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Health & Wellness[®] MAGAZINE

April 2019

Pasco/North Tampa/New Tampa Edition - Monthly

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A NEW YOU
WITHOUT PAIN
AND IRRITATION**

**ADVANCED
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**IS GAINING ATTENTION IN
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ALLERGENS IN
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When Desert Storm veteran Lynette Bell's follicular lymphoma went into remission, she chased her dreams to Florida and pursued a career in photography. However, during a routine doctor's visit here, she learned her cancer had returned. Fortunately, she had access to Phase 1 clinical trials at Florida Cancer Specialists. In the past 4 years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists participation. Today, Lynette's cancer has surrendered, proving that when hope and science join forces, great outcomes can happen.

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Lynette Bell

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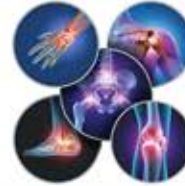
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Not all Imaging Centers are Equal: Making the Right Choice is Crucial

Choosing where a patient would prefer to go for their imaging needs, often gets overlooked. When a physician orders a diagnostic image like a CT, MRI or X-ray, electing an organization with the highest-level radiology team to accurately read and report your results to your referring physician is significant.

BayCare Imaging is a well-established imaging practice with board-certified radiologists that work very closely with referring doctors. Not all imaging centers are as up to date, accurate in diagnosis, or willing to invest in the latest, most, advanced technology as BayCare. Making sure your imaging center is one that offers fellowship-trained, onsite-radiologists who specialize in specific fields of interest (neurology, vascular, oncology, etc.) is essential to your diagnosis, health, outcome, and treatment options.

If you were referred to an orthopedic surgeon for a total hip replacement, researching and deciding on the most qualified physician would be of the utmost importance; so with radiology, it's just as imperative. This is especially the case if you are in need of a specific diagnosis such as a brain tumor, multiple sclerosis, or breast cancer just to name a few. When it comes to your health, inaccuracy or oversights are not an option. That is why choosing BayCare Imaging is highly-regarded and recommended by both patients and their doctors.

We caught up with **Todd Jones, Vice President of Ambulatory Experience and Operations at BayCare.**

Q: What sets BayCare Imaging apart from others?

A: BayCare Health System has 28 Imaging locations that are connected to 15 BayCare hospitals across the Tampa Bay area. We have a team of radiologists, technologists, administrators and team members who utilize the latest advanced imaging technology to help provide fast and accurate results.

BayCare offers a full range of diagnostic testing from digital x-ray, ultrasound, 3D mammography, CT, PET/CT and MRI testing to minimally invasive interventions such as imaging-guided biopsies, pain management, and vascular procedures, all performed on an outpatient basis.

All of our imaging locations are ACR (American College of Radiology) accredited. To achieve the ACR Gold Standard of Accreditation, our facilities' personnel qualifications, equipment requirements, quality assurance, and quality control procedures have gone through a rigorous review process and have met the highest level of imaging quality and patient safety standards.



Customer service and patient satisfaction are top priorities. BayCare Imaging consistently scores in the 90th percentile in patient satisfaction in the areas of friendliness of staff, skill of staff, and the likelihood to recommend or refer the facility or practitioner to others. Several locations achieved the 2018 Press Ganey Guardian of Excellence Award for reaching the 95th percentile ranking for patient satisfaction consistently over a one-year period.

Q: What advanced diagnostic technology does BayCare offer?

A: BayCare offers a full range of screening and diagnostic technology to serve the needs of our community:

- Digital x-ray
- Ultrasound
- DXA Bone Density Testing
- 3D Mammography (Screening and Diagnostic)
- MRI
- CT
- PET/CT
- Nuclear Medicine

Q: How are your radiologists trained and experienced in subspecialties and how does this affect the patient diagnosis?

A: All of our radiologists are board-certified. Many are also fellowship-trained in specialty areas such as breast, musculoskeletal, neurology, and vascular interventions.



Q: What important factors do you want patients to know when it relates to diagnostic imaging?

A: BayCare Imaging uses the most up-to-date, current technology. We're continuously upgrading our equipment to ensure we are offering the highest standard of care to our patients.

Our board-certified radiologists are always on-site. This gives our technologists who are performing exams direct access to the radiologists for consultation – to ensure we provide the best images possible for the most accurate diagnosis.

BayCare's imaging technologists are not only compassionate and caring; they are accredited in their field and participate in ongoing education, ensuring they are up-to-date in their specialty area.

Q: What else does BayCare Imaging offer?

A: BayCare Imaging offers online scheduling, same day appointment and walk-in availability for X-rays. We also contact the ordering physician with abnormal results. For example, for diagnostic mammography testing, patients know their result before they leave their appointment.

We provide 24-48-hour report turn-around for referring physicians. Test results are now digitally available to physicians through our physician's portal and to patients through BayCare's patient portal.

We have bilingual staff in many locations and have available interpretation services for any language. We accept most insurance including auto and workers compensation, and we participate with most HMO's & PPO's.

BayCare is a leading not-for-profit health care system that connects individuals and families to a wide range of services at 15 hospitals and hundreds of other convenient locations throughout the Tampa Bay and central Florida regions. Inpatient and outpatient services include acute care, primary care, imaging, laboratory, behavioral health, home care, and wellness. Our mission is to improve the health of all we serve through community-owned, health care services that set the standard for high-quality, compassionate care. For more information, visit www.BayCare.org.



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Fighting Allergens in Your Home

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

Your North Hillsborough, South Pasco County Real Estate Specialist

The Nose Knows

Recently, I made a visit to my ENT who also specializes in nasal and sinus disorders. He makes it very clear that you are not to wear any perfumes when visiting his office. This demand did get me thinking about how smell sensitivity impacts our lives.

As a Real Estate Expert, I see hundreds of homes each year, and I can tell you when there is a problem with a home after stepping through the front door - all thanks to my nose! The obvious smells - cigarette smoke, pet odors, - can be recognized by anyone, but the seasoned nose can even detect mold! When entering a house with potential mold issues, I quickly get stuffed up and get a headache. Mold challenges can be common in vacant homes, especially during the summer when we have a lot of rain and humidity with no active air-conditioning to circulate the air. While this is a problem: vacant home + summer + no air conditioning = potential mold, there are a variety of allergy-related situations that exist in the home you live in today.

Identify the Allergen

I did some research trying to identify the most prominent allergy season in Florida. To my surprise, I found that all seasons are prominent allergy seasons. While the focus was mainly on spring, summer, and fall, we continue to suffer from allergies year round because we have warm, mild summers.

Spring Into Action!
The Allergen Battle Is Coming.



The best advice offered on various sites by allergy professionals is to identify the allergen and remove it from your life. But what if your house is what you are allergic to?

First, you have to concede that you have allergies. As for myself, I didn't have allergies my whole life - they just kind of snuck up on me. According to an article in the Florida Medical Clinic written by John Hinson, signs of allergies include:

- Itchy and watery eyes
- Scratchy throat
- Runny nose
- Asthma attacks (in severe cases)
- Fatigue
- Congestion
- Trouble Sleeping

He goes on to explain that mold allergy symptoms include hives, swollen eyes, itchy eyes, and wheezing.

The Battle

When fighting allergens in your home, there are many key things to watch out for:

- Moisture
- Carpets, couches, curtains (all fabrics)
- Appliances related to water, i.e. garbage disposal
- Pet Dander
- Dust
- Dried flower arrangements

The common takeaways from online research are the importance of keeping moisture at bay in all areas of the home. If your home has a good vent in the bathroom, be sure to use it while you shower or bathe. If a vent doesn't exist in the bathroom, there is likely a window you can open (building codes require one or the other). If a closet or other space seems to hold a lot of humidity, try using DampRid.

DampRid products will pull the moisture from the air and you will be amazed at how quickly the DampRid bag fills up with water!

It is also important to air out your house. Take advantage of a cool spring day and open all of your windows to let fresh air in. This is also good to address any Radon gas concerns in your home. Radon is a tasteless, odorless gas that enters a home by way of small cracks in the foundation. Front loading washing machines also produce an enormous amount of humidity. Owners of these appliances must keep the door open between washes at all times. This is also true for enclosed walk-in showers. Between showers, keep the door ajar.

When it comes to fabrics, dust is the culprit. Drapes, couch covers, pillow covers, bedding can all contain dust and dust mites. Dust mites love warm humid places - they die when humidity falls below 40%!

Your AC System can help you battle humidity. Newer units include built-in dehumidification systems. According to David Gray Heating and Air, *even older systems can help as they have an evaporator coil that condenses water vapor from the air. The liquid is condensed from the air, making your home less humid.*

Create an Alliance with Your Home Identify the Allergen

Get to know your home. Pay attention to problem areas and make a planner to clean important allergen attractors every few months. You can get the pets involved too (they may not like it), bathing them more often will reduce pet dander. Watch out for signs your home gives you - your home is your friend and ally in this war - not the enemy.

Don't forget to check back monthly for the best home tips from the Real Estate Experts at the Home Solution Team.

(See Health of the Market Report on page 26)



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REGULAR SCREENINGS HELP PREVENT COLORECTAL CANCER



According to the American Cancer Society (ACS), colorectal cancer is the third leading cause of cancer-related deaths in women in the United States and the second leading cause in men; however, the number of deaths from colorectal cancer has been dropping steadily in both men and women for several decades. One of the reasons for this decline is early detection and improvements in screening methods.

Almost all colorectal cancers begin as precancerous polyps (abnormal growths) in the colon or rectum, the majority of which take 10-15 years before developing into cancer; and, they may not cause any symptoms until the cancer is well-established. That's why screening is so important. With regular screenings, most polyps can be found and removed before they advance and become malignant, thereby preventing cancer from occurring. Screenings can also find colorectal cancer at an early stage, where there is a greater chance that treatment will be more effective and may even result in a cure.

ACS guidelines recommend that, starting at age 45, people who are not at an increased risk due to family history get a screening for colorectal cancer. If you have a family history of colorectal polyps or cancer, talk with your doctor about what your options are and how to reduce your risk. You may also want to begin screening earlier than age 45, or even receive genetic counseling to review your family medical history.

IMPROVING TREATMENT

The type of treatment for colorectal cancer depends largely on the stage of the cancer. The three primary treatment options are surgery, chemotherapy and radiation. In addition to these treatments, targeted therapies, including immunotherapy, may be used for cases of more advanced cancer. Targeted therapies are drugs that target specific malfunctions (DNA mutations) in the genes or proteins of cells that allow cancer cells to grow uncontrollably. These drugs, which are usually in pill form, may be given alone or in conjunction with traditional chemotherapy. Some patients with advanced colon cancer may also have a chance to benefit from specific immunotherapies. These are drugs that use your body's immune system to attack and fight cancer cells. The development of more immunotherapies is an area of ongoing research that shows great promise in the treatment of many types of cancer.

Screening remains the number one way to reduce your risk of colorectal cancer and/or treat early stage cancer. The Centers for Disease Control (CDC) estimates that if everyone over the age of 45 had regular screenings to detect pre-cancerous polyps, we could reduce colorectal cancer deaths by 50-60%. In addition to early detection, treatment for colorectal cancer has vastly improved over the last few decades. As a result, there are now more than a million survivors of colorectal cancer in the United States.

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, that deliver the most advanced and personalized care in your local community.



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SPRING Into New Skin

By Kriston J. Kent, M.D.

Noticing that your skin is starting to look dull, blotchy, or discolored? Do you have acne, scarring or noticeable wrinkles? Sure, there are many over-the-counter products touting their anti-aging benefits, but the truth is—they're not going to cut it! To see a noticeable difference in your skin's appearance, you'll need to see a medical professional. Seeing a skin care specialist doesn't mean you need surgery, it just means that your skin needs to have medical-grade treatment to have optimal cellular turnover and the regenerative effects needed to improve texture, color, brightness and the reduction in wrinkles.

At Holcomb – Kreithen Plastic Surgery & Medspa, they offer the latest, most advanced and the significantly beneficial treatment options from the cutting edge to the tried and true. These include numerous aesthetic options for the face and body, but for simplicity, Springing into a new glowing face will be the focus of the following methods.

Cosmelan Skin Depigmentation Therapy

Cosmelan Skin Depigmentation Therapy is effective at treating blotchy skin, hyperpigmentation, brown spots, and melasma. *Cosmelan* is a topical treatment that slows the body's melanin production, which is responsible for dark patches. *Cosmelan* is effective with all skin types and, along with rapidly decreasing pigmentation, it can produce a light peeling effect for smoother skin.

Epionce Peels

Epionce chemical peels are customized to each patient's skin type and skin conditions, such as psoriasis or acne. *Epionce* offers renewing peels to repair damage and minimize the appearance of fine lines and wrinkles, as well as cleansing peels that remove impurities, uneven texture and signs of aging.

HydraFacial

The *HydraFacial* is a non-invasive, non-laser treatment that resurfaces the skin while clearing pores and hydrating the skin. The *HydraFacial* procedure can eliminate fine lines, lighten dark spots and treat acne and acne scars while clearing out clogged pores and giving skin a vibrant glow.



Dermapen Micro-Needling

Rejuvaper therapy creates a controlled injury to the skin with micro needles in a cartridge. These injuries are similar to those produced by an ablative laser without heat. The skin then naturally creates collagen to heal these invisible wounds, for tighter, younger and more even skin. *Rejuvaper* can help erase or minimize fine lines, stretch marks, acne scars and more.

SkinMedica Peels

SkinMedica offers a line of chemical peels ranging from light to deep to smooth the appearance of the skin, treat roughness and uneven texture and improve the appearance of fine lines, sun damage, acne scars and more. The *Illuminaze* peel is non-invasive and very light to improve skin texture, color, and clarity. The *Vitalize* peel is the most popular to improve pigmentation, acne, melasma and stimulate the production of collagen. The *Rejuvenize* peel is a deeper peel for patients who have established tolerance to the *Vitalize* peel.

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BBL (Broad Band Light)

BBL is a cutting-edge light therapy that uses energy to target and pinpoint the skin's troubled areas. *BBL* treats, melasma, freckles, age spots, rosacea, vascular lesions, scars, acne, skin texture, and tone, removes unwanted hair, minimizes large pores, and improves skin's firmness. *BBL* uses photo-thermal energy to target and improves the skin's appearance anywhere on the face, neck, hands and entire body.

Holcomb – Kreithen Plastic Surgery & Medspa offers so many more options for your skin's health including injectables, laser resurfacing, medical grade skincare and infrared options to name a few.

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.



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.

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The Benefits of Smokable Cannabis

Governor Desantis signed a bill recently allowing the ban on smokable marijuana to finally be lifted in the state of Florida. Certain dispensaries in the area are now legally able to give patients the green leafy flower that so many individuals have been waiting for.

What are the Benefits of Smokable Marijuana?

Both cannabis oil and smokable marijuana offer health benefits, and in many cases, they both treat or alleviate symptoms of the same disorder. But what about smokable marijuana specifically? What are the perks, and who do they help the most?

Having the full entourage effect of the whole plant-based form of medical marijuana is ideal for many patients with terminal illnesses like cancer, dementia, Parkinson's disease, epilepsy, PTSD, and chronic infections. The entourage effect is the plant's natural combination of CBD, THC and Terpenes.

Both using cannabis oil and smoking marijuana yield different medical benefits. Smoking cannabis has been useful in treating diseases like glaucoma and nausea. It can be used to alleviate chronic pain and may even help reduce the size or stop the growth of cancer, as well as stop the progression of Alzheimer's disease. Cannabis oil is also used to treat cancer and nausea, but it can also improve sleep, protect the skin, combat stress and anxiety and promote heart health. Both may be used to treat symptoms of post-traumatic stress disorder (PTSD), headaches and migraines. They may also be used to combat the symptoms of multiple sclerosis and premenstrual syndrome. Typically, the oil contains concentrated cannabinoid profiles for more potency, but many primarily include cannabidiol (CBD), which does not get people high. For this reason, some states allow children to take advantage of CBD oils for certain illnesses and conditions.

For children under the age of 18, they legally can obtain smokable medical marijuana if they have been diagnosed with a terminal illness that can benefit from the whole-plant form of the drug such as epilepsy. All patients wanting to obtain the whole flower must sign an informed consent that explains the negative health risk factors associated with smoking and inhaling cannabis.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD and THC by merging directly with our cells. Our natural



endocannabinoid system works synergistically with both CBD and THC, creating a multitude of beneficial reactions in the body, including unique healing abilities.

Other Forms of Medical Marijuana

Along with smokable cannabis, the highly regulated products are vaporized capsules, sublingual tablets, oils, tinctures or other means for the patient's convenience. There are different levels of medical marijuana, some with higher THC, some with very low THC depending on the disease being treated.

Florida Marijuana Law's Qualifying Conditions Include

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.

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." Omni specializes in certifying patients with the following debilitating conditions:

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

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

Omni Medical Services

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.

Omni Medical Services is a premier provider of Medical Marijuana certifications in Florida. When you choose to receive your care through one of their clinics, you'll receive treatment from a highly trained, compassionate doctor that specializes in providing safe, affordable, and reliable access to those seeking a medical marijuana certification. Omni's goal is to be the standard of care for their patients. They maintain an active role in the management of medical staff provided to each of their clients. With licensed doctors, caregivers and administrative assistants that are knowledgeable and well versed in all Florida medical marijuana laws, they are ready to help you through the protocol and get you on your way to being approved and able to use medical marijuana and CBD legally.

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Advanced Regenerative Medicine is Gaining Attention in Spine and Sports Medicine

Within the medical community, a cutting-edge treatment is proving to have exemplary results for its regenerative effects.

Exosomes are produced from the plasma membranes of cells and are best explained as extracellular vesicles. Exosomes are nanosized particles that are released due to an immune response. Some medical professionals are reporting that they are more regenerative and effective than stem cells. Because they act as intracellular communication messengers within the body and have the ability to move between multiple cells, they are also incredibly useful when paired with stem cell therapy.

Dr. Sunil Panchal of the National Institute of Pain has been committed to regenerative medicine and stem cell therapy for several years. Dr. Panchal explains exosome therapy further, "This is an exciting new approach for regenerative medicine. Unlike PRP which has limited growth factors, or bone marrow and fat aspirate, which has an unknown quantity of stem cells, or growth factors from the patient, or the use of fetal cord blood stem cells (which has unknown function after thawing and also the risk of tumor formation from foreign DNA), exosomes are a highly concentrated and reproducible source of growth factors for regenerative techniques.

"The other approaches typically take six months to see any results. With exosomes, I've had some patients begin to notice improvement as early as 2-3 weeks. And since this is an acellular product, there is no risk of tumor development."

Dr. Panchal has treated patients with exosome therapy for pain in the cervical and lumbar facet joints, sacroiliac joints, knees, hips, ankles, elbows, shoulders, ligament injuries, and also degenerative discs. These tiny exosome communicators that secrete therapeutic and regenerative effects to the cells and tissues throughout the body are becoming highly-sought-after by many patients that have suffered from pain and chronic disorders. Some of the additional findings within peer-reviewed studies are as follows:

- Self-Renewing Capabilities
- Cellular Differentiating Ability
- Tissue Repair
- Anti-Inflammatory Effect
- Immunosuppression
- Neuroprotection



Although surgery is critical in certain situations, finding alternative methods to treat the underlying condition is always the first step. The National Institute of Pain is a state-of-the-art facility that specializes in the treatment of spine and orthopedic conditions, as well as acute and chronic pain management. They provide the utmost quality of care for patients to address the problem directly, and if needed, provide for their pain management needs.

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, **Sunil J. Panchal, MD**, is a board-certified interventional pain/ minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as co-director of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division

of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuromodulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook *Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches* (2013). Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. 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 spine, joint, and nerve injuries. They have many alternatives to help you with your personalized treatment needs. Please visit their website at www.nationalinstituteofpain.org, or call them at (813) 264-PAIN (7246).

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If You Plan to Get IV Wellness Infusions, You Need to Ask Questions for Your SAFETY

DR. ROBERT LUPO, D.C.

IV Nutrition may be able to help you achieve better health and recovery from illness, but all IVs are not created equal. This depends on many factors which include the following:

- Quality of nutrients (where they came from)
- Specific nutrients in mix
- Fluid used to dilute the nutrients
- Type of delivery tubing
- Combination of nutrients (many products are not compatible)
- Speed in which the mixture is administered
- Correct combination of nutrients that are specific for your condition

If you think that's complex—Your right! And like any medication that you're given you want to make sure that what you're receiving is not only safe, but it ensures efficacy for your specific condition.

History & Examination

Before you allow just anyone to inject you with invasive infusions, It's important to point out that an ethical physician would require a history and physical and a certain amount of blood diagnostic studies to tailor your treatment. Why is this important? You'll need to be given the right nutrients for your condition and making sure that they don't give you something that may be harmful or even dangerous. Just because something is labeled a vitamin or mineral and it does have a much larger safety margin doesn't mean that individually or in combination with other nutrients it doesn't have potentially harmful effects. Every one of our cells in the human body requires certain levels of nutrients to perform properly.

RISKS Involved

When an overabundance of one specific nutrient in absence of another occurs, a similar situation is created equivalent to a disease entity. Basically, the wrong nutrients for your body can make you sick. IV nutrients need to be made in a sterile environment, with the different components at room



temperature. IV nutrient bag should never be made prior to your visit to the clinic, because the pH and energy of the nutrients, alone could leach dangerous phthalates from the plastic bag holding the liquid Material. The material in the bag should have no precipitates and the Ph (acid-base balance), too high or too low. If either of these parameters are inappropriate, it could mean that the solution could cause inflammation of your vein or even worse. A precipitate introduced into a patient can act like an embolism and could cause either a stroke or heart attack. Therefore, always make sure the solution is totally clear without any material in it.

ONLY Licensed Medical Practitioners

The nutrient formula prepared for you should be done under the most sterile circumstances, that means both the mixing of the bag and the placement

of the catheter into your vein. And also make sure that the person who has made your bag and the one that puts in your IV, holds an active R.N. License in your state. No one should give you an I.V. without a Physician, PA or Nurse Practitioner, first reviewing your lab work and adapting the IV to your specific needs.

Slow Flow Matters!

In intravenous nutrition, speed is not your friend, and the real truth about IV nutrition is that the slower you give a solution, the more likely it is to have a positive effect on you. Doctors often offer a fast IV like a Myers cocktail which was the only type of IV we had years ago. That old formula has been replaced with much better and superior types of intravenous combinations that can help many disease entities in so many different ways.

What You Should Know

- Medical training
- How many IVs have they given?
- Did a doctor review an extensive group of lab tests on you before they decided what IV to give you?
- Are there RN's mixing and administering your IV?
- Are you scheduled for follow up labs, reviews and IV changes?
- If you get chills, pains, aches, shortness of breath, chest pain, blurry vision, inflammation anywhere, fevers, calf pains or simply don't feel well after your IV; STOP the treatments
- Was your IV made when you arrived?
- Is the IV clear with no sediment in it?
- You're an Intelligent person, so DON'T take an IV after a workout, or when your hung-over without appropriate labs, as it can result in and serious side effects that can wreak havoc on your health.
- Does your IV bag have a label on it that clearly states your name, concentration and volume of the solution, date and time of initiation of this IV, expiration date of the solution, the lot numbers if applicable and the prescribed rate of administration?
- The rate of administration should be no more than four ML's per minute; the typical connector tubing delivers one drop per second, which under normal circumstances yields 4 ml per second. Not sure? ASK!
- Is the IV protected from light wrapped in aluminum foil or a dark color bag? If not, the common ingredient Vitamin C losses potency very quickly. Why pay for something you're not getting?
- And IV that's running properly at the correct rate should be comfortable with little or no pain. Any pain at the IV site requires immediate attention!
- If you have coronary artery disease, kidney disease, high oxalic acid, heart failure or liver disease, your IV may have to be adjusted significantly.

IV nutrition holds so much promise for helping people reach their optimal health. Anyone can just throw some nutrients in a bag; the real challenge and necessity is to make the solution customized for you!

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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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GULFSIDE TO HOLD SENIOR-FOCUSED HEALTH FAIR



April 16 is recognized as **National Healthcare Decisions Day** – a day for everyone to take time to update and make decisions about their healthcare choices for today and the future.

In honor of this day, and in an effort to help provide needed resources to seniors, Gulfside Healthcare Services will be holding a free community health fair for seniors and caregivers, “Navigating Through Healthcare.” The fair will be Tuesday, April 16 from 9 a.m. until 12 p.m. at Gulfside’s Corporate Resource Center, 2061 Collier Parkway in Land O’ Lakes.

The health fair will feature a “Healthcare Navigation Table of Experts” available for one-on-one consultation and assistance with healthcare needs, including advanced directives, elder law, on-site physician, benefits assistance, and more. More than 15 vendors from the community will be set up at the fair, and free blood pressure checks will be provided by the Gulfside nursing team. Free copies of the Five Wishes, a living will booklet, will be distributed. Everyone in attendance will be entered to win door prizes provided by the vendors.

For more information about the fair, or to set up as a vendor, contact Kirsty Churchill, Director of Community Relations, at 727-845-5707 or info@gulfside.org.

About Gulfside Healthcare Services:

Gulfside Healthcare Services, formerly known as Gulfside Hospice & Pasco Palliative Care, is a non-profit organization serving the community for 30 years. Its three lines of business include Gulfside Hospice, offering care for patients at end of life, Gulfside Palliative Care, providing treatment options for those with chronic illness, and Gulfside Home Health, helping patients stay independent through skilled nursing and rehab at home. For more information about Gulfside Healthcare Services, visit www.Gulfside.org or call 800-561-4883.



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Featuring vendors, door prizes and a “Healthcare Navigation Table of Experts” for one-on-one assistance with healthcare-related needs.

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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.

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Clear Aligners Vs. Traditional Orthodontic Braces

By Dr. DeLuca

Most people feel more confident when they have a symmetrical, bright smile, and for both children and adults, properly aligned teeth can significantly boost their self-confidence. Straightening teeth has become a relatively standard procedure for the young and old alike for various reasons, including wanting an "Impeccable Smile"; better jaw relations to improve TMJ disorders; increased chewing function to aid digestive conditions or to make it easier to keep teeth clean and free from periodontal disease. Traditional braces is always an option, but what about clear aligners? Do they straighten teeth as effectively as metal braces? Below, are the most common questions associated with braces and aligners.

#1: Do clear aligners effectively straighten teeth?

Years ago, traditional orthodontic braces were considered the only option for straightening severely crooked teeth. However, clear aligners are now able to move teeth with advanced technology, which enables more difficult cases of overjet, overbites and crossbites to be treated effectively in most cases.

Each aligner adjusts your teeth by applying a specific amount of pressure to certain teeth according to the plan that your dentist creates for you. You will receive a few trays at a time that you are instructed to change throughout the time allotted between appointments.

#2: What are the benefits of aligners vs. metal braces?

Flossing and cleaning the teeth efficiently is easier with aligners because you just pop out the trays and clean your teeth as you normally would. Aligners are always removed to eat, so enjoying nutritious meals is also easier because you don't have to worry about breaking a wire or getting food stuck in your braces. You do not have to see an orthodontist, as many dentists are trained and certified to provide clear aligners.

#3: How long does treatment take?

Treatment varies from patient to patient. Aligner treatment can take anywhere from a few months



to a few years, depending on the complexity of the case. Your dentist will give you an idea of your treatment length during your consultation.

#4: How often should I wear aligners?

You will wear your aligner trays as directed by your doctor, which is usually two to three weeks per step, at least 22 hours per day. You will only take them out to eat and brush your teeth.

#5: How often do I need to see my dentist?

Because the aligners progress in moving the teeth is monitored closely by your dentist, check-ups are typically scheduled every six to eight weeks, but the patient will change their clear aligners every two to three weeks on average depending on based on your dentist's recommendations.

#6: How much does it cost?

The cost to patients is generally comparable to other orthodontic options, ranging from around \$2,750.00 to \$6,000, depending on the complexity of the treatment involved.

The Benefits of Braces

Getting orthodontic treatment has numerous benefits; some of these include, fewer incidences of head, neck and jaw pain, better digestion, increased periodontal health, clearer speech, and, of course, a beautiful smile.

Straightening your teeth is a really great way to improve your overall appearance and health, as it can have a positive psychological effect on a person's self-esteem and outlook and job prospects. Straighter teeth can improve your wellbeing and lift your spirits. And when the people in your life see you smile more confidently, everyone is positively affected.

Dr. Vivian DeLuca of Impeccable Smiles offers her patients both fixed and clear aligner orthodontic options for straightening teeth.

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.

IMPECCABLE SMILES (Lutz, FL)

Dr. Vivian DeLuca, DMD, FAGD, FADIA

"Your overall health is much more dependent on your dental health than most people understand. My passion is helping people live healthier lives by taking care of their teeth!"

With Dr. DeLuca and her team, you will love coming to the dentist! Their unique caring staff will put you at ease and have you laughing in no time! Their office was designed to provide you with the latest state-of-the-art dental technology in a comfortable, home-like setting.

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.

Impeccable Smiles uses only the best equipment because they believe that their patients deserve the latest state-of-the-art technology. They are one of the only offices around that uses the Valtech Green CT Implant Scanner due to its extremely low dose x-ray capability, and they also use a groundbreaking digital impression scanner for their dental implant patients and Lazer caries detection.

To schedule a dental appointment, please call Impeccable Smiles today at (813) 365-3552.



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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.

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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.

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

References:

1. Barrett-Connor E, PubMed, "Hormones and heart disease in women: the timing hypothesis." Division of Epidemiology, Department of Family and Preventive Medicine, School of Medicine, University of California, San Diego, CA, USA., *Am J Epidemiol*. 2007 Sep 1;166(5):506-10.
2. American Heart Association. "Menopause and Heart Disease." *Heart.org* 2015, Dallas, TX.
3. American Heart Association. Coronary Microvascular Disease: "What is Coronary Microvascular Disease (MVD)?" *heart.org* 2019, Dallas, Tx.



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SPRING Into a New You Without Pain and Irritation

Dr. Vahora, MD, FACOG

Do you want to spring into a life without discomfort down there? Who doesn't want to feel better about their sexual health and confidence? Many women try to hide their condition from their partner, or just suffer in silence because they believe it's "normal" for them, but that couldn't be further from the truth.

Whether your pain is caused by endometriosis, pelvic conditions, vaginal atrophy, hormonal dysfunction, or from medications, there are answers! And the best part is there are new options!

Endometriosis is a painful condition that affects numerous women. It's caused by the abnormal growth of the endometrium (tissue that lines the uterus) outside of the uterus into the ovaries, fallopian tubes, and the pelvic region.

Symptoms

- Painful periods (dysmenorrhea)
- Abdominal or back pain
- Pain with intercourse
- Pain with bowel movements or urination
- Excessive bleeding
- Infertility
- Intestinal disturbances like nausea, constipation or diarrhea
- Bloating

Treatment

Medications that block estrogen or progesterone are often prescribed. Drugs that stop menstruation and birth control pills may also be required to address endometriosis.

A new drug ORILISSA—made for moderate to severe endometriosis pain is the first FDA-approved oral pill specifically developed for women with moderate to severe endometriosis pain in over a decade.





Surgery

Minimally invasive surgery to remove the endometrium growth can be performed by your physician via laparoscopic surgery. This conservative approach allows the doctor to see exactly where the endometrium is and enables them to remove it safely. More advanced or open surgery may be necessary in some cases.

Hormonal Imbalance Causes Vaginal Vulvar Atrophy

A common condition that plagues women is hormonal imbalance. When hormones are disrupted, women suffer with skin conditions, mood swings, weight gain, health-related issues and painful intercourse due to vaginal atrophy.

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

As mentioned, 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 in your physician's office.

The ugly truth is that many women, both post and pre-menopausal and even some women after giving childbirth, have vaginal disorders, pain, and issues that they often times withhold and keep to themselves. They think that it's just a normal part of the hormonal process, but there are many options to relieve vaginal vulvar atrophy.

MonaLisa Touch® Has Helped Countless Women Find Relief

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

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

The laser assists with the bodies cell renewal and will regenerate the mucous membrane and help with the restoration of collagen and renewing the proper trophic balance to the membrane.

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

Dr. Parveen Vahora states, *"I inspire women to live their best life by providing compassionate care. Women should not suffer with symptoms of menopause including hot flashes, mood swings, insomnia, vaginal dryness, and pain with intimacy."*

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.

To look and feel your best, schedule an appointment to discuss what options are best for you. Please call (727) 376-1536.

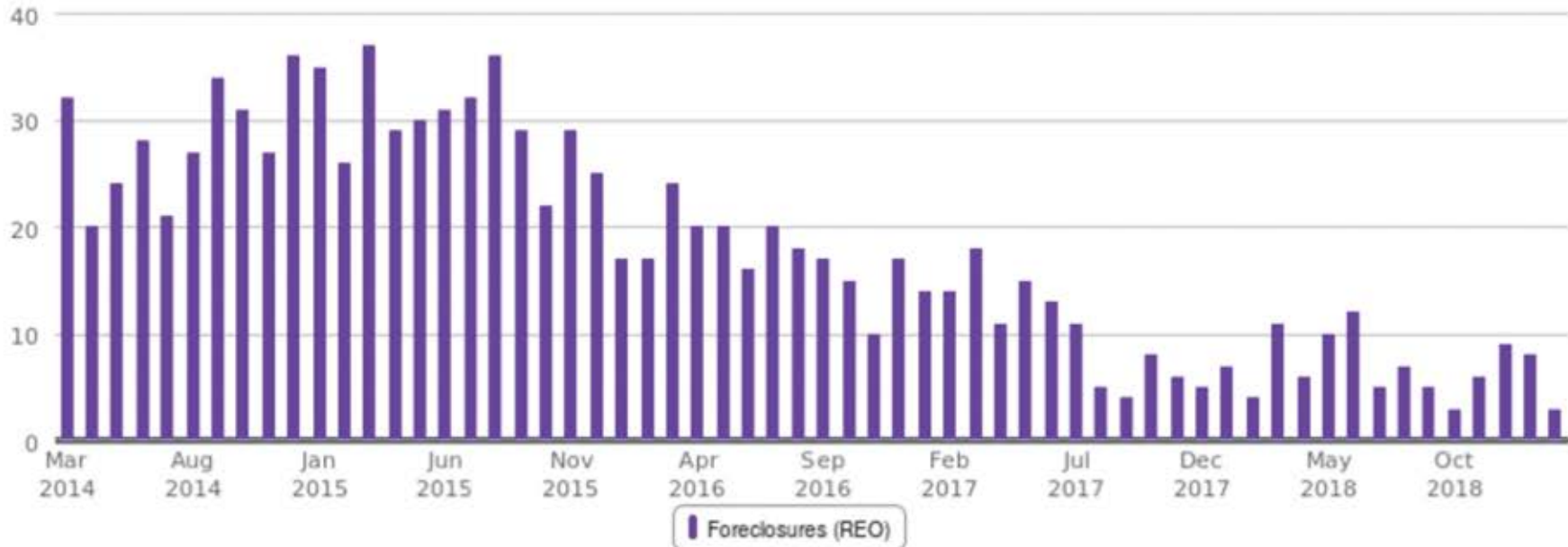
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Health of the Market Report:

Evidence of a Recovered Market in Wesley Chapel

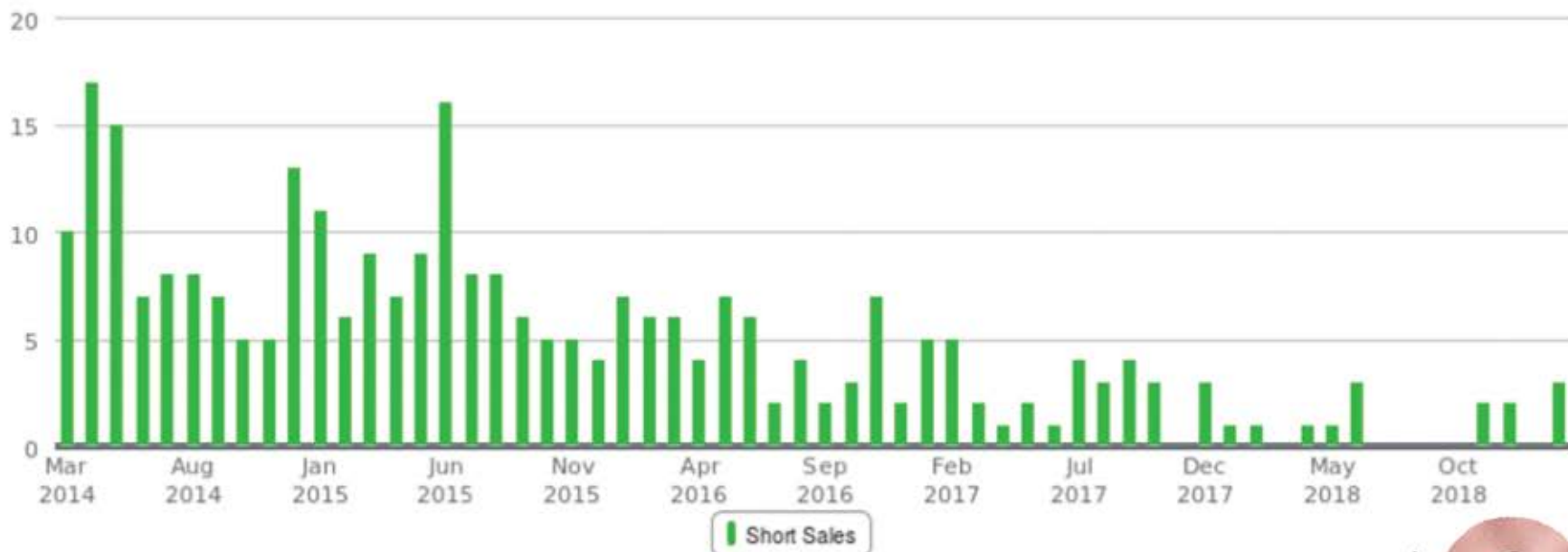
Not long ago, the Wesley Chapel real estate market was inundated with distressed properties. (Distressed properties are defined as those in foreclosure or short sale status.) As property values continue to rise, the percentage of distressed properties on the market has fallen. This is evidence that the housing market has recovered and many homeowners have regained the equity they lost in the 2008 real estate debacle.

Closed Sales | Wesley Chapel, FL
By Distressed State



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Declutter Your Heart

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

I'm not a packrat (I'm in denial) but I do tend to pile stuff in my study at home. After a few weeks have gone by I start feeling sluggish when I sit down to write. I look around the room and begin to feel overwhelmed.

I once blamed the sluggish, overwhelmed feeling on long work hours, but I noticed I'd feel the same way even after being rested from a few days off. So as usual, I took it to prayer and asked the Lord for wisdom.

I went through the usual suspects: not enough sleep, too much caffeine, too many carbs, not enough exercise, and the wrong time of day. I'm sure each of these were partially the culprit, but what I found to be the real thief robbing me of my energy and focus...was the piles of stuff. The room was full of *unfinished business*.

Things I had started, manuscripts of books I was writing or the beginnings of designs for changing our landscaping would all call my name as I sat down to work in my study.

As it turns out *clutter* affects us in very negative ways according to Dr. Sherrie Bourg Carter. In her article, *Why Mess Causes Stress*, in *Psychology Today*, she says, "Clutter bombards our minds with excessive stimuli...distracts us...makes it difficult to relax...inhibits creativity and creates feelings of guilt."

Bam! She nailed it. That was what I was feeling. My simple solution was to declutter my study if I was going to write. It worked like a charm.

BUT there is a more **insidious kind of clutter**.

This clutter occurs when you have unfinished business with God.

When you hear the words "unfinished business with God" you might be thinking things like not forgiving someone for hurting you or not giving your tithe regularly at your church. Things that you *aren't doing* that you know you should.



I call it *heart clutter*. This stuff can be deadly so let me explain.

Every one of us humans have God issues (including yours truly). Things that we either don't understand about our lives and God, or maybe more importantly, things we do understand about our lives and God, but just don't like or don't want to accept.

I stood in a cold rain in a cloudy graveyard in Ohio this past year and watched a father's heart get ripped to shreds as he stood staring at the grave diggers throwing shovels full of dirt on his 26 year old daughter's casket.

After everyone else had left the gravesite he stayed to the very last minute to get a final glimpse of his 'little girl' before she was gone from his sight forever. He was beside himself with heartache.

That's a God issue.

And if not dealt with, God issues can cause us humans to do some really scary things.

One of my personal practices is to get alone with no distractions and write my "list of concerns." These are piles of stuff that have collected in my heart over the previous months that are important to my life, like my marriage and my children's future.

After I patiently write the list and ensure it has all the things I am concerned about, I then review it again and put a circle to the left of the things I know I have absolutely NO Control Over.

The second thing I do is go over the list again and put a star by those concerns that I absolutely Have Control Over. I then rewrite these on a second page and as I do I mark through them on my first list of concerns.

The only items on my first list NOT marked through are the things I have No Control Over. I choose to give them to God and I imagine that God is taking them one at a time from me until the entire list gone.

As I see God take each concern, I mark through it until my original list of concerns are all marked through and I have no more concerns from that list. God has them and I'm good with that. **It's a choice not a feeling.**

For the second list of concerns, the ones that I Have Control Over, I write the verses from Proverbs 3:5-6 (Google these) at the top of the page and then God and I get busy together on this list.

I highly recommend you do this and *declutter your heart*.

No more unfinished business with God.

To your spiritual health,

Alex E. Anderson

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