## TAMPA BAY'S

## September 2019

Heai

www.healthandwellnessFL.com

## PROSTATE CANCER SIDE SIDE EFFECTS: HOW GAINSWAVE TECHNOLOGY CAN HELP See Page 10

ATRIAL FIBRILLATION AWARENESS MONTH: WHAT YOU SHOULD KNOW See Page7

NATIONAL RECOVERS MONTH See Page 12 THE SLOW CADENCE FITNESS REVOLUTION

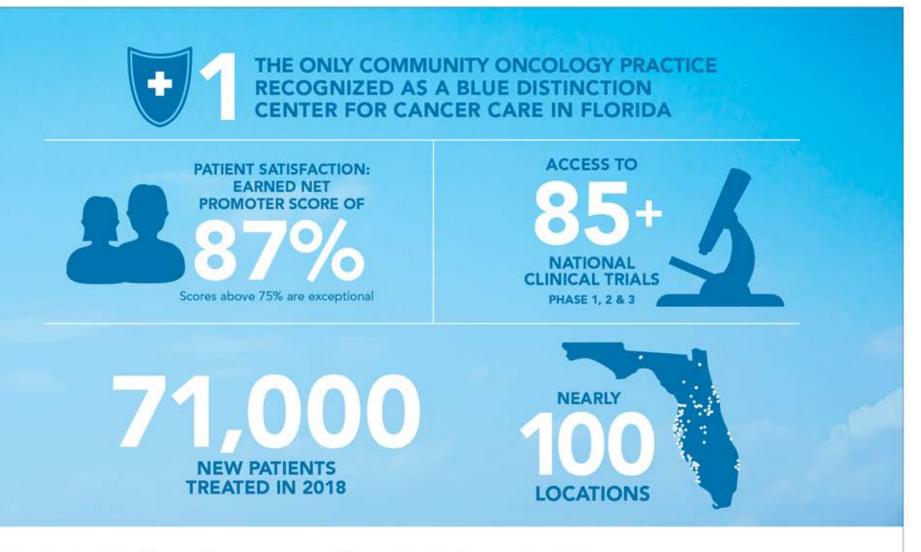
MINUTES TO FITNESS

MAGAZINE

**FREE** 

Pasco/North Tampa/New Tampa Edition - Monthly

See Page 8



## Your best choice for quality cancer care. We are Florida Cancer Specialists.

As the largest independent community oncology and hematology practice in the U.S., we provide more care to more patients in more communities across Florida than any other cancer treatment organization. Our patients would recommend us to friends and family—awarding us a world-class Net Promoter Score, putting us among the top customer-centric companies worldwide. We've been selected as a participating provider in the value-based programs for Oncology Care Model, UnitedHealthcare and Cigna, as well as a Blue Distinction Center for Cancer Care, recognized for our higher-quality care and improved patient outcomes. These distinctions, along with cutting-edge technologies and innovative clinical trials, allow us to do what we do best every day: provide world-class, compassionate care to our patients.

See how we've been leading the fight against cancer for 35 years at FLCancer.com



An Independent Licensee of the Blue Cross and Blue Shield Association BlueDistinction. Center Cancer Care

Where hope is powered by science.™



Proud to serve patients at our five Pasco County locations.

## **Radiation Oncologists:**

Sawsan G. Bishay, MD Larry Gandle, MD Vivian Griffin, MD Arthur Joseph Matzkowitz, MD Gerald H. Sokol, MD, MSc, FCP

## Jorge Ayub, MD Mamta T. Choksi, MD Uday Dandamudi, MD

Gajanan A. Kulkarni, MD

Medical Oncologists:

Kapisthalam S. Kumar, MD, FACP Joseph M. Sennabaum, MD David Wenk, MD Gail Lynn Shaw Wright, MD, FACP, FCCP

# 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.

19-783320-0619

BayCareMedicalGroup.org

## By BETTY CUNIBERTI

Against the advice of every friend who appeared to have more than a dozen brain cells, I took an early retirement buyout from my job as a columnist for the St. Louis Post-Dispatch a year or so ago. But what could I do with these golden years to justify throwing in the towel a decade early? I needed GOALS!

The first that sprung to mind is the usual one -getting into a regular exercise routine so I might not drop dead before Social Security kicks in.

How about joining a fitness club? The experts advise us to go to the gym several times a week. But the thought of running thousands of miles on a treadmill to nowhere, lost in a vast, sweaty sea of flat-bellied 30-somethings fills me with inspiration to move quickly to the next goal. Besides, well-intentioned folks my age who think they can do the physically challenging stuff they did when they were 25 are injuring themselves in record numbers. And now we're lining up for knee and hip replacements and surgery to repair the damage.

And let's be clear: it's not just that running or doing aerobics will rip an old fogey's knees or back to shreds. It will also drive us stark raving bananas, and we'll quit. One time I signed up for an exercise class and never went at all. Fitness centers that require memberships make big, big money off wellintentioned no-shows like me.

WHAT REALLY CHANGED MY LIFE. I read an article about a 63-year-old gentleman who, after nine months of a fitness program that involves only one 20-minute strengthtraining session a week, broke par for the first time.

In a flash, it all came together - my aging body that once turned heads and now turned stomachs, my passion for golf, my need to exercise regularly or die, my hatred of exercise classes, and well, exercise. But 20 minutes a week of something that even old folks with pain issues can do? So, I went to the 20 Minutes to Fitness studio in Clayton, Mo. There was not one treadmill or stationary bicycle. A Personal Trainer took a detailed health and fitness history and explained the studio's use of a revolutionary fitness technique known as slow cadence, high intensity strength training.

Especially for people over 40, the key to fitness is replacing lost muscle without damaging fragile joints or ligaments. 20 Minutes to Fitness is a smart, safe way to do just that. A big reason is its highly specialized equipment. Originally developed for spine care and osteoporosis, the machines are calibrated to work specific muscle groups without putting stress on joints, bones and ligaments.

You get your own personal trainer and then there's the time factor. If someone were to calculate and compare muscles per minute per dollar, 20 Minutes would blow everybody's doors off. The brief workout takes muscles to failure, which triggers a signal to the body to build new muscle. This rebuilding requires four to six days of rest, similar to the time between starts of a baseball pitcher. During this time the body is using an astounding amount of energy (burning calories) to rebuild muscle. The more calories you burn, the faster you deplete your stored body fat. Blood pressure goes down and bone density is increased. The risk of diabetes is cut.

With my trainer at my side, directing and charting every workout, my body was literally transformed. My back pain went away and my strength seemed to increase overnight. I'm in the best shape of my life and feel like I've reversed the aging process. I never dreamed that at 55, I'd hit the ball this far or wear my golf skirts this short. AND, I went from a size 10 to a size 6!

Somewhere around here is a teeny, tiny word that says, "advertisement." I am being compensated for these words. But there's enough journalist in me that you couldn't pay me enough to lie. I want to share my success because I think it can be a life-changing experience for many kinds of people - those too busy to exercise, or think they're to old, or too out of shape, have too many medical problems, or just plain hate exercising.



'0 Minutes Once a Week.



MINUTES TO FITNESS®

www.20minutestofitness.com

LAKEWOOD RANCH 941.309.8989 6257 Lake Osprey Drive, Sarasota, FL 34240 20 Minutes to Fitness of LWR, LLC is registered with the State of Florida as a Health Studio. Registration No. HS8407.

DOWNTOWN SARASOTA 941.361.1000 209 N. Lime Avenue, Sarasota, FL 34237 20 Minutes to Fitness of Downtown Sarasota is registered with the State of Florida as a Health Studio. Registration No. HS8722, MM 26628.

TAMPA - CARROLLWOOD 813.664.8888 11610 N. Dale Mabry Hwy., Tampa, FL 33618 20 Minutes to Fitness of Carrollwood, LLC is registered with the State of Florida as a Health Studio. Registration No. HS12507.

Offering COMPLIMENTARY ORIENTATION and First Introductory Session. You have nothing to lose and everything to gain.

## Contents SEPTEMBER 2019

7 Atrial Fibrillation Awareness Month: What You Should Know

8 The Slow Cadence Fitness Revolution: How Does it Work?

9 2019 Breakthroughs in Cancer Research

10 Prostate Cancer Side Effects: How GAINSWave Technology Can Help

12 National Recovery Month: A Comprehensive Approach to Sobriety

**13** 5 Reasons to Avoid Knee Replacement Surgery

14 Why Properly Cleaning Your Ears Actually Does Matter

16 Hearing Aid Options: 5 Reasons Why You Should See an Audiologist 17 Clinical Research of West Florida Announces Radiculopathy (Sciatica) Clinical Trials

20 When your Heart says "Yes," But Your Agent Says "No!"

22 National Cholesterol Awareness: What You Should Know

23 What is HSDD? The Simplest way to Define it is: HSDD = Low Libido + Distress

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

25 Spinal Stenosis Treatment Options

26 How Do I Know When My Loved One is Ready for Hospice?

27 Spiritual Wellness: Hope and Optimism

## CONTACT US

OWNER / ACCOUNT EXECUTIVE

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

SONNY GRENSING sonny@gwhizmarketing.com

Tampa Bay's Health & Wellness Magazine can be found in over 1,000 Tampa/Pasco area medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Tampa Bay 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 TAMPA BAY 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 TAMPA BAY Health & Wellness Magazine. TAMPA BAY Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. TAMPA BAY Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in TAMPA BAY Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

## A passion for putting patients first





Family Owned and Operated Since 1992 Together Creating A Healthier You

## We can help you be at your best.

The second second second second second	and the second	
<ul> <li>Same day ap</li> </ul>	pointment wh	en necessary
<ul> <li>24 hour physicia</li> </ul>	an on call, sev	en days a week
<ul> <li>Biling</li> </ul>	ual Doctors &	Staff
<ul> <li>Complete Physic</li> <li>i</li> </ul>	icals, well wor mmunizations	
• La	b draws on-si	te
<ul> <li>Preve</li> </ul>	ntive Care Ser	rvices
<ul> <li>Cholesterol set</li> </ul>	creening and	management
<ul> <li>On-site Echoes</li> <li>Func</li> </ul>	, vascular stuc tion Test, and	
	Wound Care	
<ul> <li>Patient care Coo</li> </ul>	rdinators and	Case Managers
• 7	<b>Transportation</b>	1
• [	Daily Activities	5
• Coo	king & Art Cla	sses
• 5	ilver Sneaker	s
	<ul> <li>Yoga</li> </ul>	
<ul> <li>Health</li> </ul>	Education Se	minars
• At	thletic Physica	ls
	ritional Teachi	
<ul> <li>Medical Weight</li> </ul>		
<ul> <li>Support in maintaining</li> <li>Optional FREE h</li> </ul>	ng prescriptio	on cost to a minimum
www.re	vellomedica	al.com
TOWN AND COUNTRY	WEST TAMPA	CARROLLWOOD

COWN AND COUNT 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

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



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

## **Atrial Fibrillation Awareness Month: What You Should Know**

t's estimated that between 3 and 6 million people in the U.S. have atrial fibrillation. Most of us are very familiar with symptoms of coronary heart disease, but what about the perilous condition that takes over 130,000 lives each year called Atrial Fibrillation (AFib)?1 Hereditary heart disease usually causes the disorder, but other factors that contribute to this heart arrhythmia condition are high cholesterol, high blood pressure, obesity, and heavy alcohol use, to name a few. A disruption to the top chamber of the heart, prompting the hearts rhythm and rate to fluctuate, causes an arrhythmia.

Understanding how the heart functions, can help patients better understand its dysfunction. The two sides of the heart work in opposition to each other. The right side of the heart takes in deoxygenated blood from the body and feeds them to the veins and lungs; the left side carries the oxygen and nutrient rich blood from the lungs and feeds it back to the body. Four chambers make up the heart. The top chambers are called the atria and the lower are the ventricles. Without the proper functioning, the heart will begin to cause damage to major organs, and without maintenance, your heart can cause adverse effects very quickly.

## **AFib Risk Factors**

The risk for AFib increases with age. High blood pressure, which also increases in risk with advancing age, accounts for 14% to 22% of AFib cases.<sup>2</sup>

## Additional Risk factors for AFib include:2

- Advancing age
- · High blood pressure
- · Obesity
- European ancestry
- Diabetes
- Heart failure
- Ischemic heart disease
- Hyperthyroidism
- Chronic kidney disease
- Heavy alcohol use
- Enlargement of the chambers on the left side of the heart

References:

- 1. January CT, Wann LS, Alpert JS, Calkins H, Cigarroa JE, Cleveland JC Jr, et al. 2014 AHA/ACC/HRS guideline for the management of patients with atrial fibrillation. Journal of the American College of Cardiology. 2014;64(21):2246-80.
- 2. Mozaffarian D, Benjamin EJ, Go AS, Arnett DK, Blaha MJ, Cushman M, et al. Heart disease and stroke statistics-2015 update: a report from the American Heart Association. Circulation. 2015;131:e29-e322

AFib increases a person's risk for stroke by four to five times compared with stroke risk for people who do not have AFib. Strokes caused by complications from AFib tend to be more severe than strokes with other underlying causes. AFib causes 15%-20% of ischemic strokes, which occur when blood flow to the brain is blocked by a clot or by fatty deposits called plaque in the blood vessel lining.<sup>2</sup>

In AFib, the heart's upper chambers (the atria) do not function or beat the normally. The atria pulsate very fast and erratically, with a quivering sensation. Afib disrupts the heart's pumping mechanism, and essentially, limits the oxygen supply to the body.

## Symptoms of AFib

- Dizziness
- Shortness of breath
- Racing heart
- Fluttering heart
- Palpitation
- Uneven heartbeat
- Chest pain

## **Clotting and Strokes**

If left untreated, AFib can cause blood clots to form in the heart. These clots are produced due to a restricted pumping of the chambers, which causes the blood to pool in the atria and form clots. If the blood clots break off, they can reach the brain and cause a stroke. Patients with AFIB are 7 times more likely to have a stroke than those with normal heart rhythm.

## **Treatment for AFib**

- · Medications to regulate the heart's rhythm (antiarrhythmic drugs, calcium channel blockers, beta blockers)
- · Blood thinners to reduce the risk of stroke (Anticoagulants)
- Procedures (i.e. Catheter ablation, electrical cardioversion, implanted pacemaker, left atrial appendage closure)
- Surgery (MAZE surgery creates scar tissue is created to block the abnormal electrical impulses)

It's critical to seek medical attention from a respected cardiologist if you are experiencing any of the symptoms related to atrial fibrillation. DO NOT wait, the heart muscle, rhythm, rate, and ability to pump correctly, is what is keeping you alive.

#### Dr. Laura Mosher



Laura G. Mosher, M.D., Board Certified in Cardiology & Interventional Cardiology Dr. Mosher is a trusted cardiologist, who earned her medical degree from the University of South Florida. Dr. Mosher is board certified in

cardiovascular disease, interventional cardiology, nuclear cardiology and echocardiography by the American Board of Internal Medicine.

Dr. Mosher completed her residency at Wake Forest, where she was chief resident. She also completed general and interventional cardiology fellowships at the University of Florida, where she was also chief fellow. Dr. Mosher is a compassionate practitioner, who believes in educating her patients about their health for long and short term benefits.

## Heart and Vascular Services

At BayCare, we treat more hearts than anyone else in Tampa Bay. In the last year alone, we helped heal more than 24,000 hearts - that's a lot of lives. We're here to help you and your family lead heart-healthy lives, whether that means cardiac surgery for a complex condition or you simply want to keep your numbers in check. For your convenience, BayCare features heart centers across the Tampa Bay and Winter Haven areas, ER locations with dedicated heart attack teams, multiple fitness center locations and more than 200 other access points staffed with primary care physicians, cardiologists, interventional specialists, and cardiothoracic surgeons.

Please call 1-800-BAYCARE (1-800-229-2273) or visit baycare.org.







## The Slow Cadence Fitness Revolution: How Does it Work?

hile most individuals want to be fit, more toned and leaner, the biggest hurdles are time and discouragement. Many gym membership sales representatives make false promises and misleading claims, playing off your desire to lose those extra pounds. But the truth is, we've been going about it all wrong. What we think we know about getting and staying fit, is inaccurate.

Since the 1940s, a method has been practiced and studied that not many people have heard of, and the results far outweigh traditional exercise. The savvy people that use this particular technique have real results that last.

Author and psychotherapist, Richard Carlson said it best, The old adage, "If it sounds too good to be true, it probably is" - isn't always correct. In fact, the suspicion, cynicism, and doubt that are inherent in this belief can and does keep people from taking advantage of excellent opportunities."

## This exercise approach may seem too good to be true, but it is, in fact, working for countless people, and the proof is in their transformations.

## **20 Minutes to Fitness**

Do you want more definition, tone, feel better and be stronger? You only need to exercise 20 minutes per week at 20 Minutes to Fitness to achieve your desired results. An efficient, effective workout is all that's required.

20 Minutes to Fitness uses scientifically based strength-building methods. It is possible to achieve in one weekly 20-minute session what might require three or more hours a week in a traditional fitness center. At 20 Minutes to Fitness, clients train under the watchful eye of a certified personal fitness coach on high-end specialized equipment initially designed for use in physical therapy. Your certified fitness professional will guide you through a total body workout, directing and encouraging you to lift weights in slow, but continuous movements until the point at which your muscles can no longer perform. This point is called peak performance and is also known as Slow Cadence training. Safe and effective, 20 Minutes to Fitness workouts can be fine-tuned for people of any fitness level.

## **The Science**

When muscle has reached peak performance, it sets off a series of physiological changes that supercharge the body to burn fat as it rebuilds the muscle. That's why Slow Cadence workouts are proven to stimulate lean muscle formation far more efficiently and safely than regular weightlifting or aerobics. 20 Minutes to Fitness' specialized equipment and the supervision of their certified personal fitness coaches, provide workouts that offer far better results (50 to 59% better) than more traditional strength training in a shorter period of time.

## The Difference

The equipment is not the same as what is used at a traditional gym. 20 Minutes to Fitness uses stateof-the-art, scientifically engineered equipment utilizing "double stacking," which means they use smaller weight increments, enabling your coach to more precisely adjust the equipment to your needs. The specialized equipment uses a series of specifically calibrated cams and lifting rods, designed to create less friction and a constant level of resistance through your full range of motion. Gyms do not have the equipment it takes to do this training effectively, nor do they have coaches trained in this method.

## What about Aerobic Exercise?

Many of the experts who have researched "Slow Cadence" strength training indicate that no additional cardio is necessary. They support this by referring to the fact that the heart is the main muscle and sufficient cardio is achieved during the Slow Cadence training. Others believe that, while Slow Cadence training provides excellent cardio benefits (among the numerous other benefits), they advocate some additional cardio activity. At 20 Minutes to Fitness, they let you decide!

## **Health Benefits**

- · Weight loss in inches and pounds
- · Increased strength and muscle tone
- · Increased bone mass
- Alleviate wear and tear injuries
- Better joint function
- · Improves flexibility
- · Reduces hypertension
- · Increases oxygen-rich blood flow
- · Reduces back pain

## **Measurable Results**

The television show, 48 Hours, did an interesting investigation on Slow Cadence outcomes. They asked twin sisters in NY to both follow the same eating plan, but different exercise routines. Over a five-week period, one of the twins did 20 minutes of Slow Cadence per week, and the other twin did five days of traditional cardio per week at a gym. The end results are proof that this system works. The twin that only did 20 minutes per week lost significantly more weight than her sister that did traditional cardio (5 times per week).

If you're eating right, working out and not seeing the results you want, or if you hate the idea of excessive exercise, 20 Minutes to Fitness is the answer you've been waiting for. They train various levels of fitness from busy professionals, athletes, and grannies to mom's, teens, and anyone with a desire to tone up, get stronger, lose weight, and see real results.



Tampa: 813.664.8888 Sarasota: 941.309.8989 www.20minutestofitness.com www.facebook.com/20minutestofitnessFL 20 Minutes Once a Week!

Offering COMPLIMENTARY ORIENTATION and First Introductory Session. You have nothing to lose and everything to gain.

# 2019 BREAKTHROUGHS IN CANCER RESEARCH

The American Society of Clinical Oncology (ASCO) recently published *Clinical Cancer Advances 2019: ASCO's Annual Report on Progress Against Cancer.* The report highlights the most important clinical research advances over the past year and makes recommendations for areas of focused research in the future.

## Advances Continue in Immunotherapy Research

As you might expect, immunotherapy continues to be a leading area for cancer research. There have been new combinations of immunotherapy drugs this year that are addressing more cancer types than previously had been studied. There are several different types of immunotherapy treatment; however, all of these therapies use the body's own immune system to attack cancer cells. Specifically, new drugs tested in clinical trials have shown better survival rates in renal cell (kidney) cancers and squamous cell cancer of the skin.

## **Progress Against Rare Cancers**

One of the most important advances cited in the report is the progress made in treating rare cancers, which account for approximately 20 percent of all cancers diagnosed each year in the United States. As stated in the ASCO report, "Progress has historically lagged behind the achievements made in more common cancers," because it often takes longer to recruit significant numbers of people with a rare type of cancer who are willing to participate in a clinical trial. However, this year, five major studies are making progress against various types of rare cancers:

- New combination of targeted therapies for a rare type of thyroid cancer produced responses in over twothirds of patients.
- Treatment was developed for a rare type of sarcoma, a cancer that starts in the bones or soft connective tissue.
- New method of targeted radiation treatment was developed for patients with an advanced type of midgut neuroendocrine tumor.



- Standard treatment for HER2-positive breast cancer was shown to significantly slow progress of a type of HER2-positive uterine cancer.
- First promising therapy was developed for a rare cancer of the joints.

## **Advances in Cancer Diagnostics**

One of the most significant achievements in the past twelve months was the result of a long-term study that demonstrated that some women with early-stage breast cancer can safely forego chemotherapy, sparing them the often-difficult side effects of treatment. The TAILORx study, which opened in 2006, confirmed that as many as 70 percent of women with hormone receptor-positive, node-negative breast cancer did not need to have chemotherapy, based on the results from a 21-gene assay. The study, which used a molecular test to assess the expression of 21 genes associated with breast cancer recurrence, provided evidence that there was no additional benefit from chemotherapy for 70 percent of women with this most common type of breast cancer.

Florida Cancer Specialists (FCS) is a strategic partner of Sarah Cannon Research Institute, one of the leading clinical trial organizations in the world. The clinical research program at FCS encompasses Phase I, Phase II and Phase III trials for a wide range of cancer types. Over the past four years, the majority of new cancer treatments approved for use in the U.S. were first studied in clinical trials with FCS participation, prior to approval. To learn more, visit FLCancer.com.

## 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. This status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

Florida Cancer Specialists treats patients with all types of cancer, and offers a variety 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.



Hudson 7651 Medical Drive Hudson, FL 34667

Hudson North 14100 Fivay Road, Suite 380 Hudson, FL 34667

New Port Richey 8763 River Crossing Blvd. 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

# **PROSTATE CANCER SIDE EFFECTS:** How GAINSWave Technology Can Help

BY DR. ROBERT LUPO, D.C.

Prostate cancer is the third leading cancer among males. It is often a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. This year alone, it will take over 26,000 men's lives. But it doesn't have to be this way; just a simple examination and getting regular checkups can alleviate these grim statistics.

Even though there are rarely signs of early prostate issues, some of the most common symptoms of the disorder are:

- Weak urination
- Interrupted urination
- Frequent urination
- Blood in urine
- Painful ejaculations
- · Pain in pelvis, hips or thighs

## Screenings

There are several different standard tests that urologists use to determine Prostate cancer or prostate disorders in men. The first is a digital examination by palpitating the prostate through the rectum to feel if it is enlarged. The second testing is done through a PSA (prostate-specific antigen) count. The blood is tested for these specific protein-synthesized prostate cells, the higher the number of PSA, the more likelihood of impending prostate cancer. These screenings can't tell for sure if you have cancer, so diagnostic testing is needed if one of these screening tests is abnormal.

## **Cardiovascular Conditions**

Some of the side effects and symptoms of prostate cancer and prostate disorders can lead to erectile dysfunction. Erectile dysfunction is related to cardiovascular issues like high blood pressure or atherosclerosis (hardening of arteries). 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.



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 highfrequency 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, noninvasive 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. GAIN-SWave has developed a protocol to treat ED and Peyronie's disease (scar tissue) as well as enhance sexual performance.

## **Don't Just Mask Your Symptoms**

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).

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 **813-978-0020** to schedule your appointment.



where wellness and beauty meet

Physical Medicine Center, Inc. 14522 University Point Place North Tampa, Florida 33613 813-978-0020 www.RidetheGwave.com A Breakthrough Solution for Men Seeking Better Erections & Optimal Sexual Performance

# GAINSWave

## SERVICES:

- GAINESWave 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



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

## 813-978-0020



where wellness and beauty meet

DR. ROBERT LUPO, D.C.

www.RidetheGwave.com 14522 University Point Place, North Tampa, Florida 33613

## National Recovery Month: A Comprehensive Approach To Sobriety

ational Recovery Month was founded 30 years ago in 1989. It's a time for those addicted by substance use, medical professionals, first responders, and personal support networks to join forces in reflection and encouragement to stay the course for recovering efforts, as well as develop new ideas for treatment.

Similar to those that have survived cancer or other medical conditions, during National Recovery Month, we celebrate those who have found freedom from addiction, as well as those who are going through the process. The professionals at Riverside Recovery understand the trials of recovery, as many of them have firsthand experience with addiction. Seventy-five percent of their staff has gone through the recovery process and experienced what it feels like to have addiction define them.

## You're not Alone

With addiction to alcohol or drugs, many individuals attempt to hide their condition from others, but seeking help is the first step to effective recovery. Even if a person has tried to break their cycle of addiction without success, it's never too late. In some cases, it can take multiple attempts to stop the pattern and become sober.

## An Integrative Approach

Opening up about your struggles and talking to someone is essential for healing. Along with addiction, mental struggles often coincide, such as depression, anxiety, eating disorders, bipolar, PTSD, OCD, and others. At Riverside Recovery, they treat the whole person, and their programs are modern and integrative approaches coupled with traditional treatment and counseling.

The idea of Riverside Recovery started in 2015 by the two founders talking about what a perfect treatment center would entail. After learning about the voids in the industry, they put their plan into action to create a diverse rehab facility that treated their patients with compassion and empathy. Every aspect of the building, from its views of the river to the artwork on the wall and aromatherapy, was made to encourage recovery and create the best possible environment for clients.

## **Riverside Recovery Programs**

Set in a luxury resort-like atmosphere, 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. Riverside Recovery focuses on the long run, not just one stage of your recovery. They provide multiple levels of care to help you move through treatment and prepare for independent life.

Riverside Recovery programs include detox, residential, day/night and outpatient options, and they ensure that you enter and leave treatment at the levels of care that make sense for you. Their continuum of care is designed to provide everything you need to rebuild your health, restore your confidence, and create a foundation for lasting recovery.

## **Personalized Treatment**

Riverside Recovery programs are individualized and customized for every client. They know that your experience with addiction is informed by your background, your lifestyle, and more. Every client they treat is unlike anyone else they have treated before. They work closely with you to identify what you need, and they make sure to provide it at the highest 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, their admissions team is available to provide more information and to help you find out if Riverside Recovery is right for you.

Riverside Recovery utilizes the most effective, evidence-based modalities combined with experiential therapies to create a vibrant and well-rounded program. Their diverse offerings are designed to help each client gain insight into their addiction and begin learning the skills and tools needed to create real change in their lives. Their multidisciplinary approach addresses the needs of the whole person—mind, body, and spirit, and provides robust resources to address addiction and co-occurring disorders.

## Riverside Recovery's Treatment, Techniques & Therapies

- Group and Individual Therapy
- Weekly Family Therapy and Monthly Family Workshop
- Cognitive Behavioral Therapy (CBT)
- Psychiatric Services, if appropriate
- Motivational Interventions
- Psychoeducation
- Daily Recovery Meetings (on-site and off) 12 step (AA, NA), SMART Recovery or Celebrate Recovery
- Accelerated Resolution Therapy
- Family Based Methods (Gottman, Emotion Focused Therapy, and Attachment Theory)
- Experiential Therapy
- Relapse Prevention
- Biofeedback Bed
- Therapeutic recreational activities: fishing, yoga, basketball, sound therapy, drum circle, swimming, and water aerobics



## Start Your Road to Recovery

Whether you're seeking treatment for yourself, a loved one, or as a referring physician, Riverside Recovery professionals are always available to answer your questions and help connect you with the resources you need. Their admissions process is simple and can get you into treatment as soon as you are approved and ready. Their team is available at **813-575-4171**, or online at **rrtampa.com**.



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

## **5 Reasons to Avoid Knee Replacement Surgery**

By Regenexx Tampa Bay, Regenerative Medicine

nee replacements are occurring far too often today and the simple truth is that many are entirely unnecessary. In some cases, the knee pain may actually be stemming from another part of the body. Even when using standard criteria for determining candidacy, about one-third of knee replacements are deemed inappropriate when evaluated by independent researchers.

When knee pain is legitimately caused by a knee condition, many knee replacement candidates seek out effective alternatives to surgery. For those who are still considering a replacement, here are five reasons that may make you want to think twice.

## 1. Chronic Knee Pain

Relief from chronic knee pain is the main reason that most people decide to have a knee replacement. Although many people can get good relief from a knee replacement, unfortunately, for some people, surgery may come with continued or additional pain. Studies have shown that many patients still have at least mild pain after their knee replacement. Most people decrease their sporting and athletic activities within 5 years of their surgery.

Although there are many reasons why someone may continue to have pain, one explanation of chronic knee pain could be that the source of the pain was not actually a knee condition, to begin with. If the knee pain is actually caused by spinal nerves from the back, for example, then your pain will not simply go away after a knee replacement. It is essential that the root cause of the pain is discovered and is the focus of treatment.

#### 2. Pseudotumors & Tissue Damage

Wear particles are microscopic pieces of metal, ceramic, or plastic that come from the joint replacement part, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in the blood, have been the subject of many classaction lawsuits and can cause harmful metal toxicity as well as create pseudotumors, tissue damage, and even DNA injury. According to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes, psychological status changes, kidney function impairment, and thyroid dysfunction.



#### **3. Device Failure Caused By Allergies**

In the past few years, multiple studies have discussed that the components of knee replacement prostheses can cause allergies. Two groups of people are at a significantly higher risk of potential rejection or loosening of their device and/or toxicity from wear particles.

1. Those with any type of allergy. Even patients with allergies to pollen or dander should think twice about knee replacement surgery. These people have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful.

2. Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.

## 4. Increased Risk of Heart Attack & Stroke

Knee replacement patients aged 60 and up are about 30 times more likely to experience a heart attack or stroke in the two weeks following surgery. When you amputate a joint from a patient, there is severe trauma to the blood vessels and bone marrow space. The stress of undergoing joint removal alone may be enough to trigger a stroke or a heart attack. Additionally, there is a higher risk of blood clots that could potentially cause an embolism in the heart, lungs, or brain.

#### 5. Increased Risk of Hip Fracture

A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A national Dutch study showed a 54% increased risk of hip fracture after a knee replacement among adults aged <71 years old. We are also seeing bone density loss in hips.

www.HealthandWellnessFL.com -

## **Alternatives to Surgery**

Although many patients have tried steroid injections to decrease pain in their knee joints, this is not the best approach. Steroid shots kill off stem cells, cartilage cells, and increase cartilage breakdown. Even commonly used local anesthetics can be toxic to stem and cartilage cells.

Those who suffer from mild arthritis may benefit from precise injections of highly concentrated platelet-rich plasma (PRP). These natural growth factors from your own platelets can support healthy cartilage and prevent the natural breakdown over time.

The Regenexx protocols allow for the ability to produce higher quality and more individualized platelet products than the typical PRP centrifuge. Precise guided injections of your own bone marrow derived stem cells may also be a better choice to provide relief especially in those with moderate to advanced arthritis.

When considering knee replacement surgery, make sure that you research alternative options. Our website is a great place to start understanding if regenerative orthopedic medicine is right for you.

Regenexx Tampa Bay provides trusted solutions by orthopedic stem cell experts. We offer the nation's most advanced, researched, and evidence-based non-surgical stem cell and platelet treatments for injuries and arthritis.



Ignatios Papas, D.O. | Michael Amoroso, M.D.

James Leiber, D.O. | Ron Torrance II, D.O.



RegenTampaBay.com 8600 Hidden River Parkway, Suite 700 Tampa, FL 33637

813-296-2614

# **Why Properly Cleaning Your Ears Actually Does Matter**

By Michael Branch, MD

ant to know what the tiniest, most fragile bones in the body are? The three bones commonly called the hammer, anvil and stirrup, or "malleus, incus & stapes" to use the formal names. These bones are in the middle ear which is the space behind the eardrum. When sound waves hit the ear drum, they are converted to mechanical waves. This causes these small bones to move in harmony with the frequencies of the original sound. With even the tiniest amount of pressure on the eardrum, these bones move and conduct the mechanical wave to the inner ear, or cochlea (the snail shaped bony part of the ear). With major trauma, these bones can fracture and cause significant problems with hearing.

What many people don't realize is how close the eardrum is to the ear canal opening, so as the saying goes, "Anything smaller than your elbow, should not go in your ears!"

## So, what about cleaning the ears?

Most people have heard that they should never put a cotton swab in their ears, but many do it anyway. The small cotton swab fits perfectly in the ear canal and even though one might get some wax out, many times it pushes wax further in. Over time, the wax can build up and become impacted. Up until the late 1970's these popular swabs were marketed for cleaning the ears; but with this common hygienic practice there are significant risks.

There have been many mainstream stories over the years about the use of cotton swabs causing trauma to the ear canal and even holes in the eardrum or worse. In severe cases, the trauma can even damage the hearing bones. As an otologist, I have heard many stories over the years from patients coming in the office for bleeding of the ear and hearing loss. In one case, the patient forgot the swab was in the ear and jumped on the bed. Another was cleaning the ear and someone opened the door which hit his arm and pushed the swab in. Although most holes in the eardrum from such events will heal itself, some will not. Fortunately, there are surgeries for non-healing eardrum perforations and damage to the hearing bones.



#### Earwax serves a purpose

The wax in your ears is there by design. It acts as a protective barrier against infection. The wax is acidic and offers antimicrobial factors, but if it gets pushed down too far in the ear canal it can block up the ear which can lead to infection and hearing loss.

## So how do we properly clean the ears?

The ear canals have a natural process to maintain a relatively healthy ear. When they function correctly earwax is continuously produced and then slowly liquefied assisted by things like chewing. Normally this slow process is automatic and simply leaving the ears alone is sufficient. Washing the ears out in the shower or with cleaning the external opening of the ear can help this natural process. But when the wax is too hard, it can get stuck and build up. This usually happens when the ear canals and wax are too dry. In other cases, it is too soft and it partially dissolves but builds up and blocks the ear canal. When too much earwax accumulates it can cause earaches, infections, hearing loss, and tinnitus.

## The American Academy of Otolaryngology recommends the following methods for safely cleaning the ears by a professional:

 Soften the wax with a few drops of mineral oil. appropriate cerumenolytic, glycerin or hydrogen peroxide.

 Ear irrigation (but not jet irrigation) by primary care or ENT. Instrument removal or suction is best performed by an ENT doctor who has these tools.

If you've got water in your ears, you can externally dry the ear and use a hairdryer on low or apply 4-5 drops of rubbing alcohol into the ear to dry the water, provided you don't have a hole in the ear drum or other chronic ear diseases, of course. Holistic ear candles are not recommended.

When wax blocks your ear and simple home remedies like gently washing the ear canals are insufficient, a primary care doctor can gently flush the ear canal, avoiding jet irrigations, or an ENT doctor can use special tools to remove it. If your ear is bleeding or starts to hurt or drain, it's best to see an ENT for a proper exam and treatment.

## Michael Branch, M.D. Board Certified Otolaryngologist - Ear, Nose, and Throat

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

Zephyrhills 36763 Eiland Blvd., Suite 103 Zephyrhills, Florida 33542



Pasco's Non-Profit Hospice of Choice for 30 Years

"My husband received the best care with help of nurses and CNAs from Gulfside Hospice."

> Gulfside Hospice Lie 1999 Talk to our team of experts today about how we can help you and

your loved ones.

800-561-4883 | www.Gulfside.org

## PARVEEN S. VAHORA, MD, FACOG GYNECOLOGIST



## 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

## Call or email to set up your consultation today!

Connie Moler, APRN

INSPIRING WOMEN TO LIVE

THEIR BEST LIFE BY PROVIDING

COMPASSIONATE CARE.

## 727-376-1536 Info@ParveenVahoraMD.com www.ParveenVahoraMD.com

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



## 

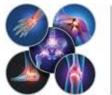
## Hyperbaric Oxygen Therapy HBOT for Autism, Stroke, Lyme Disease, Cerebral Palsy, and more.

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



## 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.

Whatever the source of your pain, you can benefit from visiting the Pain Management Center (813) 264-PAIN (7246) fax: 813-264-7249 www.nationalinstituteofpain.org email: appt@nationalinstituteofpain.org

Sunil J. Panchal, M.D.

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

www.HealthandWellnessFL.com -



## Hearing Aid Options-5 Reasons Why You Should See an Audiologist



Dr. Kelly Hansen, Au.D.

Dr. Nikki Goldowski Richa, Au.D.

aking the appropriate hearing device choices is essential for long-term hearing attainment. Failing to make those decisions based on widespread misconceptions and misunderstandings is unfortunately all too common for many individuals.

## Thirty-five million Americans have hearing loss, and many of them do not get the proper treatment that they need.

Sensorineural hearing loss is permanent and is caused by lesions, damage to the inner ear hair cells or auditory nerve. Sensorineural hearing loss cannot be restored or cured, so the typical treatment option is hearing aid devices. Hearing aids adjust to specific hearing losses, are programmed to suit individual needs and help the brain process sound. For a person with compromised hearing, hearing aids should be worn on a daily basis in order for the person to feel comfortable and to better understand the technology that is inside of the device and how to adjust it as necessary.

## #1 Self-Treating Hearing Loss Pales in Comparison

They are marketed on televisions and the internet all the time as a hearing solution, but personal sound-amplification products (PSAPs) and overthe-counter hearing devices (OTCs) are not the same as a hearing aid.

PSAPs are wearable electronic devices used only to make a sound louder. Unlike hearing aids, they're not considered medical devices by the FDA. Though potentially helpful in normal hearing to amplify sounds in situations such as watching TV, or hearing a presenter who's speaking some distance away, PSAPs can't take the place of properly fit hearing aids.

## #2 PSAPS Have Serious Limitations

They are neither FDA approved nor recommended to treat actual hearing loss. Also, they bypass the crucial steps of professional testing, programming, fitting, and follow-up. This means a hearing care professional can't rule out hearing problems or ensure the device is appropriate for your ears. Furthermore, PSAPs are often uncomfortable, difficult to manage, and, with misuse, could cause or worsen hearing damage. Finally, as already mentioned, they only amplify sound

## #3 Hearing Aid Options Must be Tailored to Your Needs

## Style & Sizes vs. Technology:

Hearing devices come in various sizes and colors, and there are behind the ear (BTE) and in the ear (ITE) options; however, these choices have little to do with the actual type of device you should decide on when selecting hearing aids. What matters most about the hearing aid is the technology.

## #4 Lifestyle are NOT Cookie Cutter

When it comes to the technology feature of hearing aids, an audiologist will guide you as to which option is best suited for your personal needs. Because some individuals have hearing loss in both ears, some, just in one ear, and the level of hearing varies from person to person, there should never be a "one size fits all" approach.

Along with a hearing test, your audiologist should offer an in-depth evaluation of your home-life, work-life, and social life. If you are very active and frequent loud events or restaurants regularly, you may need different technology than a person who leads a quieter life in general.

## #5 Why You Should See An Audiologist

If you are experiencing hearing loss, it's important to seek out a qualified audiologist, because they are trained to get you the best outcome and resolution for your specific condition. If you've noticed that it's difficult to hear conversations in a noisy atmosphere, or you feel the need to adjust your television volume much higher than before, it's vital for you to have your hearing checked.

Perhaps you or your loved one keeps asking for people to repeat themselves, or you can't quite pick up where sounds are coming from; if this is the case, don't wait until your hearing loss gets any worse, schedule your appointment as soon as you possibly can. Trinity Hearing & Balance wants you to be satisfied with your care. We are a local, independent, community-oriented practice. Our services are fully guaranteed, meaning we are committed to listening to your concerns, and your technology is always perfectly fit to renew your world of hearing. A strong patient-provider relationship based on honesty, integrity, and values is what we strive for, and we feel that this is the best approach to making sure you don't miss any of the precious moments in your life.



## Services

- Tinnitus Treatment
- Hearing Tests
- · Hearing Aids for all budgets
- Hearing Aid Repairs
- Dizziness, Loss of Balance, Vertigo
- Hearing Protection

If you are experiencing vertigo, or other hearing issues, please call Trinity Hearing & Balance of New Port Richey to schedule your appointment.



8605 Easthaven Ct., Ste 101, New Port Richey, FL 34655

727-372-1130 www.trinityhearingandbalance.com

# CLINICAL RESEARCH OF WEST FLORIDA: ANNOUNCES RADICULOPATHY (SCIATICA) CLINICAL TRIALS



## Do you have pain in your lower back that runs down one or both of your legs? You're not alone!

n estimated 3 million people in the United States suffer from this painful condition known as sciatica. This pain often comes on on suddenly without warning, and the pain can be debilitating. Along with discomfort from the injured sciatica (nerve), it can cause pain, numbness, and tingling, which get worse upon sitting, bearing down, coughing, or sneezing. This type of nerve condition is also referred to as radiculopathy, which can occur in other root nerve endings.

Sciatica affects individuals of varying ages, but it's typically seen in with individuals 30 years of age and older. Sometimes the pain can be caused by arthritis, impinged nerves, infection, herniated discs, spinal stenosis, and other issues that put pressure on the sciatic nerve.

The typical treatments are over the counter NSAIDs such as Ibuprofen, corticosteroid injections, ice and heat packs and rest, but there are new medications on the horizon that could possibly treat sciatica in an entirely different way. This is where clinical trials play an important role in bringing these options to the medical community for continuity of patient care and medical advancement.

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 along with an experienced, highly trained clinical staff.

To find out more about the research and how you can participate in Clinical Research of West Florida's trials, please contact 727-466-0078!

## www.HealthandWellnessFL.com

## Radiculopathy Clinical Trial

Are you 18-70 years old and experiencing pain, numbness, tingling, or weakness in the buttock region or legs? If you started noticing these symptoms within the past 9 months, you may qualify for a radiculopathy study. Local doctors that have partnered with CRWF are looking for people who have been diagnosed with radiculopathy for clinical research studies of an investigational medication. Are you interested in participating? Only a few spots left for August!

## **Qualified participants receive:**

- Compensation for time and travel (up to \$150 per visit)
- Study-related medication at no cost
- Study-related tests and x-rays completed at no cost



## www.crwf.com

## CLEARWATER

TAMPA

727-466-0078 research@crwf.com 813-870-1292 research@crwf.com



Wednesday October 2, 2019 5:45pm-7:45pm

New Port Richey Surgery Center at Trinity 9332 Florida 54, #100

Trinity, FI 34655 Anemala

Food & Drink Provided

Women's Sexual Health FAQ's Hormones and your body Pre and post menopause What's my female sexual problem I'm not alone, now what? Sexy night's, let's talk about sex



Parveen S Vahora MD, FACOG Gynecologist - Women's Sexual Medicine

Pre-Register to attend: info@ParveenVahoraMD.com 727-376-1536

RIVERSIDE

## **GET BACK THE LIFE** You Love

Waterfront.

rrtampa.com

Luxury.

Rehab.

 We are
 Detox

 We first
 Control

 We are
 Detox

 Control
 Control

 Contro
 Contro

 Contro<

Feeling Control Outpatient Living Sober

2813.575.4171

for yourself

4004 N Riverside Dr., Tampa, FL 33603

experience

## **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



C

Tinnitus Treatment
Hearing Tests
Hearing Aids for all budgets
Hearing Aid Repairs
Dizziness, Loss of Balance, Vertigo
Hearing Protection

Call 727-372-1130 to set up a complimentary complete

> Trinity Hearing Balance Dr. Kelly Hansen, Au.D. Dr. Nikki Goldowski Richa, Au.D. 8605 Easthaven Ct., Ste 101 New Port Richey, FL 34655

727-372-1130 www.trinityhearingandbalance.com

if you are experiencing dizziness or other hearing issues, please call Trinity Hearing & Balance of New Port Richey to schedule your appointment.

## Tampa Bay's Health & Wellness Magazine



## Providing information that will promote living a healthy, well-balanced lifestyle.

Tampa Bay's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 20,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

www.HealthandWellnessFL.com —

## When your Heart says "Yes," but your Agent says "No!"

Home Solutions Real Estate Team

## **The Big Picture**

What is a real estate agent? Strictly speaking, it's "a person who acts as an agent for the sale and purchase of buildings and land." More precisely, "someone who acts on behalf of another person or group; one that provides a particular service, typically one that involves organizing transactions between two other parties." But they so much more!

Being a real estate agent is magical. It's like being a mind reader, counselor, advisor, teacher, taxi, and acrobat all at the same time. However, most importantly, your real estate agent is obliged to act on your behalf with your best interests at heart regardless of the financial implications to the agent.

A professional real estate agent is expected to know and understand areas of job growth or decline, areas of commerce growth or decline, market trends, market statistics, interpretation of sales data, pricing trends, future road construction, real estate tax standards and a host of other data. A real estate agent should also know and understand lender regulations, title policies, and different situations that impact buying and selling a home.

You go to a doctor if you're sick, to a lawyer if you need legal advice and to an accredited real estate agent when you're in the market to buy or sell real estate. Why? The answer should be obvious: You need expert help from someone who has a grasp on all procedures that will impact your sale or purchase. Buying or selling a property is likely the largest single investment you'll make in your lifetime.

## **Thinking Forward**

A home may seem perfect when you see it on ZILLOW® or some other common real estate search site. But what do these sites really tell you? Of course, they tell you the generics about the home, such as size, bedrooms, etc. You may even be able to find out what the home last sold for, or if it has been on the market before, had price reductions, etc. But what about the neighborhood, schools, proposed road changes, business growth, percentage of rental vs. homeowner in the neighborhood, the solidity of the Homeowner's Association, the status of the CDD Bond, and so on?

Buying a home is too big a step to neglect critical information that will impact your ownership. Likewise, selling a home cannot be based simply on a "ZESTIMATE," but on all the other factors that affect the home's desirability. A professional real estate agent can separate the emotional connection associated with buying and selling a home and commit to analytical thinking regarding the purchase or sale - an invaluable asset to the buyer or seller.

## **Knowing The True Cost of Home Ownership**

The ability to qualify for a home mortgage is based mostly on credit score and debt to income ratios. Your housing expenses can be a certain percentage of your income. But there are other financial factors to take into consideration as part of your housing expenses. They include lawn care, lawn treatments, pest control, HVAC maintenance, pool maintenance, tree trimming, and more.

Lenders are held to high standards, and Loan Underwriters can even be held accountable for granting a loan that didn't meet certain standards. These 'checks and balances' are also designed to protect the consumer. A skilled real estate agent can help further sort through various potential expenses, identifying items that will save or cost clients' money. It is crucial to have someone representing you that understands such items as energy efficiency and its impact on your utility bills, location, age of the home, and the style of home - things you may never have considered.

Here is an example. You think you've found the perfect home that is ideally located near the Gulf and is within your budget. You discuss it with your agent, and this is what they are thinking:

"If it's near the Gulf, it is likely an older home (because those areas have been built out for some time), which means it probably will require a higher insurance rate and flood insurance, and it is likely the flood insurance will be astronomical. Given its age, the home may have had termite damage. If so, hopefully, it has been treated, and the lender will require the damage to be fixed. Also, the home likely has older or original windows, which will impact utility costs, and there is the possibility that the wiring is not up to code." The Result? The perfect house may not be just that - perfect. The agent doesn't want to be negative, but they are responsible for making sure their client's money is well spent.

Furthermore, a dedicated agent who can explain what in the world a CDD is and how it is different from an HOA is priceless. Have you ever noticed that a home in a high-cost CDD community will have a lesser price tag than a similar home that is not in a CDD community? That's because the CDD costs impact the home's value. Have you noticed that if a home is in a high-cost CDD community, it likely has a very low HOA fee? Conversely, if a home is not in a CDD Community or the CDD is affordable, there is probably a high HOA. Additionally, keep in mind that online payment calculators have no way of considering the CDD, HOA, true taxes, and potential insurance - not to mention utility costs. These are just a few ways your agent's knowledge can protect you during real estate transactions.

## **Big Money and Dream Homes**

Your agent's goal is to fulfill all your housing dreams and desires. An agent wants to sell their client's home for the most money possible, and they want their buyer clients to find the home of their dreams (agents love happy smiles at closing). If you are fortunate enough to find a dedicated and well-respected agent that tells you your home isn't worth that much or that home, you love is not a good fit - please listen. They have your best interests at heart!

## **Smart Choices**

In the end, your home buying or home selling experience should be a pleasurable experience; one that is delightful and stress-free. Choosing the right real estate agent can make that a reality. Reach out to friends and family for recommendations. Research an agent's name to see what type of online presence they have. [NOTE: if you can't find them online, move on to the next one.] Be aware of their social media presence, their website, the way they market their listings, their client testimonials and their team set up. You can't be too thorough. Once you have narrowed your search down to three or four potential agents, invite them for an interview and choose the one that you feel most meets your needs.



813-549-0870 www.tampahome360.com

# PADS4PAWS

## Pet Approved REALTORS® We Find The Best Yards

When Fetching Your Dream Home!



Pads4Paws, a program we have developed, is our way of giving back to these amazing rescues and shelters so they can continue their good work. Each time we launch a new listing for sale or, when we help a buyer find their new home, a sponsored animal will be chosen as the beneficiary of the sale.

We will be sharing stories and photos of the sponsored animal so our Home Solutions Team audience will get to know them and 'cheer them on' - When the transaction successfully closes, the Home Solutions Team will donate \$100 in that animal's name to their home shelter. rescue or foster home. In a perfect world, our sponsored animal will be adopted during the sale process. But even if our sponsored animal has found a new home, a donation will be made in that animal's name to their home shelter, rescue or foster home.

Do you want to donate to these animals? You can donate to their shelter, rescue foster family or the animal

by heading to Pads4Paws.org









Stacy Folsom Transaction Coord. Office Manager



Dona Anello **Courtney Ferrante** REALTOR®, OWNER Marketing & & Buyer Specialist ListingManager



813-549-0870





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.



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



# National Cholesterol Awareness: What You Should Know

holesterol is a natural substance that the body produces through the liver. It's waxy and circulates through the bloodstream, feeding the heart and brain. But when cholesterol is derived from foods like saturated fats and trans fats, the body overproduces LDL, which is the "bad" cholesterol.

HDL is the "good" cholesterol our bodies crave. Without HDL, our brains would not function properly, and we would suffer from other bodily disorders, like heart attacks and strokes. Higher levels of HDL helps to remove the bad cholesterol (LDL) from the body. Consequently, High levels of LDL may also adversely affect overall health by causing atherosclerosis (plaque in the arteries), cardiovascular disease, and other disorders.

#### **Cholesterol Numbers**

Your total cholesterol is made up of both LDL and HDL numbers. Revello Medical & Wellness Center's physicians order tests in order to check your numbers accurately. The healthiest combination of both types of cholesterol measures HDL, good cholesterol,) around 40, and LDL, bad cholesterol,) around 100. Other contributing numbers within total cholesterol are essential to your overall number and used as biomarkers.

## **Risk Factors**

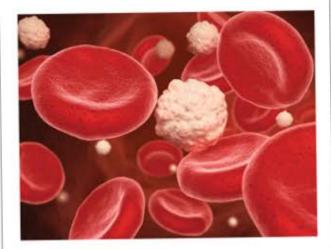
Cholesterol, along with triglycerides in the blood, can form atherosclerosis, which as previously mentioned is the plaque that builds up in the arteries. Excessive plaque can increase the chances of a coronary heart attack, heart disease, stroke, and other related issues. Triglycerides are the fat that is stored in the bloodstream from the excess fat in our diets. Triglycerides combine with the high LDL level and create harmful plaque build-up.

In addition to medications like statins, a change in diet can help to decrease LDL and Triglycerides, as well as raise your HDL to optimum levels.

## **Diet & Exercise**

Healthier habits can help lower cholesterol naturally.

 Eat a healthy diet (such as the Mediterranean, Vegan or Dash)



- Quit smoking (contributes to atherosclerosis)
- Start a regular exercise program (30 minutes per day, 5 times per week is recommended)
- Cut back on alcohol and processed foods

## Incorporate Healthy Foods and Nutrients

A significant contributor to successfully lowering LDL is the addition of soluble fiber, omega-3 fatty acids, mono-saturated fatty acids (MUFAs), powerful antioxidants and lutein, to your diet. However, in order to see the benefit of ultimately lowering bad cholesterol, an overall healthy diet must be maintained. This includes decreasing, and in some cases, completely eliminating processed foods from your diet. Cholesterol-lowering foods can drop your bad cholesterol levels by 5-10% within a few weeks; your cardiologist can speak with you about a personalized dietary plan.

## **Optimal Diets**

Diets like the Mediterranean or the Dash diet are viable options for individuals that want to have healthy cardiovascular systems but still consume some animal products. These diets are based on eating mostly plant-based foods while consuming smaller amounts of lean proteins like finfish, shellfish, lean beef, or poultry. With a heart-healthy diet, the best advice is to load up on fresh organic produce, limit refined or processed foods, limit dairy, reduce alcohol and sugar intake, eliminate processed meats and excessive saturated fats.

If being vegan or vegetarian is better suited for one's personal preference or needs, that is absolutely a remarkable way to stay healthy and protect the heart. But the one thing we know from various studies and research is that processed carbohydrates, sugars, and trans fats cause inflammation and can exacerbate disorders, such as cholesterol, diabetes, neurodegenerative, and cardiovascular conditions.

Food sensitivities or allergies to even "healthy foods" (gluten, eggs, dairy, etc.) can also cause this inflammatory effect and inadvertently raise cholesterol. If you're eating healthy, but it's ketogenic and high in fats, even healthy avocado and coconut oil, your numbers are inevitably going to be higher. It's always best to speak to your physician about your diet and exercise plans.

## Medications

The most common cholesterol-lowering drugs are statins. In recent years there have been other medication developments that may help to lower your total cholesterol levels.

It's best to speak with your physician before changing your diet or exercise program. Your doctor will develop a strategy to suit your specific needs, along with a coordinated medication and lifestyle strategy.

## **Revello Medical and Wellness Centers**

Revello Medical and Wellness is a family owned and operated medical practice founded in 1992. 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.



 Town & Country
 West Tampa
 Carrollwood

 (813) 888-8215
 (813) 873-8071
 (813) 374-7007

# WHAT IS HSDD? The Simplest way to Define it is: HSDD = Low Libido + Distress

ypoactive Sexual Desire Disorder (HSDD) is the most common form of sexual dysfunction in women. HSDD occurs in men as well, but it is more prevalent in women. While HSDD affects one-third of females, it goes undiagnosed or misdiagnosed far too often. HSDD inhibits a woman's desire to have sex or to have sexual fantasies while also reducing arousal, pleasure, and sensations. The cause of HSDD is not always apparent, but when left untreated, leaves lasting physical, social, and psychological distress.

There are many factors that can contribute to lowered sexual desire, but when none of those factors are present, HSDD may be the problem. While medication side effects, menopausal effects, trauma, oophorectomy or hysterectomy, endocrine disorders, hormonal imbalance, poor body image, and psychological issues related to relationships or sexual abuse can lead to low sexual desire, a woman may suffer from none of the aforementioned conditions and still experience HSDD.

## **Standard Treatment**

Addyi (flibanserin) is an FDA approved non-hormonal pill used to effectively treat HSDD. This treatment works on the chemical imbalance that can cause lack of desire in women. If there is any psychological issue, therapy is helpful, and if hormonal imbalance is exacerbating HSDD, hormone replacement therapy is available.

However, there is also another alternative that is working for many women. It's called MonaLisa Touch<sup>®</sup>, which is an advanced technique that has helped countless women with no drugs, and it's non-invasive!

## MonaLisa Touch®

## Non-Hormonal Advanced Treatment

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<sup>®</sup> 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.

## WHAT ARE THE SYMPTOMS OF HSDD?

- You experience low sexual desire no matter the type of sexual activity
- Your level of sexual desire and interest in sex has decreased
- Your lower sexual desire or lower interest in sex is bothering you
- You were satisfied in the past with your level of sexual desire or interest in sex, but no longer are

It's estimated that HSDD affects 1 in 10 women today, that's millions of our sisters, friends, moms, and partners—yet this could very well be the first time you're hearing about it. Somehow the most common form of female sexual dysfunction is the least talked about. If you think this could be you, talk to your healthcare provider about HSDD today. There are options!

......

## 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 Practitio-

ner 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?

very 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.<sup>1</sup>

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.



## SPINAL STENOSIS TREATMENT OPTIONS

umbar 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.

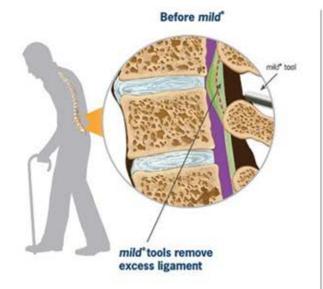
## **Nonsurgical Treatment**

- 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<sup>®</sup> Procedure

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

Vertos Medical explains the procedure in this way, "The mild<sup>®</sup> 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<sup>®</sup> 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.<sup>1</sup>

"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<sup>®</sup> 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 peerreviewed journal articles. Clinical trials demonstrate that mild<sup>®</sup> can help LSS patients stand longer and walk farther with less pain<sup>2</sup> and no major device-related complications have been reported.<sup>3</sup>

"A doctor who is certified to perform mild<sup>®</sup> 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.

## References

1. 2012 data from Health Market Sciences report for Vertos Medical 2013.

 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.

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.

## 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.

The National Institute for Pain

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

# How do I know when my loved one is ready for hospice?

D iscussing hospice can be a beneficial option at any stage of a life-limiting illness. Patients as well as their families benefit the most when they are supported by the hospice team with physical, mental, emotional, and spiritual support from their hospice team as early as possible.

You or your loved one may be ready for hospice when they have a serious, life-threatening illness with a life expectancy of six months or less, as diagnosed by a physician. This can be a result of numerous illnesses, including heart disease, cancer, dementia, Alzheimer's disease and more.

## Hospice care is not just for the patient.

Having the hospice team there to help can also provide helpful resources for the caregiver and other family members. Your care team can help with things like counseling, finding placement in a nursing home for respite care when needed, or navigating the confusion of health insurance and Medicare or Medicaid. They can also provide helpful resources for getting legal matters put in order, like living wills and power of attorney.

Plus, the nursing team is there to help alleviate some of the tasks of being a caregiver, including bathing the patient, personal care and more. They can provide helpful training for the caregiver to teach you how to comfort them, feed them, and care for them overall.

## Hospice care focuses on comfort and pain management.

Comfort care and symptom management become the primary focus when curative treatment is no longer the patient's choice or option. When patients opt to utilize hospice care, they are choosing quality of life over treatment plans that may just delay the inevitable.



Hospice care, and the comprehensive focus on all aspects of care, allow patients and families a chance to make memories that last. Research has even shown that with the help of hospice and palliative care, patients who elect to receive hospice care actually live longer with better quality of life.

## Gulfside Hospice - Serving Patients for 30 Years

Every day, more than 450 Pasco County residents receive hospice care from the team at Gulfside Hospice. They emphasize that hospice care is about more than just the patient – it's about the whole family. With an interdisciplinary approach to care and an array of services, Gulfside Hospice is able to help patients and families live their lives to the fullest.

Every person receiving care from Gulfside has access to the organization's whole team, which includes hospice-certified physicians, nurses, hospice aides, social workers, chaplains and volunteers. Some of the services provided by Gulfside's team include:

- Visits from physicians who offer pain management and symptom control
- Regular visits from registered nurses, plus the ability to contact the nursing team 24/7

- Coordination of medical supplies, medication and equipment like oxygen tanks, walkers, hospital beds and more
- Assistance with personal care provided by certified nursing assistants
- Services from social workers who specialize in helping families cope with issues surrounding life-limiting illnesses
- · And so much more.

Gulfside is the only not-for-profit hospice that serves Pasco County exclusively, and was the first hospice in Pasco to receive The Joint Commission's Seal of Approval Accreditation. To learn more about how Gulfside can help you and your family, call (800) 561-4883 to speak with one of the organization's experts. For more information, visit Gulfside.org.



800-561-4883 www.Gulfside.org



# **Hope and Optimism**

By Pastor Timothy L. Neptune

ope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, "Where then is my hope? Who can see any hope for me?" (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, "May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: "And now these three remain: faith, hope and love. But the greatest of these is love." (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, "...I will go to the king, which is against the law; and if I perish, I perish!" (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)." (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!







# 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



Michael Amoroso, MD



Ron Torrance II, DO



Ignatios Papas, DO



8600 Hidden River Parkway, Suite 700 | Tampa, Florida 33637 | **813.328.2158** 2401 University Parkway, Suite 104 | Sarasota, Florida 34243 | **941.212.2396** 

RegenTampaBay.com