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Health & Wellness MAGAZINE

May 2019

Pasco/North Tampa/New Tampa Edition - Monthly

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CONSIDER IMPLANT OVER-DENTURES

ARTHRITIS:

DO YOU REALLY NEED KNEE REPLACEMENT SURGERY?

MAY IS MENTAL HEALTH

AWARENESS MONTH

LUPUS CLINICAL TRIALS:

PATIENTS NEED ADVANCED TREATMENT OPTIONS

WANT TO AVOID SURGERY?

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THOSE WHO SERVE & THOSE WE'VE LOST

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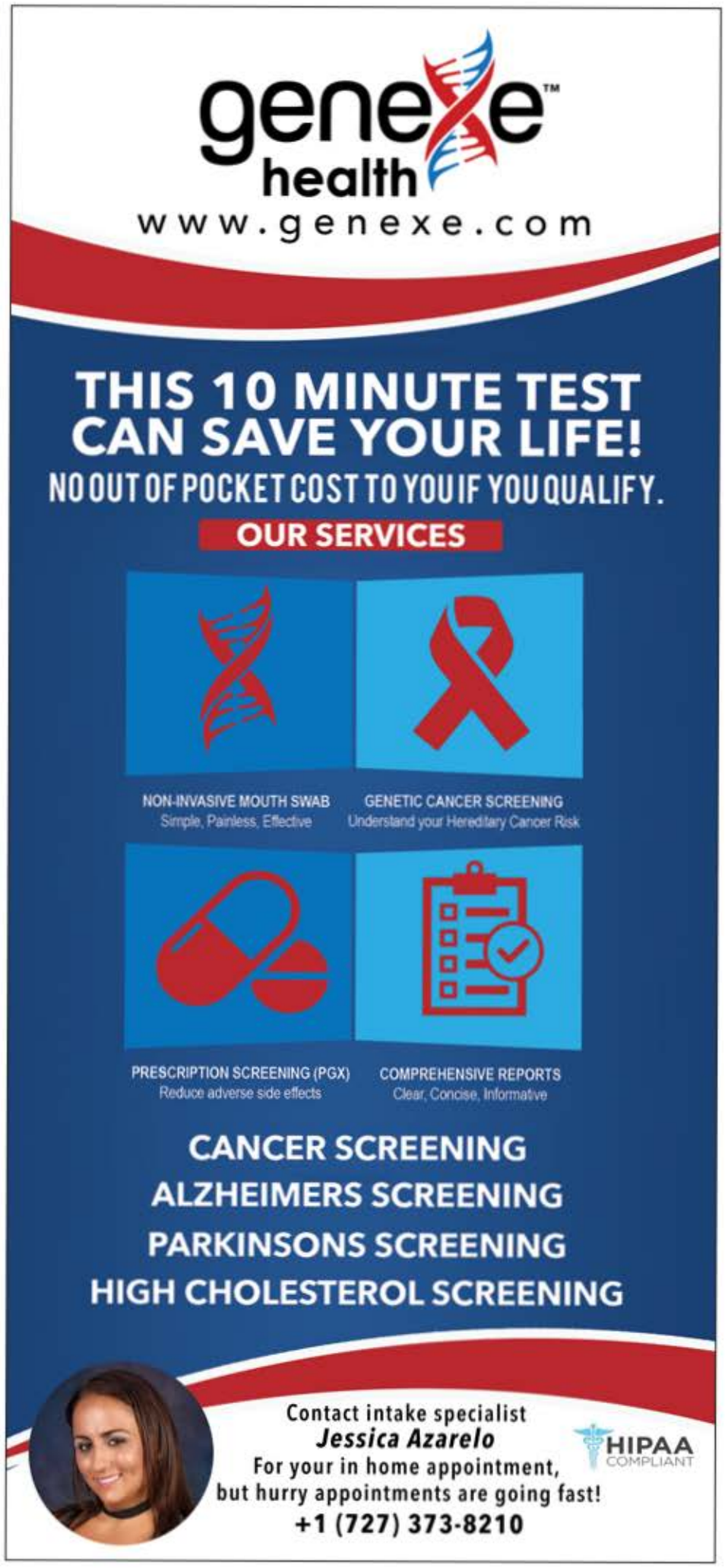


Arthritis:

Do You REALLY Need Knee Replacement Surgery?

Arthritis causes wearing away of our joints. Some of the common arthritic symptoms are joint pain, stiffness, swelling, stiffness and fatigue. One of the main types of arthritis is osteoarthritis (OA) also referred to as "wear and tear" arthritis. With OA, wear and tear damages the cartilage in the joints causing them to lose their smooth gliding action and results in friction or rubbing of the ends of our bones. Greater than 120 million people in the US have arthritis.

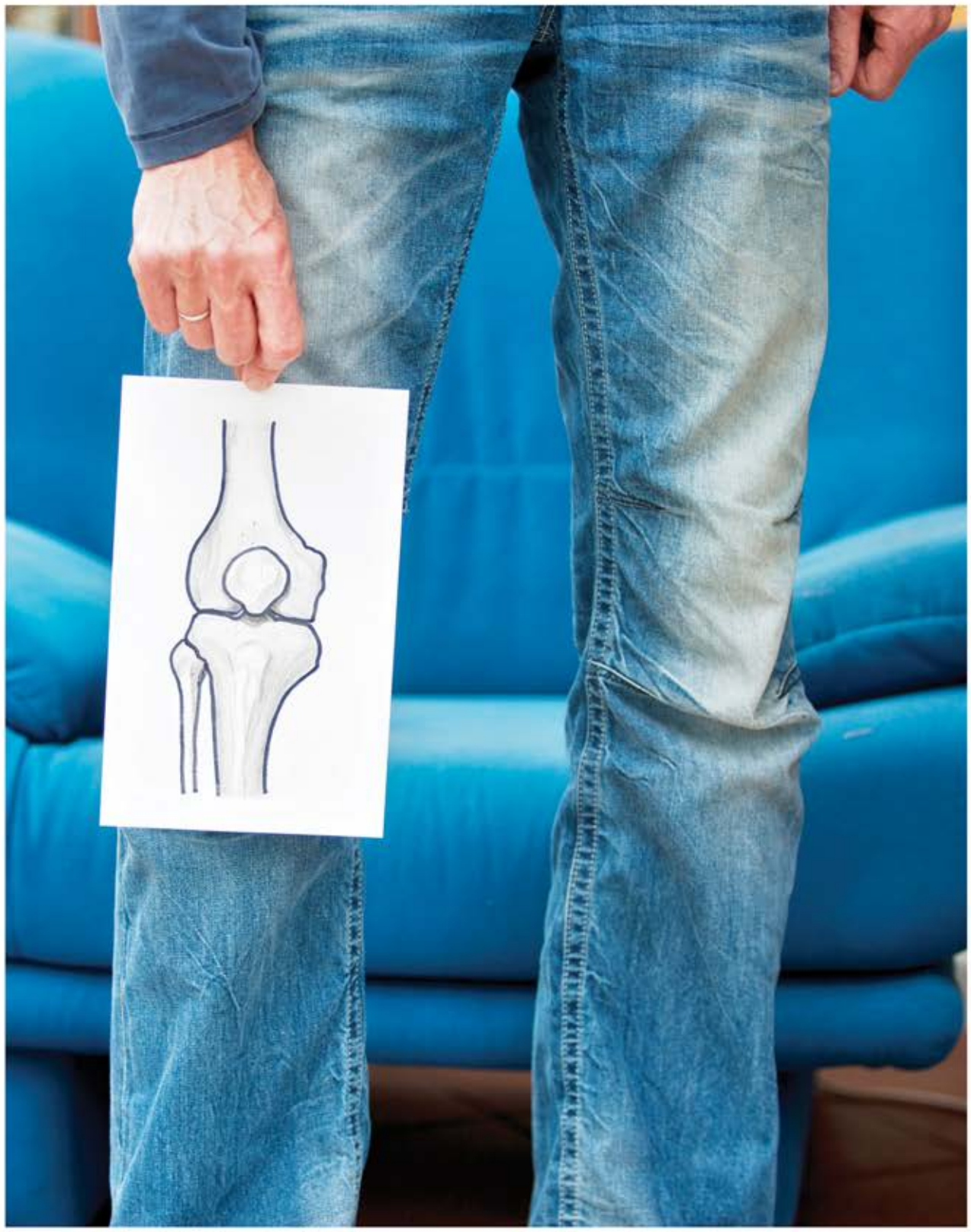
When arthritis affects the neck, back, hands, feet or hips, difficulties arise when trying to get through even the most menial daily tasks. The surrounding muscles may begin to tighten as they try to over-compensate for the pain and protect the injured area. These tight muscles can create tension headaches and limit range of motion. Most people may find that there is little to no relief with over the counter nonsteroidal anti-inflammatory drugs (NSAIDs), like ibuprofen.

Your Knees

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 500 lbs. of pressure on their knees with each step. Not only is the knee one of the most intricate of all the joints in the body, but they are also the most susceptible to arthritis. Multiple types of arthritis affect the knees, but osteoarthritis is by far the number one type that surpasses all others.

What is Osteoarthritis (OA) of the Knee?

Positioned between the three bones of the knee (the femur, tibia, and patella) the articular cartilage provides a smooth gliding surface and acts as a shock absorber. This cartilage is smooth and resilient but susceptible to wear and tear. Once the cartilage begins to break down it is difficult to stop and often the cartilage breaks down completely and wears 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 often the pain becomes worse with time. This type of arthritis is also known as degenerative joint disease, because it is often associated with the aging process. But occasionally, this process 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.

Dr. Joseph Borrelli Jr. is Board Certified in orthopedic surgery and has been in clinical practice for more than 20 years. An accomplished author, researcher, and clinician, he has published numerous clinical and scientific articles, including several evaluating OA and has won awards for teaching and for compassionate patient care.

Dr. Borrelli specializes in the treatment of arthritis, including replacement of the hip, knee, elbow and shoulder, as well as osteoporosis, fragility fractures, and post-traumatic reconstruction. He is a Fellow of the American Academy of Orthopaedic Surgeons and an active member of the Orthopaedic Trauma Association.

Q: What if an individual is trying to heal their arthritis on their own? What would you say to them about their quality of life and why surgery might be essential?

A: First of all, it is important to remember that articular cartilage has no blood supply. The cells that make the cartilage are nourished by the synovial fluid; the hydrostatic pressure of the joint influences the health and pathological condition of arthritis. Once the cartilage is damaged, it wears away, and there is very little we can do to reverse the process. We can slow the wear and tear down and try to remove what's causing the degenerative effect, but it will continue to worsen over time.

The wear and tear process can be slowed often by weight reduction, strengthening the muscles surrounding the joints, and by minimizing or reducing activities that put excessive weight on the knee joints. NSAIDs and at times corticosteroid or materials to supplement the cartilage can be injected into our knees in an effort to slow the progression or mask the symptoms, but these are temporary fixes. Wear and tear arthritis is similar to a car tire; once the tread is worn away, we need to replace the tire. Surgery removes the degenerative cartilage and a portion of the underlying bone and replaces them with metal and plastic to restore the smooth surfaces and normal relationships between the bones. Each joint is sized and fitted precisely to the patient's anatomy.

Q: What are the primary reasons a patient needs knee replacement surgery?

A: If a patient has unrelenting pain and has exhausted all conservative means of care, they need surgery to improve their quality of life and get relief from the debilitating pain. However, we don't rush into any surgery; we exhaust all other means and make the decisions based on the individual's lifestyle, goals and severity of discomfort.

When the knees begin to bow inward, or for females, they often become knocked kneed, we need to correct this as well to improve gait and to alleviate permeating pressure on the hips, back and ankles, which can cause more degeneration in those areas. When a patient cannot straighten their leg all the way due to limited flexion, extension, and contraction, we recommend surgery. The two preeminent indicators for knee replacement are unrelenting pain and decreased mobility/stiffness. Surgery is favorable because knee joint replacement improves both of those elements. The patient will not be living in excruciating pain, and the knee will function as normal within a short period of time after therapy.

Q: What should a patient expect as far as recovery and physical therapy after surgery?

A: Total knee replacements are generally cemented into place, so it's an extremely secure and stable device. My patients are walking the hallway the day after surgery. We supply physical therapy immediately post-op that's tailored to each patient specifically. I often let patients do most of their PT on their own, but many will participate in outpatient physical therapy to maximize their outcomes. These therapeutic training sessions will improve mobility, range of motion, and restore a normal gait for the patient so that their recovery is quick and efficient.

It's important for patients to know that these devices are made out of polyethylene (plastic) and incredibly strong metals which when placed correctly will likely last for a very long time. There is now evidence that after 17 years, 97% of total knee arthroplasties are still in place. The longevity is incredible; the majority of individuals will never need another knee replacement surgery in their lives.

Dr. Borrelli's Education

- Doctor of Medicine – University of South Florida, Morsani College of Medicine; Tampa, Florida
- Residency
- Orthopedic Surgery – University of South Florida; Tampa, Florida
- Orthopedic Surgery – Hospital for Special Surgery, Weill Cornell Medical College; New York, New York
- Fellowship
- Orthopedic Trauma – Tampa General Hospital, University of South Florida; Tampa, Florida

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Honoring Those Who Serve & Those We've Lost

"Here rests in honored glory an American soldier known but to God,"
– Inscription on the Tomb of the Unknowns at Arlington National Cemetery.

Somewhere in Vietnam lies "Smitty." I was not yet born when he died but, through my father's words and story, I know him. I know his sense of humor; I know about his family; I know that he died there. Smitty has not been laid to rest. He is not somewhere we can go and lay flowers. He was lost in the jungles of Vietnam like countless other soldiers. My father's memories of the friendship they shared and the battles they fought are alive within my father's books, The "Without Glory" Series by Ken Smits. In the book, my father describes him as:

"a short guy about five foot-two. He has biscuit-colored hair and an almost invisible mustache. A pair of black-rimmed military glasses with lenses as thick as coke bottles cloak his autumn-leaf brown eyes."

Smitty was from Florida... Panama City to be exact.

My father lost other friends in the war – 8 on the same non-descript hill on the same day in 1969.

Beatle, Gunner, Frenchie, Tex, Stoney, Stretch, DJ, and Doc they were called. By my father's descriptions, the nicknames all fit.

I don't know their real names, but I'm sure they are somewhere on that black Vietnam memorial wall in Washington D.C., among the 57,399 names inscribed there.

Memorial Day for my family is somber and reflective. Military service is part of our family history. My husband served twice in Iraq, once as a Battalion Commander. As military spouses, we stood strong on the home front waiting nervously, anxiously for that crackly phone call on the satellite phone. We stood and cried together at many memorial services – too many. I am blessed that my father made it home and further blessed that my husband made it home from his own battlefield in the desert. Others were not as lucky. I will forever be haunted by the sound of roll call and the 21-gun salute.

So, as we celebrate Memorial Day – I want to personally say Thank You to the families of the fallen. Their loved ones gave the ultimate sacrifice for our Country – but they, too, contributed their unique sacrifice.

Florida Honors its Veterans and Spouses of the Fallen

There can never be enough done for veterans, in Florida as well as elsewhere, there are a host of benefits the State of Florida offers. With regard to real estate, the most popular and well-known benefit is the VA Guaranteed Loan, which allows veterans to utilize their VA Eligibility to obtain a mortgage without a down payment and without paying any private mortgage insurance. There are limits on certain closing costs a veteran can or cannot pay per VA Guidelines. Interest rates on this government-backed loan are often lower than conventional financing loans as well. There is a VA funding fee that is added to the loan – this is less expensive than any private mortgage insurance and a veteran can get the funding fee waived if they have a service-connected disability rating over 10%. Another way to omit or reduce the VA funding fee is to put money down on the home even though it is not required. The more a veteran puts down, the lower the fee. The average VA funding fee is 2.2% of the loan amount.

Veterans who have financed with a conventional loan are able to **refinance to a VA Loan** thanks to the Veterans' Benefits Improvement Act of 2008. This is a great option for a veteran who would like to 'cash out' previous down payment on an already financed home.

Veterans are also offered certain **tax exemptions**. In Florida, if a veteran is 100% service-connected disabled, they are exempt from paying any property tax. For veterans who are 10%-99% service-connected disabled, there is a $5,000 deduction on the assessed value of their home.

For service-connected disabilities, the VA also offers **adaptive housing grants** to assist a veteran in the purchase or construction of an adapted home. Modification of an existing home can also be included. The common allowable items are those which enable wheelchair mobility.

Other VA Programs that Might Surprise You!

There are other VA programs that are less known to most including VA Renovation Loans, VA Energy Efficiency Loans and VA Refi programs. The VA Renovation Loan is a program which allows a veteran to purchase a home needs updating. Items can be as minor as paint and flooring, or as large as a new roof or bathroom remodel. There is no minimum that can be financed, but the max is $35,000. There are specific requirements for this type of loan and very few lenders do them. The VA Energy Efficiency Loan allows a veteran to roll in the cost of a new energy efficiency item into their initial home loan. Items that can be considered are new air-conditioning systems, new water heaters, or new windows. Other items can be considered as long as it can be shown to reduce the veteran's monthly expenses enough to offset the additional cost on the loan. The VA Refinance program is offered to veterans who have been the owner on record of their home for at least 240 days. These refinance programs tend to offer lower than market interest rates and no closing cost loans.

Finding the Right Lender and Real Estate Agent for Veteran Home Programs

Just about any lender can do a VA Loan, but it is important to find a lender that has done enough VA Loans to know all of the ins and outs of the VA Loan process, and who is aware of the additional programs offered to veterans in regard to housing.

When choosing an Agent, it is important to gauge their experience with VA loans as well. There are things that need to be addressed from the very beginning of a Veteran's home search and a VA expert Agent will know what to look for and how to resolve any issues that arise. The Home Solutions Team has proudly served hundreds of veterans and their families throughout the Greater Tampa area. Their expertise allows a veteran to be armed with important knowledge before entering the market.

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LUPUS CLINICAL TRIALS:

Patients Need Advanced Treatment Options

By Clinical Research of West Florida

Did you know around five million people have been diagnosed with lupus? This disease causes the body to attack its joints, skin, kidneys, blood cells, and more. Lupus is considered a chronic condition and patients with lupus can experience flares that can be debilitating at times. With so many battling this disease, there is a much higher demand for lupus research studies.

Clinical Research of West Florida (CRWF) is currently conducting six lupus research studies in hopes of providing better care for lupus patients. CRWF's rheumatologists, Dr. Levin and Dr. Janer, along with the clinical team believe it is important to discuss lupus with the community and their patients in order to better understand the need for advanced therapeutic options.

May is Lupus Awareness Month, and CRWF is excited to partner with the Lupus Foundation of America for 2019's Tampa Bay Lupus Walk. CRWF will have a tent at the event to engage with locals and discuss the benefits of clinical research. CRWF will also have an array of goodies to give away and will be doing a drawing for gift cards at the event. As this disease becomes more prevalent, CRWF's team look forward to advancing medicine for lupus, one trial at a time.

Clinical Research of West Florida is a family owned independent research organization founded in 1995. Dr. Levin and Dr. Janer, along with CRWF's team of highly trained staff, have facilitated more than 25 lupus research studies. CRWF has two locations: Clearwater and Tampa.

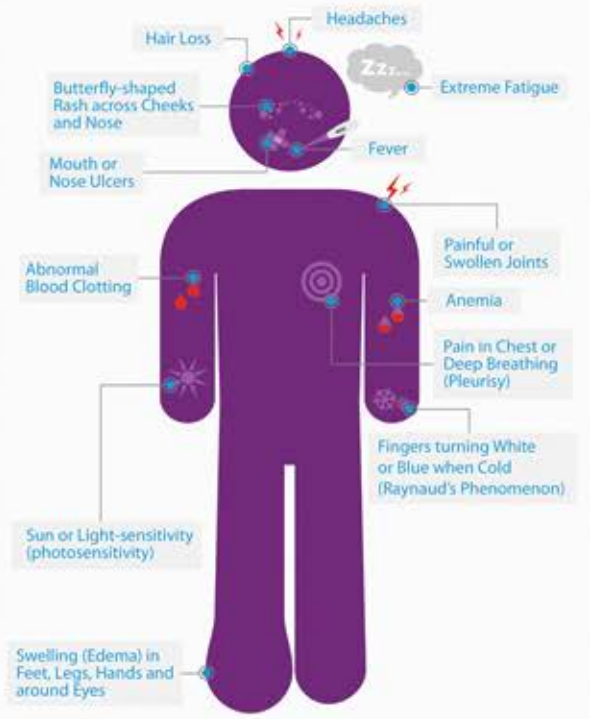
Some common symptoms of lupus are:

- Extreme fatigue (tiredness)
- Headaches
- Painful or swollen joints
- Fever
- Swelling (edema) in feet, legs, hands, and/or around eyes
- Pain in chest on deep breathing (pleurisy)
- Butterfly-shaped rash across cheeks and nose
- Sun- or light-sensitivity (photosensitivity)
- Hair loss
- Mouth or nose ulcers

Signs & Symptoms of Lupus

Lupus is one of the world's most mysterious and devastating diseases that ravages different parts of the body.

Most common symptoms include:



Source: Lupus Foundation of America

CRWF is dedicated to providing excellent patient care. All research participants receive study-related medications and medical devices for trials at no cost. New study-related medications and devices are developed through well-established guidelines and regulations designed by the FDA to ensure their safety and effectiveness by the time they reach the public. To find out more about the research, please go to **www.crwf.com/studies/** or contact:

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What You Should KNOW About How STRESS Affects the Heart

Some individuals have a difficult time finding ways to manage stress. 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. There are neurotransmitters throughout the entire body that send signals to the brain, alerting you 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.

Stress and Anxiety both play a role in 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 most successfully if heart conditions are caught early. However, there are many options to treat advanced heart disease as well which include medications and procedures. Additionally, finding ways to manage stress, 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.

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

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Oxygen Therapy for Stroke:

Can it Help to Regenerate the Damaged Brain?

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications. When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly.

Oxygen is the critical element of every cell in our body. Our bodies take in oxygen, and our blood-stream begins to flood our tissues and organs with oxygen-rich blood.

Countless researchers conceive that increasing the supply of oxygen to a stroke patient's damaged brain areas will alleviate brain damage by reducing swelling and regenerating brain matter.

Hyperbaric oxygen therapy (HBOT) 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.

In 2014 an extensive study called *Hyperbaric Oxygen Therapy in Acute Ischemic Stroke*, researchers studied Acute Ischemic Stroke patients and how HBOT effects oxidative stress, inflammation, apoptosis, neuroprotection and cerebral blood flow.

They concluded that HBOT combined with thrombolysis seems promising in reducing secondary hemorrhage of ischemic stroke patients which is worthy of further studies.[1]

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

References:
1. Z Ding, Hyperbaric Oxygen Therapy in Acute Ischemic Stroke: A Review, Interv Neurol. 2014 Aug; 2(4): 201–211.

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

Currently, There Are 15 FDA Approved HBOT Conditions:

- Air or Gas Embolism
- Carbon Monoxide Poisoning
- Compromised Skin Grafts or Flaps
- Crush Injury, Compartment Syndrome
- Decompression Sickness (Bends)
- Diabetic & Other Non-healing Wounds
- Enhancement of Healing in Selected Problem Wounds
- Exceptional Anemia: Resulting of Bleeding
- Gas Gangrene
- Intracranial Abscess
- Osteomyelitis
- Radiation Injury
- Refractory Osteomyelitis
- Thermal Burns
- Idiopathic Sudden Sensorineural Hearing Loss

HBOT is used "off-label" for various disease states and disorders and HBOT may be ordered by a physician for off-label indications. Hyperbaric Centers of Florida makes no claims as to the efficacy for any indications other than the fifteen approved by FDA.

Common Off-Label Indications:

- Autism
- Brain Injury
- Bells Palsy
- Cerebral Palsy
- Cosmetic Surgery
- Infections
- Inflammations
- Lyme Disease
- Multiple Sclerosis
- Nerve Injuries
- Oral Disease
- Peripheral Neuropathy
- Rheumatoid Arthritis
- Scleroderma
- Shingles
- Severe Migraines
- Sports Injury
- Stroke
- Tendon Injuries
- Ulcerative Colitis
- Venomous snake and spider bites

To find out more, or to schedule your appointment today, please call Hyperbaric Centers of Florida at 813-788-3969.

Hyperbaric Centers of Florida

www.hyperbariccentersofflorida.com

Weight Loss With OBALON:

An Advanced Non-Surgical Balloon Procedure

By Kriston J. Kent, M.D.

Losing weight can save your life. Aside from the individuals that need to lose a few superficial pounds to feel more confident, the critical importance of weight loss are for people that qualify as obese. Obesity is much more common, and unfortunately, much more dangerous than most of us would like to believe. Although some risk factors for obesity are physically calculable, others are established by physical symptoms affecting your health.

Contributing health issues and disorders are as follows:

- Arthritis
- Coronary heart disease
- Diabetes
- High cholesterol
- Hypertension (high blood pressure)
- Sleep apnea
- Stroke
- Vascular disease

Losing weight is an understandable solution, but it's often not without challenges. Obviously, we need to diet and exercise, but for individuals that are obese, this is much harder to achieve and maintain than it is for those at a healthy weight. When diets and exercise alone fail, a non-invasive, balloon procedure, called **Obalon** can get you to your weight loss goals in a short period of time.

Holcomb – Kreithen Plastic Surgery and MedSpa offer this advanced treatment option. In their office, qualified patients swallow a capsule approximately the size of a vitamin pill, attached to a micro-catheter. Using an X-ray, Dr. Kent confirms that the capsule is safely in your stomach. As the capsule dissolves, the balloon is inflated with gas. The micro-catheter is removed quickly and smoothly. With your physician's OK, you're all set and can go back to your daily activities.[1]

The Obalon Balloon System is the FIRST and ONLY swallowable, FDA-approved balloon system for weight loss. The non-surgical treatment should consist of 3 lightweight balloons, placed gradually over 3 months. The balloons occupy space in your stomach, so you eat less, making weight loss easier. You should expect the Obalon System to be accompanied by a professionally-supervised diet and exercise program. The Obalon Balloon System is a 6-month treatment.[2]

During treatment, you will receive professional nutrition and exercise support to help you make the lifestyle changes that facilitate weight loss. The Obalon Balloon System supports you to help change your eating habits and keep the weight off for the long-term.[2]

The Obalon Balloon System can assist with your weight loss efforts, but your weight loss success is also dependent on your readiness to develop new lifestyle skills. The degree of long-term weight loss will depend on your ability to modify your lifestyle and maintain this behavior after the balloons are removed. It is important that you discuss your willingness to accept this commitment with your physician before undergoing the Obalon Balloon System.2

You are a candidate for the Obalon Balloon System if you have a body mass index (BMI) from 30 to 40 kg/m² and are 22 years or older. The program begins with the placement of the Obalon Balloons in your stomach for up to six months.

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The program should be accompanied with a **healthy diet and exercise program** during the time you have the balloons and is recommended for six months after the balloons are removed.[2]

As a leader in the industry, Holcomb – Kreithen Plastic Surgery and MedSpa always offers the latest technology in skin tightening and fat reduction. By combining their pain-free fat reduction technique that uses radiofrequency heat to help eliminate fat cells, and procedures that tighten loose skin, and promotes healthy collagen production, you will receive remarkable contouring and skin tightening results.

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. Furthermore, Dr. Kent obtained a Master's in Public Health in Lifestyle Medicine from the prestigious Loma Linda University in 2010 and in 2012, he refined his approach to wellness with rotations at the Institute of Lifestyle Medicine at Harvard and the Center for Lifestyle Medicine in St. Helena, California. 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.

Please call them today to schedule your appointment.

References:

1. *Obalon Therapeutics, About Obalon, Let's Break Down The Treatment. obalon.com, 2019*
2. *Obalon Therapeutics, About Obalon, What is the Obalon Balloon System? obalon.com, 2019*

ROUTINE EXAMS OFTEN FIND HEAD, NECK AND ORAL CANCERS

While not as common as some other types of malignancies, oral cavity and oropharyngeal (head and neck) cancers can often be discovered during routine screening exams by a dentist, medical doctor, dental hygienist, or even by self-exam. Most head and neck cancers begin in squamous cells, which are cells that line moist surfaces, such as those inside the mouth, nose, sinuses and throat. Salivary gland cancer, another category of head and neck cancer, has many different forms because these glands are made up of many different types of cells that can become malignant. As you might suspect, tobacco use, heavy alcohol use, and infection with human papillomavirus (HPV) increase the risk of many types of head and neck cancer.

According to the American Cancer Society, some of the early warning signs and symptoms can include:

- A sore in the mouth that does not heal (most common symptom)
- Pain in the mouth that doesn't go away (also very common)
- A lump or thickening in the cheek
- A white or red patch on the gums, tongue, tonsil, or lining of the mouth
- A sore throat or a feeling that something is caught in the throat that doesn't go away
- Trouble chewing or swallowing
- Trouble moving the jaw or tongue
- Numbness of the tongue or other area of the mouth
- Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
- Loosening of the teeth or pain around the teeth or jaw
- Voice changes
- A lump or mass in the neck
- Weight loss
- Constant bad breath

Of course, many of these symptoms can also indicate conditions other than cancer; that is why it is so important to get regular dental and physical checkups. See your dentist or medical doctor right away if any of these symptoms lasts for more than two weeks.

What Causes Oral Cancer?
All cancers are caused by genetic changes in the DNA (deoxyribonucleic acid) inside our cells. DNA is the chemical in our cells that contains the genetic information needed for many factors, including how cells function. Just as every human being has unique DNA, or a distinctive genetic code, so does every malignant tumor. Cancer develops due to a genetic mutation, or damage to the DNA in our cells.

One of the factors that can increase your risk of mouth cancer is tobacco usage of any kind; this includes cigarettes, cigars, pipes, chewing tobacco and snuff, among others. Heavy alcohol use and excessive sun exposure to your lips can also increase your risk. In recent years, there has also been a rise in cases of oropharyngeal cancer linked to infection with human papillomavirus (HPV) in Caucasian men and women.

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

Clinical Trials Lead to Tomorrow's Treatments and Cures
Through a strategic partnership with Sarah Cannon, one of the world's leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In the past three years, the majority of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

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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New Port Richey, FL 34655

New Port Richey West
5802 State Road 54
New Port Richey, FL 34652

Zephyrhills
38010 Medical Center Ave
Zephyrhills, FL 33540

For more information, visit FLCancer.com

Stem Cell Therapy for Orthopedic Problems Is An Effective Treatment But Beware...

By now, we've all heard of stem cells, we know at least one person that has gotten the treatment for arthritis, back pain, a torn ACL or other painful disorders; and we know countless physicians are offering stem cell or PRP (Platelet Rich Plasma) therapy. But how do we know if it works, who is a qualified physician, and more importantly, which physician can actually get us REAL—LASTING—RESULTS?

Stem cell treatments for painful conditions offers the hope of avoiding narcotics, anti-inflammatory drugs, cortisone injections, and surgery. But, it requires great skill and knowledge to administer these procedures properly.

Over the past several years, stem cell and PRP therapy have soared in popularity as a highly sought-after treatment option, due to their natural and non-surgical alternative for many common orthopedic conditions. This has inspired numerous unqualified practitioners to jump on the bandwagon and offer inferior services that are ineffective, and in some ways, harmful to a patient's overall health.

Not all Stem Cell Treatments are the Same

Patients should be vigilant when exploring physicians. Because stem cell therapy does work and it can potentially regenerate soft tissue, countless medical offices are now offering it. Unfortunately, many of the practitioners are unqualified and misguided. Some of these injectors are doing it blindly, without image-guided ultrasound or X-ray, and with overall little knowledge. It should be noted that the use of one's own bone marrow derived stem cells, when properly used, is the only tissue source that is allowable for orthopedic stem cell procedures by the FDA.

Red flags (meaning you should run the other way) to be aware of:

• Use of birth tissue (amniotic, umbilical, or placental) "stem cells" – these products do not contain living stem cells. They should never be referred to as a stem cell procedure or be priced like a stem cell procedure! The FDA has made this clear and independent labs have tested these products and confirmed this point. They may have some value but they definitely NOT stem cell procedures.

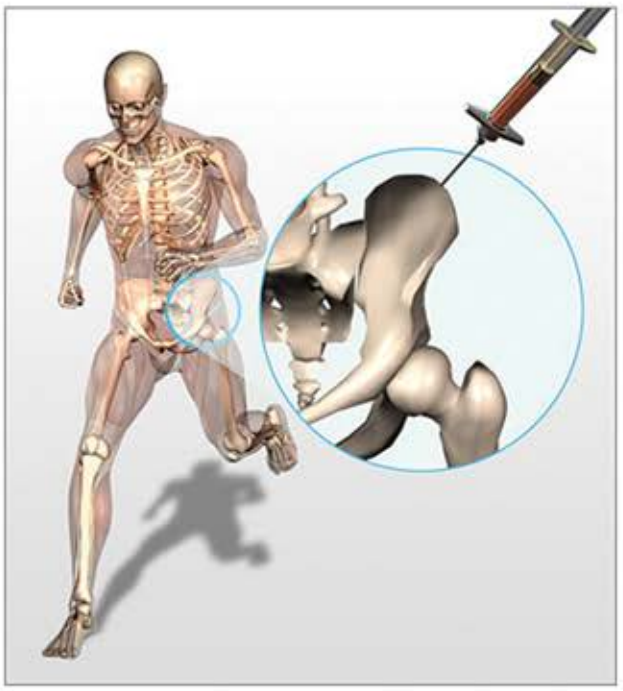
• IV injections of "stem cells". Many low skilled providers are claiming that the stem cells "know" where to go. There is no evidence of this. We believe that the stem cells need to be accurately placed into the damaged tissue under skilled image guided procedures.

• Use of fat stem cells. The FDA has made it clear that stem cells derived from fat tissue is in violation of their regulations. Stem cells that are actually derived this way are considered to be drugs that need to go through the same drug approval process as any other drug. Some providers are just ignoring this, and others have a different strategy. They may take the fat tissue and break it apart a little (called microfragmentation) and inject the clumps. This is referred to as a fat graft and in certain situations may be allowed and could be clinically beneficial. But, it is NOT a stem cell procedure and shouldn't be fraudulently advertised or promoted as such.

• Culture expanded (grown) stem cells. This is a considered a drug in the U.S and is not allowed. Nor is storing of stem cells!

• Stem cells to treat or cure a myriad of conditions such as Parkinson's, Multiple Sclerosis, Cancer, COPD, Heart Disease, Diabetes, Kidney Disease, etc. Although, in the future there may be use for stem cells in the treatment of these diseases, at this time, it should only be administered as part of clinical trial.

• Non-physician injectors. There are savvy marketing firms that have developed turn-key business model for chiropractors, encouraging and helping to hire a nurse practitioner or physician assistant to inject some type of birth tissue fake stem cell product and usually there is a MD or DO somewhere in the state who has agreed to sign-off on it.



The Regenexx Difference

Since 2005, Regenexx doctors were the first in the U.S. to administer a stem cell injection for an orthopedic issue and have since led the way in advancing this new field of Interventional Regenerative Orthopedics with a fervent commitment to researching and publishing the scientific and clinical data. Regenexx affiliated doctors are highly trained musculoskeletal experts who are skilled at precise image-guided injections utilizing ultrasound and X-ray. This exclusive group of doctors has been hand-picked to be part of this network and then further trained in highly refined procedural and laboratory techniques and certified by the not-for-profit Interventional Orthopedic Foundation.

With Regenexx, all patients are tracked in the only national registry database of its kind, with more than 90,000 procedures having been performed to date. With this, safety and outcomes can be better analyzed and followed. For example, the largest safety research article of its kind and a recent landmark randomized clinical trial for knee arthritis have been published amongst many other papers.

Additionally, there are several on-going clinical trials and a certified research laboratory backing Regenexx and its proven results. No other stem cell organization offers this combination of successful persistent effort and publications.

The Regenexx procedure uses bone marrow stem cells (mesenchymal), which can provide 5 to 20 times the amount of stem cells obtained by any other available "bedside" centrifuge techniques. The stem cells are taken from the bone marrow, through a harvesting procedure. Additionally, other orthobiologic materials can be obtained from the patient to be used for injections such Platelet Rich Plasma (PRP) and Alpha-2-Macroglobulin (A2M).

But unlike other doctors dabbling in this field, Regenexx's laboratory techniques allow for individualized treatment plans with platelet counts ranging from 1 to 40 times concentrated as compared to the blood as well as the ability to keep or remove white blood cells or red blood cells. In a given procedure, there may be many different versions of the PRP used depending on the tissue type and ultimate goal.

In research by Regenexx, patients with knee osteoarthritis (OA) showed that 90 percent feel a significant improvement (on average 60-70% less pain and more function) with years of lasting results using Regenexx protocols, even with arthritis that would traditionally warrant a replacement. Many conditions can be successfully treated, ranging from tendon tears to ligament tears to arthritis to meniscus and labrum tears to avascular necrosis (death of bone) to degenerative disc disease and stenosis.

For patients suffering from chronic orthopedic pain of any kind, the first step to improving their quality of life is to talk to an experienced Regenexx physician who can discuss and provide accurate and realistic expectations regarding these new and exciting treatment options.

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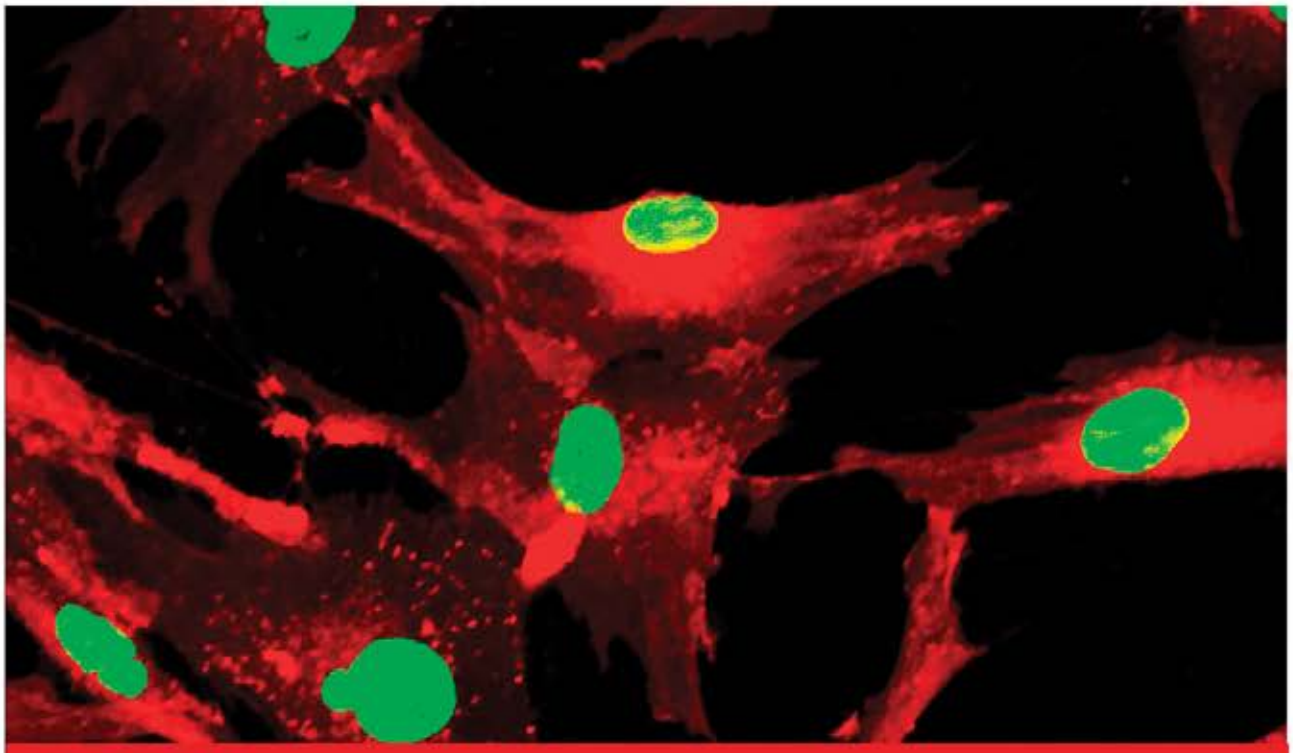

ABOUT US

Dr. James Leiber

James Leiber, DO, is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

Dr. Leiber specializes in Interventional Regenerative Orthopedics with years of experience and is honored to have been the first Regenexx Network Provider in Florida. In 2012, Dr. Leiber began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).

He is a published author, presenter, and is currently the program director for the Interventional Orthopedic Foundation.

He lives in Sarasota, Florida with his wife and teenage daughter. Dr Leiber travels regularly to Denver, to teach regenerative orthopedic techniques to fellow doctors, and to Grand Cayman, where he is also licensed to treat patients.

The other physicians at Regenexx Tampa Bay are:

Ron Torrance II, D.O. - Board Certified in Sports Medicine and recent co-author of *Exercise 2.0* for Regenexx and author of the 2018 best paper of the year on *The Concussed Athlete*. Dr. Torrance has achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete.

Ignatios Papas, D.O. - Specializes in Physical Medicine and Rehabilitation. He is a research collaborator with Columbia and Cornell University on multiple projects. Dr. Papas enjoys spending time with his wife and son, playing soccer, practicing guitar, and listening to historical podcasts.

Michael Amoroso, M.D. is Board Certified by the American Board of Anesthesiology and the American Board of Pain Medicine. He has been a long-time runner and brings a vast amount of experience to his role at Regenexx Tampa Bay. Dr. Amoroso travels frequently back to his home in New Jersey to visit his children and small grandchildren.

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BY DR. ROBERT LUPO, D.C.

There is an Amazing New FDA Approved Treatment Device Using the Ancient Chinese Art of Auriculotherapy

Narcotics are finally being recognized for what they are ... ADDICTIVE! They cause damage to the brain pain pathways and a whole host of other complications. But a reliable non-narcotic treatment option is now available.

The ***PENS Primary Pain Relief Device*** provides an excellent pain relief treatment for patients suffering from most types of pain. It is an FDA approved device covered by Medicare, Tri-Care and Commercial insurances. This device can improve overall clinical outcomes and pain management by harnessing the power of the body's own built in endorphin (or pain management) system and turning the volume way up. The system works by performing cranial electro-stimulation by passing minute electrical impulses via the auricular cranial nerves to the brain. The idea of electricity-induced analgesia dates back to the Greek scholar, Socrates, who noticed the numbing effects of standing in pools of water on a beach that contained electric eels. The first verifiable documentation of a neurostimulation/manipulation device in practice was discovered by French physician Dr. Paul Nogier. Nogier noticed a small scar on the external ear of many of his patients. He found out the scar was from a treatment for sciatica involving the cauterization of the auricular antihelix by a lay practitioner living in Marseille France named Mrs. Barrin. His patients were unanimous in stating that the treatment was successful, and the pain was relieved within hours, even minutes after the cauterization procedure. Mrs. Barrin, it turns out learned the procedure from her father who intern learned it from a Chinese Mandarin.

The electrodes are placed with the help of a Primary Relief Locator system to find the best Aural stimulation point based on where the patient has been experiencing pain. We go through a testing procedure to determine the device is working properly before application. The placement of the device takes about 10 minutes. Patients continually wear the light, unobtrusive device for 7 days while they go about their regular activities.

The core of the treatment solution is the Primary Relief Percutaneous Electrical Nerve Stimulator, it's a small device worn behind the ear to administer continuous pulses of low level electrical current to nerve endings in the ear. These pulses travel through the nerve tracks into the central lobe of the brain causing the release of endorphins, the body's natural opiates. These opiates travel through the bloodstream and inhibit pain throughout the body. The reduction in pain increases circulation and causes relaxation. The neurostimulator is FDA approved.

The PENS device is mainly used to treat pain and is recommended for pre-operative, post-operative, intraoperative pain as well as a treatment for chronic pain. These conditions include:

- Arthritis and joint pain
- Cancer pain
- Cervical and lumbar pain
- Craniofacial pain and TMJ
- Depression
- Fibromyalgia
- Insomnia
- Migraines
- Neuropathic Pain
- Sciatica
- Shingles
- Vascular Insufficiency
- Wound Care

Neurostimulation Therapy is a highly effective approach to non-narcotic pain management. The Neurostimulator is a wearable device that is designed to administer continuous pulses of low-level electrical current through 4 selectively positioned points in the ear. The Neurostimulator is based on Cranial Electrotherapy Stimulation (CES). CES stimulates a number of neuro-chemical and physiological conditions that are known to relieve pain and depression. Relief is generated by release of endorphins, the body's natural opiates.

For more information about PENS technology and to find out of you are a candidate for this new treatment, contact us at **(813) 978-0020.**

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Are Your Dentures Driving You Crazy? Consider Implant Over-Dentures

By Dr. DeLuca

Know anybody who is missing all their teeth? Know anybody who hates their dentures? I am certain that everyone knows at least one person who is wearing, or attempting to wear, dentures. Every day I have patients who are surprised that we fully expect them to keep their teeth for the rest of their lives. We have been so conditioned to believe that we are eventually going to lose all our teeth that many older adults just assume that is a natural progression in life. In many of these cases, the patient will tell us their mother or father lost their teeth at an early age and their mom's mom lost her teeth at an early age, on down the family line. They will also usually tell us how miserable their parent was with their dentures, and that is why their parents always made sure the kids got the dental care the parent never did. In this article, we will revisit a service that I have seen change so many lives.

Any body with a lower or bottom denture will tell you they just don't fit, no matter how well they are made or how much they cost. The anatomy of the lower jaw and the tongue are just not conducive to getting something to fit and stay still. The denture just rides along the ridge and becomes a very annoying moving target. The problem gets worse over time as the patient loses more and more bone. I am sure that many denture wearers who are reading this article are nodding their heads while they are reading!

The Solution: Dental Implants

With dental implants, we now have a very reliable, relatively inexpensive and very effective way to hold the lower denture in place and, in the process, change a person's life dramatically. By placing 4-6 implants in the Jaw we can snap the denture into those implants and go from a denture that was an uncomfortable moving target at best to one that is stable, well supported and gives you back a great deal of bite force that you forgot you lost when you lost your teeth. Food just chews better with dental implant supported dentures.

In many cases, we have taken patients who either don't wear their tissue supported dentures at all or only wear them on Sunday, to patients who can comfortably wear their implant supported dentures all day long. They do not want to go without them. They can eat just about anything

they want, speak with confidence without a lisp and do not have to worry about the embarrassment of their teeth coming loose at a dinner party. In more than one situation we have provided this service to a patient's spouse, usually the husband, who refuses to wear his current denture even at social functions, often to the embarrassment of his family.

Dental Implant Process

Assuming the patient is healthy, and enough bone remains, the process is straight forward and very predictable. The first step is placing the implants, preferably 4-6 for the upper jaw and 2-4 for the lower jaw. The implants are surgically placed in the anterior or front portion of the jaw. The implants are typically left to heal for about 4 months. During this time the patient wears their current set of dentures. After 4 months, small caps are placed on top of the healed implants. The caps correspond to small receivers that are placed in the underside of the denture. These receivers can then be snapped down onto the implant caps, firmly holding the denture in place. The implants will not only keep the dentures from moving but also give support underneath to improve the patient's biting force and ability to chew. In most case we make the patient new upper and lower dentures as part of the final process. This allows for the best results as far as strength and esthetics.

Implants can also be placed under upper dentures, although most patients get along relatively well with upper dentures without implants. For upper dentures we place 4-6 implants, because the bone in the upper jaw is not as strong as the bone in the lower jaw- it is more porous. With 6 implants we can usually get enough strength to remove the part of the denture that covers the palate or roof of the mouth. For many patients, especially those prone to gagging, this can be a huge benefit. It will also often improve the patient's ability to taste food and speak.

If there is one part of my practice where we see the most "tears of joy" shed, this is it. It is always fun to change someone's smile with veneers, but as far as dramatically change the quality of a patient's life, now this is life changing. To be able to give a patient who has struggled with a denture—sometimes for 10, 20, 30 years – something that stays put and allows them to eat things they haven't eaten for many year puts a huge smile, and often a tear, on the face of the patient and dentist alike.

I would encourage anyone who is currently struggling with dentures or who is potentially going to lose their teeth to talk to their dentist about the implant option. It is never too late to change your or someone else's life. We are here to help! Give us a call at **813-365-3552** or visit us at impeccablesmiles.com

Dr. Vivian DeLuca, DMD, FAGD, FADIA at IMPECCABLE SMILES (Lutz, FL)

"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.

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5 days, departs December 29, 2019

Immerse yourself in the pomp and circumstance of the 131st Rose Parade with a YMT exclusive float viewing event and private dinner with the Tournament of Roses Committee, and comfortable grandstand seating to watch the parade up close. You'll enjoy 5 wonderful days in glamorous Los Angeles, seeing highlights of the sprawling City of Angels from Hollywood to Beverly Hills to the vibrantly revitalized Downtown. Ask about our post-parade float viewing add-on to make your experience even more spectacular!

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Should You Have Genetic Testing?

Standard medicine is sometimes lagging. We check our labs, regularly for liver enzymes, thyroid hormones levels, lipid counts, we even have blood pressure machines in our grocery stores and our homes to keep those numbers under wraps, but what about testing our DNA, does it still seem like science fiction to you?

Genetic testing is the wave of the future because it's a cutting-edge and advanced way to utilize early diagnosis, ward off disease progression, understand cellular function and a better way to stay on top of our health.

Genexe Health is a progressive genetic testing organization. Their mission is to ensure everyone has affordable access to Genetic Screening services. Whether young or old, rich, poor or somewhere in between, Genexe Health believes that Genetic Screening should be accessible to everyone, and they are determined to make that happen!

The laboratories Genexe selects to partner with primarily utilize liquid chromatography/mass spectrometry testing techniques, which are considered the gold standard in the industry. This gold standard combined with the utilization of one of the most advanced laboratory information management systems (LIMS), generates highly accurate test result reports. These reports are customized and easy-to-read.

Genexe Health's partner laboratories' methods and testing procedures are based upon scientific facts and values through which extensive research and data analysis are collected and measured. Such testing procedures set their partner laboratories apart from other less meticulous laboratories.

Genexe Health's partner laboratories are committed to adhering to the highest analytical standards in the industry, with rapid turnaround times, allowing for prompt informed decisions about treatment.

Cancer Screening
A cornerstone of Genexe service offerings is genetic testing. Their CGx testing service can provide a glimpse into the future by checking for and revealing possible genetic mutations that may increase a patient's chance or risk of developing certain types of cancer.

At the molecular level, certain inherited genes passed from parents to their children can have multiple effects on the overall health of the children. Mutations can reveal a patient's predisposition toward developing a type of cancer that may have affected their ancestor(s). CGx testing is available for many types of cancers including breast, ovarian, colon and thyroid.

The importance of CGx testing to a patient includes:

- Early determination of risk of developing cancer; and
- Provision of accurate information to guide a proper health care plan

Along with cancer, Genexe tests for many health disorders and disease states such as the following:

- Alzheimer's Disease
- Cardiology Disorders
- Carrier Conditions:
- Sickle Cell Anemia
- Gaucher's Disease
- Hemophilia
- Usher Syndrome
- Tay-Sacs Disease
- Cystic Fibrosis
- And much more

There is a level of uncertainty when conducting DNA genetic testing and no genetic test can predict with 100% certainty if you will develop cancer. However, a CGx test can provide you with valuable information as to whether you have an elevated risk. Contact us and schedule your screening today.

Instead of being reactive to a late-stage diagnosis, take the step into the future of medicine. Get genetic DNA testing–It could save your life.

Contact Genexe Health to schedule your screening today.

genexe™ health

www.genexe.com

Contact intake specialist

Jessica Azarelo

727-373-8210

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

You must visit a Physician that is licensed to recommend 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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Omnidoctorsfl.com
To find out more, please call 866-417-2002, or visit their website at Omnidoctorsfl.com

MAY IS MENTAL HEALTH AWARENESS MONTH

You Should Speak to Your Healthcare Provider About Stress, Fear, Anxiety & Mental Health

Why do we have bouts of anxiety and stress, and why is it more unyielding for some than others? In Paradise Lost, John Milton may have summed this up very well when he wrote, "the mind is its own place and in itself, can make a heaven of hell, a hell of heaven." Medical professionals are still discovering new reasons for mental health disorders like depression and anxiety and studying effects of mental health on how the body functions physically. Mental health challenges are sometimes unrecognized and therefore underreported, and greater awareness of the effects of mental health disorders can change this.

Nearly 47 million Americans experience mental health disorders annually.[1] Mental health disorders are present across the age, income, educational, social spectrums; and among persons dealing with substance abuse, prevalence rates exceed 50% according to the National Institutes of Health. Mental health disorders can cause fatigue, chronic pain, nausea, feeling despondent, or hopelessness. Depression, anxiety, schizophrenia, bipolar disease, obsessive compulsive disorder are examples of mental illness. Depression and anxiety are more commonly experienced and can affect general function mentally and physically. Symptom recognition of mental health disease and early intervention improve opportunities for optimal treatment outcomes.

Getting the Right Treatment Matters

Seeking help is a critical factor in getting healthy. Everyone can benefit from some form of anti-anxiety therapy, even if that is starting with mediation or changing the diet and sleep pattern, as these all work together to stabilize a sense of calm and control. Whether the anxiety is 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. But depending on your severity, there are also natural alternatives like herbal treatments and finding new ways to unwind (yoga, sauna's and other self-care). However, if the stress is significant to the point that a patient can't get out of the slump, then more advanced practices are most likely needed.

Negative Stigma Associated with Mental Health Issues

Don't let any preconceived notions of a negative stigma stop you from seeking treatment. The damaging concept that exists around mental health stems from a lack of understanding and education. There should never be any fear or anxiety when speaking to a professional about your concerns because keeping an open dialogue with your health care professional regarding mental health is crucial for reversing the condition. By working together to shed light on the prevalence of mental health issues and the importance of mental wellness, medical professionals can improve patient access to numerous available resources and help their patients realize that they are not alone—there is help available and the more personalized it is, the better.

Your Best You, P.A.

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

References:
1. https://www.nimh.nih.gov/health/statistics/mental-illness.shtml

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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IT'S NOT JUST IN YOUR HEAD!

Pelvic Pain Can be Caused by Hormonal Imbalance & Gynecological Issues

Many women have gynecological issues that cause pain and it's not "just in your head!" It's not uncommon that hormonal dysfunction plays a critical role in changing the way women feel about intimacy with their partner. Conditions like Hormonal imbalance, pelvic pain, endometriosis and fibroids all cause pain and can lower a women's libido.

Dyspareunia (painful sex) is a symptom of vulvar and vaginal atrophy (VVA). Whether menopause was brought on naturally by aging, or surgically, it is quite common for women to experience painful intercourse during this time in their lives. Genitourinary syndrome of menopause (GSM) better explains the overall dysfunction of the urinary and genital tissues as women undergo menopausal symptoms.

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

Due to the limited estrogen supply, the walls of the vagina start to thin out, causing dryness, burning, and inflammation. This can make intercourse very painful and can cause urinary disorders and can even interfere with daily activities for many women due to the extreme pain and discomfort that it can cause. This disorder is specifically known as vaginal and vulvar atrophy.

Your Treatment Options

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

Hormone Therapy

If you are experiencing moderate to severe menopausal symptoms, Dr. Vahora may suggest bioidentical hormones. With personalized medicine, Bioidentical hormones can be traditional FDA pharmaceuticals or compounded bioidentical hormones, because both allow your healthcare provider to tailor your treatment to your specific needs.

Other hormonal treatment options include estrogen pills, creams, gels or transdermal patches, which will increase estrogen production in the uterus. If you no longer have a uterus, you might respond better to a stronger, time-released dose of estrogen via an inserted vaginal ring or other non-estrogen related products.

Cutting-Edge Technology to Stop your Pelvic Pain

When you have VVA and dyspareunia (painful intercourse), sometimes hormone therapy is not enough to improve your symptoms alone. When hormones are not enough or contraindicated, there is another option. The MonaLisa Touch® has helped countless women.

This procedure restores the resiliency and moisture tot eh vagina. Many women feel as though it turns back time. MonaLisa Touch® is an advanced laser therapy the revitalizes the vagina and makes it feel like a younger vagina. There are no medications, not cutting and no lengthy healing times with this procedure. Pain-free, Patients 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 with the MonaLisa Touch's® ability to gently improve the tissue of the vaginal mucosa. The laser stimulates the production of collagen, improving the functionality of the treated area and restoring the proper trophic balance to the mucous membrane.

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."

You don't have to live with hormonal imbalance and all of the issues that are disrupting your body and health, get the relief and new beginning that you are worthy of. Talk to your Gynecologist or Nurse Practitioner to discuss what options are best for you.

HEAL & ALLEVIATE Your Pelvic Pain!
Please call (727) 376-1536.

ParveenVahoraMD.com
info@ParveenVahoraMD.com

Connie Moler, APRN, *joins Dr. Vahora's office. Originally from Central Illinois, Ms. Moler obtained a B.A. in Psychology from Indiana University. She then completed her MSN as a Women's Health Nurse Practitioner at Vanderbilt University. Ms. Moler brings her 20 plus years of experience and her joy of caring for women to her new position with Dr. Vahora.*

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ARE YOU SUFFERING FROM PAIN?

The National Institute of Pain, a medical organization dedicated to the relief of human suffering by providing advanced pain therapies and also contributing to our scientific knowledge through research.

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Sunil J. Panchal, M.D.

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WANT TO AVOID SURGERY?

Understanding Regenerative Medicine for Hip & Knee Pain

Unlike traditional hip and knee surgery, which can be intimidating for many patients, two minimally invasive procedures are proving effective for numerous individuals that suffer from knee and hip arthritis, injuries and degeneration. If done together, these two therapies can not only alleviate pain, but also restore and regenerate tissue.

Radiofrequency Denervation

Using light sedation and local anesthesia called radiofrequency denervation is the answer that many individuals are waiting for to alleviate their pain. Neurotransmitters directly sensitize the nerve endings in our bodies via the brain. With radiofrequency denervation the nerves that are damaged, narrowed, or impinged, are treated with a low-level of localized heat, causing the nerve to stop sending signals to our brain through an interruption in the nerve conduction.

This procedure is entirely safe and effective. It has been used for many years with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are then located through a probe that is inserted through a tiny needle into the spinal area. Once the damaged nerve(s) are determined, a small lesion is created through the controlled heating of the probe through medium-frequency alternating current. This will alleviate the pain signals to the brain, allowing the patient to be virtually pain-free. The entire procedure takes approximately 20-30 minutes, and patients can resume normal activities within a short period of time. It is easy to reach the nerves of the hip and knee with this approach.

Radiofrequency denervation is able to treat other areas in the body as well. It is commonly used for headaches, facial pain, back pain, complex regional pain syndrome, peripheral neuropathies, trigeminal neuralgia, disc denervation, and neck pain.

Exosomes

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. He 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." says, Dr. Panchal.

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. 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. Their goal is to strive to deliver the highest quality of comprehensive care for those who are suffering from spine, joint, and nerve injuries. Please visit their website at **www.nationalinstituteofpain.org**, or call them at **(813) 264-PAIN (7246)**.

The National Institute for Pain

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www.nationalinstituteofpain.org

Top Reasons Why You Should Implement a 'Preemptive' Power of Attorney

When you or a loved one is aging, it's essential to implement a power of attorney (POA) while someone is capable and competent of signing paperwork and evaluating needs. Too often families wait until their parent or spouse is unable to make sound judgments, and then it can be a costly process to navigate through the court systems to gain control of assets and to make important financial and health-related decisions.

It's not uncommon that one needs a live-in nurse to help with daily tasks that are now impossible due to cognitive and degenerative conditions (Alzheimer's, Parkinson's disease, etc.) or debilitating disorders (cancers, coma, on life-support, etc.). When there is no power of attorney in place to make those decisions legally, it can turn into a lengthy process with negative outcomes.

In Florida, the state no longer recognizes springing POAs (that "springs" into effect when one becomes incapacitated), unless the paperwork was signed before 2011. Instead, the State now requires a permanent POA that goes into effect at the moment of signing If you or a loved one are being proactive about your estate planning or medical interests, it's critical to speak to an attorney to help guide you through the process and make the appropriate decisions that are specific to your situation.

Estate Planning

Estate planning services available through The Law Offices of Daniel Waldman include the drafting of wills, trusts, living wills, and powers of attorney among other documents. They customize the documents to match the needs of the clients, provide for their children, dependents and intended beneficiaries, and reduce the impact of estate taxes.

Daniel Waldman
Founding Partner

Daniel Waldman graduated from Harvard Law School. While in law school, Daniel volunteered in a legal clinic where he helped veterans and underprivileged members of society in family law and estate planning matters. Daniel also graduated summa cum laude from UCLA, having majored in Political Science with a concentration on international relations.

Experience

Before attending UCLA, Daniel was a staff sergeant in the Israeli Defense Force.

As an attorney, Daniel practiced at Cadwalader, Wickersham & Taft LLP and Katten Muchin Rosenman LLP, focusing mostly on corporate income tax and large-scale securitization taxation issues and dedicating most of his pro bono hours serving veterans and veteran-related charities in their legal needs.

At The Law Offices of Daniel Waldman, they are a new kind of law firm for a changing world. They are consistent, patient and professional, giving each new client the attention it deserves. An integral part of our services is to work closely with their clients so that they can make the right decisions with respect to their legal needs.

Their experienced and innovative lawyers bring a whole universe of experience and knowledge to each case. They understand that the world is constantly changing, and you may be confronted by a confusing array of regulations, questions, and occasional disputes. Check out our areas of expertise and call us with your legal questions today. They have English and Hebrew speaking attorneys on staff.

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Experience the History of the Rose Parade First-Hand with YMT Vacations

The Tournament of Roses Parade is an American New Year's tradition, a festival of elaborate, flower-covered floats, marching bands, and more held in Pasadena, California, every January 1st. You've watched the pageantry and beauty of the parade on television—isn't it time you saw the floats in person?

One hundred thirty years ago, the first Rose Parade was held on January 1, 1890. Back when it all began, the Rose Parade was a way for privileged families to show off their new home in California to friends and family back East. The parade route was help along what was known as Millionaire's Row, where their palatial homes were on full display.

Professor Charles F. Holder, a member of the exclusive Valley Hunt Club where many privileged families were members, once wrote, "In New York, people are buried in snow. Here our flowers are blooming, and our oranges are about to bear. Let's hold a festival to tell the world about our paradise."

The first parade featured simple carriages covered in flowers and a queen elected by the student body of the local high school. Today, there are 100-foot floats with live animation and special effects. However, true to its beginnings, each float in the parade must still be covered entirely of organic material, and the weather in Pasadena remains something worth bragging about to all of your friends and family.

If you and your loved ones want to visit this year's, 131st Rose Parade, here is what you can expect:

- 2020's parade takes place on Tuesday, January 1st, 2020, from 8 AM to 12 PM
- The parade takes 2 ½ hours to cover the 5 ½ mile long route down Colorado Boulevard, come rain or come shine.
- The average temperature range is 50° F to 68° F. The mornings usually warm up around 10 AM, but until then, layer up, enjoy a warm drink
- The Rose Parade starts at 8 AM PST sharp, with ABC's coverage beginning at 8 AM PST/11 AM EST, and NBC's programming starting at 8:30 AM PST/11:30 AM EST.
- The parade's American television audience is 50 million, with 30 million international viewers.
- You should be seated by 7:00 AM if you're at the start of the parade west of Fair Oaks Ave. Otherwise, be at your seat by 8 AM. Regardless of where you are seated, plan to arrive in the area at least two hours prior.

You can see the Queen of the Tournament of Roses for yourself this January 1st as the parade once again makes its way down Colorado Boulevard. Each YMT Vacations journey to the Rose Parade features a behind-the-scenes tour of the float building pavilion and an exclusive dinner with a presentation by the Tournament of Roses Committee White Suiters. Guests also enjoy grandstand seating at an ideal location along the parade route.

YMT Vacations has been taking guests to the Rose Parade for over 45 years and they offer multiple ways to enhance the experience by combining it with other destinations. All vacations include a tour of Los Angeles, plus you can add an up-close viewing of the floats after the parade, a guided tour of the Grand Canyon with a stop in exciting Las Vegas, or take a tour up the California Coast to San Francisco. Alternatively take in the sights of the parade and then escape winter with a relaxing cruise along the Mexican Riviera.

Celebrate the next Tournament of Roses Parade the way it was intended to be experienced—in Pasadena!

For information, or to make your reservations, call your travel agent or YMT Vacations at 1-888-702-9497.

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Be Still & Know

By Jodi Thomas

Muddy water becomes clear if you only let it be still for a while. –Dallas Willard

I'm a doer by nature. I like lists, and I absolutely adore crossing things off said list. On any personality test, my personality is the one that takes action, the one that gets things done. And this has been no different in my spiritual life. I got really good at cranking out spiritual activity. But about 15 years ago, I hit a wall. We experienced a life crisis that brought me to the end of myself. I had heard my friends talking about going on a "silent retreat," and I was intrigued. The anxious and negative chatter inside my head was so relentless, perhaps a silent retreat could usher in some relief. So I went. And I kept going. Year after year after year. And honestly, silence and solitude have changed my life. It has been the key in transforming my soul, my heart, and my peace of mind.

Solitude and silence are two disciplines of abstinence. This culture is addicted to noise, to distraction, to performance. If solitude—being alone—and silence—to escape from noise—were animals, they'd be on the extinct list. And yet, what our culture needs—what *we* need—more than anything is to get away from the insanity, to simply stop. . . and just be.

One of the 10 commandments is to honor the Sabbath. This basically means that God mandated that 1/7 of our time should be spent in rest, in doing nothing. That should show us how vitally important rest is in our lives. God made us human *beings,* not human *doings.* Dallas Willard, in *The Divine Conspiracy,* says, "The cure for too-much-to-do is solitude and silence, for there you find you are safely more than what you do. And the cure of loneliness is solitude and silence, for there you discover in how many ways you are never alone."

We discover many things in solitude and silence; Willard goes on to say, "One is that you have a soul. Another, that God is near and the universe is brimming with goodness." For me, it would take an entire book to chronicle all I have learned in solitude and silence. But some of the most important things I've learned are:

to quit *doing*. . . and to just sit and *be*

to be patient to receive from God what *He* wants to give me. . .

to hear from God. . .

to be patient and gentle with myself—which helps me be patient and gentle with others

how much God loves me. . . and loves those around me.

Be still and Know that I am God."
Psalm 46:10

What do you do in solitude and silence? Well as far as typical productivity, not a whole lot. The point is to just *sit*. . . and be. Whether it's 15 minutes or 3 days (of course, if it's for days, you wouldn't sit for three days straight!). But you take a break from "getting things done" and do things that fill your soul instead.

My favorite thing to do in solitude and silence is to sit with a passage from the Bible. I read it a few times, and then I just wait and see what the passage whispers to my heart. God still speaks very clearly, and most of the time, for me, it is through His Word. It's amazing what we can hear if we just quit talking. If this sounds intriguing to you, I found a great resource, *Meeting God in Scripture: 40 Guided Meditations* by Jan Johnson. Time and time again, God fills the vacuum in my soul with His reassuring words, "I love you." "All is well." "I've got this." "Trust me."

Jesus practiced solitude and silence regularly. *But Jesus often withdrew to lonely places and prayed* (Luke 5:16). If God Himself needed time to withdraw and pray, how much more so do we?!

Do you feel disconnected from yourself? From your heart? From God? Spend some time in silence and solitude and a passage from the Bible, like Psalm 139, Matthew 11:28-29, or Luke 12:22-31. Let God whisper to your heart what He knows you need to hear.

I love this passage from Isaiah 30:15: *In repentance and rest is your salvation, in quietness and trust is your strength.* These words are true. I have found them to be true in my own life. When I am quiet and rest in Him, He strengthens my heart and my spirit is refreshed. I hope you will find them true, too.

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