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Health & Wellness[®] MAGAZINE

March 2019

Pasco/North Tampa/New Tampa Edition - Monthly

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Lynette Bell

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ADVANCED AND INDIVIDUALIZED CARE

KnowledgePoints Tutoring Can Help Your Child Succeed with FSA Testing and Comprehension

In 2015, Florida retired the FCAT assessments testing and implemented FSA, Florida Standards Assessment. The Florida Standards Assessments measures student's performance and aptitude in a collection of reading, writing and math tests, which are tied to Florida's Common Core-based standards, which outline a student's knowledge base dependent upon their grade-level.

According to the Florida Department of Education, the following information is available regarding FSA:

Florida Standards Assessments

With the Florida standards in place to help Florida students succeed, the Florida Standards Assessments (FSA) in English Language Arts (ELA), Mathematics, and end-of-course (EOC) subjects (Algebra 1 and Geometry) serve Florida students by measuring education gains and progress. Students, parents/guardians, and educators are encouraged to check the FSA Portal often to access important information and resources as they are available.

The Statewide Science Assessment is still administered to students in grades 5 and 8. Information about the previous FCAT 2.0 assessments (reading, writing, and mathematics) is available at FCAT 2.0 Historical.

The FSA Portal provides resources for students, parents, educators, test administrators, school assessment coordinators, district assessment coordinators, and technology coordinators. Some of the available resources include:

- The 2018-19 FSA English Language Arts and Mathematics Fact Sheet (PDF) and the 2018-19 FSA End-of-Course Assessments Fact Sheet (PDF) provide useful information regarding 2018-19 FSA assessments.
- Practice tests are provided for students to become familiar with the paper-based item types and the computer-based system, functionality, and item types; the tests are not intended to guide classroom instruction.
- ELA Text-Based Writing Samplers are also available to define how points will be given within each domain.

- Test item specifications define the content and format of the assessment and test items for each grade level and subject.

- The test design summaries and blueprints for ELA (PDF) and for Mathematics (PDF) provide more detailed information about the assessments, including the percentage of items in each content category, cognitive complexity, and approximate number of test items.

- The FSA Calculator and Reference Sheet Policies (PDF) document describes policies and materials specific to the mathematics assessments. In addition, the scientific calculator provided in the AIR Test Delivery System is available for student practice.

KnowledgePoints

Much of this information is online, but it can be difficult for students and even their parents to navigate. Also finding the time to actually sit down and go through the courses and practice tests takes a lot of accountability and responsibility. That's why KnowledgePoints includes an element of FSA preparation into their tutoring services.

KnowledgePoints is the local 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, the KnowledgePoints' staff is trained on how to achieve

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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 preparation and tutoring, KnowledgePoints is the expert in the field that can help you achieve the scores you need.

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.

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

LIFESTYLE CHOICES HELP PREVENT CANCER

Diet, exercise and getting recommended screenings can lessen your risk of cancer.

According to the National Institutes of Health, certain lifestyle choices can lessen the chances an individual has of developing cancer. However, even though most Americans know that choices such as quitting smoking, protecting skin from sun damage, eating a healthy diet, exercising more and getting the recommended screenings reduce the risk of cancer, following these recommendations can often be difficult. Although targeted treatments for cancer have improved survival rates, and there are more breakthroughs on the horizon, the best option for most of us is still prevention.

SKIN CANCER AFFECTS 1 IN 5 AMERICANS

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer, called basal cell and squamous cell carcinomas, are highly curable. Melanoma, the third most common skin cancer, is much more dangerous.

By now, most people know that a sunscreen should be used when they are going to be outdoors, even for a short period of time. However, not all sunscreens are created equally. For maximum protection, oncologists recommend a sun protection factor (SPF) of 30 or greater, regardless of skin color or ethnicity. Other recommendations include avoiding tanning beds or sunlamps and examining your skin, head to toe, every month for any changes. You should also have a dermatologist, or your primary care physician examine your skin annually.

SMOKING AND CANCER

According to the Centers for Disease Control (CDC), cigarette smoking is the number one risk factor for lung cancer. It's estimated that in the United States, smoking causes about 90% of lung cancers; smokers are 15-20% more likely to get lung cancer than non-smokers. Tobacco products such as cigars or pipes also increase the risk for lung cancer, as well as throat and mouth cancers. Even smokeless tobacco has been proven to increase the risk of oral cancer, throat cancer, stomach and pancreatic cancer.

ANOTHER REASON TO STOP SMOKING – BLADDER CANCER

Bladder cancer is the 5th most commonly diagnosed cancer in the U.S. This year, it is estimated nearly 15,000 people will die from the disease. But here's a real shocker; people who smoke are four times as prone to the malignancy as nonsmokers – especially women. About half of all bladder cancer cases in women age 50 and older are



now traceable to smoking. In addition, current smokers are four times as likely to develop bladder cancer as people who have never smoked.

THE ROLE OF DIET IN PREVENTING CANCER

Although no particular food or diet product can prevent cancer, there is growing evidence that diet can play a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Likewise, 30-40% of certain types of breast cancer have been linked to what we eat, especially if our diet is a contributing factor to obesity. A diet that is high in fruits, vegetables, legumes and whole grains, and low in animal fat, processed foods and sugar, are generally considered healthier and can boost your immune system to help fight diseases such as cancer.

REDUCE YOUR CANCER RISK WITH HEALTHY LIFESTYLE CHOICES

Each year, over half a million Americans die of cancer; the startling news is that about one-third to one-half of these deaths are linked to lifestyle choices and, potentially, could have been prevented. Start reducing your risk of cancer by making these choices in your life:

- Get to and stay at a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.
- Stop smoking – or better yet, never start.
- Wear sunscreen with an SPF of at least 30.
- Get recommended screenings such as colonoscopies, PAP smears and mammograms.
- Let your doctor know if there is a family history 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.

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



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For more information, visit FLCancer.com



Get Your Home in Shape for Summer Our Favorite Nips and Tucks!

By Toni Hedstrom, P.A., Owner
REALTOR®

Your North Hillsborough, South Pasco County Real Estate Specialist

A 'Nip and Tuck' usually refers to plastic surgery to remove signs of aging on our bodies - but we believe it applies to your home! Your home's body has an exterior and interior structure that needs constant attention - just like our bodies do!

As the cold air slowly gives way to warm, sunny rays, it signals that spring is around the corner - the perfect time to give your home its 'Annual Physical' to see if the winter months have taken a toll.

The Home's Exterior

The first things to look out for are wear and tear on your home's exterior. Tampa can get wet; wood trim will become rotted over time. Rot is prevalent around exterior door frames and fascia boards. It is not an if but when. Stay ahead of the game and address your rotted wood.

Many Florida homes have stucco exteriors. It's essential to walk around your house - at least once per year - checking for any cracks in the stucco. There are products that can be purchased at your local hardware store to seal up these cracks. There are also different types of exterior paints for stucco homes. If you go cheap on the paint, the expected life of your paint job can be short. It's a good investment to paint your house with high-quality paint to protect the stucco and avoid that powdery residue you will see from faded and aged paint.

Gutters tend to get filled with falling leaves over winter. It's important to keep the gutters free and clear of debris if you want them to function. Doing this once per year is not enough!

Your home needs a bath occasionally. Spring is a great time to break out the power washer and give the whole house (including the roof) a good washing. Clean your home from top to bottom and finish off with a good power wash on your walkways and driveways. Don't forget the windows!

While you are up on the roof, take a quick look at your shingles. Are any of them lifting? Torn away? Look at your vents - have the squirrels been treating your roof like a dinner buffet? Fix these things now before Hurricane Season arrives.

Your windows are kept secure by caulking - make sure the caulking is healthy and not dried up and cracking - you will appreciate it when you get your utility bills.

After Day Light Savings Time - It's a good time to replace your exterior light bulbs.

The Yard

There are so many things to do in the yard this time of year. Clear away the fallen leaves, add mulch to your flowerbeds, plant pretty flowers, reseed the lawn and TRIM those TREES! You want to make sure you don't have tree limbs hanging over your house. You also want to make sure your trees are healthy and strong enough to take on any storm.

When you need a Specialist

We all have a primary care physician who will generally refer us to a specialist for things. This is the same as your home. Here are some home care services you might want a specialist for:

- **Dryer Duct Cleaning** - Hire someone to make sure your dryer ducts are clean to avoid a potential fire hazard.
- **Septic Pumping** - Depending on the size of your household - this is something that should be done every three years according to industry standards.
- **Heating and Cooling Maintenance** - It isn't a bad idea to hire a company that will come to your home a couple times a year to clean and inspect your entire HVAC system. Switching from heat to air conditioning is a good time to have the system checked out.
- **Chimney Cleaning** - We don't get to use our fireplaces much in Florida. However, after the cold air has passed, it's a good time to

have your chimney cleaned and inspected. This way, it will be ready when you need it next winter.

- **Water Softener** - Some companies can come and service your system to keep it fully functioning and to extend its life. Worth it!
- **Sprinkler System** - Heads are bound to break. An inspection of your sprinkler system heads and confirmation they are spraying where they should be.
- **Pool Maintenance** - Draining the pool and giving it a good scrubbing is a great idea! This will help to increase the life of your pool surface!
- **Re-Staining Decks and Fences** - If you have wood fencing or decking, it is important to have these items resealed often. Wood doesn't have a long life in Florida when it is not maintained.

A few of our 'Easy' Favorites

There are a lot of things one can do without hiring someone. Here are a few easy chores to keep in mind:

- **Cleaning Doors** - Clean your doors with the Mr. Clean Magic Eraser - you will be amazed!
- **Garbage Disposal** - Use real lemons and ice!
- **Smoke and Carbon Monoxide Alarms** - Test! Keep batteries on hand, so there is never a moment you go without your alarms.
- **Have pets?** Then it is a must to inspect your refrigerators intake vent. I bet it's covered with pet hair. This could damage the unit's motor which is very expensive to repair or replace.
- **Auto Ship Air Filters** - Want a good way to be reminded to change your HVAC filters? Have them auto-shipped to you via Amazon!

Have any other home questions? Don't hesitate to contact Hedstrom & Stamm at Home Solutions Real Estate Team at (813) 549 - 0870 or email us at admin@tampahome360.com.



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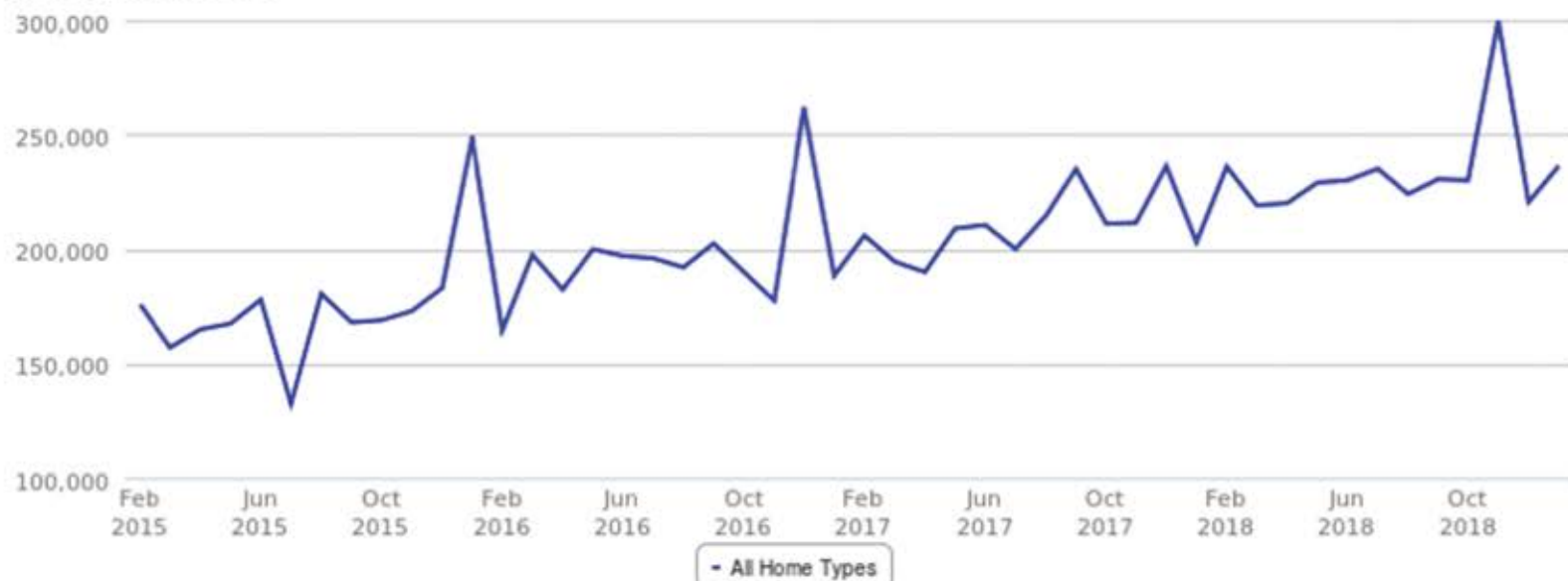
Health of the Market Report:

The Impact of Business Growth on Housing

We have all watched State Road 56 burst with activity over the past few years. With growth, comes jobs and more tax revenue. And, thanks to that increased tax revenue, locals are seeing big road projects in the area. So, what does this commercial growth mean to the housing market?

With a focus on the two zip codes closest to the Cypress Creek Town Center and the Tampa Premium Outlets (Lutz 33559) and (Land O'Lakes 34639) we can quickly see the how sold prices have increased since the opening of the Outlet Mall in 2015 and the groundbreaking of the Cypress Creek Town Center in 2017.

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Med Sale \$ | ZIP: 34639



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Although there have been a few dips, they tend to occur in February as a result of slower sales in late December and January each year.



Can Looking Better Change Your Mood & Mental State?

By Dr. Kent Kreithen, M.D.

In psychology, there have been numerous studies on the social and psychological effects that appearance has on individuals. If we're feeling insecure, socially withdrawn or having difficulty looking someone in the eyes and maintaining confidence, taking a deeper look at the way we perceive ourselves may prove to have a great deal to do with our mental state.

A study called, *Beauty in Mind: The Effects of Physical Attractiveness on Psychological Well-Being and Distress*, concluded that being confident, influential and more outgoing, were common attributes associated in individuals that were "aesthetically appealing." Obviously, being attractive isn't the end-all-be-all of happiness but feeling good about the way we look plays a role in our self-assurance.

In today's day and age, we have a better understanding that if we feel confident and look our best, the pleasure principle (dopamine) is intensified within our brains. Our physical appearance has a lot more to do with our mental state than many people are aware. Without getting too scientific, there is something to say about looking at someone that's smiling. This emits a happy sensation to most onlookers; however, when we see a despondent or sorrowful individual, we often feel empathetic towards them.

In light of these scenarios, in 2012, a European study was documented in the *Journal of Psychiatric Research*. They concluded that depressed individuals that were injected with Botox to reduce facial frowning showed significant reductions in their clinical depression rating than those in the placebo group.

Along with making you look years younger, if you're feeling a little weighed down by your facial muscles, wrinkles, or sagging skin, injectable fillers or Botox might help improve your outlook on life. It seems that this catch 22 is positively influencing confidence levels on the inside and out. So, to refute the saying that, 'Beauty is only skin deep,' we now have a reason to make it a priority to smile more, and if it's right for you, to make a few improvements to your aesthetic appearance.

If you're in need of a little rejuvenation, the simplicity of dermal fillers can plump the skin, give you a more youthful pout, or lift specific areas of the face and neck. Many times, this is referred to as a liquid facelift. Botox and other injectable treatments soften stubborn lines and wrinkles, like crow's feet and the furrows between the brows. Fillers help restore your youthful fullness, shape and stimulate collagen production lost during the aging process. Holcomb – Kreithen Plastic Surgery and MedSpa offers innovative, non-invasive cosmetic procedures and anti-aging programs. And because Holcomb – Kreithen Plastic Surgery and MedSpa is always on the cutting edge, they provide the latest technology and treatment options for laser contouring and resurfacing the face and body.

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Before



After



Before



After



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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.

To get your skin glowing, please call them today to schedule your appointment and have a fresh new complexion for the New Year.



Gingivitis, Heart Disease and Other Health Conditions Can Be Interrelated

By Dr. DeLuca

When it comes to oral hygiene and dental health, men and women aren't quite the same. According to the American Academy of Periodontology, nearly 57% of men will develop some form of periodontal disease compared to only 38.4 % of women. In more severe disease states, **men have a much higher incidence of heart disorders** than their female counterparts. Also, in an unfortunate catch 22, some forms of **cardiac medications can cause dry mouth**, which therefore elevates the risk factors for periodontal bacteria and disease to form. In addition to cardiovascular disorders being interconnected to periodontal disease, **diabetes is also more prevalent in men** than women and is also linked to both heart disease and periodontal disorders.

Individuals with diabetes are one of the principal groups that are affected by gum disease, especially men. People with diabetes have numerous comorbidities that correlate to the issue of their high blood sugar. But in the case of periodontal disease, it's multifocal. **Diabetics are at increased risk of infection and bacterial growth** because of their blood sugar levels, and they also are at higher risk for high blood sugar because of the periodontal disease. Researchers suggest that **periodontal disease increases high blood sugar**, making individuals with uncontrolled diabetes at greater risk of infections and complications of their condition.

If you have any form of gum discomfort, bleeding or bad breath, it's important to **consult with your dentists** about getting your conditions treated right away. Often, just getting a deep scaling, which is a cleaning that goes above and below the gum line, will correct mild to moderate periodontal (bone) disease. **Loose teeth** and infection in your gingival tissues, are easily treated by a periodontal specialist, as they can provide you with options to get your mouth healthy again. These include deep scaling's, gingival grafts, laser treatment (LANAP) and pocket reduction procedures. Periodontists must complete three more years of specialized training along with their DMD to become a specialist.



How To Prevent Gum Disease

Brushing your teeth efficiently for a full two-minutes is often neglected. We need to brush correctly to **clean each surface of every tooth and gumline gently.** Rinsing with, then 'brushing your gums' with Listerine (any flavor) for 90 seconds is one of the best ways to remove most of the bacteria and sticky plaque that accumulates on teeth and gums. Also, the importance of flossing cannot be stressed enough. Dentists and Hygienist convey this message regularly to their patients, but unfortunately, in our fast-paced world, many people find it too time-consuming to floss daily, but in reality, it only takes a minute to floss your teeth. When this step is avoided, food and bacteria harbor in the interproximal space between teeth, and that's where the periodontal infection begins. That is 30% of all tooth surfaces. It is like taking a shower without cleaning your 'pits' or private parts. What is the point?

Staying on top of your dental health through regular dental cleanings, x-rays, and dental examinations are critical to avoid more expensive procedures and maintain a healthy smile, that's free of decay, infection, 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.

Whether you have heart disease, diabetes or another medical conditions it is important to keep your dentist informed. Many individuals fail to tell their dentist about their current health issues and changes; but with all of the evidence pointing to strong oral - systemic health connections, it's imperative to let them know about changes in your health and any new medications that you're taking; so that they can best educate you on prevention of disease.

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PRP Treatment From a Patient's Perspective

DR. ROBERT LUPO, D.C.

Stacy H. and her husband are renovating a home in their spare time. A few months ago, Stacy was helping the contractor lay grout for several hours and started to get severe pain in her right hand. Later she discovered that she had an unyielding case of trigger finger. Trigger finger is a simple name for a debilitating condition. It causes pain, stiffness, and a sensation of locking or catching when you bend and straighten your finger. It's somewhat akin to having a constant charley-horse in your hand.

In Stacy's case, this was affecting her livelihood, as she is an auditor and types documentations and reports all day long. Stacy told us, "I couldn't bend my finger at all. It was constant, debilitating, excruciating pain. I couldn't even open a water bottle." After trying many failed at home remedies like ibuprofen, soaking and massaging the finger, she decided to see Dr. Lupo.

"My husband had horrible shoulder pain and arthritis a few years ago. He was icing and wrapping his shoulders nightly, and he suffered for years before he saw Dr. Lupo. Dr. Lupo suggested he try PRP (Platelet Rich Plasma) treatments. The PRP worked immediately. He hasn't had a lick of pain for years. I thought, maybe this would work for my finger, so I scheduled an appointment with Dr. Lupo.

"I had a cyst develop on the trigger finger, which happened to be my middle finger and after the first PRP injection, the cyst went down significantly, and the majority of my pain and stiffness was gone. Then, after my second injection, my finger was almost completely normal. And now after my third and last injection, I'm back! I'm a huge proponent of PRP. I tell everyone to see Dr. Lupo!"

When we spoke to Stacy, she was at the house being renovated, laying sod. That in itself speaks volumes about the success of her PRP treatment. She is also able to work normally again as an auditor and is grateful to have full use of her hand.



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, 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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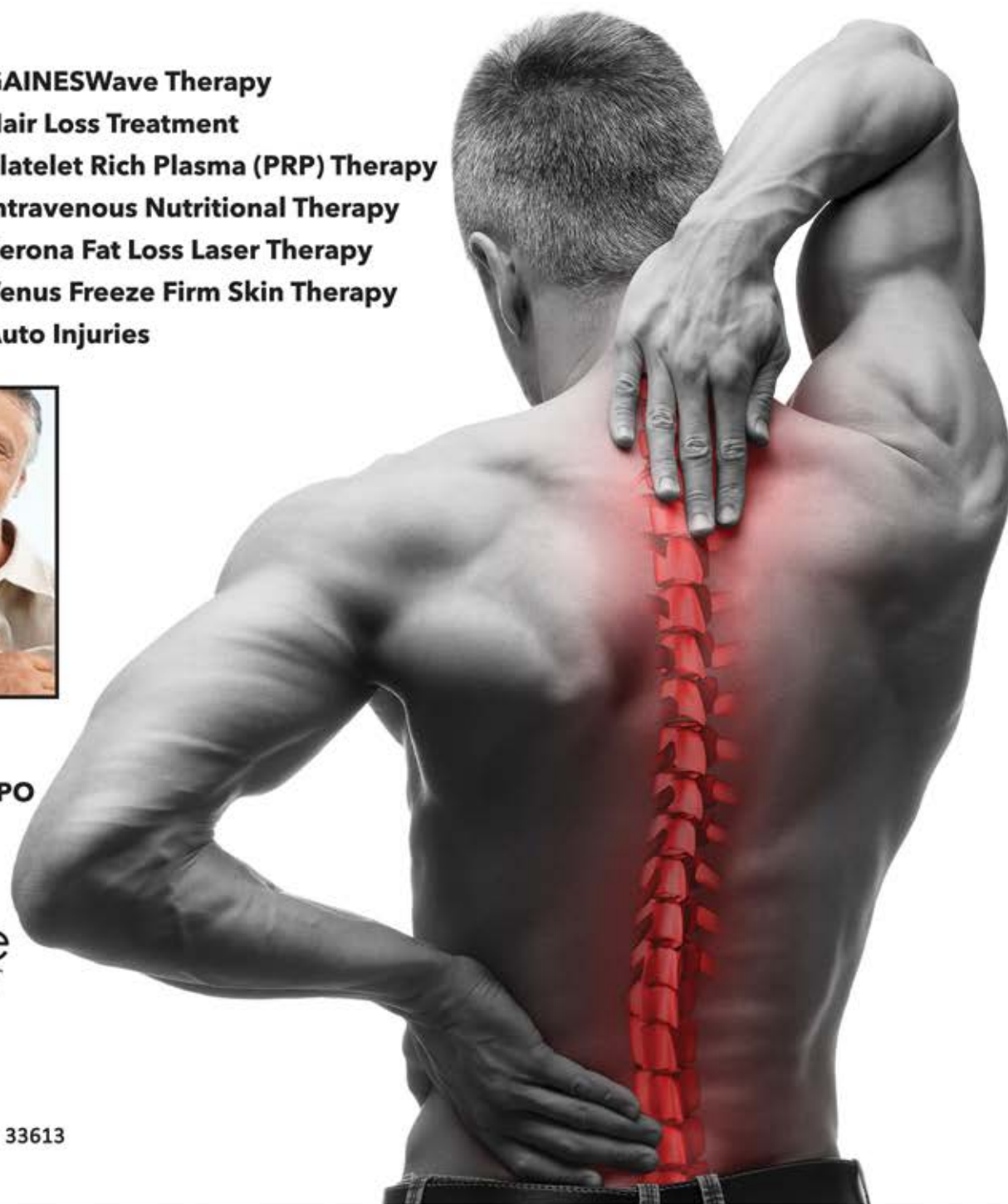
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South Tampa's Newest Hi-Tech Physical Therapy Office - NOW OPEN

By Jason Waz, President of Competitive Edge Physical Therapy

The Physical Therapy Office of Tomorrow: What You Need to Know...

Competitive Edge Performance is not the normal run of the mill physical therapy practice. In fact, they are entrepreneurs, innovators and pioneers in the physical therapy market. Over the past two decades, the team at Competitive Edge Performance [CEP], has developed specialized techniques that have helped them gain industry-leading results with their patients. This success prompted them to perform countless trials and tests using emerging technology such as the NEUBIE, a proprietary, pulsed, direct-current, electrical stimulation device that has enabled them to achieve previously unseen outcomes in the fields of recovery science and human performance.

A New CEP Location

With their ongoing success in elite patient care and rehabilitation, CEP is opening a new location in South Tampa that will be centered around NeuPTtech-supported technologies and the Neubie device. CEP is truly the cutting-edge physical therapy office of tomorrow, utilizing innovative technology such as Neufit, iMRS (Pulsed Electromagnetic field therapy) and new state of the art equipment that will require less time spent in the physical therapy clinic and thereby maximize outcomes. They are currently working with PT clinics and professional sports organizations throughout the country to bring their concept to market, so that patients across the U.S. can benefit from their groundbreaking technology and methods

This new location is perfectly placed in one of Tampa's premier markets. With close proximity to health clubs and boutique fitness studios built around a bustling neighborhood with some of the city's best shopping and dining, the CEP office location is in the heart of it all. And with their revolutionary concepts in the physical therapy specialty, they are pioneers in "outside-of-the-box" patient care that caters to the neighborhood's fitness-focused residents.

Groundbreaking Physical Therapy with NeuFit & NEUBIE

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 get out of pain, improve performance, and live life at a higher level. The NEUBIE has also helped patients avoid surgeries and even get out of wheelchairs. This technology enhances natural processes; it doesn't replace them. The NEUBIE specifically identifies faults in the pain-signaling pathway, resets them, and then promotes normal movement patterns. Changing the "threat" inputs to the nervous system doesn't just mask the pain as traditional TENS therapy; instead, it corrects the underlying root of dysfunction. 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 promotes 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
- Reduce Pain
- Build Muscle
- Burn Fat
- Improve Performance
- Build Stamina



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, contact the NeuFit distributor today to find out how it can increase your patient satisfaction by stimulating healing, therapeutic recovery, and overall increases in performance. Please email NeuPT Technologies at NeuPTTech@gmail.com or call (813) 849-0150.

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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.

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Heart Failure: What You Should Know

While there are several types of heart failure, the primary concern is that the heart cannot pump blood and oxygen efficiently throughout the body. Due to this over-compensation, the heart becomes enlarged. The muscle mass of the heart thickens, and the heart tries to beat as fast as possible to keep up with its demand. Because the blood vessels narrow to try and compensate for the heart lack of ability to supply blood, the narrowing causes severe swelling in the legs and feet.

When fluid builds up around the heart, it causes the heart to pump inefficiently. This is known as Congestive heart failure (CHF). Congestive heart failure is a progressive condition that's chronic, and it affects the heart muscles along with the entire systemic system. Heart failure affects nearly 6 million adults in the United States.

The American Heart Association describes the various types of heart failure as the following:

Left-sided Heart Failure: The heart's pumping action moves oxygen-rich blood as it travels from the lungs to the left atrium, then on to the left ventricle, which pumps it to the rest of the body. The left ventricle supplies most of the heart's pumping power, so it's larger than the other chambers and essential for normal function. In left-sided or left ventricular (LV) heart failure, the left side of the heart must work harder to pump the same amount of blood.

There are two types of left-sided heart failure. Drug treatments are different for the two types.

- **Heart failure with reduced ejection fraction (HFrEF), also called systolic failure:** The left ventricle loses its ability to contract normally. The heart can't pump with enough force to push enough blood into circulation.

- **Heart failure with preserved ejection fraction (HFpEF), also called diastolic failure (or diastolic dysfunction):** The left ventricle loses its ability to relax normally (because the muscle has become stiff). The heart can't properly fill with blood during the resting period between each beat.

A. Right-sided heart failure

(Back-ups in the area that collects "used" blood)

B. Left-sided heart failure

(Failure to properly pump out blood to the body)

C. Congestive heart failure

(Fluid backs up into the lungs and tissues)



Right-sided heart failure

The heart's pumping action moves "used" blood that returns to the heart through the veins through the right atrium into the right ventricle. The right ventricle then pumps the blood back out of the heart into the lungs to be replenished with oxygen.

Right-sided or right ventricular (RV) heart failure usually occurs as a result of left-sided failure. When the left ventricle fails, increased fluid pressure is, in effect, transferred back through the lungs, ultimately damaging the heart's right side. When the right side loses pumping power, blood backs up in the body's veins. This usually causes swelling or congestion in the legs, ankles and swelling within the abdomen such as the GI tract and liver (causing ascites). Congestive heart failure.

Congestive heart failure (CHF) is a type of heart failure which requires seeking timely medical attention, although sometimes the two terms are used interchangeably.

As blood flow out of the heart slows, blood returning to the heart through the veins backs up, causing congestion in the body's tissues. Often swelling (edema) results. Most often there's swelling in the legs and ankles, but it can happen in other parts of the body, too.

Sometimes fluid collects in the lungs and interferes with breathing, causing shortness of breath, especially when a person is lying down. This is called pulmonary edema and if left untreated can cause respiratory distress.

Heart failure also affects the kidneys' ability to dispose of sodium and water. This retained water also increases swelling in the body's tissues (edema).¹

Treatment

Heart failure is a life-long chronic condition; however, multiple treatment modalities are available depending on the stage of the disease. Typically, cardiologists will use several combined medications like beta blockers, diuretics, and Ace inhibitors to name a

few. There are also surgical procedures like heart valve replacements, implantable defibrillators, and coronary bypass surgery. In end-stage cases, inotropic medications can be given to keep a patient's heart pumping adequately and to maintain an even blood pressure.

The Department of Cardiology & Heart Care at Florida Medical Clinic has an experienced team of cardiologists to provide comprehensive outpatient diagnostic services in multiple convenient locations. Their non-invasive diagnostic laboratories have been accredited by ICANL and ICAEL.

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To find out more or to schedule your appointment, please contact them today.

References:

1. The American Heart Association, "Types of Heart Failure," AHA.org, Dallas, TX, May 2017



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Dr. Vahora, MD, FACOG

Better Intimacy = Better Mood, Better Sleep & Better Health

We've heard all of the sayings like, "An apple a day keeps the doctor away," and we're much more educated now about healthy diets and the importance of exercise, but what doesn't garner much attention is the importance of intimacy and sexuality. Being sexually intimate has the ability to increase our overall health. So, how does this one aspect make us healthier? It has to do with the release of major hormones and chemicals that our bodies need on a regular basis. It's a mind, spirit, body connection on a medical level.

Here are the top 10 health benefits of sexual intimacy:

1. Dopamine is triggered, which boosts our mood and pleasure
2. Cortisol and adrenaline are lowered which reduces the stress hormones and causes relaxation to fill the cells of the body with a sense of calm
3. The hormone oxytocin increases and sends a euphoric sensation throughout the body and mind.
4. Oxytocin increases the intimacy and closeness that we feel with our partner
5. Oxytocin also helps the body relax, which improves a high-quality sleep
6. Oxytocin helps to increase pain tolerance, so very often people with headaches feel a sense of alleviation after intimacy.
7. The heart rate increases momentarily, which benefits vascular health
8. Memory Recall improves as well as brain function
9. An increase in immunoglobulin A (IgA) helps to boost the body's overall immunity
10. Testosterone and estrogen are triggered, which helps bone and soft tissue health

But what happens if you struggle with intimacy? For men, there are pills, injections, and other quick fixes, but for women, they often suffer in silence.



In fact, many women believe their issues are a common condition with aging, and that there is nothing that can be done to help them with their issue. However, nothing could be further from the truth.

Sexual disorders in women are 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 can 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 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 & Increase Intimacy

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 and 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.

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.

You deserve to feel your best and to reap the health benefits of good sexual intimacy.

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

We are excited to have Connie Moler, APRN join our practice.

Please call today to schedule your gyn appointment. We are happy to see your for your wellness appointment or for any gynecological problems, including pain with intimacy.



Connie Moler, APRN

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

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 its 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.

 **Hyperbaric Centers of Florida**
www.hyperbariccentersofflorida.com

Osteoarthritis of the Knee:

Consider Joining an Elite Study to Alleviate the Degenerative Effects

Currently, an estimated 27 million people suffer from osteoarthritis (OA), making it one of the most common causes of disability in the U.S. It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis. Patients with chronic joint pain often think their only option is surgery; however, there are less invasive approaches to relieving osteoarthritis pain and avoiding surgery all together.

Your Knees

Osteoarthritis of the knee is one of the most common forms of OA. Walking, standing and exercising put a lot of strain on our knees. For example, a person that weighs 150 lbs. walking up a flight of stairs will put approximately 500lbs of pressure on their knees with each step. Not only is the knee the most intricate of all the joints in the body, it is also the most susceptible to arthritis. There are multiple types of arthritis that affect the knees, but osteoarthritis is by far the number one type that surpasses all others.

What is Osteoarthritis (OA) of the Knee?

Cushioned in between the 3 bones of the knee (the femur, tibia and patella) is an articular cartilage, which acts a shock absorber. This cartilage is smooth and susceptible to much wear and tear, and once this starts to happen, the cartilage literally begins to break down and wear away. This can cause soreness, swelling and stiffness, and it is the beginning stages of osteoarthritis, or bone rubbing against bone, which in turn causes bone spurs and a great deal of discomfort.

Osteoarthritis develops slowly and the pain becomes worse with time. This type of arthritis is also known as degenerative because it is often associated with the aging process. But consequently, it can also affect younger people too. The pain can be debilitating and interfere with daily activities, affect your ability to work, and create limited range of motion in your life.



Common causes of osteoarthritis

- Joint misalignment or postural in balance of
- Trauma
- Repetitive strain or overuse
- Abnormal gait pattern
- Age
- Previous injury
- Overweight
- Improper joint alignment

With osteoarthritis the cartilage breaks down and wears away leaving the bones to rub together causing pain, swelling, and stiffness, and limited range of motion in affected joints. If you've been suffering from constant or intermittent pain that just won't go away no matter how much ibuprofen you take—there is another option.

Advances in New Treatment Options & Clinical Trials:

Pharmaceutical companies are consistently researching new promising medications and treatment options to slow the progression of diseases and conditions such as OA and to find a cure.

One of Tampa Bay's leading medical research organizations works closely with pharmaceutical companies to bring new options to the market sooner through experienced research at **Stedman Clinical Trials**. Dr. Stedman has been working in research since 1997. Her extensive 21 years of industry and

research experience and knowledge are what attribute to her successful clinical trials. At Stedman Clinical Trials, they treat patients for various conditions and disorders.

Stedman Clinical Trials partners with virtually every pharmaceutical company involved in 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. To find out if you are eligible, please contact them directly, or take their survey online. Along with osteoarthritis, 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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CLINICAL TRIALS

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14506 University Point Place
Tampa, FL, 33613



Is Cannabis Able to Treat Anxiety Disorders Effectively?

Why is it that some people see the light, while others are constantly reminded of the darkness? The intriguing anatomy and process of our brains help us to better understand the production of fear, anxiety, worry and the decision to take flight or to fight.

Anxiety

Stress and anxiety are a normal part of life and usually short-lived, but for 40 million Americans, it's a daily battle. Whether it's anxiety due to biological, psychosocial, or post-traumatic stress disorder (PTSD), the treatment options usually include behavioral therapy, counseling, and various prescription medications that block or dull different areas of the brain.

There are neurotransmitters throughout the entire body that send signals to the brain, alerting us instantaneously of real or perceived danger. Anxiety is made up of both psychological and physical symptoms. The psychological part creates the nervousness, fear and worry, while the physical aspect produces sweating, rapid heart palpitations, a rise in blood pressure, nausea and shortness of breath.

When anxiety disorders are left untreated or undertreated, several areas of the brain like the hippocampus (regulates emotions) and the pre-frontal cortex (decision making, planning abilities) shrink causing long-term damage.

PTSD

With PTSD, many individuals have severe nightmares, flashbacks, hyper startle responses, and loss of interest, severe anxiety and are often suicidal. Numerous military veterans with PTSD have issues with employment, violence, and relationships. These veterans often have severe flashbacks. Many people who suffer from PTSD have difficulty sleeping, feel detached and estranged, which can lead to permanent disability.

The standard treatment options for anxiety and PTSD are antidepressant medications. Some of the most widely known drugs prescribed are Prozac, Lexapro, Zoloft, and Oxycontin. The classes of these medications play a role in how the neurotransmitters affect the mood by improving your state-of-mind and creating a more peaceful, cheerful spirit,



by extinguishing the brain's transmitters. The problem is these drugs are highly addictive, have adverse side effects, and also in many cases, show signs of cognitive decline with long-term use.

The other issue with standard medications is that they more often than not, become ineffective and are unable to reverse feelings of severe depression. This is called treatment-resistant depression.

Standard Anxiety Medication's Adverse Reactions

- Nausea
- Increased anxiety
- Weight gain
- Loss of sexual desire
- Severe fatigue
- Inability to focus
- Sleep disturbances
- Dry mouth
- Vision issues
- Constipation
- Forgetfulness
- Ineffective in treating stress, anxiety or PTSD Symptoms

How does Medical Marijuana Help with Anxiety Disorders?

The stark reality is that "standard-of-care" treatment often falls short. When these therapies disappoint, patients need alternatives for their brain and bodily health, cognition and long-term ability to function and experience calm.

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.

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 apprehension. Terpenes give marijuana the green, healthy healing properties that are extracted from the leaf of the plant. There is a collaborative effect between these chemicals when taken together. This synergistic effect means the ratios of THC and CBD can be manipulated for the patient's benefit.

It has been reported that many patients who undergo cannabis treatment, no longer need their prescription medications.

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

Spinal Stenosis Treatment Options

Lumbar Spinal Stenosis (LSS) is a narrowing of the spine that produces undue pressure on the nerves. Although younger people can experience stenosis through genetic mutations or from traumatic injury, it is more common in the aging population. Our vertebrae begin to be less lubricated with age, and they no longer protect the discs the way they were intended to do so. The lumbar portion of the spine is the lower part of the back that curves inward. It's connected to the thoracic and the sacral region of the spine. Narrowing of the spine can occur anywhere, but when it affects the lumbar region, it disturbs significant mobility issue for many people.

Symptoms

- Back pain
- Leg pain
- Burning pain in buttocks/legs (sciatica)
- Weakness and tingling in the legs, buttocks, and feet
- Rigidity and stiff thigh muscles
- Foot drop/slap sensation when walking
- Incontinence

There are multiple options for treatment, and talking with your doctor about the right method for you is critical. Nonsurgical treatment will not correct the narrowing of the spine, but it can offer relief from discomfort and pain. Surgical treatment is usually reserved for difficult cases that are affecting the patient's quality of life.

Nonsurgical Treatment

- RF denervation
- Regenerative Treatments (stem cells and exosomes)
- Physical therapy
- Anti-inflammatory medications. Non-steroidal anti-inflammatory drugs (NSAIDs)
- Steroid injections (corticosteroids)
- Pain medications

Minimally Invasive Treatment:

The mild® Procedure

Dr. Panchal with the National Institute of Pain is one of an elite group of physicians trained to use the mild® spinal stenosis procedure.

Vertos Medical explains the procedure in this way, "The mild® procedure treats LSS by removing hypertrophic ligamentum flavum, which helps restore space

in the spinal canal. The restoration of space reduces pressure on the nerves, reduces pain, and improves mobility. The procedure is performed through a 5.1 mm treatment portal via a posterior approach using live fluoroscopy. This method and the mild® instruments are designed to debulk tissue while maintaining the integrity of the ventral fibers of the ligamentum flavum by staying posterior to the thecal sac.¹

"The epidurogram is a key safety feature since it allows the physician constant visualization of the treatment area throughout the procedure. Another key safety feature is the minimally invasive design of the procedure itself, which requires no general anesthesia, no implants, no stitches, and is performed in about one hour.

"mild® has been performed on over 20,000 patients and has been proven to be safe and effective in 13 clinical studies and more than 20 peer-reviewed journal articles. Clinical trials demonstrate that mild® can help LSS patients stand longer and walk farther with less pain² and no major device-related complications have been reported.³

"A doctor who is certified to perform mild® will use an imaging machine and specialized tools to remove small pieces of bone and excess ligament tissue through a tiny incision in your back. Removing these elements restores space in the spinal canal and decreases the compression of the nerves, which reduces pain and restores mobility. Some doctors have described the goal of the procedure as being similar to removing a kink in a drinking straw. The outpatient procedure is typically performed in less than 1 hour. Patients are able to resume light activities within just days and requires no general anesthesia, no implants, and no stitches."

References

1. 2012 data from Health Market Sciences report for Vertos Medical 2013.
2. Mekhail, Nagy, et al. (2012) Functional and Patient-Reported Outcomes in Symptomatic Lumbar Spinal Stenosis Following Percutaneous Decompression. *Pain Practice*, 12(6): 417-425. doi: 10.1111/j.1533-2500.2012.00565.x.
3. Based on mild® procedure data collected in all clinical trials.

The National Institute of Pain utilizes the most advanced, innovative methods from radiofrequency to spinal stimulation to treat pain from surgical complications as well as the following:

- Back and neck pain, including herniated discs, spinal stenosis, tumors and fibrositis.
- Cancer Pain.
- Neuropathic Pain.
- Complex regional pain syndrome (also known as reflex sympathetic dystrophy or RSD).
- Muscle and joint pain.



- Disorders of the nervous system, including shingles and trigeminal neuralgia (facial pain).
- Chronic abdominal pain and pelvic pain.
- Pain from traumatic injuries including auto accidents
- Pain associated with osteoporosis and vertebral compression fractures.
- Sports related injuries.

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 pain management physician.

Dr. Panchal has held leadership responsibilities in many professional societies, including the 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 currently serves 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 neurostimulation devices, and in clinical research protocol design.

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 pain management 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

Colon Cancer Awareness and Nutritional Awareness Month:

The importance of Screenings and Diet and what you can do to keep yourself healthy!

The American Cancer Society (ACS) now estimates that colon cancer is the third leading cause of cancer related death in men and women. The number of people affected by it has increased over the years among more young, and middle-aged adults. Because of these findings, ACS has lowered the recommended screening age to 45 in an effort to save lives through early diagnosis. Fortunately, more people are taking the advice of their care providers and being screened in general. As a result, newly diagnosed cases of colon cancer have declined nationally. The goal of screening is to find abnormal growths and cells in the colon early BEFORE they begin to change and become cancerous.

Polyps

Polyps are clumps of cells that grow from the lining of the colon or large intestine. Anyone can develop these but the chance of them being present increases with age. In general, polyps are non cancerous. Scientists at the Mayo Clinic note that larger polyps are at greater risk for becoming cancerous. Polyps are only found on screening exams, and can be safely removed if found early. So, screening for colon cancer is very important for colon cancer prevention.

Screening for Colon Cancer

The goal of screening is to reduce the number of people who die from cancer. Here are ways to be screened:

Stool tests: Stool is collected and sent to a lab. The lab can use several different types of tests to check for the presence of blood, which can either be a sign of colon cancer or of polyps that can become cancerous.

Colonoscopy: Done to look inside the rectum and colon for abnormalities. A colonoscope (a thin, tubelike instrument with a light and lens for viewing) is inserted through the rectum into the colon. During this procedure, any abnormal tissue seen may also be sampled and removed. Colonoscopy is also used as a follow-up diagnostic test to look for colon cancer if any of the other tests listed here are found to be positive.

Flexible sigmoidoscopy: Procedure that looks inside just the lower part of the colon called the rectum and sigmoid areas, for abnormalities using a sigmoidoscope (a thin, flexible tube) that is inserted.

Symptoms of Colon Problems

Rectal bleeding. This can be a sign of colon polyps or cancer or other conditions, such as hemorrhoids or minor tears in your anus.

Change in stool color. Blood can show up as red streaks in your stool or make stool appear black. A change in color may also be caused by foods, medications and supplements.

Change in bowel habits. Constipation or diarrhea that lasts longer than a week may indicate the presence of a large colon polyp. But a number of other conditions can also cause changes in bowel habits.

Pain. A large colon polyp can partially obstruct your bowel, leading to crampy abdominal pain.

Iron deficiency anemia. Bleeding from polyps can occur slowly over time, without visible blood in your stool. Chronic bleeding robs your body of the iron needed to produce the substance that allows red blood cells to carry oxygen to your body (hemoglobin). The result is iron deficiency anemia, which can make you feel tired and short of breath.

See your health care provider if you have these symptoms. They may mean that screening or other testing for colon cancer is needed.

Although the symptoms are not always present, some indicators for possible evidence of polyps could be:

- Constipation
- Abdominal bloating
- Abdominal pain
- Excessive gas
- Diarrhea
- Bloody Stools
- Narrow stools
- Weight loss
- Vomiting
- Nausea
- Fatigue

If you are experiencing any of these symptoms call your primary doctor right away to discuss the best course of action and diagnostic testing.

Source: American Gastroenterological Association

Lifestyle Risk Factors:

- Aged 45+
- Family history
- Smoking
- Obesity
- Poor dietary habits
- Excessive alcohol consumption

Health Conditions that can affect risk:

- IBD (Inflammatory Bowel Disease)
- Crohn's Disease
- Ulcerative Colitis
- History of breast, uterine or ovarian cancer
- Lynch Syndrome

References

<https://www.cancer.org/cancer/colon-rectal-cancer/detection-diagnosis-staging/acs-recommendations.html>
<https://www.gastro.org/practice-guidance/gi-patient-center/topic/colorectal-cancer-crc>
https://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm



How your diet may help avoid Colorectal Cancer

- Add a high fiber diet such as whole grains, fruits, and vegetables.
- Eat more cruciferous vegetables such as cabbage, broccoli, cauliflower and brussels sprouts.
- Raise calcium intake with low-fat milk, shellfish, salmon, and calcium supplements and vitamin D.
- Eat less fats, oils, butter and red meat.
- Limit intake of charcoal broiled foods, and skip salt-cured foods.
- Get active and keep your weight in the normal range.
- Limit alcohol intake.

Screenings Save Lives

It's imperative to talk to your physician about protecting yourself and your loved ones who may be at risk for colorectal cancer. Getting a colonoscopy screening is critical for adults with risk factors or over the age of 45. A colonoscopy is an easy procedure and one that can literally save your life. If the polyps are discovered, they can be removed surgically during a colonoscopy or a sigmoidoscopy. If cancerous, chemotherapy or radiation is usually unnecessary as a secondary treatment. It's always best to be proactive in your colon health, rather than waiting and finding that the cancerous polyps have grown and spread into other organs. Talk to your doctor about scheduling your colonoscopy today.

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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.

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Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do NEED friends.

Solomon, the wisest man that ever lived said, *"As iron sharpens iron, so one person sharpens another."* Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, *"A man who has friends must himself be friendly..."* Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³*Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves,*
⁴*not looking to your own interests but each of you to the interests of the others.* Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, *"You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."*



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

Tim Neptune is the lead pastor of Venture Church. For more information, visit www.venturenaples.com.

Your Source for Exceptional Care



About BayCare Medical Group

BayCare Medical Group is Tampa Bay's multispecialty physician group, with more than 600 providers practicing in 45 specialties in more than 190 locations. As a part of BayCare Health System, we're connected to 15 leading hospitals in Tampa Bay, with services that include imaging, lab, behavioral health, home health care and urgent care.

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