

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

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f t **FREE**

FREQUENTLY ASKED QUESTIONS

ABOUT AMNIOTIC,
PLACENTAL, AND UMBILICAL
"STEM CELLS"

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DUE TO ITS ABILITY TO PREVENT
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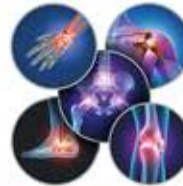
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The Most Frequently Asked Questions About Amniotic, Placental, and Umbilical "Stem Cells"

By Regenexx Tampa Bay, Regenerative Medicine

Utilizing birth tissues to harvest stem cells for orthopedic and other areas of medicine is an exciting topic. However, there are currently no FDA-approved uses for allogeneic (coming from someone else) stem cell products other than cord blood or bone marrow transplantations after certain kinds of cancer treatments. More disturbing is the fact that vials of amniotic, placental, and umbilical "stem cells" that sales reps are selling to many physicians DO NOT contain living stem cells. This has been independently tested and confirmed by major universities and Regenexx. We urge patients to arm themselves with knowledge against these deceptive claims.

What are amniotic, placental, and umbilical tissue-based products?

As you may know, babies, while still in the womb, are encased in a fluid-filled sac known as the amniotic membrane. Following the birth of a child, the amniotic membrane and/or fluid can be collected, sterilized, and processed into a variety of tissue-based products. Placental and umbilical tissue can also be obtained for the same purpose. Regrettably, these products are being pitched and sold to doctors as "stem cell" products. Some of these products do contain growth factors that can stimulate stem cells when injected into one's tissues. However, it is NOT accurate to call them stem cell products. Legally, representatives shouldn't be making these claims to physicians and in-turn physicians should not be making these claims to patients.

Are there stem cells in these tissues?

There are in fact stem cells in these tissues at the time of birth. However, once the tissues are processed, the cells are sterilized (killed). If these products did contain stem cells, the product would be classified as a drug by the FDA, requiring approval before being used in human clinical trials. It would not be marketable until clinical trials for each indication were completed and the drug was determined to provide benefits that outweigh its potential risks. This takes many years and can cost \$1 billion or more. No wonder some unscrupulous companies want to bypass this process. The FDA has issued enforcement letters to companies selling unapproved products stating that their products are regulated as drugs. However, until now, the FDA has only enforced these rules sporadically expecting that the industry would regulate itself. Unfortunately, companies knowing the FDA has stated that they won't get aggressive with enforcement until Nov. 2020, have flourished.



To clarify, either these companies are selling an illegal unapproved drug or more likely, as confirmed by testing, selling dead tissue products that they claim have living stem cells. Both of these scenarios are problematic.

What else does amniotic fluid contain?

Processed amniotic fluid does retain some growth factors and cytokines that can be injected to help promote healing. But, before spending thousands of dollars on a vial of these products, you may want to consider another alternative. At this time, there is no data supporting that the use of these tissue products is better than your own platelet-rich plasma (PRP). PRP contains your own healing growth factors, is not nearly as expensive, and is easier to obtain. PRP is an excellent option that likely accomplishes the same thing, if not better than, a vial of amniotic fluid for a fraction of the price.

Why are sales reps pushing amniotic, placental, and umbilical "stem cells"?

Expensive vials of these tissue-based products represent a scalable, one-size-fits-all product that aligns with the pharmaceutical industry's traditional mass marketing business plan. On the other hand, PRP requires a doctor's office to take blood from the patient and process it into a growth factor-rich therapeutic. Because the PRP comes from the patient's own blood, this eliminates any possibility of bodily rejection. If processed correctly, it can also be customized to the needs of the specific patient. So why are sales reps pushing ready-to-inject vials? For many providers, PRP is inconvenient and time-consuming. Also, most providers probably believe they are using live "stem cells" because they believe what they are being told. Unless a physician has access to state-of-the-art labs to fully investigate a product, they must rely upon sales pitches that are potentially full of deceptive claims.

How do you know these vials contain no stem cells?
If these products 'did contain living stem cells and were approved by the FDA, Regenexx would have signed on to become one of the biggest customers. The reality is that we have conducted lab research, determined the validity of these claims, and uncovered deception. Research scientists at Regenexx and the Interventional Orthopedics Foundation (IOF) were the first to begin testing these claims. Other academic research labs have since validated the initial findings -that is the results concluded that there were no living cells in these products, the products didn't help older stem cell performance, and didn't contain more growth factors than a PRP injection.

Regenexx has published a large percent of all orthopedic stem cell research worldwide, has the world's largest database patient registry tracking outcomes and safety, and is the only protocol when delivered by certified Regenexx physicians, that is receiving insurance coverage by self-insured employers across the country (>7 million covered lives).

Knowledge is power. The marketing of amniotic, placental, and umbilical "stem cells" has been misleading at best. Even though we may be able to justify using them for their growth factors, the reality is that your own PRP or concentrated bone marrow (compliant with FDA regulations) is likely a better overall treatment option.



James Leiber, D.O. | Ron Torrance II, D.O.
Ignatios Papas, D.O. | Michael Amoroso, M.D.



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When to Visit an Urgent Care

When you, your child, or a loved one has fever, sprains an ankle, gets an ear infection or gets overheated, it can be quite challenging to get a same-day appointment with your primary care doctor, and the emergency room may not always be the best choice.

Choosing between an ER and urgent care can often be very confusing. Urgent care centers could be the best option for minor illnesses or injuries. Urgent care centers are equipped to treat a variety of conditions and injuries with on-site lab and radiology services. Patients may receive care quicker and at a lower cost than a trip to the ER.

Avoiding the emergency room when appropriate, is extremely convenient with BayCare's multiple urgent care locations throughout the Tampa Bay area.

BayCare Urgent Care

BayCare is the leading health system in the region to provide 18 urgent care locations in Pinellas, Hillsborough, Polk and Pasco counties. BayCare Urgent Care offers quick, high quality health care from an experienced team of clinicians for adults and children ages two and older.

BayCare Urgent Care provides convenient access to high quality, compassionate care for patients with medical conditions including minor illnesses and injuries, flu and colds, sprains and strains, urinary tract infections, ear pain or infections, animal or insect bites, minor cuts, stings and burns.

"We focus on giving patients access to the right level of care, in the right place and at the right time," said Nathan Keith Waldrep, MD, director – chief medical officer at BayCare Urgent Care. "We're here to take care of those episodic injuries and illnesses that pop up occasionally that don't require someone to go into an emergency room and for those that can't see their primary care today."

BayCare offers a total care experience including X-rays, laboratories, EKGs and dispensing of certain medications. The centers provides school and sports physicals and occupational health services including post-hire physicals, drug screenings, treatment of workplace injuries and vaccinations.



To enhance patient experience, BayCare Urgent Care allows visitors to hold their place online through Save Your Spot. Some facilities also provide extended hours to meet the needs of people with busy schedules.

BayCare Urgent Care is part of BayCare Health System, a leading not-for-profit organization comprised of 15 hospitals and hundreds of other convenient locations throughout Tampa Bay and central Florida regions. Due to BayCare's hundreds of access points, BayCare provides a full continuum of care through its inpatient, outpatient, imaging, diagnostic, behavioral health, laboratory and wellness services – providing seamless and convenient care for patients and their families.

For more information, visit BaycareUrgentCare.org or stop by a BayCare Urgent Care center.




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Can Hyperbaric Oxygen Therapy Help with the Symptoms of Lyme Disease?

Lyme disease is an infectious disease with a worldwide impact, caused by the tick-carried *Borrelia burgdorferi* bacterium.¹ Deer ticks carry the bacteria that causes Lyme disease. If bitten by a deer tick that has the bacteria, a red rash will quickly appear and it's often in a bull's-eye pattern. The symptoms of Lyme are flu-like symptoms, joint pain, muscle weakness and brain fog. Lyme disease can cause significant disorders including neurodegenerative effects.

Late Stage Lyme Disease

If Lyme disease isn't promptly or effectively treated in the first two stages, late disseminated Lyme occurs weeks, months or even years after the tick bite. The Lyme bacteria have spread throughout the body and many patients develop chronic arthritis as well as an increase in neurological and cardiac symptoms.²

- Arthritis in joints or near the point of infection
- Severe headaches or migraines
- Vertigo, dizziness
- Migrating pains that come and go in joints/tendons
- Stiff, aching neck
- Sleep disturbances, insomnia
- Disturbances in heart rhythm
- Mental foginess, concentration issues
- Numbness in the arms, legs, hands or feet
- Problems following conversations and processing information
- Bone infections
- Severe fatigue²

HBOT (Hyperbaric Oxygen Therapy)

The most common treatments for Lyme disease are antibiotics and herbal supplementation, but for many individuals suffering from the disease, alternative therapies are where they are looking to add on natural treatments. HBOT is one of the methods used to increase oxygen throughout the cells to destroy anaerobic bacteria, which can't exist in an oxygenated area. It is also touted as having the ability to improve immune function and repair damaged tissues. Some believe that HBOT can kill Lyme bacteria, and many patients report feeling better after HBOT.

Hyperbaric oxygen therapy is a medical treatment that delivers 100% oxygen to a patient's pulmonary system while they are within a pressurized chamber. This saturation of oxygen allows high-levels of life-sustaining oxygen to be delivered to the tissues and organs. This increase of the partial pressure of oxygen at the cellular level accelerates the healing processes and assists in the recovery from numerous indications.

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.

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

Currently, There Are 15 FDA Approved HBOT Conditions:

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

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



Common Off-Label Indications:

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

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

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

References:
1. A.C. Steere, "Lyme Disease" N Engl J Med, 321 (1989), pp. 586-596
2. Global Lyme Alliance, "Stages of Lyme Disease" Stamford CT, 2019, globallymealliance.org.

MORE OPTIONS FOR TREATING BREAST CANCER

Regardless of age, race, or family history, all women – and about 1% of men – have some level of risk for breast cancer. Primary risk factors include age and gender, along with a number of other factors, such as obesity and alcohol use, which can be moderated through healthy lifestyle choices. Today, there are many types of effective treatments for breast cancer, including surgery, chemotherapy, radiation, and hormone therapy. Research is ongoing to bring even more promising treatment options to patients.

Can Breast Cancer Be Inherited?

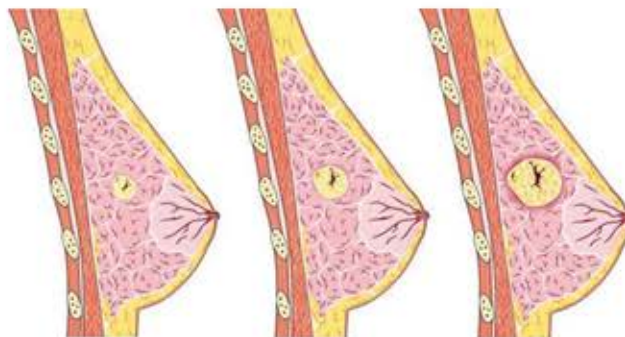
Certain types of breast cancer do seem to run in some families; however, it is important to understand that what is inherited is the abnormal (mutated) gene that could lead to breast cancer, not the cancer itself. The most common genetic risk factors for breast cancer are in women who have changes to the BRCA1 and BRCA2 genes. Women with this inherited gene mutation have up to an 80% chance of developing breast cancer during their lifetimes. If you have a close relative (mother, sister, daughter, etc.) with breast cancer, you should speak with your doctor about genetic testing.

Early Detection

Identifying any type of cancer at an early stage before it has spread extensively (metastasis) provides a much better outcome for patients. Florida Cancer Specialists' physicians concur with the American Cancer Society's recommendation that women over 40 with no family history of breast cancer should get a mammogram once a year; for women under 40, a clinical breast exam is recommended at least once every three years. In addition, monthly breast self-examinations can be an effective way of discovering any changes in the normal look and feel of the breasts.

New Findings Offer Guidelines for Chemotherapy

Results of a study released in June 2018 confirmed with better accuracy which patients will benefit from chemotherapy and which will not. It is estimated that, due to this new understanding, about 70,000 breast cancer patients can now safely skip chemotherapy. The study



was published in the New England Journal of Medicine (NEJM), and, according to its findings, almost 70 percent of women with early stage breast cancer and an intermediate risk of recurrence can now safely skip chemotherapy after their tumors have been surgically removed.

Over 10,000 patients in the clinical study received a genomic test that estimates the individual risk that cancer will recur. Known as gene expression testing, this assessment helps determine which breast cancer patients are most likely to benefit from chemotherapy following breast surgery.

Those with a high-risk score (above 25) were advised to have chemotherapy along with hormone therapy, which is standard treatment; those with a low-risk score (0 to 10) would still need hormone therapy, but could forgo chemo and avoid its sometimes harsh side effects.

Prior to this study, the group of patients with test results in the intermediate risk range (between 11 to 25) did not have a clear course of action with regard to chemotherapy; however, the study found that within the intermediate-risk group, all women over 50 whose tumors responded to hormone therapy and tested negative for the HER2 gene had no significant benefit by adding chemotherapy and could safely skip it. Chemo did offer some benefit for those 50 and younger who had a recurrence score between 16 and 25.

Florida Cancer Specialists is proud to have participated in this study. Its findings provide more certainty about which patients in the intermediate-risk group need chemotherapy and which do not. This is just one example of the incredible benefit clinical research brings to both current and future cancer patients.

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



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For more information, visit FLCancer.com



Home Sales: Trend vs. Traditional

Toni Hedstrom, P.A. Realtor®, Owner - Home Solutions Real Estate Team



We've all seen the commercials and heard the radio ads about guaranteed sale programs that will buy your home. The concept sounds pretty good: Guaranteed Sale; No Showings; You Pick the closing date, but there is always a catch.

Over the past 20-years, I've become accustomed to the traditional way to sell homes. But I don't wear blinders and always look for innovative ways to do business. My first objective was to understand how these trend services work to determine if the traditional real estate concept might be in trouble.

What I found in my research are a few key points a consumer should consider before choosing the so-called "easy way." The Seller might be sacrificing more than you realize.

Key #1: The Loss of Agency

Using a trend service to sell your home removes the most valuable asset you should have: Agency.

According to the National Association of REALTORS: *"The Law of Agency in a real estate transaction defines {the} legal relationship between real estate professionals and their clients."*

Real Estate Agents have clear fiduciary duties to those they represent:

CARE: The Agent must use his/her skills to the best of his/her ability on behalf of the client.

ACCOUNTING: The Agent must account for all funds entrusted to him/her and not commingle client funds with personal funds.

CONFIDENTIALITY: The Agent must keep confidential any information given to him/her by their client, especially information that may be damaging to the client in negotiations.

DISCLOSURE: The Agent must disclose to the client any information he/she received that may benefit the client's position in a negotiation.

LOYALTY: The Agent owes undivided loyalty to the client and puts the client's interests above their own.

OBEDIENCE: The Agent must obey all lawful orders that the client gives.

There is no agency, no representation or fiduciary duty when you utilize a trend service to sell your home.

The goal of a trend service is to purchase your home for as little as possible so they can quickly sell the home again for a profit. The way the business plan works, they could never offer you full market value because they would not make any money.

So, how much money are you giving up having "no showings?"

Key #2: COST

The fees for these trend services are alarming as well. Traditional real estate commissions are not set, by law, but tend to range between 5%-6% in most cases. When reviewing a trend service fee comparison (as published on their site), the first red flag is they use of the same sales price in the comparison between their service and traditional services. Remember, they must offer you less than market value, or they won't make money.

In addition, the trend services charge a "servicing fee" that can range from 7%-10% of the proposed purchase price, which exceeds normal commissions. They also claim you will pay "seller concessions" of 2% on a traditional sale and this is statistically untrue - especially in our Seller's market.

On top of a lower than market value offer and high service fees- you will still be paying closing costs and likely a repair penalty.

Key #3: EXPERIENCE AND NEGOTIATING POWER

I am sure those who work for these trend services are nice people. But they are not obligated to you or your best interests in any way. There is no fiduciary relationship between you and the nice voice on the phone. Negotiations are an art that experienced agents perform well. Your agent's goal is to sell your home for the most money possible and with the best terms. With a properly priced home and exceptional marketing, your Agent can maximize your net at sale and limit the number of showings it takes to secure a buyer.

Toni's Take-Away

If you are considering a trend service to sell your home, I highly recommend you at least ask an agent to prepare a market analysis so that you have a true understanding of your home's market value. Ask the agent to prepare a seller net sheet estimate to see your likely bottom line when selling the traditional way. Arm yourself with the knowledge an agent can provide before you overpay for the "easy way."



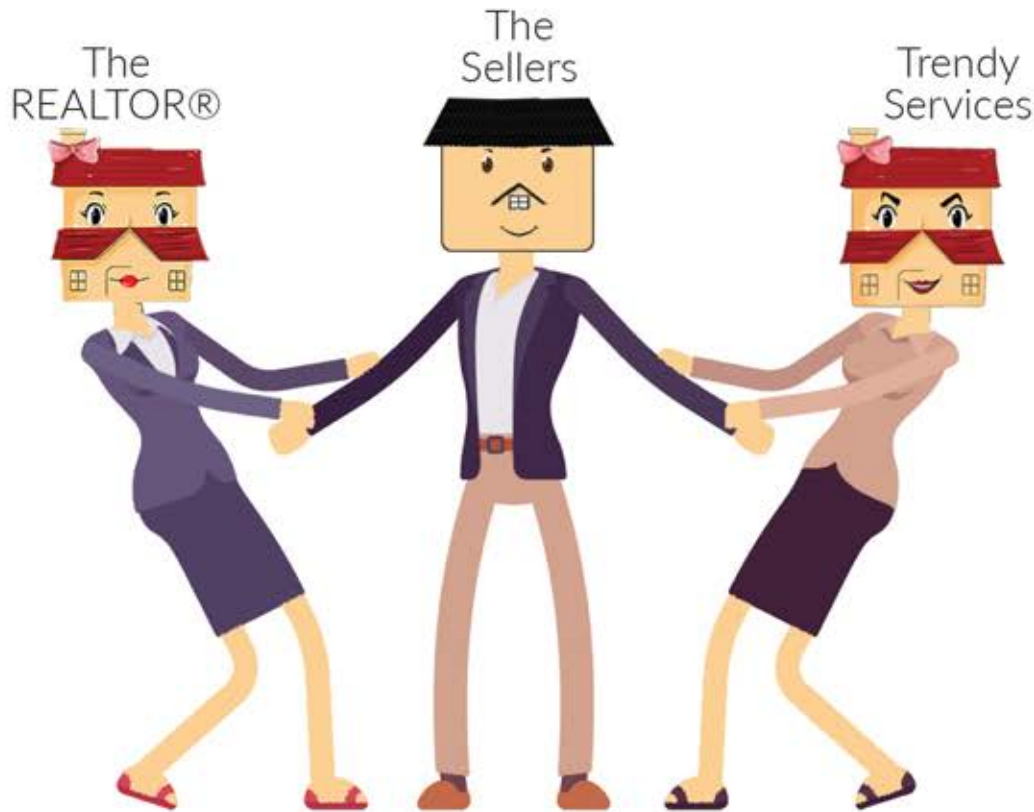
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Who Is The Best To Choose?

Trendy Vs Traditional



If you are considering a trend service to sell your home, we highly recommend you at least ask an agent to prepare a market analysis so that you have a true understanding of your home's market value. Want to learn more about the best way to sell your home? Read The Home Solutions Team article in this magazine!



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PALLIATIVE CARE OR HOSPICE: WHAT'S THE DIFFERENCE?

Hospice care is for those with a life-limiting illness.

To be eligible for hospice care, a patient must have a prognosis of six months or less to live from a physician. Studies have shown that when a patient is referred and admitted to a hospice program at the early stage of a prognosis, they often live longer and have better quality of life for the duration of the illness thanks to the care provided by the hospice team.

Non-Hospice palliative care is for those with a chronic illness.

Patients at any age and any stage of a serious, chronic illness can be eligible receive palliative care at the Gulfside Palliative Care clinics. Palliative care is available to you at any time during your illness, and you can receive palliative care at the same time you receive other treatments that are meant to cure your illness.

How do I know if palliative care is the right option?

Palliative care may be right for you if you are experiencing pain, stress and other symptoms due to a serious illness. Serious illnesses include but are not limited to: cancer, cardiac disease, respiratory disease, kidney failure, Alzheimer's, AIDS, amyotrophic lateral sclerosis (ALS) and multiple sclerosis. Palliative care is appropriate at any stage of a serious illness and you can get it along with treatment meant to cure you.

Other signs that palliative care may be helpful for you include: frequent ER visits or hospital admissions for the same condition, functional or cognitive decline, weight loss, increased safety and behavioral concerns, caregiver stress, chronic home oxygen use or limited social and home resources and service support.

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

Discussing 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.

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.

Still not sure? The team at Gulfside Healthcare Services can help.

Gulfside offers hospice care for patients facing life-limiting illness, palliative care for those living with a chronic illness, and skilled home health to help people recover from a surgery, illness or injury. The Gulfside team of experts can meet with you and your loved ones to figure out which line of service best suits your unique situation and needs.

It's never too early to start talking about the options available to help you through any situation, whether palliative, hospice or home health. Experts from Gulfside will explain the key patient criteria for each type of care, answer your questions and help you get the care you need.

Gulfside Healthcare Services is a non-profit organization, providing quality care to the community for 30 years. Its three lines of business include Gulfside Hospice, offering care for patients at end of life, Gulfside Palliative Care, providing treatment options for those with chronic illness, and Gulfside Home Health, helping patients stay independent through skilled nursing and rehab at home.

For more information about Gulfside Healthcare Services, visit www.Gulfside.org or call 800-561-4883.



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The Importance of Primary Care Medicine Shouldn't be Overlooked

The good news is, that there are reliable ways to stay healthy and live your life with the quality and wellness that you long for. This steadfast advice begins with routine care.

Primary care is essential. The first step is to practice prevention. The age-old saying is "An ounce of prevention is worth a pound of cure," and that is true! Disease and disorders are prevented or easily treated if discovered early on. So, the first step in prevention is to see your primary care physician.

With the proper testing, many diseases can be caught in the initial stages, treated, cured, or kept at bay. Your doctor plays a huge role in your preventative health. Your physician has a special relationship with you, and also multiple specialists that can provide advanced treatment and diagnosis for numerous conditions. Medicine is at a cutting-edge age, and the tests that are available now can show even minuscule changes in your health. It's critical to make regular check ups with your primary care physician and also to schedule appointments if you notice any changes in your health.

Primary Care physicians keep track of your health. They know what you need, what your medical history is, what you're allergic to, and they keep detailed records, which is critical when you need to change medications, acquire a new disorder, or need to see a specialist.

Vaccinations must be kept up to date. This is a critical step for all ages. However, as we age, our bodies and immunity change, making us more susceptible to diseases and infections. One of the most important inoculations is the influenza vaccine.

Since 90% of flu-related deaths are in adults over the age of 65, it's important to plan ahead, as there are ways to prevent the flu. Along with the traditional flu shot, there is a high-dose flu vaccine. This high dose vaccine is ideal for the elderly population because it contains three different flu strains, which makes staying off the flu virus, much easier. It also contains more antigens, than a standard flu shot, which creates antibodies that fight the virus.



If you had chicken pox when you were younger, getting a shingles vaccination is significantly important. Anyone with the chicken pox virus also has the shingles virus living inside of his or her body. The Shingles rash can be extremely painful and can cause undue stress for the elderly. It's imperative to speak to your physician about getting this immunization. If you have already had the shingles virus, you can still get the virus again. A vaccine is just as important for those individuals.

Every ten years we need to have a tetanus booster to keep the vaccine active. If you are injured, you should get a tetanus shot immediately. During your primary care visit, please make sure to talk with your provider about this booster or vaccine as well.

High quality primary care is multimodal—Revello Medical and Wellness Centers specialize in advanced, comprehensive medicine.

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GAINSWAVE IS MAKING HEADLINES

Due to its Ability to Prevent & Treat ED

BY DR. ROBERT LUPO, D.C.



With remarkable outcomes, GAINSWave is growing in popularity in regard to treating erectile dysfunction (ED) and Peyronies Disease, yet it's also used as a preventative treatment. GAINSWave treatment is available for any man looking to enhance sexual health and performance. A medical condition like ED or Peyronies disease does not have to be present for men to benefit. In fact, many healthy men without an issue opt for treatment to "biohack" or optimize their performance as a prevention method.¹

How Can GAINSWave Prevent & Treat ED?

The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through soundwaves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. These soundwaves or 'shock-waves' also are beneficial in preventing the buildup of plaque and increasing blood vessel growth and circulation.

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.

Source: GainesWave
<https://www.biospace.com/article/releases/mobility-spine-and-sports-is-helping-men-wave-goodbye-to-erectile-dysfunction-with-cutting-edge-gainswave-treatment/>

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronies disease (scar tissue) as well as enhance sexual performance.

Younger Men Should Seek Treatment Early

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.

Men are Preventing ED with GAINSWave

Many men are now understanding the importance of this technology and how it can benefit them in the long term. GAINSWave offers immediate results that are cumulative. Much like living a

healthy lifestyle, starting GAINSWave treatments early is another way men can be proactive about their health.

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

Dr. Robert Lupo, D.C.

Dr. Robert Lupo is the clinic director at Physical Medicine Center located in north Tampa near the University of South Florida and New Tampa. Physical Medicine Center is a multidisciplinary medical center that offers Medical Care, Chiropractic Care, and Physical Therapy. Dr. Lupo attended Life University in Marietta Georgia and graduated with a Doctor of Chiropractic degree in 1985. Dr. Lupo has taken postgraduate education in chiropractic orthopedics, neurology, spinal disc injury care, and auto accident and injury care. Physical Medicine Center also offers massage therapy, treatment for dizziness, balance disorders, Spectra cell nutritional blood analysis, bio-identical hormone replacement therapy for men and women and offers the nationally known Medifast weight system.

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Does Hearing Loss Affect Cognitive Function?

By Michael Branch, MD

Age-related hearing loss, known as sensory-neural hearing loss, is a normal part of growing older. Approximately 50% of people will have significant hearing loss by age 75 years. Preventing this type of hearing loss - through things like avoiding loud noise exposure - and treating sensory-neural hearing loss is critical for maintaining good hearing.

Over the past decade studies have also shown the negative effects of hearing loss on cognitive function. Why are these disorders so closely related? When there is auditory deprivation there is a significant reduction of activity in the area of the brain that processes communication. This area is the temporal lobe and is called the primary auditory cortex. It not only controls hearing but also the way language is processed.

Individuals that struggle with hearing often become less social and therefore their cognitive decline is affected by less interaction and less mental processing. It is also thought that decline in other special senses, like the sense of smell and vision, can exacerbate cognitive issues due to degeneration in these other areas of the brain.

If you get early treatment, which is typically hearing aids, you can slow down the natural progression of hearing loss related cognitive decline. Hearing loss will continuously get worse with age in most people. But compensating for the loss with properly fitted hearing aids can help reduce mental decline. It is important to keep the brain engaged in social interaction and verbal communication. When someone becomes isolated from communication, it tends to exacerbate the processes of dementia.

Nearly 5.2 million Americans have Alzheimer's disease, and that number is expected to triple by 2050. Experts estimate that an Alzheimer's diagnosis will affect close to 15 million people by mid-century. There is no cure for Alzheimer's or dementia. Taking care of our health is critical to staving off memory related decline. This includes many factors like proper exercise, staying social, staying mentally active with things like puzzles



and reading, a heart healthy diet, getting proper rest and protecting our hearing. (For more information see the Alzheimer's Association web site.)

Alzheimer's researcher, Dr. Doraiswamy, a professor of psychiatry and medicine at Duke University School of Medicine and coauthor of *The Alzheimer's Action Plan* stated that improved hearing improves brain function. He explained, "The improvement in cognition was huge, about double that seen with any of the current FDA drugs for treating Alzheimer's." He continued, "Studies have shown that uncorrected vision problems raise the risk for dementia. Every doctor knows that hearing loss can result in cognitive problems, but they still don't focus on it as a priority when they evaluate someone with suspected dementia, which is a big missed opportunity. The benefits of correcting hearing loss on cognition are twice as large as the benefits from any cognitive-enhancing drugs now on the market. It should be the first thing we focus on."

If you are experiencing any changes in your hearing, it's important to see an Otolaryngologist because they are trained to get you the best outcome and resolution for your specific issue. There could be underlying issues for your hearing loss and multiple options to improve your hearing might be available like surgery, cochlear implants, hearing devices, or even something as simple as removing wax.

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:

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

The Mental Illness & Substance Abuse Correlation

Mental illness affects millions of Americans throughout their lives. Whether it is PTSD, depression or psychotic episodes, mental disorders can be exacerbated by environmental factors, stress, abuse, traumatic events, disease states, or genetics, to name a few. It's not uncommon to experience mental illness at some point in childhood or as an adult.

Annual Prevalence Among U.S. Adults, by Condition:¹

- Major Depressive Episode: 7.2% (17.7 million people)
- Schizophrenia: <1% (estimated 1.5 million people)
- Bipolar Disorder: 2.8% (estimated 7 million people)
- Anxiety Disorders: 19.1% (estimated 48 million people)
- Posttraumatic Stress Disorder: 3.6% (estimated 9 million people)
- Obsessive Compulsive Disorder: 1.2% (estimated 3 million people)
- Borderline Personality Disorder: 1.4% (estimated 3.5 million people)

From the list above, anxiety disorders are by far the most common mental illness or disruption that individuals face in the US. There are neurotransmitters throughout the entire body that send signals to the brain, alerting you instantaneously of real or perceived danger. Anxiety and stress are made up of both psychological and physical symptoms, creating nervousness, fear, worry, sweating, rapid heart palpitations, a rise in blood pressure, nausea, and shortness of breath.

When anxiety disorders are left untreated or undertreated, several areas of the brain like the hippocampus (regulates emotions) and the prefrontal cortex (decision making, planning abilities) shrink, causing long-term damage. Consequently, any mental illness that is not treated will bear the influences of long term effects, and certain mental illnesses such as bipolar disorder, OCD, or PTSD will be intensified by substance use.

The American Psychiatric Association defines addiction and substance use disorder as the following; "Addiction is a complex condition, a brain



disease that is manifested by compulsive substance use despite harmful consequence. People with addiction (severe substance use disorder) have an intense focus on using a certain substance(s), such as alcohol or drugs, to the point that it takes over their life."

The Mental Illness & Substance Abuse Link

Studies show that mental illness can lead to substance abuse, and substance abuse can lead to mental illness. In some respects, people with mental disorders might try to tamp down bouts of depression or hallucinations with drugs or alcohol, while those with substance additions can damage parts of their brain and cause mental disturbances to occur. The coexistence of both mental health and a substance use disorder is referred to as co-occurring disorders.

Negative Stigma

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

References:

1. National Alliance on Mental Illness, "Mental Health By The Numbers" 2019, Arlington, VA, <https://www.nami.org/learn-more/mental-health-by-the-numbers>
2. American Psychiatric Association, "For Women, Quitting Alcohol Can Lead to Improved Mental Well-Being" 2019, Washington, DC, <https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2019/08/for-women-quitting-alcohol-can-lead-to-improved-mental-well-being>

Improving Mental Health

In a recent study in the Canadian Medical Association Journal, researchers studied the mental well-being of lifelong alcohol abstainers and women who quit drinking. The lifelong abstainers had the healthiest mental wellbeing, but interestingly, the women that stopped drinking had improved mental wellbeing equal to the abstainers within just four years of quitting.

The researchers suggest that quitting alcohol use may lead to a reversal of the neurotoxic effects of alcohol and lead to fewer stressful life events, such as conflict within family, which in turn lead to improved well-being.²

Numerous other studies have shown similar results with quitting drugs and getting the proper mental health therapies. Anyone struggling with addictions, substance use disorders or mental illness, should seek treatment. If left untreated, the symptoms, severity, and health-related conditions, including death, are looming.

Your New Life Starts Today

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

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

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



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CROHN'S DISEASE CLINICAL TRIALS FOR ADVANCED TREATMENT OPTIONS

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

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

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

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

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

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

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

All clinical research sites are provided study-related medications and medical devices for trials. New study-related medications and devices are developed through well-established guidelines and regulations designed by the FDA to ensure their safety and effectiveness by the time they reach the public. Additionally, clinical sites are

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

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

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Dr. Kelly Hansen, Au.D.

VERTIGO—Spinning Sensations, Nausea & Loss of Balance: What You Should Know



Dr. Nikki Goldowski Richa, Au.D.

As children, a favorite retro game at birthday parties was Pin the Tail on the Donkey. Blindfolded, kids were spun round and round, and self-induced vertigo was onset quite rapidly, while the children staggered and lost their balance towards the donkey poster.

As adults, vertigo is not something we'd ever like to induce upon ourselves, and for those that suffer from the disorder, there is nothing they would want more than to stop the spinning and dizziness when the episodes strike. The hours and sometimes multiple days of nauseating symptoms are very often unbearable.

What is Vertigo?

Numerous disorders can cause vertigo, but most commonly it is associated with either vestibular or peripheral disorders. Brain connection disturbances can cause vestibular disorders. The cerebellum and brainstem control eye movement and balance. These areas of the brain govern the connectivity and perception of both vision and equilibrium. Symptoms can involve disrupted balance, dizziness, or both, at some time.

An issue in the labyrinth of the inner ear causes peripheral disorders. The inner workings of the ear communicate with the brain in response to the gravitational pull and motion of the body. These connections and communications tell the brain when there are any vertical changes like standing and sitting. Inflammation from infections or irritants can cause the transmission to become disrupted and exacerbate the symptoms associated with vertigo.

Vertigo Symptoms:

- Balance and gait issues
- Ear congestion
- Head and neck aches
- Migraines
- Lightheadedness
- Motion sickness
- Nausea and vomiting
- Spinning sensation
- Tinnitus (ringing in the ear)
- Falling



Not only are the symptoms debilitating, but they are also dangerous, especially for the elderly. It's dangerous to leave vestibular disorders untreated. If you have balance issues, your likelihood of suffering a fall with possible complications like broken bones, or impingements, which cause limited range-of-motion is much higher. Not to mention that the unpleasant side effects of nausea and painful headaches can be alleviated through the proper treatment, which will help you to get back to living a good quality of life.

Treatment

Depending on the cause of your vertigo, treatment options can range from specialized therapy and physical manipulation of the head and ear canal either manually or with the utilization of the Epley Omniax System.

Trinity Hearing & Balance

At Trinity Hearing & Balance, we truly believe that better hearing leads to a better life. Our patient-centered approach allows us to focus on satisfying your hearing care need, whatever they may be. Our practice will work with you to diagnose and find solutions for your hearing, tinnitus, and balance needs using state-of-the-art equipment and the most advanced technology. Because our focus is entirely on your unique needs, coming to Trinity Hearing & Balance means that you'll experience patient care that is specific to you, with exceptional follow-up care that ensures your hearing and balance needs are being met.

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.



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Hereditary Breast & Ovarian Cancer (HBOC)

Hereditary breast and ovarian cancer (HBOC) is primarily associated with mutations in BRCA1 or BRCA2 genes. Mutations in other genes are associated with HBOC but are less common. BRCA gene mutations can be inherited from either the mother or father, and only one copy of the mutation is needed to be at risk.¹

HBOC syndrome is associated with an increased risk of:¹

- Early-onset breast cancer
- Triple-negative breast cancer (estrogen receptor, progesterone receptor, and Her2/neu negative)
- Bilateral breast cancer
- Ovarian cancer at any age
- Prostate cancer
- Pancreatic cancer
- Melanoma
- A second primary cancer
- Cancer recurrence¹

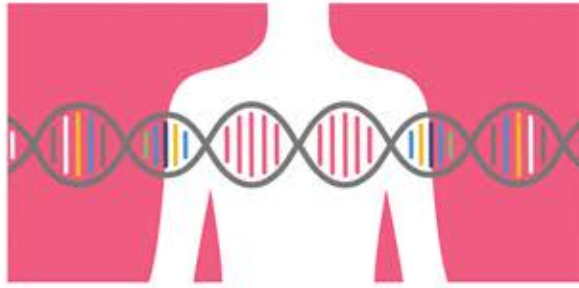
Genetic Testing

Dr. Parveen Vahora, M.D., FACOG, a Board-Certified Gynecologist offers Genetic testing in the comfort of her office for her patients. Genetic testing is a cutting-edge medical technique that looks at your unique genetic makeup, which can be used to see how your DNA might shape your health over the course of your life. A sample of DNA is collected—typically with a small sample of blood or saliva—then analyzed in a lab to look for evidence of genetic disorders or vulnerabilities to some diseases. For example, people with specific gene mutations might develop some cancers earlier in life, or at a higher rate, than the general population. This is particularly the case with breast cancer and the BRCA gene mutations.

BRCA Positive

In some cases, if you are positive for a BRCA mutation, your gynecologist and surgeon may recommend that you have a partial or full hysterectomy. These precautionary surgeries will reduce your risk of breast cancer by 50% and ovarian cancer by approximately 90%. However, this will cause your body to go into a menopausal state early.

Multiple conflicting research and studies show it's not safe to receive any hormonal estrogen therapy if you have the BRCA gene. One school of thought is that it intensifies further cell mutations in breast cancer.



When you have early onset menopause caused by surgery, your symptoms, and risk factors are just as uncomfortable as if you were going through the change naturally. These symptoms can cause hot flashes, weight gain, and very painful intercourse.

Whether you can't take estrogen or choose not to, for women of all ages, it's unfair to experience these distressing symptoms, especially sexual discomfort with your significant other.

MonaLisa Touch®

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

Dr. Vahora offers MonaLisa Touch®, an advanced procedure that revitalizes the vagina and makes it feel like a younger vagina. For countless women and their partners, it has turned back the clock of time.

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

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

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

Whether you're in menopause and experiencing vaginal dryness, or if you are suffering from these sexually uncomfortable symptoms due to a hysterectomy or breast cancer, Dr. Vahora can help.

If you are concerned about your genetic mutations and cancer risks, Dr. Vahora is now offering genetic testing for women with a family history of breast, ovarian or uterine cancer, and also for men who may have personal or family history of colon, stomach, prostate, or stomach cancer.

Please follow this link for a quiz on your genetic risk factors, <https://www.hereditarycancerquiz.com/vahoramd>.

If you're concerned about breast cancer, or if your sex life has lost its spark, please contact Dr. Vahora to schedule a consultation. Call today to schedule your gynecological, genetic testing, or your MonaLisa Touch consultation at (727) 376-1536.

Reference:

1. CDC, Centers for Disease Control and Prevention, "Hereditary Breast and Ovarian Cancer (HBOC) Syndrome", 2019, cdc.gov.

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.



Dr. Vahora is an expert on reproductive cancer diagnosis, sexual health and intimacy; please contact her to schedule a consultation. Call today to schedule your consultation at (727) 376-1536.

**Info@ParveenVahoraMD.com
www.ParveenVahoraMD.com**



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

A 16 YEAR JOURNEY TO BACK PAIN RELIEF: What one Patient Wants Others to Know

Gerald "Jerry" Pappa is a busy man, he traveled quite a bit years ago when he was a lobbyist in Washington, and on one trip in 2003, his back pain became unbearable. Soon after, Jerry was told that he had a degenerative spine disease. Jerry underwent TEN surgeries of the lumbar and cervical spine. He explained, "My back has a lot of hardware installed in it, from rods to plates and screws. I even had a spinal stimulator implanted in my spine to try and alleviate my pain, but unfortunately, nothing was helping long term."

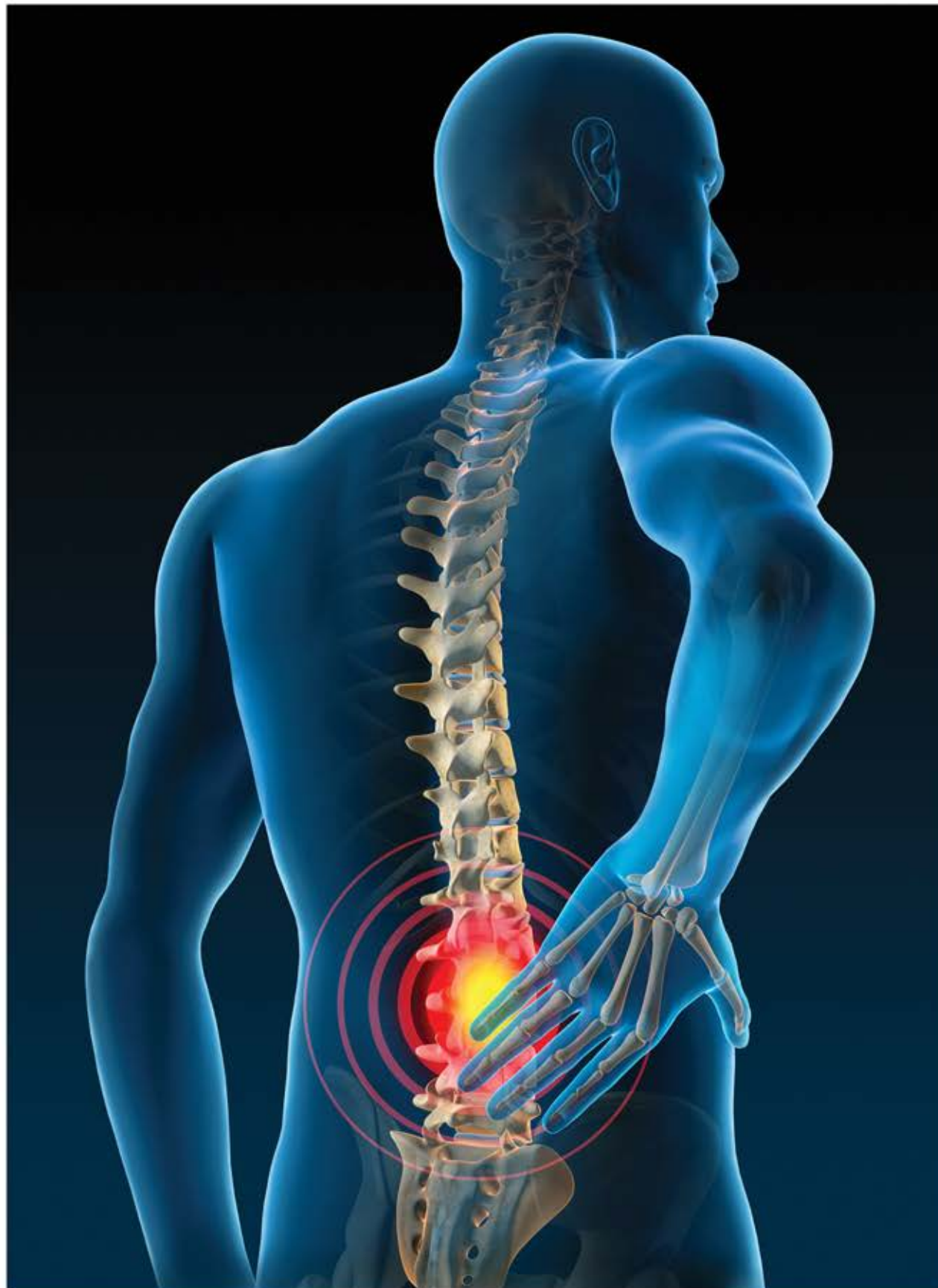


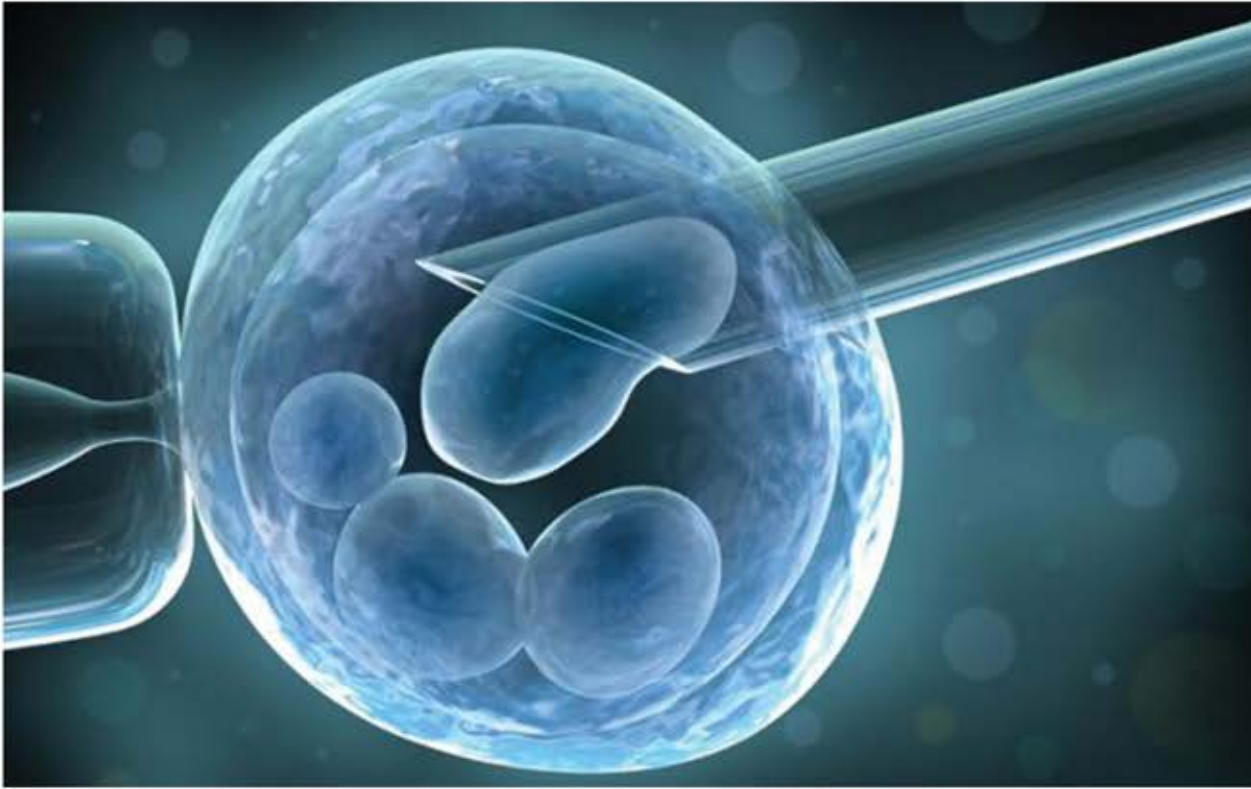
Jerry's orthopedic surgery team had also administered over 50 epidurals to lessen Jerry's pain, but some of those did not work at all, and the relief he did get was only temporary. Jerry had changed

careers and became a well-established real estate broker, opening *Golf View Realty Property Management*, which alleviated his need to travel regularly, but on a daily basis, he was still in a lot of pain. That's when Jerry's orthopedic doctors recommended that he see Dr. Panchal. They told Jerry his back issues were 'complicated,' and that Dr. Panchal was an out-of-the-box-thinker and a highly-regarded physician that had unique methods and experience in spinal pain management.

In 2009 to 2010, Dr. Panchal did RF (radiofrequency) ablation treatments on Jerry's spinal nerves. With RF ablation treatments, the nerves that are damaged, narrowed, or impinged, are injected with a low-level of localized heat, causing the nerve to stop sending signals to our brain through an interruption in the nerve conduction. This procedure is entirely safe and effective. It has been used for many years with long-lasting results for people suffering from low back pain. Jerry's pain was alleviated for many years, but Dr. Panchal explained that nerves grow back, and in 2018, Jerry needed to see Dr. Panchal again to receive more RF ablations.

"I was having horrible pain in my pelvic area and lower back!" Jerry said. "It's hard to explain how excruciating the pain was, but it was debilitating."





Dr. Panchal told me that I had two options, one would be to have sacroiliac surgery, which would require more rods, plates, and screws or another alternative treatment that was helping numerous other patients of Dr. Panchal. Not looking forward to another surgery or, more hardware, I wanted to know more about the alternative treatment. Dr. Panchal explained that it was stem cells."

Jerry continued, "Interestingly, I had been researching stem cells and knew they had helped other patients with nerve pain and joint dysfunction. I decided to get a second opinion, and my wife, and I attended multiple stem cell symposiums. It didn't take long to realize that Dr. Panchal was the safest and most experienced option. I think it's important for patients to know that legitimate surgeons only do stem cells in a sterile environment such as a surgery center and they do it under fluoroscopy, not in an office. There is also a great deal of difference between the stem cells options that are available."

Exosomes

Jerry had his stem cell procedure in February 2019. Due to his extensive research and expertise, Dr. Panchal adds exosomes into his stem cell treatment. Exosomes are produced from the plasma membranes of cells and are best explained as extracellular vesicles. Exosomes are nano-sized particles that are released due to an immune response. Some medical professionals are reporting that they are more regenerative and effective

than stem cells. Because they act as intracellular communication messengers within the body and have the ability to move between multiple cells, they are also incredibly useful when paired with stem cell therapy.

Dr. Panchal has been committed to regenerative medicine and stem cell therapy for several years. Dr. Panchal explains exosome therapy further, "This is an exciting new approach for regenerative medicine. Unlike PRP which has limited growth factors, or bone marrow and fat aspirate, which has an unknown quantity of stem cells, or growth factors from the patient, or the use of fetal cord blood stem cells (which has unknown function after thawing and also the risk of tumor formation from foreign DNA), exosomes are a highly concentrated and reproducible source of growth factors for regenerative techniques. The other approaches typically take six months to see any results. With exosomes, I've had some patients begin to notice improvement as early as 2-3 weeks. And since this is an acellular product, there is no risk of tumor development."

After Jerry's stem cell and exosome treatment, he reports that his pain is 80 to 90% gone. Jerry told us that he knows he made the best decision to have Dr. Panchal do the exosome and stem cell treatment and that he is a firm believer in what Dr. Panchal can offer patients.

"What Dr. Panchal did is nothing short of miraculous!" Jerry explained. "I've had a lot of doctors in my life, and Dr. Panchal takes his patient care to a whole new level. He's thorough, explains everything in great detail and even calls me on his cell to check in and follow up. Most doctors don't do that; he's a fantastic physician and one that takes great pride in helping patients find real results."



Dr. Sunil Panchal

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

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

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

Please visit their website at www.nationalinstituteofpain.org or call them at (813) 264-PAIN (7246).

The National Institute for Pain

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

The Slow Cadence Fitness Revolution: How Does it Work?

While 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 state-of-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.



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**Offering COMPLIMENTARY ORIENTATION and First Introductory Session.
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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 well-intentioned 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.

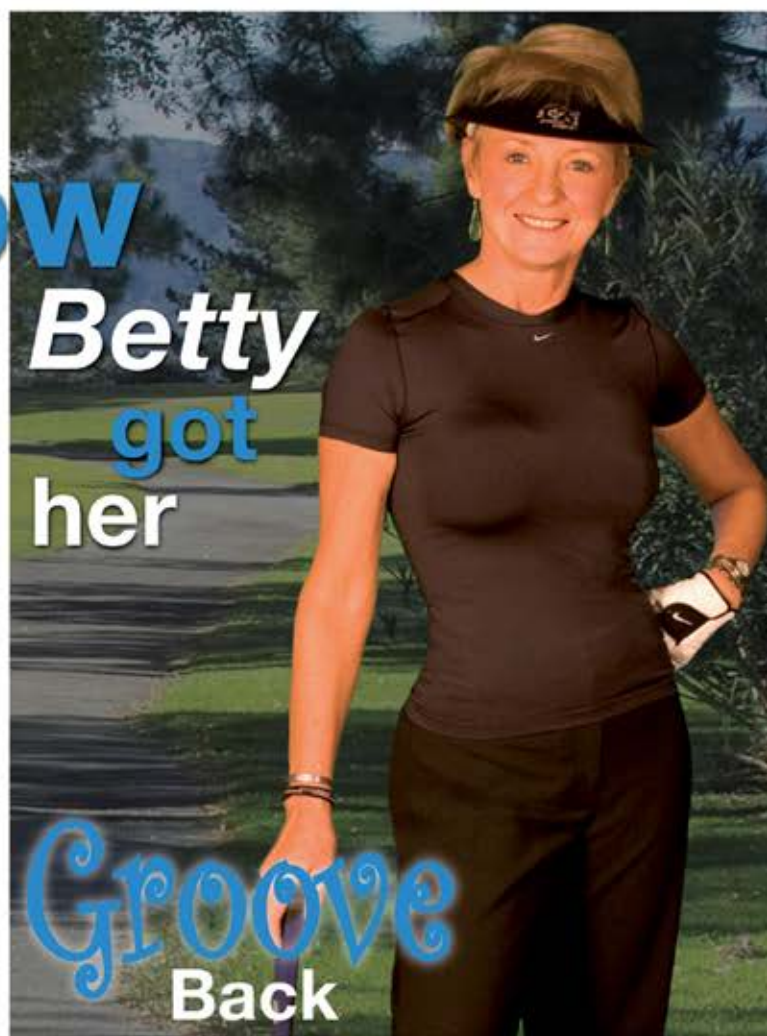
You get your own personal trainer and then there's the time factor. If someone were to calculate and compare muscles per minute per dollar, 20 Minutes would blow everybody's doors off. The brief workout takes muscles to failure, which triggers a signal to the body to build new muscle. This rebuilding 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 too old, or too out of shape, have too many medical problems, or just plain hate exercising.

How
Betty
got
her

Groove
Back



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Cancer.

By Paula Swift, CHTP

Just one word evokes a diverse response. Whether you've experienced it yourself, or walked alongside others through their crisis, fear, anger and sadness tend to dominate. So, it might sound strange when some will remark this time in their life to be the best event that ever happened to them. I am one of them.

When I reflect on my own experience with breast cancer, I find that there is one common ground with others who also claim that cancer was one of the best things that happened in their life. And it all comes down to faith. With varying beliefs and religious practices, there is always a foundation of faith in a higher, greater power, with the majority having a very personalized relationship with God. There is incredible beauty found in each individual as their faith grows, and their spirit and life begin to flourish with profound discoveries and meaning, regardless of what their body might be doing.

Upon receiving that phone call from my doctor to confirm my cancer diagnosis, I wasn't quite sure how to feel. My immediate prayer was that God would bring to me the right people who would support me in the way that He wanted for me. He answered that prayer immediately that very night with a dear friend. I knew in my heart that I wanted to take a different direction than the standard medical protocol, and she was my first cheerleader, offering the beginning of what would be a long road of research and education that continues even today. I set my heart and eyes on my ultimate Healer, my Creator, my Heavenly Father, for this direction. And the intimacy with Him grew exponentially as He offered comfort and guidance.

Sunday morning following the diagnosis, I was on my way to church at a very early hour. During the quiet, 20 minute drive during sunrise, I was asking Him how will I know which protocol He wanted me to do. His voice was so clear that it was nearly audible with my human ears, "I've got this, Paula. I've got you". Okay, okay, I get it, Lord. One step at a time it will be. From then on, those words were



repeated countless times throughout my healing and the more I allowed the time and space to listen, the more I heard His voice and the more I recognized when His Spirit was moving me. It became very clear that the path He was leading me on was for the sole purpose of serving Him and serving others.

Reflecting on my healing experience and life since, the joy and peace that have filled my soul exceeds all I've ever known prior. The intimacy with my Heavenly Father continues to grow closer in ways that my heart had yearned for throughout my lifetime as a believer. When focus continues to be with Him, fear does not prevail and pain has purpose. It is because of all He continues to teach me, and His overflowing unconditional love, that I am able to live my life serving

others seeking whole healing of their body and spirit. Healing comes in many ways and sometimes it is not on this side of heaven. But healing the spirit is eternal, and we recognize that our days in this body are temporary, it sets our sights to what is forever. And that is where the adventure really begins!

LIVING 
FROM **CANCER**

Paula Swift, CHTP

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