

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

July 2019

Pasco/North Tampa/New Tampa Edition - Monthly

www.healthandwellnessFL.com

  **FREE**



**SUMMER
SAFETY TIPS**
FROM REVELLO MEDICAL
AND WELLNESS CENTERS

See Page 14

**CROHN'S DISEASE
CLINICAL TRIALS**

See Page 20

**WHAT IS SKILLED
HOME HEALTH?**

See Page 18

ADDICTION
DO YOU KNOW YOUR
TREATMENT OPTIONS?

See Page 12

BALANCING LIFE

See Page 27

Home Of The Experts

Home Solutions Team Featured Listings

Find More Listings at TampaHome360.com

1215Columbian.com



1215 Columbian Dr
Punta Gorda, FL
\$549K

28574TranquilLake.com



28574 Tranquil Lake
Wesley Chapel Townhome
\$279,900

19708KellEstates.com



19708 Kell Estates
Land - \$395K
W/Home - \$991,800



The Goodwin Mortgage Group is proud to be a local mortgage banker who offers a full range of competitive mortgage products with decades of experience to meet the unique individual needs of each client. Because we directly process, underwrite & fund our loans in house, we are able to have loans closed faster than our competitors.

We pride ourselves on the following beliefs:

- Customer satisfaction
- Always available to talk
- Problem solving
- Communication to reduce closing delays
- Simplifying complex transactions

We wouldn't be where we are today without our trusted Realtor partners. Whether you're a first time home buyer or looking for a jumbo loan, we will always have your best interest in mind.



We can be summed up in one word—Success! What makes us successful? Strong work ethic; knowledge; skill; teamwork; experience; determination. Don't let us just tell you what we can do, let us show you. Call or connect with us today and be a part of our success story.

Unlock Your Dreams With Our *DreamStyle* Collection

Find Current Collection of Homes at DreamStyle360.com



1625
Woodridge Ct



18009
Palm Breeze Dr. Tampa



1952
Brainerd Ct. Lutz



Ioni Hodstrom P.A.
REALTOR®, Owner
Real Estate Expert



Selena Stamm P.A.
REALTOR®, Owner
Real Estate Expert



Stacy Folsom
Transaction Coord. &
Office Manager



Dona Anello
REALTOR®
& Buyer Specialist



Courtney Ferrante
Marketing & Listing
Manager



GOODWIN MORTGAGE GROUP

Josh Goodwin
NMLS#1082520
Vice President/Branch Manager
813-230-5982
jgoodwin@goodwinmg.com
1511 N Westshore Blvd
Suite 1150
Tampa, FL 33607



NMLS #138063

Your Source for Exceptional Care



About BayCare Medical Group

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

Your Source for Primary Care

Health care is intensely personal. You need a physician who provides a sense of security and trust. BayCare Medical Group primary care physicians build a real relationship with you. You'll receive excellent, compassionate care, close to home.

- Find your new primary care physician at Doctors.BayCare.org.
- Most insurances are accepted.
- Same day, early morning and late evening appointments are offered.

Your Specialist Resource

BayCare Medical Group specialists focus on quality and personalized care. All specialists are board certified and highly experienced. Need help finding a specialist? Let our Customer Service Center help you: (855) 466-6686

Find your new primary care
physician at Doctors.BayCare.org.



BayCareMedicalGroup.org

19-7833320-0619

Otolaryngology – Ear, Nose, and Throat

Your Ear, Nose and Throat Specialists

Diagnostic and surgical procedures performed on site include:

- Common ENT Disorders
- Ear Surgery
- Facial Nerve Disorders
- Head and Neck Tumors
- Hearing Disorders, Hearing Aids, Vertigo/ Dizziness
- Nasal Surgery
- Head & Neck Skin Lesions
- Speech and Swallowing Disorders
- Vocal Cord Paralysis
- Voice Disorders
- Sinus Disease



Michael Branch, MD
Otolaryngology - Ear, Nose, and Throat

Schedule your appointment today:

813.778.0101

Wesley Chapel

Wiregrass Multi Specialty Campus
2352 Bruce B Downs Blvd., Suite 303
Wesley Chapel, FL 33544

Zephyrhills

Eiland Multi Specialty Campus
36763 Eiland Blvd., Suite 103
Zephyrhills, Florida 33542

Request an appointment online: www.FloridaMedicalClinic.com

Got Pain?



Have you tried:

- Pulsating electromagnetic frequency
- Natural ozone injections
- Vibration disk decompression
- X-ray guides therapy
- Neuromuscular re-education.

AXE
HOLISTIC MEDICINE



Call today for a
FREE CONSULTATION
to see if you're a candidate.

813-369-5024

15049 Bruce B Downs Blvd., Tampa, FL 33647



Dr. Jordan Axe

RIVERSIDE

RECOVERY

**GET BACK
THE LIFE
You Love**

Waterfront.

Luxury.

Rehab.

rrtampa.com



Recovery for us is Personal

Seventy-five percent of our staff has gone through the recovery process and experienced firsthand what it feels like to have your addiction define you. We want your experience to be better.

we are
different
experience
for yourself

Detox

Starting Clean

Residential

Healing Addiction

Day/Night

Feeling Control

Outpatient

Living Sober

813.575.4171

4004 N Riverside Dr., Tampa, FL 33603

PARVEEN S. VAHORA, MD, FACOG GYNECOLOGIST



Dr. Vahora, MD, FACOG



Connie Moler, APRN

SERVICES:

- GENERAL GYNECOLOGY
- MONALISA TOUCH®
- LAPAROSCOPIC SURGERY
- PELVIC PAIN
- ROBOTIC SURGERY
- HORMONE THERAPY/
BIO-IDENTICAL HORMONES
- GENETIC CANCER TESTING

**NOW OFFERING GENETIC
TESTING FOR MEN**

*INSPIRING WOMEN TO LIVE
THEIR BEST LIFE BY PROVIDING
COMPASSIONATE CARE.*

Call or email to set up your consultation today!

727-376-1536

Info@ParveenVahoraMD.com

www.ParveenVahoraMD.com

9332 STATE ROAD 54 SUITE 403, TRINITY, FL 34655
ADVANCED AND INDIVIDUALIZED CARE

Contents JULY 2019

7 Types of Hernias & Treatment Options: What You Should Know

8 Health of the Market Report with Toni Hedstrom

9 How Holistic & Regenerative Treatments Are Restoring Patient's Health

10 How Intimacy Plays a Role in Your Wellbeing

12 Addiction: Do You Know Your Treatment Options?

14 Summer Safety Tips from Revello Medical and Wellness Centers

15 Clean Juice® Has a New Summer Menu with 100% Organic Ingredients

16 The Most Common Causes of Cartilage Loss

18 What is Skilled Home Health?

19 Chronic Sinus Infections: How a Balloon Procedure Could Help Alleviate Your Symptoms

20 Crohn's Disease Clinical Trials for Advanced Treatment Options

22 Painful Intercourse Affects Numerous Women: Your Gynecologist Has Answers

23 Oxygen Therapy for Stroke: Can it Help to Regenerate the Damaged Brain?

24 Spinal Stenosis Treatment Options

27 Spiritual Wellness: Balancing Life

CONTACT US

OWNER / ACCOUNT EXECUTIVE

TAMPA/PASCO - (727) 515-2353
BOB GUCKENBERGER
bobguckenberger@gmail.com

CREATIVE DIRECTOR

SONNY GRENSING
sonny@gwhizmarketing.com

Central Florida's Health & Wellness Magazine can be found in over 1,000 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call
Tampa/Pasco 727.515.2353

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2019. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

A passion for putting patients first

Revello
MEDICAL
Wellness
& ACTIVITY CENTER



*Family Owned and Operated Since 1992
Together Creating A Healthier You*

We can help you be at your best.

- Same day appointment when necessary
- 24 hour physician on call, seven days a week
 - Bilingual Doctors & Staff
- Complete Physicals, well woman exams and immunizations
 - Lab draws on-site
 - Preventive Care Services
- Cholesterol screening and management
- On-site Echoes, vascular studies, Pulmonary Function Test, and EKG
 - Wound Care
- Patient care Coordinators and Case Managers
 - Transportation
 - Daily Activities
- Cooking & Art Classes
 - Silver Sneakers
 - Yoga
- Health Education Seminars
 - Athletic Physicals
 - Nutritional Teachings
- Medical Weight Loss and Management
- Support in maintaining prescription cost to a minimum
 - Optional FREE home delivery for prescriptions

www.revellomedical.com

TOWN AND COUNTRY

5901 Webb Road
Tampa, FL 33615

813-888-8215

WEST TAMPA

2601 N. Himes Ave
Tampa, FL 33607

813-873-8071

CARROLLWOOD

10213 Lake Carroll Way
Suite D - Tampa, FL 33618

813-374-7007

HEALTHY MALE RESEARCH STUDY!



Want to be part of the future of medicine?

Looking for healthy male participants to enroll in a clinical research study located in Clearwater, Florida.

Qualified participants receive:

- Compensation for time & travel
- All study-related medications & medical care at no cost
- No insurance required

Clinical Research
OF WEST FLORIDA

Contact Information:
Clearwater Research Site
727-466-0078
www.CRWF.com
Restrictions Apply

You may qualify! Give us a call **727-466-0078**

Types of Hernias & Treatment Options: What You Should Know

If there is a weakness in the muscle or soft tissue, a hernia can develop by way of, an organ or fatty tissue squeezing through the fascia. Many people are familiar with intestines protruding through a weak point in the abdominal wall, but there are many types of hernias and causes. Hernias can range in severity and symptoms, for this reason, it's essential to see a specialist to determine if you need treatment and if there is a possibility of organ or intestinal strangulation, which is a life-threatening condition.

Common Types of Hernia

- Inguinal (inner groin)
- Incisional (resulting from a surgical incision)
- Hiatal (upper stomach)
- Femoral (groin/hip)
- Umbilical (belly button)

Hernia Treatment

Depending on the size, location, and severity of the hernia, they can be repaired with either open or laparoscopic surgery. Open surgery uses a full incision to repair the area, while laparoscopic surgery uses a small camera and tiny surgical equipment to repair the hernia through ports, which are very small incisions.

Laparoscopic hernia repair is a minimally invasive method that typically utilizes three ports. The camera allows the surgeon to view the operating field on a monitor, which allows the physician to visualize the organs and instruments with clarity, providing unprecedented control and optimal outcomes.

The Benefits of Laparoscopic Surgery

- Quicker recovery times
- Minimal scarring
- Minimal discomfort
- Optimal outcomes



We caught up with Dr. Steven Jackson, Surgeon with BayCare Medical Group to find out more.

Q: What is the one thing you want patients to know about hernia repair?

A: If you have a hernia, don't just assume you can leave it alone and you'll be fine. There is a huge misconception out there that if it's not really bothering you, you're fine, don't worry. But the truth is that hernias can be dangerous and can cause significant complications, even death if they need to be treated. Seeing a specialist to evaluate your hernia is a wise and critical decision. This is the case for both younger active people and older, less active individuals, as both are equally at risk for complications. Another issue that gets glossed over and misconstrued is that people assume that smaller hernias are less of a problem, when in fact, smaller hernias can cause the most severe impediments and complications.

Q: What are the advancements in mesh?

A: A lot of patients are leery of mesh because of the things they've heard or seen on TV about older mesh that is no longer used in medicine. The advancements in the mesh that is used today are that it's a biological material that's extremely

lightweight yet durable. Because of its hydrophilic nature, it is perceived as natural to the body and over time, becomes naturally embedded and interwoven with the soft tissue.

Q: What about recovery? What can patients expect?

A: Because there are only a few small ports that are needed for laparoscopic hernia repair, recovery is quick and much less painful. Most patients can expect to be feeling quite well within a week or two. With open surgery, which is sometimes necessary for larger hernias, recovery is typically 4 to 6 weeks.

Steven M. Jackson, DO General Surgery

Dr. Steven Jackson is board certified in general surgery, with special interests that include minimally invasive surgery, upper and lower endoscopy, wound care, and medical missions. He has been certified in wound care and hyperbaric oxygen therapy and use of the daVinci® robotic surgery system. Dr. Jackson is a member of the American College of Osteopathic Surgeons, the Florida Osteopathic Medical Association and the American Osteopathic Association. He was a former member of the clinical faculty with the Alabama College of Osteopathic Medicine and the Virginia College of Osteopathic Medicine at Auburn University. Dr. Jackson is accepting new patients age 18 and older, and most major insurance plans are accepted.

*To schedule an appointment, please call
(727) 375-2849.*



BayCare Medical Group North Bay Surgery

6633 Forest Ave. Suite 205
New Port Richey, FL 34653

727-375-2849
BayCare.org



Health of the Market Report with Toni Hedstrom

Home Solutions Real Estate Team | 813-549-0870 | www.tampahome360.com

The Unincorporated Territory: Wesley Chapel, Lutz & Land O' Lakes

The Four Corners Monument marks a spot where Utah, Colorado, New Mexico, and Arizona meet. There is a similar place here within the unincorporated territories of Wesley Chapel, Lutz, and Land O'Lakes. These three communities are bound together with a mixed and sorted boundary line - you may not know where you are. The good news, as a resident of one of these communities, you can enjoy the benefits of each area as part of your hometown.

Railroads, churches, and stagecoach relay stations signal the humble beginnings of this unincorporated territory. From those days long ago, these three communities have grown beyond expectations. As outlined in the Multiple Listing Service, there was a total of 940 Single Family Homes built in 2018 that have sold, and an additional 199 Townhomes sold that were also built in 2018. Leading the field for Single Family Home growth is Wesley Chapel, with the development of popular new communities such as Epperson Ranch and Estancia. In addition to new communities, increased growth has given new life to familiar neighborhoods such as Meadow Pointe and Country Walk.

2018 Single Family Homes Built and Sold

Wesley Chapel: 540

Lutz: 103

Land O'Lakes: 297

The Unincorporated Life

These communities cannot call themselves a "city" or even a "town." Instead, they have been labeled as Census Designated Places (CDP). Not long ago there was talk of incorporating Wesley Chapel, but this idea was quickly dismissed. The conversation hasn't even begun for Lutz and Land O'Lakes. Residents comment that they are perfectly happy without the added property taxes required to become a full-blown city and support a local municipal corporation's budget. In turn, these communities sacrifice city government, city police, and other localized government services.

Regardless of this area's official title, they have sought out places for residents and businesses alike. *BestPlaces.net* claims Wesley Chapel's job growth over the next ten years will exceed the national average by 10%.

Price Rankings

Wesley Chapel (Figure 1)

Wesley Chapel has seen a small dip in pricing over the past year. This can be attributed to the increased inventory available. When there are a lot of homes on the market, there tends to be a shift down in value. When there are a lot of new construction options for buyers, the resale market tends to suffer.

Lutz (Figure 2)

Lutz has seen an incredible increase in value over the past year. Unlike Wesley Chapel, the inventory in Lutz continues to be drastically low, which will always force prices up. In the Lutz 33548 zip code there is a small red flag showing. A drop in value, for this zip-code, of 23% from this point last year compared to 2019 can be attributed to the new construction culprit, with large amounts of inventory in communities like Sylvan Crossing and The Promenade at Lake Park.

Land O'Lakes (Figure 3)

Land O'Lakes is our middle ground. Inventory is still low, but the influx of less expensive new construction townhomes has skewed the market, resulting in a slight dip in values compared to last year. Overall, values have increased, and homes appear to be in high demand. Job growth in neighboring Trinity/Odessa has helped to grow popular westside neighborhoods like Bexley where there are currently 60-active listings, and an amazing 90 properties have already sold this year.

In the end, if you are looking for a place to call home, any one of the unincorporated territories is sure to provide long-lasting joy with their abundance of shopping, dining, and entertainment venues. Proximity to the 'big city' is also an added value even with a little traffic. Once you are home - You are HOME. Whether you choose Wesley Chapel, Lutz or Land O'Lakes, you feel like you're in the big city while nearby, you find yourself looking at a pasture full of cows.

There has been talk of a possible downturn in the real estate market. For the unincorporated territories, I feel there is only a bright future ahead. The combination of job growth, amenities, outstanding medical establishments, state parks, and good schools will continue to fuel the area's growth and value.

| Location | May | | | Year to Date | | |
|--------------------------|-----------|-----------|----------|--------------|-----------|----------|
| | 2019 | 2018 | % Change | 2019 | 2018 | % Change |
| 33543, Wesley Chapel, FL | \$269,900 | \$290,000 | -6.9% | \$256,000 | \$280,995 | -8.9% |
| Wesley Chapel, FL | \$260,500 | \$262,250 | -0.7% | \$255,425 | \$262,000 | -2.5% |
| 33545, Wesley Chapel, FL | \$240,990 | \$236,000 | +2.1% | \$250,995 | \$239,900 | +4.6% |
| 33544, Wesley Chapel, FL | \$239,500 | \$255,000 | -6.1% | \$264,750 | \$260,000 | +1.8% |

Figure 1

| Location | May | | | Year to Date | | |
|-----------------|-----------|-----------|----------|--------------|-----------|----------|
| | 2019 | 2018 | % Change | 2019 | 2018 | % Change |
| 33548, Lutz, FL | \$355,000 | \$274,990 | +29.1% | \$284,990 | \$369,990 | -23% |
| 33558, Lutz, FL | \$347,000 | \$302,500 | +14.7% | \$337,000 | \$323,100 | +4.3% |
| Lutz, FL | \$315,000 | \$269,950 | +16.7% | \$287,500 | \$280,000 | +2.7% |
| 33549, Lutz, FL | \$260,500 | \$260,000 | +0.2% | \$270,000 | \$245,950 | +9.8% |
| 33559, Lutz, FL | \$244,900 | \$229,000 | +6.9% | \$223,750 | \$220,000 | +1.7% |

Figure 2

| Location | May | | | Year to Date | | |
|-------------------------|-----------|-----------|----------|--------------|-----------|----------|
| | 2019 | 2018 | % Change | 2019 | 2018 | % Change |
| 34637, Land O Lakes, FL | \$302,495 | \$262,615 | +15.2% | \$293,000 | \$255,595 | +14.8% |
| 34638, Land O Lakes, FL | \$298,495 | \$264,900 | +12.7% | \$264,700 | \$278,000 | -4.8% |
| Land O Lakes, FL | \$274,000 | \$253,000 | +8.3% | \$257,000 | \$265,000 | -3% |
| 34639, Land O Lakes, FL | \$249,900 | \$235,750 | +6% | \$242,500 | \$245,000 | -1% |

Figure 3





Dr. Jordan Axe

How Holistic & Regenerative Treatments Are Restoring Patient's Health

Axe Holistic Medicine specializes in regenerative and functional medicine, spinal restoration, and chiropractic care. Dr. Axe and the practitioners at the center are passionate about helping patients to stop masking their symptoms and to find real answers and effective solutions for their health conditions. One of those patients is 75-year old, Sara Lawson.

Sara's Story

Sara was a very energetic woman; in fact, she was an all-star basketball guard in high school and continued her passion for sports and living life at its fullest throughout her adulthood. Sara led a life full of activities and exercised up until she needed a knee replacement, which to her disappointment, slowed her down significantly.

Like many others, Sara decided to take a different approach to rebuild her strength and vigor; she sought out Dr. Jordan Axe of Axe Holistic Medicine. Regenerative medicine provides a safe and effective treatment for many conditions, including joint inflammation and arthritis. Regenerative medicine has the potential to slow down the progression of joint dysfunction. When used in combination with other treatment options like chiropractic care, stem cell treatments, or PEMF, the rapid onset of healing begins, and inflammation and pain are significantly reduced.

Patient-Tailored Treatment Plans are Essential for Healing

Sara's first appointment with Dr. Axe was over a year ago. After evaluating her condition and her overall health, Dr. Axe and his team developed a customized plan for Sara to get her back into peak condition and doing the things she loves.

"There is no one miraculous cure; it takes a multi-factorial approach to find the best ways to relieve a person's pain and heal cellular damage. We incorporate joint injections that are made up of several elements of growth factors, B vitamins, and ozone (oxygen) amalgamation. This combination gives the body the capacity to regenerate itself." Explained Dr. Axe. "The blending of proteins and growth factors creates cellular regeneration within the joints."



Sara first started receiving the combined stem cell injections and immediately noticed less pain. Over time the inflammation eased, and her body began to heal itself from within, creating synovial fluids and regenerating cartilage and soft tissue. Her range of motion improved, and her ability to get around significantly increased in a short period of time.

As she healed, Sara's treatment was tweaked to fit her needs. Now, Sara's treatment includes preventative chiropractic treatment to help her preclude injury and reduce any pain or inflammation in her body.

Sara's treatment involves a wobble cushion to improve balance, standing cervical traction to realign the neck and spine and to rehydrate the vertebrae and joints. She then receives adjustments (based on examination and imaging). Sara then stands on a pulsating vibration plate (created by NASA) to enhance the adjustments and create intrinsic healing. In several studies, the plate also showed marked improvement in bone density and circulatory function. Sara now only sees Dr. Axe once a month.

Sara's Outcome

Wondering just how effective these treatments have been for Sara? She runs an aerobics class once a week and teaches water aerobics twice a

week. Sara told us. "I wouldn't be able to do any of this if I didn't seek Dr. Axe, listen to his advice, and follow through with the plan."

Unlike standard medical care, that recommends unnecessary surgeries or masks symptoms with pain medications, inject patients with harmful corticosteroid, which actually causes more degeneration, Axe Holistic Medicine uses alternative therapies. With supplementation, PRP, stem cells, oxygen treatment, and natural injections of Traumeel®, which is shown to decrease inflammation and pain, increase healing, and regeneration patients are finding relief and solutions to incorporate into their lives for ongoing prevention, maintenance, and healing.

Regenerative Healing for your Chronic or Acute Conditions

If you are ready to find real answers and alternative, holistic treatment that is proven to regenerate the body on a cellular level and to find methods that treat the root cause of your condition, call Axe Holistic Medicine to schedule your consultation.

To find out more about Dr. Axe or to read other testimonials and stories like Sara's, please visit AxeHolisticMedicine.com.

Axe Holistic Medicine
15049 Bruce B Downs Boulevard
Tampa, FL 33647
813-369-5024
AxeHolisticMedicine.com



How **INTIMACY** Plays a Role in Your Wellbeing

BY DR. ROBERT LUPO, D.C.

Most men are known to put off going to the doctor; however, going to a medical provider is crucial for prevention, early diagnosis, successful treatment outcomes, and quality of life. We've all heard the statistics that heart disease, lung and prostate cancer are men's most common disease states, and if not treated, causes of death, but we hear very little about the way sexual dysfunction can contribute to their health conditions.

In the case of erectile dysfunction, a recent article published in *Psychology Today* states the following: "Psychological: **Depression, anger, anxiety, low self-esteem, sexual self-doubt, and poor body image** can all interfere with erectile ability, as well as general enjoyment of sex. Of course, erectile difficulties can also cause or worsen all of these. For some men (and their partners), one random bout of erectile difficulty can cause a downward spiral of performance anxiety, where every time after they worry about their ability to get an erection which then undermines their ability to get one, which reinforces that worry, etc.

Relationship: Other relationship or sexual issues can impact a man's ability to get an erection. Once erectile difficulties begin, they can obviously also impact the other partner and can elicit many feelings, thoughts, and reactions. It is easy for both partners to get over-focused on the current state of the erection, which makes sex much less enjoyable for both and thereby makes erections even more elusive."¹

Erectile Dysfunction (ED) is deeply related to **vascular health**. Many men that begin to experience ED have little idea that they need to treat the arteriosclerosis in the penis as well as in their body. Most standard medical practitioners will start a man on the "little blue pill," but this only masks the symptoms of ED and it definitely doesn't treat the cause.

1. Tuckman, Ari., PsyD, CST "Erectile Disorder: Not the End of the World." *Psychology Today*, May 04, 2017, psychologytoday.com



Any man that is showing signs of erectile dysfunction should seek alternative and thorough medical assistance from a physician that not only understands the disorder but one that also offers the most advanced treatment to address your overall health.

Dr. Lupo of the Physical Medicine Center focuses on your cholesterol, blood pressure, total vascular health, blood sugar, and hormone levels to treat your root cause of ED. These disorders almost always run parallel to ED. In addition to these conditions, Dr. Lupo employs the most advanced groundbreaking technology, which utilizes high-frequency shockwaves to break up the plaque in the penis. This technology is called GAINSWave

GAINSWave

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

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED)

issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronie's disease (scar tissue) as well as enhance sexual performance.

Younger Men

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible. The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that GAINSWave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be.

Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. GAINSWave is based on a series of over 30 clinical studies showing a greater than 75% success rate in treating Erectile Dysfunction (ED).

SEEK EARLY TREATMENT & DON'T JUST MASK YOUR SYMPTOMS—TREAT THE ROOT CAUSE!

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

physical  medicine
center

where wellness and beauty meet

Physical Medicine Center, Inc.

14522 University Point Place
North Tampa, Florida 33613

813-978-0020

www.mybackinplace.com



***A Breakthrough Solution for Men
Seeking Better Erections
& Optimal Sexual Performance***

GAINSWave™



SERVICES:

- **GAINSWave Therapy**
- **Hair Loss Treatment**
- **Platelet Rich Plasma (PRP) Therapy**
- **Intravenous Nutritional Therapy**
- **Zerona Fat Loss Laser Therapy**
- **Venus Freeze Firm Skin Therapy**
- **Auto Injuries**
- **Spinal Decompression Therapy**
- **ALCAT Food Allergy Testing**
- **Trigger Point Injections**
- **Massage Therapy**
- **Headaches/Migraines**
- **Chiropractic Care**
- **Hormone Replacement Therapy**



**FREE Initial
GainsWave™
Treatment
if You
Qualify!**

**CALL TODAY TO SCHEDULE YOUR
CONSULTATION WITH DR. ROBERT LUPO
AND GET YOUR SEX LIFE BACK.**

813-978-0020

physical  medicine
center

where wellness and beauty meet

DR. ROBERT LUPO, D.C.

www.mybackinplace.com

14522 University Point Place, North Tampa, Florida 33613

Addiction:

Do You Know Your Treatment Options?

Drinking alcohol has become extremely common in our society, and with that, acceptance and desensitization of the harmful effects, often leads to more alcohol abuse than most people are aware of, or willing to acknowledge. The same holds true for drug use. Often, individuals are prescribed pain medications and unfortunately become addicted fairly quickly as their bodies begin to build up a tolerance or go into what's known as treatment resistance. According to the CDC, 88,000 people die of alcohol-related deaths and 70,000 from drug overdose each year.

The questions that many people face are, "Do I really need treatment, and if I do, where can I get help, and will it work?" Not all treatment facilities are the same, and there seems to be a growing need for more advanced, comprehensive treatment in a warm, accepting environment.

There is such a place, **Riverside Recovery in Tampa**, which was founded by Kirk Kirkpatrick and Elizabeth Stockton four years ago, and it's setting high standards for those that need help with substance abuse by getting to the root cause of why they're battling addiction. Paired with spa-like and evidence-based treatment methods within a waterfront, luxurious, rehab center, this is a facility that looks, operates, and treats their clients on a whole new level of care.

We caught up with Kirk and Elizabeth to find out what sets their facility apart from the rest.

Kirk told us, "Elizabeth and I came with the idea of a non-shame based treatment center because the standard addiction facilities make patients feel even more ashamed than they already do; there's a stigma with addiction that permeates these lackluster facilities. They're institutionalized and reminiscent of a hospital, and a jail mixed together. Elizabeth and I met in recovery after both struggling with addiction for years, and together we saw the need for a type of place that patients are sent to recover."

"Top researchers from Harvard, Duke, Stanford, know that a research driven approach is a better way to treat addiction. At Riverside Recovery, we offer the customary 12-step programs because they work, but we couple those programs with advanced



Riverside Recovery of Tampa Owners Elizabeth Stockton, Kirk Kirkpatrick, and Elizabeth's daughter Graysen

methods to offer clients so much more. From SMART Recovery to sound therapy, biofeedback beds, physical therapy, yoga, and many other alternative options, patients are able to find balance and learn lifestyle behaviors that they can use throughout their lives."

"Many people with addictions have a root cause that's the primary leading factor in their dependencies and getting to the core of PTSD, childhood trauma, sexual abuse or whatever the issue is, that's what's most effective in successfully overcoming the habits and triggers of substance abuse."

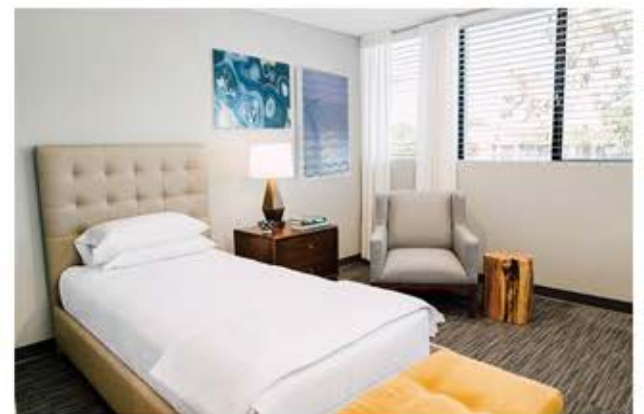


Elizabeth added, "Riverside is a dream recovery center that Kirk and I envisioned so that we could give back; to offer people what we needed and what we know works. When you become sober, you lose that shadow of selfishness, you begin to lose being self-centered altogether, and you want to help others by giving back. This was our passion project, and I'm excited to come to work every day to make a difference in the world and in people's lives. Addiction not only affects the person, but also their family, friends, and their livelihood."

"We're very selective about our staff. We only hire people with passion, values, and those that share our vision that the client is most important. I often tell people that I would feel comfortable sending my child to Riverside Recovery because of the elite care and empathy that our staff offers."



Riverside Recovery Lobby



Riverside Recovery Living Quarters

Kirk added further, "It's very difficult for people to ask and acknowledge that they need help. Elizabeth and I have great respect for all individuals with addiction because we've been there. Most people do not seek help until they've reached rock bottom and are in a dark place. Many of them have lost their jobs, their families have given up on them, they feel hopeless as if they are unable to ever recover; that's where our team of professionals rises above the rest. 75% of our staff struggled with addiction in the past."

"When we started to find investors for Riverside, it was difficult at first because many people did not understand the need for holistic and standard care blended together. Now our board and our investors see first-hand the difference that our center is making in the Tampa community and on a larger scale as well. We are trying to make this well-needed change become the standard."

"Millennials don't particularly like the term 'anonymous.' They want to be able to say, with no shame, 'I don't drink because I live a healthy lifestyle.' We think that's a fantastic attitude in recovery. We have a robust Alumni program for clients who have successfully completed treatment. Activities include bowling events, yoga retreats, BBQ's and giving back to their community. all of our clients through scheduled yoga retreats, bowling events, and BBQs."

"And that's again, our wanting to give back to make sure people know they are worth it and that we are here for them," Elizabeth added. "We offer every level of care under one roof. Many facilities only focus on one aspect of this, but we offer full medical detox, residential, day/night (php), intensive outpatient, outpatient and family programming."

"Most people need a fresh start to overcome habits, trauma, and triggers. Our staff evaluates each individual and tailors a plan specifically for them. Many addiction issues are wide-ranging. People may feel like they can't get their life back in order. I personally went through treatment six times. People can relapse and continue to struggle for long periods of time; that's not uncommon. We help them become the best version of themselves and we offer long-term support."

"Another important point is that many people are unaware that most insurance carriers do cover substance abuse services. Sometimes people that might want help, have no idea where to turn, and they're often scared to reach out. We have a hotline (813) 575-4171 to answer any questions someone might have. We also encourage individuals to do a personal tour, so they can see for themselves if they would feel comfortable at our center. We and our entire staff are welcoming, and Kirk and I personally love to let people know our stories and that there is hope."



Your New Life Starts Today

Riverside Recovery is an addiction treatment center for men and women, offering a full continuum of care for people suffering from addiction and co-occurring mental health disorders.

We focus on the long run, not just one stage of your recovery, so we provide multiple levels of care to help you move through treatment and prepare for independent life. Our programs include detox, residential, day/night and outpatient options — and we ensure that you enter and leave treatment at the levels of care that make sense for you. Our continuum of care is designed to provide everything you need to rebuild your health, restore your confidence, and create a foundation for lasting recovery.

Our programs are individualized and customized for every client. We know that your experience with addiction is informed by your background, your lifestyle, and more — every patient we treat is unlike anyone we have treated before. We work closely with you to identify what you need from us, and we make sure we can provide it at our high standard of care. With this approach, addiction treatment at Riverside Recovery can be the right fit for a wide variety of clients. Whether you have been to rehab or this is your first time; whether you are struggling with addiction to alcohol, drugs, or both; or whether you need treatment for trauma or a co-occurring disorder, we are here to help. Our admissions team is available to provide more information and to help you find out if Riverside Recovery is right for you.

To find out more, please visit rrtampa.com or call (813) 575-4171.



Riverside Recovery
4004 N Riverside Dr.
Tampa, FL 33603
(813) 575-4171 | rrtampa.com

5 Warning Signs That a Loved one is Drinking too Much:

1. Calling out sick to work or missing important functions/appointments
2. Not remembering what happened the night before
3. Distancing oneself from friends or family members (isolating)
4. Weight gain and puffiness in facial features
5. Defensive behavior when questioned about drinking/drug use

Summer Safety Tips from Revello Medical and Wellness Centers

During the summer months here in Florida, numerous people are looking forward to family getaways, going to the beach, relaxing poolside, BBQs and attending Rays games, but with all of this activity, it's important to stay safe during these long, hot, sun-filled days.

Heat Precautions

Our bodies self-regulate heat by sweating and also through radiating heat back into the atmosphere. When we sweat, we perspire potassium and sodium. Both of these minerals help to control nerve function, water balance, and heart rhythm. When our bodies are hot, the skin radiates heat into the air to normalize our body temperature. However, when the air is sweltering, our bodies can no longer reduce its high temperature this way, as it has nowhere to radiate the heat into or to take in cooler air from, as the temperature is higher than your bodies.

Warm weather makes the heart pump faster, which requires more oxygen. When it's hot, and we can't cool down, or breathe efficiently, we complicate the heart's normal functioning, by putting undue stress on its muscle contractions.

Each year during the summer months, more than 8,000 children and teens and over 10,000 adults are admitted to the emergency room due to dehydration.

Tips to Stay Hydrated

- Drink extra water!!!
- Be cautious when exercising or enjoying time outdoors
- DO NOT exercise in the heat
- Avoid the hottest times of the day (10:00 am to 4:00 pm)
- Don't get sunburned (protect your skin, scalp, and eyes)
- Stay in air-conditioned areas
- Avoid caffeinated and sugary drinks



BBQ Safety

Food safety is key. Don't leave meat or dairy products out in the heat; even onions can cause food poisoning if left out too long. The grill can be dangerous if the propane pressure is touchy, the flames are too high or too hot, and many people are unaware of the hidden dangers of wire grill brushes.

When you clean the grill with wire brushes, tiny fragments, and small bristles are left behind and commonly get embedded into the burgers, chicken, corn, potatoes, etc. When these bristles are ingested, people don't normally even notice until it's too late because they are difficult to feel in the mouth. The wires can lacerate the esophagus, stomach, intestinal tract, and rectum. It's a much better choice to clean your grill with a nylon bristle brush. Nylon bristles are much less damaging than wire and easier for the body to get rid of if they are accidentally eaten.

The best advice is to enjoy your time with family, relax, but be cautious and proactive about your health during this time of year.

Revello Medical and Wellness Centers

Revello Medical and Wellness is a family owned and operated medical practice founded in 1992 by Raul Revello MD and Patti Revello. Over the years, our practice has had a primary focus to always keep our patients needs first.

The vision of Revello Medical has always been to set our practice apart from the rest, and that starts from the moment you enter through the door. We are not your typical medical practice, upon arriving, our patients feel the warmth and familiarity from our front office staff, and that continues all the way through your visit with one of our dedicated physicians.

Our Physicians are always prepared to give you the personalized care you need and deserve and to pursue quality of excellence in your care.

At Revello Medical and Wellness we specialize in the excellence of patient care by offering compassionate and personal health care, providing free home delivery of your prescriptions, scheduling of same-day appointments when necessary, offering a one of a kind activity centers. All of these things combined and so much more makes Revello Medical and Wellness your first choice in medical care, and together, we will strive to make a healthier you.



www.revellomedical.com

Town & Country
5901 Webb Rd.
Tampa, Fl. 33615
(813) 888-8215

West Tampa
2601 N. Himes Ave
Tampa, Fl. 33607
(813) 873-8071

Carrollwood
10213 Lake Carroll Way Ste D
Tampa, Fl.
(813) 374-7007

Clean Juice® has a New **SUMMER** Menu with 100% Organic Ingredients

Summer is here, and with it yields bushels of fresh fruits and vegetables for all ages to enjoy. However, when people purchase or pick these conventionally grown crops, they are unaware of the amount of pesticides and toxins that cannot be washed off easily as they are absorbed into the roots, flesh and skin of the produce.

Acute irritations and conditions can occur like nausea, headaches, skin irritations, respiratory issues and others, but it's the long term and cumulative exposure that is the most detrimental. This can lead to Parkinson's disease, autoimmune dysfunction, cancer, lung disease, non-Hodgkin lymphoma and other terminal conditions.

Since 2004, the EWC evaluates the USDAs conventionally grown produce for pesticide levels and they also do their own tests on the vegetables and fruits for pesticides. Annually they compile a list of the Dirty Dozen, which have the highest levels of these toxins.

2019 Dirty Dozen list:

1. Strawberries
2. Spinach
3. Kale
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Tomatoes
11. Celery
12. Potatoes



Kale actually came in this year with the largest amount of chemicals and pesticides. It's always best to buy non-GMO organic whenever possible. That's why Clean Juice® ONLY uses organic ingredients.

**THE DIFFERENCE— CLEAN JUICE® IS USDA CERTIFIED ORGANIC:
NOT JUST SOME OF THE TIME—NOT WHEN WE CAN—ALL OF THE TIME.**

You enter a juice bar with the purpose of being healthy, right? What if we told you most of the common ingredients (we're looking at you Berries, Leafy Greens, Cucumbers, Celery, and Coffee) found at these juice bars are on the list as some of the most highly contaminated foods on the planet? Clean Juice® believes in organic. They believe it is the most efficient way to reduce exposure to chemicals and pesticides, avoid GMOs, and benefit from the higher nutrient content. It also can help to protect our water and soil and preserve our ecosystems. They make it easy to choose organic and get a truly healthy product.

Clean Juice® is a healthy alternative to convenience. In today's savvy world of health enthusiasts, most of us love to fill our body with organic, plant-based nutrition as our primary form of sustenance. Whether you eat totally plant-based, or a mixed diet, multiple studies show that individuals who consume mostly plants are the healthiest. This is precisely why Clean Juice® was created.

CLEAN JUICE® DOESN'T JUST OFFER JUICE!

They have a full menu to satisfy any appetite. These include options like Acai Bowls, Greenoa™ Bowls (Salad w/ Quinoa), Sprouted Toast, Protein Drinks, Cold-Pressed Shots, and a kids menu just to name a few.



(813) 527-6171

CLEANJUICE.COM

28211 Paseo Drive, Suite 170
Wesley Chapel, FL 33543



Get your summer cravings refreshed and satisfied with organic goodness that fuels your soul.

Summer menu specials include some of the following, but the options are endless at Clean Juice®:



THE WATERMELON BOWL - ACAI BOWL

Banana, Strawberries, Pineapple, Watermelon, & Acai Powder – Topped with Pineapple, Watermelon, Coconut Chips, & Chia Seeds



THE ALEX'S CHERRY LEMONADE ONE - SMOOTHIE

Strawberries, Cherries, Lemon, Maple Syrup, Coconut Water, & Chia Seeds



THE SKINNY ONE FRESH JUICE

Pineapple, Watermelon, & Mint

Satisfy your Clean Juice® Cravings and Start a Healthier, ORGANIC, Journey to Wellness. Visit Clean Juice Today!

Clean Juice® is partnering with Alex's Lemonade Stand Foundation in the fight against childhood cancer. We will be donating \$1.00 from every lemonade product sold. That means every time you order The Alex's Cherry Lemonade One or Alex's Lemonade One you will be donating \$1.00 towards this amazing foundation!

The Most Common Causes of Cartilage Loss

By James Leiber, Regenexx, Sports Medicine, Stem Cell Therapy

Oftentimes, patients ask us what they can do to improve their joint cartilage and prevent arthritis. Cartilage acts as a cushion between the bones to protect our joints by absorbing shock.

The visual evidence of arthritis seen on imaging studies can be due to the decrease in quantity and quality of the cartilage, the decrease in joint space width, the formation of bone spurs, and degenerative changes in the bone underlying the cartilage. Besides wear and tear, there is also a biologic/internal component that affects cartilage.

The Truth About Cartilage Loss

Cartilage, in of itself, does not have nerve endings. Therefore, cartilage loss is NOT a direct source of pain. It is, however, the visual evidence that arthritis exists. That is, there are destructive substances in the joint that are breaking down the tissue. The cartilage is the victim of the arthritic disease.

You might be surprised to learn that people can have virtually no cartilage in a part of a joint (“bone on bone”) and have no pain at all. This is actually very common. On the other hand, a person can have robust amounts of cartilage and have a tremendous amount of pain – again, this is very common as well. The point is that cartilage loss is a sign of arthritis and protecting your cartilage is a way of limiting the effects of the arthritic process.

What Causes Joint Pain?

There are a number of structures that do cause pain. The synovial lining of the joint is rich in nerve endings that sense pain and is responsible for producing healthy fluid and lubricating substances. With arthritis, the synovial lining can become bumpy and painful. It will also produce abnormal inflammatory fluid that breaks down tissue in the joint. Determining what’s in that fluid and how to control the synovial lining is one of the keys to halting arthritis.

Another source of pain in a joint is the bone underneath the cartilage. This bone is quite hardy and able to tolerate heavy loads often without any problems even when there isn’t any cartilage to protect it. There are times when the bone in areas of decreased cartilage begins to breakdown and become swollen representing little micro-breaks in the bone. These bone marrow lesions can sometimes be painful and can only be seen on an MRI.



Can We Re-grow Cartilage?

Getting cartilage to re-grow is an admirable goal and it may one day be possible to consistently do this, but it seems that it’s actually more important to keep the synovial lining under control and to strengthen the bone under the cartilage so that it can withstand more pressure. It is also important to make sure that there is stability around the joint – that is, the ligaments, tendons, muscles, and nerves are healthy and functioning normally.

Stem cells can help cartilage to regrow but it is inconsistent and minimal at this time (despite what you may have heard). They can, however, improve the quality of the remaining cartilage, the strength of the bone, reprogram the synovial lining so that it produces healthy protective chemicals instead of destructive ones, and strengthen the ligaments and tendons so that there is better stability around the joint. Using stem cells in this way requires working with a highly trained physician who performs the proper analysis and executes a procedure to precisely inject the tissues that are in need of improvement.

Receiving a stem cell injection blindly into a joint by someone who dabbles in this approach is not the way to go.

The key to understanding how to keep more cartilage as you age is to understand what causes cartilage loss. Here are the most common causes of cartilage loss along with a few solutions to help prevent it.

1. Obesity (Mechanical)

Physics has taught us that being heavier places more wear-and-tear forces on our cartilage and therefore, arthritis.

Although it can be tough to accomplish, losing weight is the ultimate solution to improve symptoms and slow the progression of arthritis.

2. Obesity (Biochemical)

Not only does obesity break down cartilage by wear and tear, but is also can cause changes in the patient’s insulin-response system that can break down cartilage. This is referred to as “metabolic syndrome.”

We recommend reducing carbohydrate and sugar intake to minimize spikes in blood sugar and insulin release.

3. Trauma

A sudden traumatic event, such as a sports injury, can injure the cartilage surface and potentially cause a weak spot in the cartilage. If weak spots are present, cartilage can break down faster with normal forces.

Before the issue becomes bigger, look for regenerative medicine cell-based solutions for cartilage repair, such as platelet-rich plasma (PRP) or stem cell injections.

4. Joint Instability

Injured ligaments can cause joints to move around too much and cause joint instability. All of this extra unnatural motion can slowly continue to injure the cartilage in the joint, eventually leading to arthritis.

Injections like prolotherapy, PRP, and stem cells in our clinical experience can help reduce instability whether the ligament is loose or torn (partial or nonretracted). In more severe cases, surgery may be needed.

5. Poor Nutrition

Poor dietary habits and lack of proper nutrition can cause major issues with not only your cartilage and your musculoskeletal system but your entire body. What you eat can turn on or off the genes in your body that protect your cartilage.

It is essential to know what is and what is not good for you and your body. Consider introducing supplements like Glucosamine and chondroitin into your diet to enhance cartilage health.

6. Medications

Surprisingly, the most common medications that are injected into arthritic joints for relief such as local anesthetics and steroids are also likely the most toxic to cartilage. Commonly used NSAID medications, like ibuprofen, naproxen, and celecoxib have also been shown to have negative effects on cartilage cells.

We recommend staying away from “cortisone shots,” NSAIDS, and other drugs when not essential.

7. Lack of Exercise

Besides leading to many other health issues, lack of exercise can create problems with our joints. Joints are made for movement. Regular exercise along with utilizing the proper techniques for those exercises is essential.

If you have cartilage loss, you may want to switch from high-impact exercises to low-impact activities to protect your existing cartilage. If you have normal, healthy joints, keep running and exercising regularly, it is likely protective.

8. Poor Alignment and Biomechanics

If you have asymmetrical cartilage loss (loss of cartilage in one knee and not the other), you may have a body-alignment problem that is wearing down certain joints faster than others.

Working with a skilled physical therapist can help you get your muscles balanced and fine-tune your body so that it is biomechanically optimized.

9. Aging and Genetics

Unfortunately, older patients seem to have less cartilage and some people simply have the genetic makeup for weaker cartilage.

While there isn't much that we can do about our genes, we can influence the ways our genes are expressed by leading a healthier lifestyle overall.

Understanding why cartilage breaks down, adhering to a healthy lifestyle, and utilizing regenerative options like PRP and stem cells seems to be the best strategy for maintaining healthy cartilage and decreasing the pain associated with arthritis.



RegenTampaBay.com
 8600 Hidden River Parkway, Suite 700
 Tampa, FL 33637
813-296-2614

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.

WHAT IS SKILLED HOME HEALTH?

Skilled home health services include skilled nursing care (such as wound care, injections and medication management), physical therapy, occupational therapy, and other specialized treatments designed to help you recover from an illness, injury or surgery, all from the comfort of home. This can include a knee or hip replacement, a bone fracture resulting from a fall, a stroke that resulted in limited daily tasks, and so much more.

For the patient, having skilled services at home means you can get back to the things you love doing faster, and learn new ways to keep your independence at home. For the caregiver, it means getting the help you need and finding new solutions and adjustments that fit both of your lifestyles.

WHO PROVIDES THE CARE IN SKILLED HOME HEALTH?

In order to receive skilled home health services, your primary care doctor will need to refer you to a local agency providing those services. From that agency, you should receive care provided by expert rehab specialists, including physical therapists, speech therapists and occupational therapists, depending on your specific plan of treatment. The skilled home health agency can also provide visits from specially trained nurses and certified nursing assistants to help with the services requested by your doctor and pertaining to your specific needs.

WHO CAN I TURN TO IN PASCO COUNTY FOR SKILLED HOME HEALTH?

Gulfside Home Health is the newest division of Gulfside Healthcare Services, which has been serving residents of Pasco County for more than 30 years.

Gulfside Home Health officially launched in April 2019, and because of Gulfside's reputation for quality and compassionate, individualized care, the organization's newest division is quickly taking off. Gulfside Home Health offers skilled nursing services, rehab at home, and so much more for residents of Pasco and Pinellas Counties.



Services offered by Gulfside Home Health include skilled nursing services and therapy services, all designed to help you maintain your independence, and all from the comfort of home.

Each patient at Gulfside receive a custom-tailored plan of care based on their own individual needs, and the recommendations of the patient's primary care physician. Gulfside Home Health's skilled nursing services include:

- Wound care & dressing changes
- Patient and family education on disease progression, treatment courses, and more
- Medication management
- Injections
- Ostomy care
- Nutrition Monitoring
- Catheter Changes

Instead of going to a rehabilitation facility following a hip or knee replacement, or other surgery or illness, patients can choose to receive their needed rehab therapy services from the comfort of home.

This means they can spend more time with family, and be where they are most comfortable. Gulfside Home Health's therapy services include:

- Physical therapy
- Balance training
- Strengthening exercises
- Post-operation rehabilitation
- Speech therapy
- Occupational therapy
- Fine motor skills training
- Adaptive techniques training for daily skills

If you believe you could benefit from Gulfside Home Health's services, you can call the Gulfside team to talk to a nurse, or talk to your primary care physician about a referral for evaluation. For more information about Gulfside Home Health's services, or if you have any questions, please call 813-501-8244, email info@gulfside.org or visit www.GulfsideHomeHealth.org.



813-501-8244

www.GulfsideHomeHealth.org

Chronic Sinus Infections:

How a Balloon Procedure Could Help Alleviate Your Symptoms

By Michael Branch, MD

More than 30 million people in the U.S. are affected by chronic sinusitis. Each year it's one of the most common reasons that individuals visit their doctor. People who suffer from ongoing sinus complications usually have difficulty breathing, contributing to other health disorders.

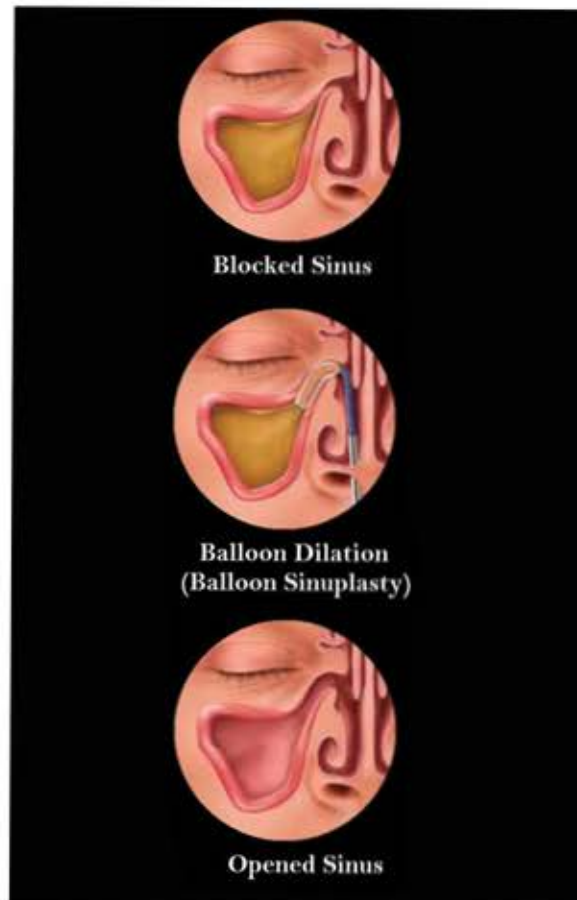
Symptoms of Chronic Sinusitis

- Nasal obstruction
- Difficulty breathing
- Postnasal drainage
- Thick mucosal drainage
- Coughing
- Weakening sense of smell
- Dry mouth
- Trouble sleeping
- Pain in eyes and cheeks
- Sore teeth and gums
- Facial sensations of pressure or pain
- Sneezing

Several of the leading causes of chronic sinus disorders are allergies, hay fever, nasal polyps, deviated septum (crooked nasal bone), and environmental pollutants. Given the commonality of this condition, the treatment options for sinusitis have been documented since the 1700s in medical journalism.

The conventional therapeutic treatments are antibiotics, steroidal nasal sprays, over-the-counter decongestants, and saline irrigation. But when these standard-of-care approaches fail, which unfortunately as these remedies show a minimal curative benefit, that's when surgical procedures have proven beneficial.

The good news is that since 2005, an alternative method that is minimally invasive has established itself to be efficacious for improving and managing chronic sinus disease successfully. The procedure is called balloon sinus dilation. After years of highly regarded balloon angioplasty procedures were established in the cardiovascular field, this technique was developed for the otolaryngology specialty to work in much the same way to open the sinus passages.



The balloon is placed with a tiny catheter into the sinus opening and then into the narrowed or blocked passageway. It is inflated with saline to dilate the sinus passages for approximately 10 seconds. After this takes place, the sinus pathway is enlarged six-fold, allowing for proper drainage and ventilation.

Keeping in mind that some patients will require traditional surgery depending on the severity of their symptoms or anatomical issues, most chronic sinusitis sufferers will significantly benefit from balloon dilation's minimally invasive procedure. Once they have undergone the procedure, their need for decongestants, nasal sprays, and the standard treatments are usually no longer needed. This treatment is safe, highly-efficient, and long-lasting, so patients can rest assured that they will be able to live a quality-filled life with the ability to breathe naturally once again. If you've suffered from sinus disorders, you will understand the joy that patients experience once they can breathe normally.

ENT, Dr. Branch recently joined Florida Medical Clinic.



Michael Branch, MD
Otolaryngology - Ear, Nose, and Throat

Dr. Branch is a board certified otolaryngologist. He was born in Jacksonville and raised in Gainesville, FL. His first love was music, playing drums in various rock and roll bands in Gainesville in the 1960s-1970s. He enlisted in the USAF in 1973 and served active duty as an operating room technician for four years. He was commissioned in the USN in 1984 and, after completing residency in Otolaryngology in 1993, served three years active duty as an Otolaryngologist in the Naval Hospitals at Orlando and Pensacola. He has been in private practice since 1996. He is married with three adult children and three adult stepchildren. He has special interests in theoretical thought and reformed theology. He enjoys playing, writing and recording music with his bandmates in Gainesville and loves fishing with his lovely wife, snorkeling and diving.

Schedule your appointment today:

813.778.0101

| | |
|--|--|
| Wesley Chapel | Zephyrhills |
| Wiregrass Multi Specialty Campus 2352 Bruce B Downs Blvd., Suite 303 Wesley Chapel, FL 33544 | Eiland Multi Specialty Campus 36763 Eiland Blvd., Suite 103 Zephyrhills, Florida 33542 |

Florida Medical Clinic
Your life. Our specialty.



CROHN'S DISEASE CLINICAL TRIALS FOR ADVANCED TREATMENT OPTIONS

It's not uncommon to experience occasional diarrhea or constipation, but what if the symptoms come and go on a regular basis? Crohn's Disease (CD) is part of the inflammatory bowel disease (IBD) group. CD most commonly affects the top of the colon and the end of the small bowel, although it can also affect any area of the gastrointestinal tract.

Over 20% of the population has IBS (Irritable Bowel Syndrome), but that's not accounting for the nearly 3 million Americans that silently suffer from the symptoms of IBD and Crohn's disease.

Crohn's Disease Symptoms (can be mild to severe):

- Changes in bowel habits
- Bloating
- Gassiness
- Pain
- Constipation
- Persistent diarrhea
- Rectal bleeding
- Urgent need to move bowels
- Abdominal cramps and pain

Clinical Research of West Florida (CRWF) is a family owned, independent research organization founded

in 1995. The company has facilitated more than 1000 Phase I-IV research studies in various therapeutic areas. CRWF is dedicated to providing excellent patient care and their studies are conducted by board certified/eligible physicians and experienced, highly trained clinical staff.

Partnered with CRWF, local doctors are looking for individuals with Crohn's Disease to participate in a clinical research study evaluating a new investigational medication.

All clinical research sites are provided study-related medications and medical devices for trials. 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. Additionally, clinical sites are

required to report to the Institutional Review Board (IRB) that monitors the patient's experience throughout the study's trial period.

To find out how you can participate in clinical trials, please contact CRWF! CRWF has two locations in Tampa Bay: Clearwater: 727-466-0078 & Tampa: 813-870-1292.

Clinical 
Research
OF WEST FLORIDA

www.crwf.com

CLEARWATER

727-466-0078
research@crwf.com

TAMPA

813-870-1292
research@crwf.com

NATIONAL INSTITUTE OF PAIN

- Nerve Injury/CRPS
- Abdominal and Pelvic Pain
- Cancer Pain
- Back, Neck, Hip, Knee Pain
- Sacroiliac Joint Pain
- Headache/Migraine
- Auto, Sports, and Work Related Pain



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.

Sunil J. Panchal, M.D.

(813) 264-PAIN (7246)

fax: 813-264-7249

www.nationalinstituteofpain.org

email: appt@nationalinstituteofpain.org

Whatever the source of your pain, you can benefit from visiting the Pain Management Center

4911 Van Dyke Rd., Lutz, FL 33558 • 10740 Palm River Rd, Suite 490, Tampa, FL 33619



Need help at home?



Services include:

- Skilled nursing services
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Home rehabilitation
- Nursing assessment at each visit to monitor and manage progress

Call us today to see how we can help you.



813-501-8244 | GulfsideHomeHealth.org | Lic. #20255096

BUY ONE GET ONE FREE

NOW...BUY ANY CLEAN JUICE ITEM, GET ANOTHER ITEM FREE!

(Wesley Chapel location only.)
Must present coupon.
Not good with any other offers

SAY WAH?

GREENOAI!

[GRĒN-WAH]

INTRODUCING NEW ORGANIC GREENS & GRAINS BOWLS



(813) 527-6171
CLEANJUICE.COM

28211 Paseo Drive, Suite 170
Wesley Chapel, FL 33543



www.hyperbariccentersofflorida.com

Hyperbaric Centers of Florida

Hyperbaric Oxygen Therapy HBOT for Autism, Stroke, Lyme Disease, Cerebral Palsy, and more.

Hyperbaric Centers of Florida provides a clean, professional and caring environment for all of our patients. The founders of our new center have over 40 years of cumulative experience in Hyperbaric Medicine and providing Hyperbaric Oxygen Therapy for a broad spectrum of indications.

Call Today for More Information! 813-788-3969

Painful Intercourse Affects Numerous Women:

Your Gynecologist Has Answers

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

Genitourinary Syndrome of Menopause & VVA

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

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

Your Treatment Options

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



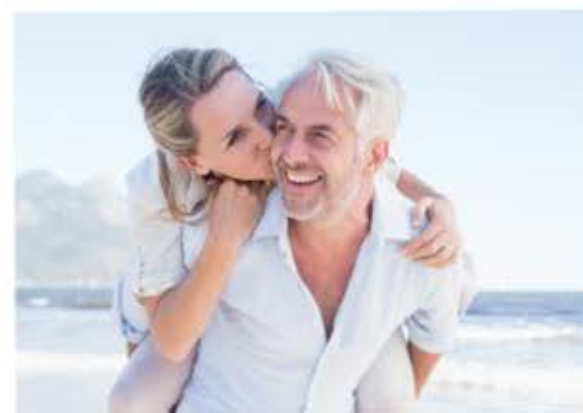
MonaLisa Touch®

Non-Hormonal Advanced Treatment

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

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

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



Rejuvenate Your Sex Life

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

Parveen Vahora, M.D.

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



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

**Info@ParveenVahoraMD.com
www.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.

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 bloodstream 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

Spinal Stenosis Treatment Options

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

Symptoms

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

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

Nonsurgical Treatment

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



Minimally Invasive Treatment: The mild[®] Procedure

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

Vertos Medical explains the procedure in this way, "The mild[®] procedure treats LSS by removing hypertrophic ligamentum flavum, which helps restore space in the spinal canal. The restoration of space reduces pressure on the nerves, reduces pain, and improves mobility. The procedure is performed through a 5.1 mm treatment portal via a posterior approach using live fluoroscopy. This method and the mild[®] instruments are designed to debulk tissue while maintaining the integrity of the ventral fibers of the ligamentum flavum by staying posterior to the thecal sac.¹

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

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

References

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

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

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

- Back and neck pain, including herniated discs, spinal stenosis, tumors and fibrositis.
- Cancer Pain.
- Neuropathic Pain.
- Complex regional pain syndrome (also known as reflex sympathetic dystrophy or RSD).
- Muscle and joint pain.
- Disorders of the nervous system, including shingles and trigeminal neuralgia (facial pain).
- Chronic abdominal pain and pelvic pain.
- Pain from traumatic injuries including auto accidents
- Pain associated with osteoporosis and vertebral compression fractures.
- Sports related injuries.

The National Institute for Pain

(813) 264-PAIN (7246)
www.nationalinstituteofpain.org

4911 Van Dyke Rd.
Lutz, FL 33558

10740 Palm River Rd., Suite 490
Tampa, FL 33619

Sunil J. Panchal, MD The National Institute for Pain



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).

More pets get lost on July 4th than any other day of the year.

Source: HomeAgain

Keep your dog safe this Independence Day. Share these eight tips for enjoying the Fourth of July with your dog.



1 Be sure your dog is wearing an up-to-date and visible ID tag on her collar at all times.



2 Take a current photo of your dog, just in case.



3 Exercise your dog early in the day before parties begin.



4 During cookouts, ask guests to play with your dog away from the flames.



6 Keep dog treats on hand for those who want to give your dog food.



7 Leave your dog at home with a frozen stuffed treat during the fireworks.



8 If your dog is afraid of loud noises, leave gentle music playing to cover the fireworks.



Petfinder
SUMMER Pet
Safety

Learn more at www.petfinder.com/SummerPetSafety

BALANCING LIFE

By Rev. J. Keith Long

Do you live a balanced life? When your life seems to be running smoothly and everything is happening just like you suppose it should, you may not give much thought to what it means. When you seem to be at wits end, you may be thinking there must be a better way.

Luke 10:27 reads: He responded, "You must love the Lord your God with all your heart, with all your being, with all your strength, and with all your mind, and love your neighbor as yourself.**

Look closely at what this says. It says with your heart. The heart, the amazing muscle made to provide life giving blood to all of the body. Without the heart, the body cannot do its amazing things. Without blood, the brain will not function, the arms and legs will not move, the body cannot live. One of the best ways to honor God is with your heart, by using the gift of life, of the blood flowing through you to do good things, to say good things, and to be good, or sometimes people say righteous.

Your heart is maintained by exercise. As Americans we are prone to spend too much time in the car, in front of the Television, or at the computer. The heart as a muscle needs work to keep doing what it does at the optimum. The healthy heart provides for you the opportunity to love God with all of your strength. The muscles provide strength to move your legs, your arms, all the parts of you that hugs, carries, moves, speaks, and shares. Health professionals will say this: get moving. Movement maintains, lots of movement builds, but most important is the first step movement.

Love God with your mind. In other words, think. Wisdom and knowledge are two very different things. Wisdom for me is a daily process. Living each day learning something, gaining knowledge is mostly helpful, but I can honestly say some things I hold as knowledge are not always helpful. So, therefore, wisdom is about knowing the difference and what makes your life better becomes the very best wisdom. I skipped over "being" because for me it is the entire package. Your heart, your muscles, your mind, every part of you is combined as the temple for your soul. All of your being means everything about you. Jesus said in answer to the



question, "What must I do to have eternal life?" He said, "Do these things." Not some of them, all of them. Not part of the time or most of the time, but all of the time.

Finding Balance is Key

Balance, the act of having enough, not too much, not too little, this is the key to most things, if not all things. I am really strong on spiritual practices, but I need to work on my physical practices. My emotions seem to be doing OK, my relationships are trending up. My visits to my healthcare providers including the dentist are in check. I am making better decisions about what I eat, when and how much. Thinking about these areas of my life and finding balance is an opportunity. Thinking about these things has shown me there is a better way. I thought I was happy and doing

OK, but consideration of these aspects has given me a way to be happier, to have more joy, even in the midst of crisis and stress, and everything else going on.

Practice is Necessary

Like an athlete, for any sport they will practice and work at keeping their skills up to be their personal best. Like a piano player or any musician, even for a drummer, practice is necessary to maintain the talent. It seems that for all of us the same is true; we must have a routine of practice that keeps our mind, body and soul in its best condition. As you live, be encouraged that your God has given you abundance. How you use it, what you do with it, that is something not to be squandered, it is more precious than gold.

**Bible Reference - Common English Bible

JOINT SURGERY ALTERNATIVES?

Return to your active lifestyle without drugs, cortisone shots, or surgery.

We offer **the nation's most advanced non-surgical stem cell and platelet treatments** for osteoarthritis, joint injuries and spine conditions. We use the patient's own bone marrow derived stem cells, which is the only FDA-compliant tissue source in the U.S. for orthopedic procedures.

All injection procedures are performed using ultrasound and fluoroscopic guidance for precise cell placement.

James Leiber, DO
Medical Director

Ignatios Papas, DO

Michael Amoroso, MD

Ron Torrance II, DO

8600 Hidden River Parkway, Suite 700
Tampa, Florida 33637

813.328.2158

2401 University Parkway, Suite 104
Sarasota, Florida 34243

941.212.2396

 **Regenexx**[®]
Tampa Bay

The Trusted Alternative to Orthopedic Surgery.



RegenTampaBay.com