillings in your teeth have any dark margins, you may have microleakage. Microleakage can lead to decay and the need for root canals or extractions.

When an extraction is necessary, it's because the structure of the tooth is too weak to support a crown or restoration, or it may be due to the bone loss and periodontal disease within the supporting gingival tissue (gum line).

Tooth Extractions

If a tooth is removed and not replaced with an implant, denture or bridge, several adverse reactions begin to take place. The first is that the facial structures can change. As individuals age, the facial contours that once supported the lips and cheeks can change with muscle atrophy and the effects of gravity, but when there is added tooth loss, the facial structures change drastically. The outcomes are an increased aging effect with noticeable sagging and gaunt like features.

This may seem superficial, but there is an underlying cause that increases health risks and disorders. The underlying cause is bone loss. When a tooth is extracted, the alveolar sac (bone socket) begins to degenerate and the surrounding jaw structure will as well.

Why does this happen? The degeneration of bone is caused by lack of contact of the teeth. When healthy teeth are correctly abutting against each other, it creates pressure and friction on the teeth and surrounding bone. This pressure from biting helps to regenerate bone on a daily basis, keeping teeth and the jaw bone firmly sustained.

One Tooth Extraction Usually Leads to Multiple

When teeth are missing, and there is nothing for the other teeth to bite against, this is when bone loss takes place, and it can happen quite rapidly in

both the upper (maxillary) and lower (mandibular) jaw bone. Consequently, the occluding teeth will either drop down or lift up out of the bone, to try and adequately occlude with their natural bite. If this happens, then a person could potentially lose multiple teeth.

What are the Alternatives?

Dental implants are the ideal resolution; it's a wise choice to have an implant (titanium post and porcelain crown) placed. In addition to preventing bone loss and facial contour changes, if you leave an open space between teeth, the proximal teeth will shift, trying to fill in the interproximal space.

Dental implants can be used to replace one or multiple teeth. Implants are also a remarkable solution for holding in a permanent bridge or as an anchor(s) for dentures.

If there is significant bone loss, bone grafts can help to regenerate the bone that's been compromised and assure that the implants are securely supported.

Periodontal Disease

A six-year study, followed patients who had lost more than one tooth, and evaluated their prevalence of periodontal disease. The study, titled "Periodontitis in US Adults" was published in *JADA (Journal of the American Dental Association)* and the ada.org.

The results were as follows, "An estimated 42% of dentate US adults 30 years or older had periodontitis, with 7.8% having severe periodontitis. Overall, 3.3% of all periodontally probed sites (9.1% of all teeth) had periodontal probing depth of 4 millimeters or greater, and 19.0% of sites (37.1% of teeth) had clinical attachment loss of 3 mm or greater. Severe periodontitis was most prevalent among adults 65 years or older, Mexican Americans, non-Hispanic blacks, and smokers, and attributed to unexpected tooth loss."

Dental health and proactive measures are essential. Staying on top of your dental health through cleanings, x-rays, and dental examinations are critical to avoid in-depth procedures and to maintain a healthy mouth that's free of decay, bacteria, and oral cancer. There are multiple treatment options; however, if you need to replace missing teeth, getting dental implants is the best solution for overall health.

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Dr. Vivian DeLuca, DMD, FAGD, FADIA

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Dr. Vivian DeLuca attends monthly training to be able to offer you the latest advancements in dental treatment options that will suit your exact needs. She regularly performs permanent tooth replacements, single dental implants, implant-supported dentures, mini-implant supported dentures, and custom-fit natural look dentures. Their gentle quality care brings people from all areas of Florida.

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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.

Joshua holds a General Securities Principal (Series 24 license) and also a Registered Investment Advisor Representative (Series 66). He also holds a Series 7 and Series 63 license, as well as Life, Health, and Variable Annuity insurance license in the state of Florida.



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A Non-Surgical Approach to Long-Term Pain Relief

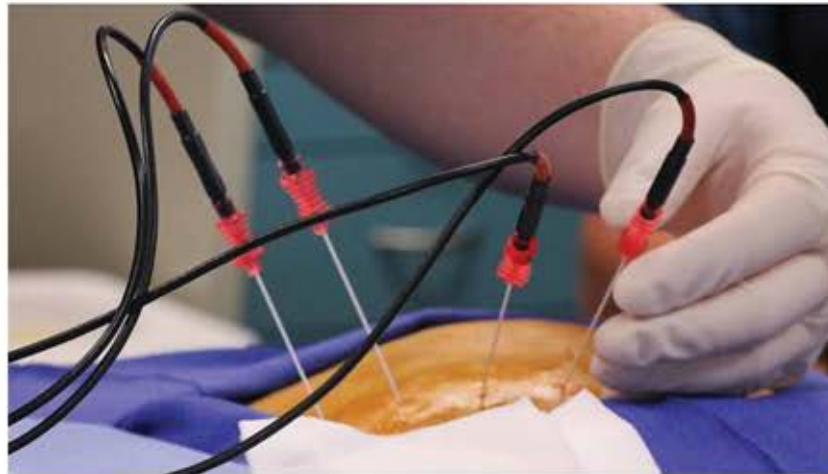
Avoiding surgery is usually at the forefront of most people's minds when dealing with chronic pain. Over 115 million people suffer from various types of chronic pain disorders ranging from fibromyalgia, osteoarthritis, neuropathy, back, hip and neck pain to name a few. Whether trauma or degenerative 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
(813) 264-PAIN (7246)
www.nationalinstituteofpain.org



NEW Device Improves Injury, Increases Muscle Mass and Endurance:

Neuro Biological Stimulation For Healing and Function

By Jason Waz, President of Competitive Edge Physical Therapy

If you've got chronic pain, injuries, joint inflammation or need assistance in building muscle and gaining strength, there is a new cutting-edge device developed by engineer and neuroscientists, Garrett Salpeter, who works closely with Jason Waz, physical therapist and owner of Competitive Edge Performance.

Salpeter's company, NeuFit 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. NEUBIE's advanced technology accelerates your body's internal processes. When given the right signals, your body heals itself from injury, builds muscle, and creates good health.

NEUBIE Research Trial

NeuPTech is conducting a study on the benefits of the NEUBIE device through a trial that is set to partner with a University within a few months based on their research and outcomes.

Two of the participants, **Laurin Conlin** and **Ryan Conley**, who are both professional fitness competitors, shared with us their perspective on what they've noticed over the past several months of training.

LAURIN: "I've been involved in the fitness industry since 2010 as both a competitor and an exercise science major. During my undergrad years, I started coaching a handful of clients, and as I went on to earn my Masters, I continued to build up more coaching clientele. During this time, I also earned my professional status as an IFBB Bikini Pro. Currently, I compete in the bikini division and own a coaching business, Team LoCoFit, where myself and a team of coaches work with online client's full time.

Before a show, it's critical to diet down and maintain muscle mass, and there are, of course, many months of heavy caloric restriction, specific food choices and high levels of cardiovascular training while trying to maintain strength and performance in the gym.

Typically, my training sessions are 90 minutes. We are focusing on the muscles most prominent in the division I compete in, which is bikini. My primary focus is on shoulders, glutes, and hamstrings, which is precisely where we place the NEUBIE device pads (shoulders first, then glutes and then hamstrings) and we use specific exercises to target those muscles specifically. I started using the NEUBIE for rehab because I had an injury. NEUBIE quickly helped a nagging hip and glute injury I've had for over two years. I am recovering faster than before, and now I can finally train properly and feel everything firing again, where before I wasn't since I had developed many compensation patterns as to avoid my injury.

RYAN: "I've been competitively powerlifting since 2011, and I typically work particular muscle groups 3 to 4 times per week. These include things like squat benching and deadlifting along with other variations because as a powerlifter, we're always trying to increase muscle mass and strength. With the NEUBIE training and research, I've been wearing the device for 3 training sessions per week at about 3 hours at a time which is around my standard training session length.



The NEUBIE is on a specific frequency during my weight lifting sets and then changed to another frequency to enhance recovery and lengthen the muscle tissue.

Like any athlete, we get injuries and have wear and tear issues, that's how I found Competitive Edge Performance and the NEUBIE device. It's incredibly helpful for rehabilitation, preventing injury and also muscle hypertrophy, which is a fancy term for muscle enlargement and increased mass.

Over the 8-week training cycle, I have gained around six pounds of body weight and have filled out parts of my frame with muscle that was lagging prior, which is a great feat for an advanced strength athlete in such a short amount of time. Whether that change is from the machine allowing me to recover quicker and more efficiently to get a higher amount of work in, or the device is actively helping me stimulate more muscular motor units, or possibly creating more muscle damage, it's doing something productive to allow me to progress. I firmly believe that with this technology, I'm going to surpass my fitness goals in record time! There's never been anything as effective as the results I'm getting with NEUBIE."

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. We are very proud to be able to stimulate real research on this emerging technology that is so new."

NEUBIE Benefits

- Injury Rehabilitation
- Reduces Pain
- Builds Muscle
- Burns Fat
- Improves Performance
- Builds Stamina
- Accelerates healing by 50 to 75%



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.

Don't just rely on the old techniques of PT, jump into the future with Competitive Edge Performance!

For more information, follow Laurin and Ryan's NEUBIE journey through their Instagram accounts.

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Fish Love

By Alex Anderson

Rabbi Dr. Abraham Twerski tells the story of a man who happened upon a young man enjoying a dish of fish. And he said to the young man, "Why are you eating that dish of fish?" The young man said, "Because I love fish."

The older man said, "Oh, you love the fish. That's why you took it out of the water, killed it and cooked it. Don't tell me you love the fish; you love yourself. Because the fish tastes good to you, you took it out of the water and killed it and cooked it."

Rabbi Twerski goes on to say that so much of what we call love today is *fish love*. When the majority of people 'fall in love' they are falling in love with what the other person does for them, or how that person makes them feel. This love is based upon what one person can get from the other. The need that the other person is meeting is the motivation for the love.

It's not real love for the other person. The other person becomes a vehicle for the person to get their needs met. Most of the time neither of the two individuals who are in *fish love* even realizes the real motivations for what they are feeling.

In my opinion, that's okay, relationships start that way anyhow, out of natural attraction. But over time they must transition into a different kind of love.

Rabbi Twerski goes on to say that many believe, "You give to those you love," but real love is "You love those to whom you give."

The Bible refers to this deeper kind of love as **agape** love. It's a selfless love. And it's expressed the best in the words of the Lord Jesus Christ when he said, "Wherever your treasure is, there the desires of your heart will also be." Matthew 6:21 (NLT)

This type of love applies to many things. I like to put it this way. If you want to love God, a person, animal, object or activity then simply invest your time, money and focus on it and your feelings will follow.



I have friends who say they love golf. I believe them because they invest large amounts of time, money and focus into the game. Their investment in golf gives them the strong desire or love for golf.

Now obviously comparing a spouse, children or friends to golf is a bit demeaning, for nothing compares to the value of a human being. But real love, agape love, is outward. It's the kind of love that requires an investment before feelings.

When I was a pastoral counselor, on occasion a couple who had been married for around the three, five and seven-year marks would say something like, "we just don't feel in love with each other anymore." Or "the spark is gone."

I would ask, "When you did feel in love, what was life like at that time?" and their answer was, "We spent more time together, we did little special things for each other..." Then I would ask, "Do you still do those things for each other?" They would say, "No." and I would ask, "Why not?"

It's simple; if you want the feeling or desire of love then do the things that cause it.

On a personal note...my wife Kim and I have been married for over 31 years. That's pretty dang close to a third of a century. And we have 'fallen in' and 'fallen out' of *fish love* many times.

It's probably not because we are saints. (Well...maybe Kim is. I can be a real knucklehead.) It's because of two things.

First, we decided that marriage was for life...end of discussion. No returns or trade-ins allowed. You bought it; you keep it. Done deal.

The second is that we would do the things that gave us the fish love back, the feelings and desires.

We had been married around five years or so when Kim looked at me quietly at the dinner table one night for a very long and uncomfortable time, and then the most profound words came flowing from her beautiful lips.

"You know, I just realized something." I said, "What's that?" Then she said, "You're all I'm getting so I'll just have to make the best of it."

We laughed hysterically...well she did.

It was one of those times when we had fallen out of *fish love*. But what great words, "...so I'll have to make the best of it." And she still does.

What about you? Are you in fish love? Does your love come with a hook in it? Are you just not feeling it? Then choose to focus on the things you did that gave you *fish love* when you first met...forever...no returns...no trade-ins.

To your spiritual health,
Alex E. Anderson
Senior Associate Pastor at
Bayside Community Church

If you want the complete copy of *My Daily Agreement with God's Will for My Life*, I would be glad to email it to you.
Just go to alexanderson.org

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