

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

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  **FREE**

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Optimism. A powerful element in fighting cancer.

Marissa Lenney was diagnosed with stage 3 inflammatory breast cancer five weeks after her daughter, Adrianna, was born. Marissa's family rallied around her as the doctors at Florida Cancer Specialists started her treatment less than 24 hours after her diagnosis. Being treated just 15 minutes from home allowed Marissa to soak up as many mom moments as she could. Florida Cancer Specialists' quick response and her family's support helped Marissa picture a future where she could be with her daughter.

"By getting treated locally at Florida Cancer Specialists, I was able to spend more time with the people who matter most — my family."

Marissa

-Marissa Lenney, Patient & Breast Cancer Fighter

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Varicose and Spider Veins Are Not Always Superficial—They Can Pose Significant Health Risks

How Do Spider Veins and Varicose Veins Form?

Everyone these days wants to look younger, and live healthier. There are many treatments available to help make this happen, but what can be done about spider veins or varicose veins? And how do they form in the first place?

Nearly 80 million Americans have some sort of vein issue. Whether it be tiny spider veins or the larger varicose veins on their legs, they're unsightly - and the larger veins can also pose a potential health risk.

Incidentally, whereas arteries are the blood vessels that carry oxygen-rich blood from the heart to organs and tissues throughout the body, veins do the opposite. Veins carry the "used" blood with low oxygen back to the heart for reoxygenation, and the cycle continues.

Let's talk about how varicose veins and spider veins form, and what can be done to treat them.

Causes and Symptoms of Spider Veins

Spider veins differ from varicose veins mainly in terms of size. Spider veins are normally thin like a thread, and they do not bulge from the skin like varicose veins do.

Both spider veins and varicose veins form when the one-way valves that help blood to flow in the veins stop functioning properly. The valves can allow blood to flow backward and to pool in the vein, causing damage and a weakening of the vein wall. This pooling can be a small amount, causing spider veins, or a large amount, causing varicose veins.

Spider veins can happen both in the legs and the face, particularly on the nose. Spider veins are small and can appear like a web.

Whereas spider veins are usually red, varicose veins can be slightly raised from the skin and can appear blue, red, or purple. These veins are a health risk. Many people do not realize that varicose vein treatment is covered by insurance.



Causes and Symptoms of Varicose Veins

Varicose veins are larger than spider veins, but both occur because of venous insufficiency. Because the blood vessels in the legs are much larger than those found in the face, varicose veins are noticeably larger - and can bulge to the point where they can be seen and felt easily.

Based on the severity of varicose veins, they can be accompanied by cramping, pain, itching, bleeding, increased circulatory issues (such as swelling of the legs and ankles), a dull ache, or a feeling of heaviness in the legs. Because of their larger size, varicose veins can cause problems with a person's circulation or increase the risk of developing blood clots.

Who Can Treat My Varicose Veins?

If you have either spider veins or varicose veins that you would like to be less noticeable - or to have them removed completely - contact the skilled medical team at Premier Vein & Vascular. Dr. Saiyad is triple board-certified in internal medicine, cardiology, and vascular medicine, so he is triply qualified to successfully treat unsightly or painful spider veins or varicose veins.

If you have symptoms of varicose or spider veins, it's important to have a medical examination. Early treatment is optimal, and if your condition is more than just superficial, it can be lifesaving.

Contact us today in the Tampa and Largo area by calling (888) VEINCARE (834-6227) or request a consultation online now at www.premierveinandvascular.org, and take the first step to getting those unsightly veins cleared up - and get your legs and face camera-ready and beach-beautiful.



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Lung Cancer Awareness Month: CT Screenings Save Lives

By Jennifer M. Jenkins, DO - Family Medicine

The second leading cancer in both men and women is LUNG CANCER. According to the American Cancer Society's Statistics, there will be 228,150 new cases of lung cancer diagnosed and 142,670 deaths from lung cancer this year alone. Despite these grim statistics, nearly 430,000 people have at some point in their lives been diagnosed with lung cancer, and yet they are alive, well, and cancer free. This is predominantly because their cancers were caught early. We now have the ability to help find these early cancers in high risk patients with a low dose screening CAT scan.

The three main types of lung cancer are non-small cell lung cancer, small cell lung cancer, and lung carcinoid cancer.

- **Non-Small Cell Lung Cancer (NSCLC)** is the most common type, affecting nearly 85% of those with lung cancer. Fortunately, this form of carcinoma usually grows at a slower rate. There are three subsets of NSCLC called Squamous, adenocarcinoma, and large cell.

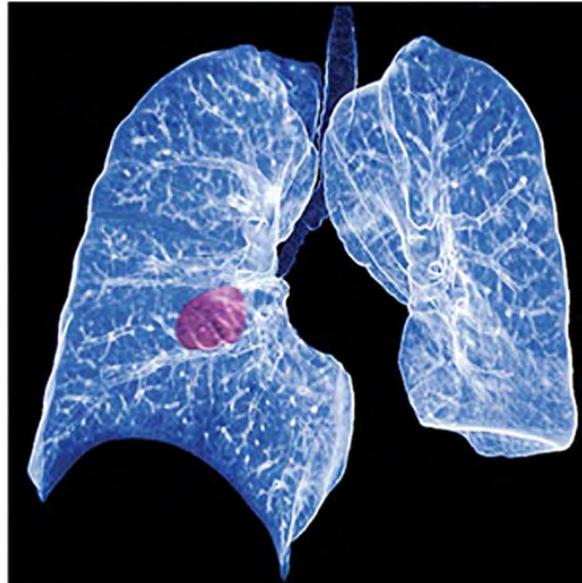
- **Small Cell or Oat Cell Cancer** affects nearly 10% of the lung cancer population. This type of lung cancer is more aggressive than NSCLC and tends to spread more rapidly.

- **Lung Carcinoid** affects about 5% of those with lung cancer. It grows very slowly and rarely spreads.

Screening via a CT scan of the chest

Lung cancer screenings are very important for smokers and former smokers, especially those 55-80 years of age who are still smoking or have quit smoking less than 15 years ago. This is due to the prevalence of lung cancer seen in this population. Research suggests that screening a high-risk population for lung cancer can drastically reduce the number of mortalities from this disease.

Low dose CT scans are advantageous in identifying and screening for lung cancers. If found in the early stages, the treatment options and outcomes are much more successful. Because low dose CT scans can detect very small masses in the lungs, by detecting cancerous tumors at an early stage, an individual's survival rate may be significantly improved.



It is important to note, that lung cancer can affect those who have not smoked. Non-smokers that have lung cancer are usually identified as those that have been exposed to environmental carcinogens like, cleaning products, diesel exhaust, radon gas, asbestos or those with genetic mutations. Therefore, if you have symptoms of lung cancer such as unexplained coughing, weight loss, shortness of breath or chest pain please discuss this with your doctor.

Don't wait! Talk to your physician about getting your lung cancer screening.

Jennifer M. Jenkins, DO Family Medicine

Dr. Jennifer Jenkins is a board-certified family medicine physician. She completed her undergraduate degree in chemistry at University of the Sciences in Philadelphia, Pennsylvania. Dr. Jenkins then earned her Doctorate of Osteopathic Medicine from the Philadelphia College of Osteopathic Medicine in Philadelphia. She continued her medical education by completing a family medicine residency at Heritage Valley Health System in Beaver, Pennsylvania.

Dr. Jenkins provides physicals for patients 5 years old and up including women's health care. She treats chronic diseases like diabetes, asthma, and

high blood pressure. Additionally, Dr. Jenkins performs Medicare wellness visits and will provide advice on disease prevention and cancer screening. She is a member of the American Osteopathic Association, the American College of Osteopathic Family Physicians and the American Academy of Family Physicians.

BayCare Medical Group

BayCare is committed to the continuing and comprehensive care of you and your family. Our primary care offices are located throughout the Tampa Bay region, so you're never far from the care you need. Our primary care physicians offer doctor-patient relationships built on trust, commitment and expert care.

BayCare Medical Group primary care medicine focuses on prevention and treatment of childhood, adolescent, and adult diseases. Primary Care encompasses family medicine, internal medicine, and pediatric physicians, who offer the first point of contact for a patient with an undiagnosed health concern. BayCare Medical Group physicians provide preventative medicine, yearly physicals and care for a variety of health conditions. Our physicians are committed to providing you and your family with a complete and seamless continuum of care.

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- Weight management/weight loss



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Lumbar Spine Pain: Symptoms, Causes & Treatments

By: Regenexx Tampa Bay, Regenerative Medicine

The body is an interconnected machine with each part working together in harmony. The lumbar spine is a crucial element of this machine. The hip, knee, and foot are all controlled by spinal nerves within the low back. A problem in the lumbar spine could create problems at any point in the lower body. Common lumbar issues include arthritis, foraminal and spinal stenosis, pinched nerves, disc problems, muscle atrophy, loose ligaments, and spondylolysis. In this article, we will give you a brief overview of these common lumbar spine problems along with their potential symptoms, causes, and treatments.

First, let's take a look at the spinal column and its parts.

The Spinal Column

The spinal column is made up of vertebrae that are stacked one on top of the other with an intervertebral disc between each level to provide cushion and absorb shock. The cervical spine consists of the neck area and is made up of seven vertebrae (C1-C7). Following the cervical spine is the thoracic spine (T1-T12), the lumbar spine (L1-L5), the sacrum (S1-S5), and the coccyx. The posterior (back) portion of these vertebrae is known as the spinous process and on either side of these, connecting one vertebra to the next, are finger-joint-sized articulations called facet joints.

Another extremely important part of the spinal column is the spinal canal. This tunnel runs down the middle of the column and houses the spinal cord, which has many nerves that transmit muscle commands and sensory information throughout the body and to the brain. There are small holes in the spinal column where the nerves exit and branch off to other parts of the body. There is one at each level of the spinal column. One of these holes is called a foramen. Any of these structures can become damaged or diseased in some way and lead to pain, discomfort, or even disability.

Foraminal Stenosis

When the spine is healthy, spinal nerves easily traverse through the tunnels transmitting sensory information from each body part to the brain and provide impulses to the muscles so they can contract and move the body part. However, when the spine is unhealthy, the flow of information can be disrupted.

The disc or cushion in between the spine bones can bulge and/or the spine joints can get arthritis causing the foramen to narrow. This narrowing of the tunnel is called foraminal stenosis and can cause the nerves to get pinched. The pressure from a pinched nerve can cause muscle tightness, weakness, numbness, tingling,



burning, or electrical pain in the specific distribution of that nerve. For example, if there is a lower lumbar foraminal stenosis, you could experience numbness in your big toe. Sometimes the symptoms slowly manifest over time from a more subtle pinching of the nerve. If the nerve is irritated, it may release inflammatory substances into the tissue to which the nerve travels causing that tissue to degenerate more rapidly than other areas leading to painful problems such as tendinopathy.

You could have laser spine surgery to open up the hole, but this surgery can have major side effects and serious implications. Another way to surgically treat stenosis is with a spinal fusion, but the mention of a fusion should be a huge red flag to seek out other opinions. Why? Adjacent segment disease (ASD). After a fusion, the motion of the fused segments is limited and the biomechanical loads are transferred to the segments above and below the level of the fusion. These adjacent segments could get damaged and become painful over time resulting in additional surgeries.

Surgery is often performed after an MRI diagnosis of the problem. An MRI indicating stenosis is not enough to appropriately diagnose that stenosis is the cause of pain. If you do have foraminal stenosis, you should not put all your trust in MRI results. Patients may or may not have pain with foraminal stenosis. The MRI is a description of the appearance of the spine. Many people have stenosis and no noticeable problems. An experienced physician knows that it's critical to treat the person, not the MRI. This can be determined by a thorough history and physical examination. Research also shows that skilled physical therapy is as effective as surgery in relieving stenosis symptoms.

Our approach to foraminal stenosis utilizes nonsurgical solutions to treat it before it progresses. Precise image-guided injections of the patient's own platelets into the foramen and around the nerve can help manage the problem.

Facet Joint Osteoarthritis and Instability

The facet joints that we spoke of earlier can become injured from trauma or develop arthritis from cartilage breakdown due to wear and tear. Facet joints allow for and limit movement in the spine. When bending backward, these joints become compressed and when you bend forward, they open up. When damage or arthritis occurs, facet joints can become chronically painful, especially with movement. Facet arthritis is often referred to as Degenerative Joint Disease (DJD).

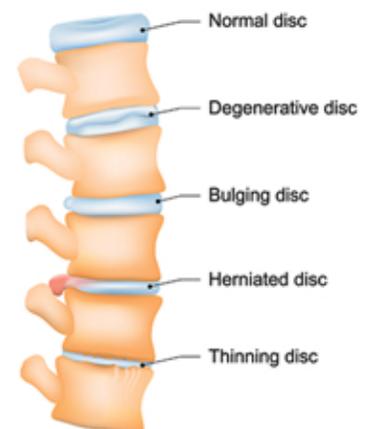
For facet arthritis or injuries, doctors may recommend a radiofrequency ablation (RFA) also referred to as a rhizotomy of the small nerve that senses pain from that specific facet joint. This is a destructive process that damages the nerve. Although this can be effective in some cases, it may leave the surrounding muscles weaker which can actually be a cause of back pain.

A surgical option is a lumbar fusion to bolt two or more vertebrae of the spine together to eliminate movement and therefore, pain. The nature of this surgery can also damage the muscles that stabilize the area. This is an irreversible procedure that can cause adjacent segment disease in the vertebrae above and below. This surgery should only be considered in the most extreme cases.

Our approach for DJD often includes high-dose PRP, platelet lysate, or stem cell injections precisely targeting the facet joints, surrounding ligaments, atrophied muscles, and around the nerves. This is a tissue preservation strategy that involves no cutting, surgery, hardware, or tissue destruction helping patients avoid pain medications and damaging cortisone injections.

Disc Problems

Within the lumbar spine, there are four types of disc problems that can occur. A herniated disc occurs when the outer covering of the structure breaks open allowing the inner gel to herniate out. A bulging disc is when the outer covering doesn't completely break open, but the fibers are stretched and weak leading the gel to bulge. A torn disc means that the outer cover has a tear that causes or it may allow the leaking of chemicals on the associated spinal nerve. Lastly, a degenerated disc is one that has collapsed or narrowed due to insufficient living cells inside the disc not producing enough of the substances that keep the disc plump. A severely degenerated disc is usually not a source of pain unless it's



bulging or leaking onto a spinal nerve. Earlier in the degeneration process, while the disc still has plumpness to it, tears in the back of the disc can be a source of low back pain that results in severe episodes of pain with sitting, coughing, sneezing, or lifting. When a disc is severely degenerated, it usually is no longer painful itself. However, the mechanical load of the compressive forces in the spine at that level are no longer being taken up by the disc and therefore get transferred to the facet joints leading to wear and tear and DJD as described above.

Generally, disc surgeries include either back fusions or disc replacement. Regarding fusion, the vertebrae are bolted together with hardware to keep them immobile. With disc replacement, the goal is to have fewer side effects than a fusion, however, research has shown that abnormal motion with an artificial disc can also lead to ASD. The other side effects of having a device implanted include wear-and-tear ions in the blood from the breakdown of the metal or plastic device, ongoing pain, and potential revision surgeries.

With our approach, herniated and bulging discs are treated based on the problem they are causing. For pinched nerves, instilling isolated growth factors or platelet lysate around the irritated nerve can help the nerve recover and become more tolerant of its narrow space. Injection of the surrounding ligaments and muscles provides for stability with better-controlled movements taking pressures off the disc and nerves. In some cases, bulging discs may be treated with a same-day stem cell treatment to reduce the size of the bulge or heal a tear. In other cases, cultured (grown) stem cells injected in a specific way may be required. Torn discs can be treated with either stem cell or PRP injections very effectively. Symptoms respond well to a treatment protocol focused on platelet and/or stem cell technology deployed to treat undesirable disc and lumbar segment movements due to lax ligaments and arthritic facet joints.

Pinched Lumbar Nerve

Pinched nerves can be caused by foraminal stenosis from bulging or herniated discs and facet joint arthritis as discussed. A pinched lumbar nerve can cause pain, numbness, tingling, or weakness anywhere along the route that particular nerve branch supplies. Pain may or may not be present in the low back.

Chronic knee pain could actually be due to a pinched nerve in the lumbar spine. A doctor may mistakenly conclude that the knee is the source of the pain. This is exactly why we find it so important to consider the entire musculoskeletal system as a whole rather than in parts and to take an extensive history and physical.

The surgical approach to a pinched nerve depends on the root cause. For example, if a disc bulge is to blame, it could be a discectomy and graft and/or lumbar fusion. If it is a foraminal stenosis, laser surgery may enlarge the foraminal opening where the nerve is being pinched. Problems with invasive lumbar surgery are many, including long recovery times and often continuing pain. Ultimately, the structure never fully functions as it originally did.

Our approach includes examining the full musculoskeletal system to determine the source of pain and the pinched nerve and then developing an appropriate treatment plan. Treatment may consist of precise image-guided injections of healing growth factors isolated from a patient's own blood platelets, PRP, or stem cells.

Steroids, NSAIDs, & Other Drugs - Not Recommended

You may be presented with other treatments within the traditional orthopedics model for lumbar problems, including steroid shots or medications. Nonsteroidal anti-inflammatory drugs (NSAIDs) come with a long and growing list of dangerous side effects, such as sudden-death heart attacks, stroke, gastrointestinal bleeding, addiction, and overdose.

Narcotics can provide pain relief but are not addressing the issue directly and of course, can be addictive. Overdose has become an increasing public health issue.

Steroid shots have been shown to destroy local cartilage in the joint which can progress arthritis and provide no significant long term pain improvement. In fact, pain relief usually diminishes with repeated steroid injections. The list of problems with these injections is also lengthy.

There are supplements that can be a good alternative for pain and inflammation. Chondroitin and glucosamine have been shown to be effective pain relievers and can preserve cartilage. Curcumin derived from turmeric can also decrease inflammation and relieve pain from arthritis and other issues.

Our spines are tuned to precision and attempting to rearrange the spine's biomechanics with fusions and surgeries is often a bad idea. It is essential to understand that where it hurts may or may not be where the primary damage is located.

Acting on a lumbar spine problem while it's still a small problem or when the issue first appears, will be less of an issue than trying to take care of it when it becomes a larger problem that spirals out of control. Conservative options may help in some cases, but if these options have failed, we urge you to seek out interventional orthopedic solutions!



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Dr. James Leiber

James Leiber, DO, is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician

to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

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

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

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

The other physicians at Regenexx Tampa Bay are:



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



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



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

Alzheimer's Awareness Month: 5 Things You Should Know

At this point, most of us know someone that is affected by Alzheimer's disease. Numerous studies and statistics show Alzheimer's and other related dementias are on the rise. According to the Alzheimer's Association's latest figures, 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. Currently, every 66 seconds, someone develops dementia in the United States.

1. What are the risk factors and causes of dementia?

For years, medical professionals and researchers have been trying to find the exact cause of Alzheimer's disease (AD). Even with the top three speculative triggers, it's still unclear as to what is causing this devastating disease to rob so many people of their cognition.

The main characteristics of the disease are attributed to amyloid plaques, cerebral amyloid angiopathy, and neurofibrillary tangles. While these pathological markers are evident in many individuals with Alzheimer's disease, they are not always present in all; consequently, they cannot entirely account for the umbrella of cognitive disorders.

In a recent study, top neurologists and researchers went a few steps further, to shed light on a new discovery in the causes of Alzheimer's. The study looked at the cerebrovascular pathologies, cardiovascular health, and microvascular disorders. Almost all individuals with dementia show signs of some vascular impairment on various levels.

2. What are the symptoms?

The signs and symptoms of dementia are different throughout the various stages of the disease, but common indicators are as follows:

- Forgetfulness, especially short-term memory
- Change in personality
- Agitation/Frustration
- Difficulty with daily tasks
- Social withdraw
- Aphasia (speech disorders)
- Sundowning (confusion and sleeplessness in the evening)



3. What are the treatment options?

Some medications can slow the progression of the disease, but these are unfortunately not a curative treatment method. However, we do know that following helps patients stave off the disorder:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

4. How can you prevent cognitive decline and the progression of the disease?

Maintaining a healthy brain starts by eating a nutritious diet, such as the Mediterranean, MIND or DASH diet, which provide essential nutrients for the brain's condition. All three of these diets emphasize eating plenty of vegetables, fruit, healthy fats, whole grains and lean protein (especially cold-water fish), while avoiding sugar, simple carbs and saturated fats. Eating this way is thought to prevent cognitive decline by proving the brain and body with antioxidants, and the good fats that it needs to function properly. Excessive sugar, simple carbohydrates, processed foods and chemicals are known to cause brain and memory degeneration.

5. Staying active and social is also a useful method for maintaining optimal brain health.

Along with socialization, staying physically active is imperative in the production of oxygen-rich blood flow and can decrease your risk of Alzheimer's and dementia.

A few years ago, there was a cognitive study performed, the first of its kind, which incorporated an interventional methodology to take a multi-domain approach to dementia prevention. The trial called the FINGER Study was conducted over a two-year period in Finland by a team of health-care providers.

With over 1200 participants, the randomized tests were done on a control group and a multi-domain intervention group. The control group was given regular health advice on a weekly basis, while the intervention group was given tactical exercise, diets and performance studies three to four times per week.

The multi-domain intervention group's protocol consisted of:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

The conclusion of the study showed that it is possible to prevent cognitive decline through physical exercise, diet, cognitive training and socialization, and by lower metabolic risk factors.

If caught early, this progressive disease can be delayed through specifically advanced treatment options like diet, exercise and refining memory skills. Primary Care Doctors, Neurologists and other professionally trained practitioners are essential in putting the pieces back together.

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Revitalize Your Youthful Appearance With Your Own Fat

Dr. Dana Coberly

Board Certified Plastic Surgeon, Dr. Coberly, and her Patient Weigh in on Facial Fat Injections

As we age, a number of issues that age us takes place, and two of the most common complaints are what drive individuals to get facial cosmetic procedures. The first is the loss of fullness or facial volume, and the second is deep wrinkles and sagging skin.

Patients have numerous options, but the two most common noninvasive procedures are dermal fillers and facial fat injections. Dermal fillers are known to provide fullness in the lips and cheeks and are often touted as the “liquid facelift” as an alternative to surgery. This procedure is well suited for someone concerned with deep wrinkles, but what about the loss of volume? Volume loss is often referred to as looking gaunt, and it is common in the temples, eyes, cheeks, and jawline. For this issue, there is an innovative noninvasive procedure that is growing in popularity called facial fat injections or fat grafting.

We caught up with Dr. Dana Coberly of Coberly Plastic Surgery and Med Spa to find out more about facial fat injections.

Q: What is the difference between fat injections and dermal fillers?

A: Fat injections are a relatively recent, newer procedure in plastic surgery. It’s designed to rejuvenate the whole face, as opposed to dermal fillers, which spot-treat specific areas. The material, or fat that is injected in the patients is their own, so there is no concern with an adverse reaction. Candidates for fat injections typically have depressed or convex areas, lines, and some drooping effects, but not severe laxity in the skin. The results of the fat injections are very optimal and natural-looking.

Q: How is a patient's fat harvested and re-administered?

A: I take the fat from prominent areas, which are typically the abdomen or flanks. We need about 50 to 80 mL of fat. This is a fairly significant amount of fat that is then purified and reinjected into the face. The fat is harvested with a small gauge canula and is also reinjected with a small gauge canula as well. These are referred to as the microfat and nanofat grating techniques, and they are unique in that they



can be used anywhere on the face, and I have complete control over manually spreading the fat give the best outcome for my patient's specific needs and concerns.

I can place the filler in the middle layers of the face, which is unlike dermal fillers. With dermal fillers, we see beautiful aesthetic results when it's placed more superficially in the dermis or deeper near the bone, but if we inject it midway, it gets absorbed and dissipates quickly. With facial fat injections, the fat is most beneficial and appealing in the mid facial layers.

When we inject dermal fillers, we usually inject around 1 to 3 syringes of 1 mL, which is less than a teaspoon. The dermal fillers are temporary, and some last longer than others, but with fat compared to fat injections, where we inject 10-20 teaspoons of fat, fillers treat a much smaller area. Most patients will have some swelling and bruising, but we prescribe medications to assist with those issues; the recovery time for this is 1 to 2 weeks.

We use a conservative approach, but since the patient will look a little swollen in the beginning stages of the injections, and because 25% of the fat will reabsorb, we overcompensate a bit initially. The results are immediate, but at 6 months, the effects are considered complete and permanent. There is a 75% retention or survival rate of the fat that was injected, and the good news is that most patients only require one treatment.

The procedure is done in the office with topical numbing agents, and we also provide “laughing gas” to ease any anxiety. We can also perform the procedure in a surgical suite, but the majority of patients are comfortable in our office.

A Patient's Perspective:

Dr. Coberly suggested we speak to one of her patients that recently had the facial fat injection procedure. Rachel, who is in her 60s, had developed loss of facial fullness and drooping of one eyelid.

Rachel explained, “The reason I chose Dr. Coberly was that my daughter suggested her after much research and recommendation. I had a hooded eye on one side, and it was starting to bother me physically, and I didn't like the way my face seemed uneven.

“When I met with Dr. Coberly, I was relieved that she didn't want to rush into surgery or any invasive procedures. I had a friend that had a bad experience with a blepharoplasty (eyelid surgery) from another surgeon, and I was apprehensive about surgery in general. When Dr. Coberly explained the fat injection procedure, I was elated. She mentioned that if I didn't like the results, we could always try something more aggressive down the road. She also explained that the one side of my face had less muscle control than the other, along with loss of volume, which was creating a drooping appearance.

“I can't say enough good things about her and her staff. They are all personable, caring, and knowledgeable. At my request, the nurse even held my hand during my procedure. I had no pain during the treatment, and I followed Dr. Coberly's aftercare to the “T,” which included medications to alleviate swelling and bruising, and I also wore a belly band to help my abdomen heal, which is where they harvested my fat from.

“My daughter and my friends say that I look refreshed. I feel as though I look balanced and rejuvenated like I've had a fantastic night's sleep. My eye is lifted, but I still have a little more healing time to go. I'm delighted with my results; Dr. Coberly and her staff are amazing.”

Dr. Coberly specializes in facial, body, and breast cosmetic procedures, as well as numerous med spa and aesthetic methods.

To find out more about facial fat injections or other procedures that Dr. Coberly specializes in, please visit her website at drcoberly.com or call (813) 448-6550 to schedule your consultation today.

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How I learned how to control and even reverse Osteoporosis!

By Barbara Robinson

In 2010, I was diagnosed with osteopenia which I learned is the early stages of osteoporosis.

While I knew a little about osteoporosis and its debilitating complications, I did my research looking for ways to control this difficult disease. I am an active person and I want to stay that way.

I knew about the various pharmaceuticals that were available, but as I learned more, the contraindications were overwhelming: esophageal issues; stomach ulcers; bone, joint, and muscle pain (sometimes severe); back pain; and other negative side effects.

Then I read an article about 20 Minutes to Fitness. I must admit that it sounded just too good to be true. But with their Initial Orientation and Initial Training Session being free, I really had nothing to lose.

At my first session, I learned about their unique training protocol and the many benefits that it offers. I was especially excited about the research that shows its positive effects on preventing osteoporosis which was my original goal. This unique training program increased my energy and stability, it improved my golf game (hitting the ball 20 to 30 yards further!), and my recent bone density test showed a significant gain in my bone density!

And, 20 Minutes to Fitness offers many other benefits:

- More effective than traditional forms of strength training
- More time efficient: Requiring just one 20 minute session a week in a semi-private studio
- Extremely safe: Trained on highly specialized equipment, and always with my own certified Personal Fitness Coach by my side
- A sweatless workout, performed in a cool environment, allowing clients to train in either their workout or street clothes

Here's some more information I found during my research:

Osteoporosis is characterized by low bone mass and structural deterioration of bone tissue (primarily in the spine and hips), which can result in debilitating bone fractures.

During our middle age years, we all lose bone mass at about 1/2% per year. For menopausal women that rate accelerates. And,

- One-half of women over 50 will have osteoporosis before they die.
- Men over 50 have a greater risk of osteoporosis than prostate and colon cancer combined.

Once considered a consequence of aging, osteoporosis (or osteopenia, which is the early onset of osteoporosis) is now considered preventable. Whether or not you suffer from osteoporosis, here are some steps, other than the high risks of hormone replacement therapy (HRT), to slow down and even prevent this disease:

- Diet rich in vitamin D and calcium
- No smoking or excessive alcohol
- Reduce caffeine intake
- Approved medication
- Reduced steroid use
- Resistance: strength training

And as I found out through my own experience, the research is very clear as to the benefits of resistance strength training:

Consistent high-intensity, resistance strength training with low repetitions has a remarkable impact on increasing bone mass density and reducing and even preventing osteoporosis. The research demonstrates that load resistance (weight) is far more important than the number of repetitions.

These findings are significant in the fight against osteoporosis – strength training doesn't just slow the loss of bone mass, it actually builds back bone mass!

Osteoporosis is a major health issue, especially for females. But it is preventable. All it takes is knowledge and the desire to take surprisingly easy steps to avoid this painful and debilitating disease.

I would highly recommend giving 20 Minutes to Fitness a call and take advantage of their Free Orientation session before this offer runs out. You have nothing to lose and everything (including bone) to gain.



www.20minutestofitness.com

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Worried about Osteoporosis medication side effects?

20 MINUTES TO FITNESS' SPECIALIZED WEIGHT TRAINING SHARPLY IMPROVES BONE DENSITY, EVEN IN THE ELDERLY

by Casey Breslin, P.T.

We Americans love a "miracle cure" - a pill we can take to heal what ails us. What we tend to forget, however, is that the "cure" is sometimes as bad, or worse, than the original disease.

Consider osteoporosis, a chronic condition caused by the gradual thinning of bone tissue and loss of bone density. Left untreated, it can result in broken bones and increased frailty - the primary reason older adults wind up in nursing homes.

And it's more common than you might think. Osteoporosis, or its precursor, osteopenia, afflicts one in two women over age 50. Unless they do something to stop it, most can expect to fracture a hip, wrist or vertebra due to loss of bone tissue in their lifetime. Up to 25% of men will experience a similar outcome.

Over the past decade, pharmaceutical companies have responded with a multitude of drugs and hormone therapies designed to increase bone density. And while many may achieve that important goal, they also come loaded with undesirable side effects, from stomach ulcers and heartburn, to chronic pain, increased cancer risk and deterioration of the jaw bone. Side effects like these, in fact, are the primary reason people quit taking their medicine.

Many medical professionals now recommend patients focus less on drugs and more on building the strength to increase bone mass naturally.

Even taking the drugs themselves can be challenging. To help improve absorption rates, bisphosphonates (under brand names like Fosamax), must be taken on an empty stomach to ensure there's no competition in the gastrointestinal system for the drug.

People with intestinal issues often must opt for injections so the medicines can bypass their GI systems altogether.

These and other side effects are one reason why many medical professionals now recommend we focus less on drugs and more on building the strength we need to avoid falls and increase bone mass naturally.

Understanding the cause of osteoporosis - and why 20 Minutes to Fitness strength-training helps reverse it

If you want to blame anyone for the high rate of osteoporosis, you might begin with Mother Nature. She designed the human body to use calcium and phosphate to produce bone. When we're growing up, we're very good at it indeed! The body can make new bone faster than it breaks down old bone - at least until our late 20s. That's when our bone mass typically reaches its peak.

After that, our bones aren't quite as efficient at making new bone as they are at breaking it down. Calcium and phosphate are sometimes reabsorbed back into our bodies from our bones. As a result, even healthy adults experience a certain degree of bone loss after age 30.

As we enter our 40s and 50s, it gets worse. In the years directly preceding menopause, women typically lose about 2% of their bone mass a year. Osteoporosis sets in when the body fails to form enough new bone, or when too much old bone is reabsorbed by the body, or both.

It was once thought that the best we can do as we age is to slow bone loss. The good news is, we now know that's not true. It is possible to rebuild bone density. The even better news: *it can be done without drugs.* Numerous studies show that strength training can build bone mass, even among older adults. A research study by Ontario's McMaster University, in fact, found that a year-long strength-training program increased the spinal bone mass of postmenopausal women by nine percent. In earlier research, the University of Florida Medical School found that extremely slow weight-lifting, with appropriate weight, performed on specially designed equipment improves strength, bone density and overall functionality.

Strength-training at 20 Minutes to Fitness: the true "miracle cure"

How does strength training from 20 Minutes to Fitness increase bone mass? Very simply, actually. Think of your skeleton as the living framework upon which your body is built. That's right - bone is alive, constantly building up and breaking itself down. Load a bone with enough weight, and bone cells called osteoblasts lay down new tissue to make that bone stronger. Lift weights repeatedly in the same way, and you stimulate this activity again and again.

Studies show that high-intensity, slow cadence weight training like that offered at 20 Minutes to Fitness does more than build bone density. It also improves muscle strength and balance which, together with increased bone density, actually increase longevity. These are the very health improvements that can help prevent a bad fall, which is often a turning point in an elderly person's life. One bad spill can result in a broken hip, which can lead to loss of independence, and worse.

The other good news: it's never too late to start. Research shows that supervised weight training at 20 Minutes to Fitness can be a safe way to increase bone density in persons in their 80s and 90s. But if you're younger, don't wait. The time to start increasing your bone mass is NOW.

YOU MAKE THE CALL

What's the better way to treat Osteoporosis?

Common Side Effects	DRUG & HORMONE THERAPIES	STRENGTH TRAINING at 20 Minutes to Fitness
Nausea, abdominal pain	X	
Difficulty swallowing	X	
Risk of esophageal inflation/ulcers/cancer	X	
Jawbone disorders	X	
Risk of blood clots	X	
Benefits		
Increased bone density	X	X
Increased muscle mass		X
Better balance		X
Improved blood circulation		X
Stronger back and core		X

About the author: Casey Breslin, P.T. is General Manager of one of the 20 Minutes to Fitness studios where individuals use safe, medically based training methods to build strength in just one 20-minute session a week. Breslin received a master's degree in Physical Therapy and a bachelor's degree in Health Science from the University of Missouri-Columbia.

For more information, call your local 20 Minutes to Fitness studio at TAMPA - CARROLLWOOD 813.664.8888 11610 N. Dale Mabry Hwy., Tampa, FL 33618 or visit www.20minutestofitness.com

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MINUTES TO FITNESS®

LUNG CANCER UPDATE

According to the American Cancer Society, lung cancer is the leading cause of cancer deaths in the United States. More people die of lung cancer in a year than from breast, prostate, colon, and pancreatic cancer combined. Lung cancer is the second most common cancer in both men and women – it ranks just behind prostate and breast cancer, respectively.

EARLY DETECTION SAVES LIVES

Although there have been some real advances in the treatment of lung cancer, the average five-year survival rate for lung cancer in the U.S. is only 16.3%, unless it is detected early. If the disease is detected early, while it is still localized within the lungs, the five-year survival rate soars to 52.6%. So, a patient's chances of surviving lung cancer are three times greater when it is detected early.

Through the use of low dose spiral CT scans of the chest, lung cancer can often be detected in its early stages before it becomes incurable, or even before a patient is showing symptoms. This type of screening can detect early stage cancers that cannot be seen on traditional chest x-rays. Screening is recommended for people with a history of heavy smoking, defined as 30 pack years or more. A pack year means smoking an average of one pack of cigarettes per day for one year (for example: one pack per day for 30 years or two packs per day for 15 years). Check with your physician to see if you could benefit from a CT lung scan. Unfortunately, only about 15% of all lung cancer cases are diagnosed at an early stage. Why? Because often in the early stages there are no real symptoms. That is one of the reasons why regular screenings are so important – especially if you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years.

IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade, including the development of medications known as targeted therapies, which interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment more effective and safer for patients.



About 85% of all lung cancer cases occur in people who are smokers or have smoked in the past. The remaining 15% of cases occur in non-smokers, for reasons not yet fully understood.

Newer immunotherapy treatments have significantly improved survival rates for some lung cancer patients. A recent study, presented at the American Association for Cancer Research (AACR) Annual Meeting in 2017, demonstrated that, for a small subset of patients, immunotherapy can work for a very long time.

LUNG CANCER RESEARCH INVESTIGATES MANY POSSIBILITIES

Many clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective. Especially important for older patients who may have other health problems, doctors are studying these combinations to discover if treatment outcomes can be further improved. In some cases, chemotherapy is also being used in combination with some targeted therapies and has been shown to improve survival rates.

With some types of lung cancer, research has shown that receiving chemotherapy before radiation or surgery may actually be helpful. Chemotherapy may shrink the tumor, making it easier to remove with surgery. It may also increase the effectiveness of radiation, and can destroy hidden cancer cells at the earliest possible time.

One of the more recent areas of lung cancer research focuses on creating cancer vaccines. Cancer vaccine research involves triggering the immune system to recognize and attack cancer cells without harming normal cells. Unlike common vaccines that are used to prevent diseases such as mumps or measles, cancer vaccines are used to treat, not prevent, lung cancer. Although the research in this area is showing some promise, vaccines are currently only available in clinical trials.

There is still much research needed to develop even more effective treatments for lung cancer; however, today many more people are surviving the disease than ever before.

World-Class Cancer Treatment Close to Home

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

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



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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.”

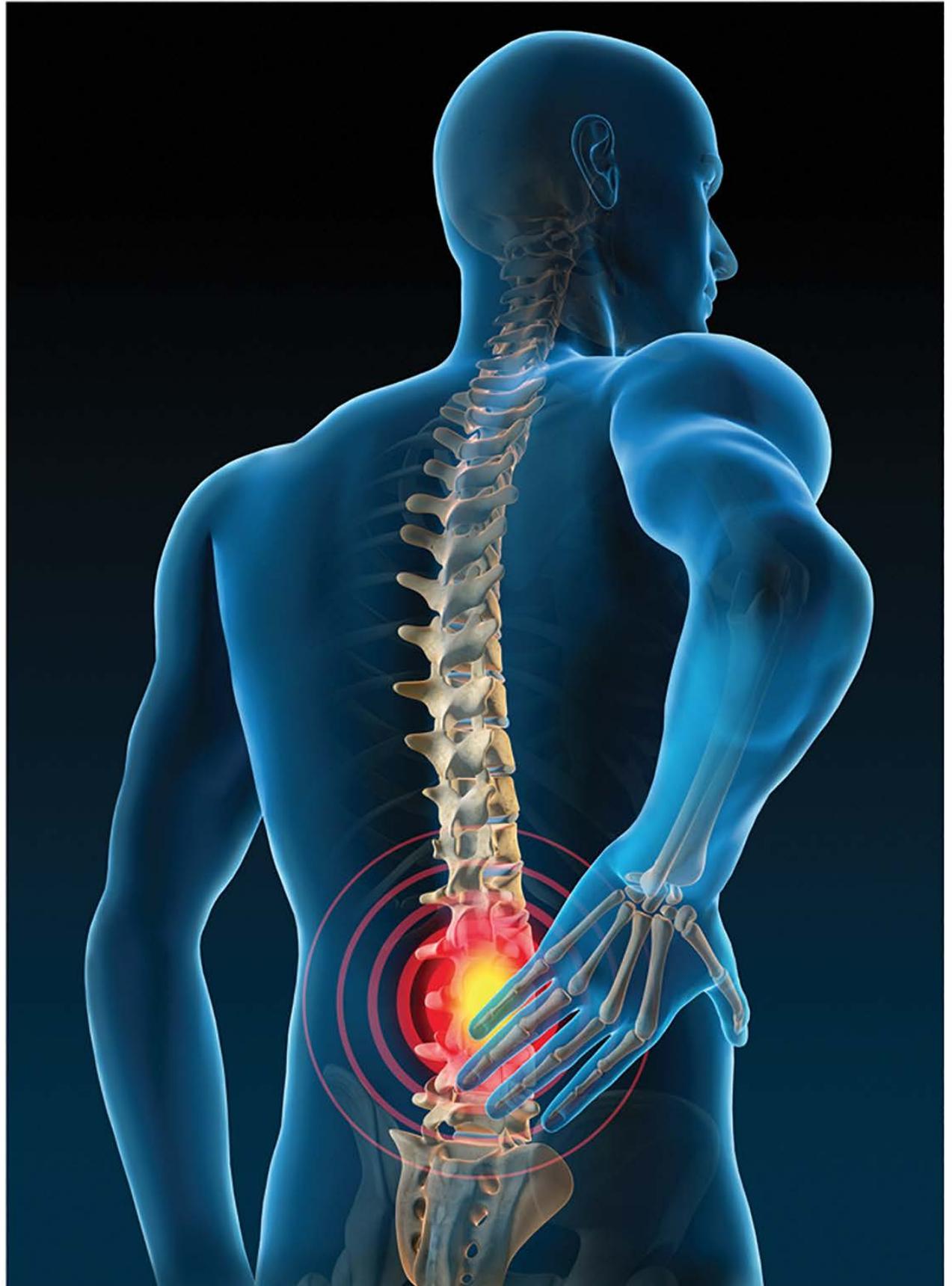


Jerry’s orthopedic surgery team had also administered over 50 epidurals to lessen Jerry’s pain, but some of those did not work at all, and the relief he did get was only temporary. Jerry had changed

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



Dr. Kelly Hansen, Au.D.

Why Audiologist & Hearing Aid Specialists are NOT the Same



Dr. Nikki Goldowski Richa, Au.D.

An audiologist is a specialist in hearing. They have studied for many years and are required to have a master's degree or doctorate in the field of hearing. While they do not perform ear surgery, they are experts in diagnosing and finding solutions for children and adults that are experiencing hearing loss.

A hearing aid specialist is NOT required to have a degree, although many of them may have a degree in another field. They do need to take a certification course, which is usually a few months long. They are not experts in the area of hearing, but they are trained to sell, fit and program the hearing aid devices for you. If you need hearing aids, it's always best to see an audiologist first, especially if you haven't had your hearing tested in a while, as hearing level loss changes can occur fairly quickly.

Audiologists and Doctors of Audiology

The types of hearing care professionals you might encounter in seeking help with your hearing loss differ in both their education and their skills:

An audiologist is a licensed hearing healthcare professional who specializes in the diagnosis and treatment of hearing loss and balance disorders in adults and children. You can think of an audiologist primarily as "hearing and balance doctors."

While Hearing Aid Specialists only fit hearing devices, Audiologists offer the following services:

- Complete hearing exams
- Fitting, adjustment, and maintenance of hearing aids
- Treatment for balance disorders and tinnitus (ringing in the ears)
- Hearing and speech rehabilitation programs
- Audiologists possess comprehensive knowledge of the human auditory and vestibular systems, and they have extensive training in sound reproduction, which is critical to the accurate fitting and adjustment of hearing aids.



Why you should see an Audiologist

If you are experiencing hearing loss, it's important to seek a qualified audiologist, because they are trained to get you the best outcome and resolution for your specific issue. 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.

Dr. Kelly Hansen, Au.D.

Audiologist, Dr. Kelly Hansen has more than 20 years of experience in the diagnosis and treatment of hearing, dizziness, and balance disorders. She has attended numerous courses and workshops for dizziness, balance, and hearing disorders throughout her career and is experienced in the most up to date diagnostic testing and treatment for these disorders.

Dr. Nikki Goldowski, Au.D.

Audiologists, Dr. Nikki Goldowski obtained experience working in a variety of settings, including Veteran Affairs medical centers, children's hospitals, ENT clinics, and private-practice settings during her Doctorate training. She completed her clinical fellowship year at Trinity Hearing and Balance Center in May 2015.

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

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

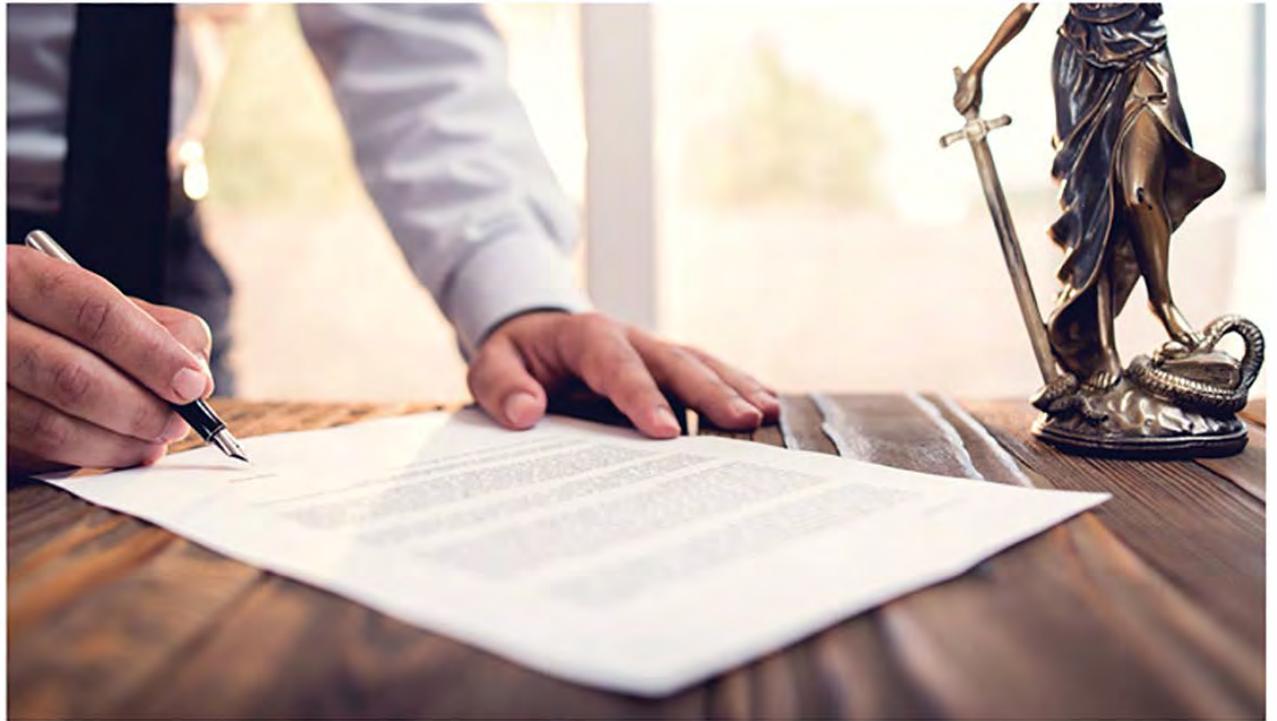
When you or a loved one is aging, it's essential to implement a power of attorney (POA) while someone is capable and competent of signing paperwork and evaluating needs. Too often families wait until their parent or spouse is unable to make sound judgments, and then it can be a costly process to navigate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

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

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

Estate Planning

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



Daniel Waldman
Founding Partner

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

Experience

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

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

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

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The Wellness Benefits of Massage: How you can Maximize the Experience

By Robert J Farnell, Licensed Massage Therapist

Because the general population is so well informed of health and wellness options, most of us know that massage is not just a leisurely activity that the rich and famous enjoy to pamper themselves, but an actual wellness component to healthy living. Massage helps to relax the muscles leaving the body in a state of ease, and while this not only feels lovely, it puts the nervous system in a relaxed state as well, which is a significant component to overall health.

Benefit of Massage:

- Increases blood flow
- Alleviates tightness in muscles
- Relieves stress
- Reduces anxiety levels
- Helps with chronic neck pain
- Relieves migraine frequency and pain
- Improves balance
- Reduces osteoarthritis pain
- Lowers blood pressure
- Promotes relaxation
- Increases oxygen
- And much more

Personalized Massage: In-home Service vs. Brick and Mortar Spas:

Driving 25 minutes on I-275, weaving in and out of traffic, disrobing in a strange room, receiving treatment in a strange place with whomever the spa chose for you that day, awaking from your relaxed state, being rushed to make room for the next client, getting dressed again (over well-moisturized, greasy skin), driving back home again in rush-hour traffic—Does that sound like a relaxing experience or a perhaps a bit stressful?

At Hands Of Comfort, we Have a Better Option:

Hands of comfort will come to you at a time that works best for your schedule. Our licensed massage therapist brings a professional massage table, clean linens, lotions, oils, and fragrance. You disrobe in the comfort, convenience, and safety of your own home; you enjoy a full hour (60 minutes) professional massage, which is tailored to your needs. When the massage is complete, you just sit back and relax in the convenience of your own home or office. Our therapist cleans up, takes the table and accessories, and leaves you in a peaceful, well-balanced state.



If you're busy and value your time, a personalized in-home or office massage is precisely the specialty that Hands of Comfort provides.

Who Does This Service Suit Best?

- Just about anyone who values their own personal time!
- Shut-ins
- Medically disabled
- Caregivers
- Mothers with children at home
- Shift workers
- Doctors
- Dentists
- Busy executives
- Recovering surgical patients
- Nurses
- Teachers
- Hair stylists
- Food servers
- Bartenders
- Truck drivers
- Uber drivers
- Those who work from home
- And the list goes on and on

Pricing:

Hands of Comfort is exclusive, convenient, professional, and VERY affordable. A one hour (60 minute) massage is just \$65 at any address in Lutz or Land O Lakes. A small travel charge (\$15) is added for any other location in Pasco County

Hands of Comfort Massage Therapists are:

- Licensed in Florida
- Always provide their current Massage license and photo ID
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Trained in Multiple Modalities:

- Swedish
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- Lymphatic Service
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Hands of Comfort is available week days and evenings by appointment.

To make an appointment, or just to discuss the treatment you want. Please TEXT your request to 813-602-6603, name and phone number, or call and leave a message.

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

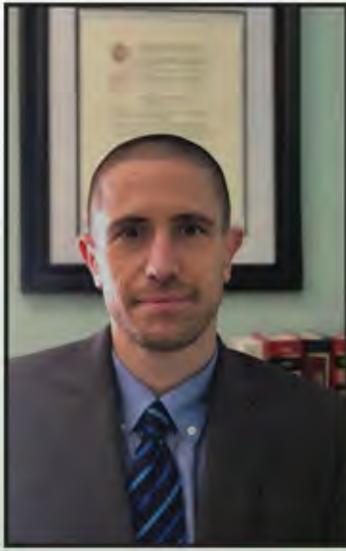
Hyperbaric Centers of Florida provides a clean, professional and caring environment for all of our patients. The founders of our new center have over 40 years of cumulative experience in Hyperbaric Medicine and providing Hyperbaric Oxygen Therapy for a broad spectrum of indications.

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BATTLING DEPRESSION?

Think Outside The Pill Box!

By Khaled Bowarshi, M.D.

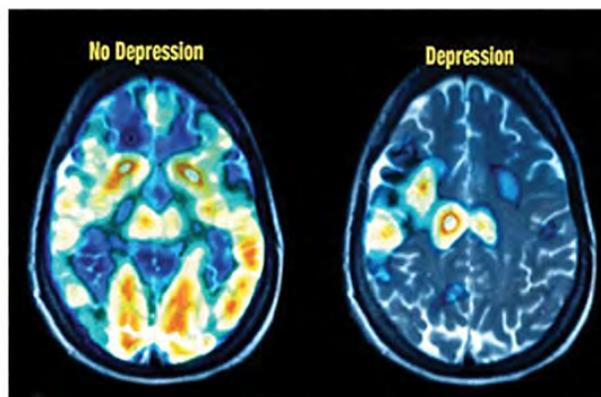
One of the most common ailments that doctors treat annually is depression. In fact, according to the World Health Organization, depression is the leading cause of disability worldwide. Nearly 15 million people in the United States are affected by depression. While most know of Major Depressive Disorder or MDD, many fail to recognize Treatment Resistant Depression or TRD. TRD is commonly defined as a failure of treatment to produce response or remission for patients after two or more treatment attempts of adequate dose and duration.

The typical treatment options for MDD are antidepressant medications and counseling therapy. Some of the most common drug classes prescribed are selective serotonin reuptake inhibitors (SSRIs), serotonin-norepinephrine reuptake inhibitors (SNRIs), tricyclic antidepressants (TCAs), and monoamine oxidase inhibitors (MAOIs). The widely known drugs, like Prozac, Zoloft, and Cymbalta play a role in how the neurotransmitters affect the mood by lessening anxiety levels and creating a more peaceful, calm demeanor.

While the treatment options mentioned above are helpful for some people, the problem lies in two distinct categories. Number one, depression is just a simple label that is placed over a very complicated, in-depth, disease with countless causes. And number two, a vast majority of patients do not respond well to the medications prescribed. The good news is that there is an alternative that has helped a myriad of patients, and even better, this alternative therapy is non-invasive with no systemic negative side effects.

What is TMS?

TMS (Transcranial Magnetic Stimulation) uses a highly targeted magnetic pulse to stimulate nerve cells in the area of the brain thought to control mood, the left prefrontal cortex. The magnetic pulses have shown to have a positive effect on the neurotransmitters of the brain, leading to reduced depression symptoms and long term remission, and the procedure is done right in the comfort of



the office setting. This non-invasive therapy that helps to improve the symptoms of depression through magnetic stimulation in the brain. This procedure uses magnetic fields to stimulate nerve cells in the brain.

In patients with depression, the prefrontal cortex in the brain is often atypical, showing patterns of abnormality. The TMS device uses magnetic stimulation in the brain's area that controls emotions.

This is achieved through a magnetic coil that adheres to the patient's scalp. The magnetic therapy generates a micro-electrical current, which stimulates the brain. The patient is awake throughout the therapy session. No seizure or sedation required! Patient continue their normal daily activity once done.

How does TMS help patients with depression and anxiety?

Medications affect the entire brain and body, yet TMS distinctively treats the brain. The magnetic pulses stimulate certain areas of the brain that are out of sync. These areas are specifically targeted depending on the patient's needs.

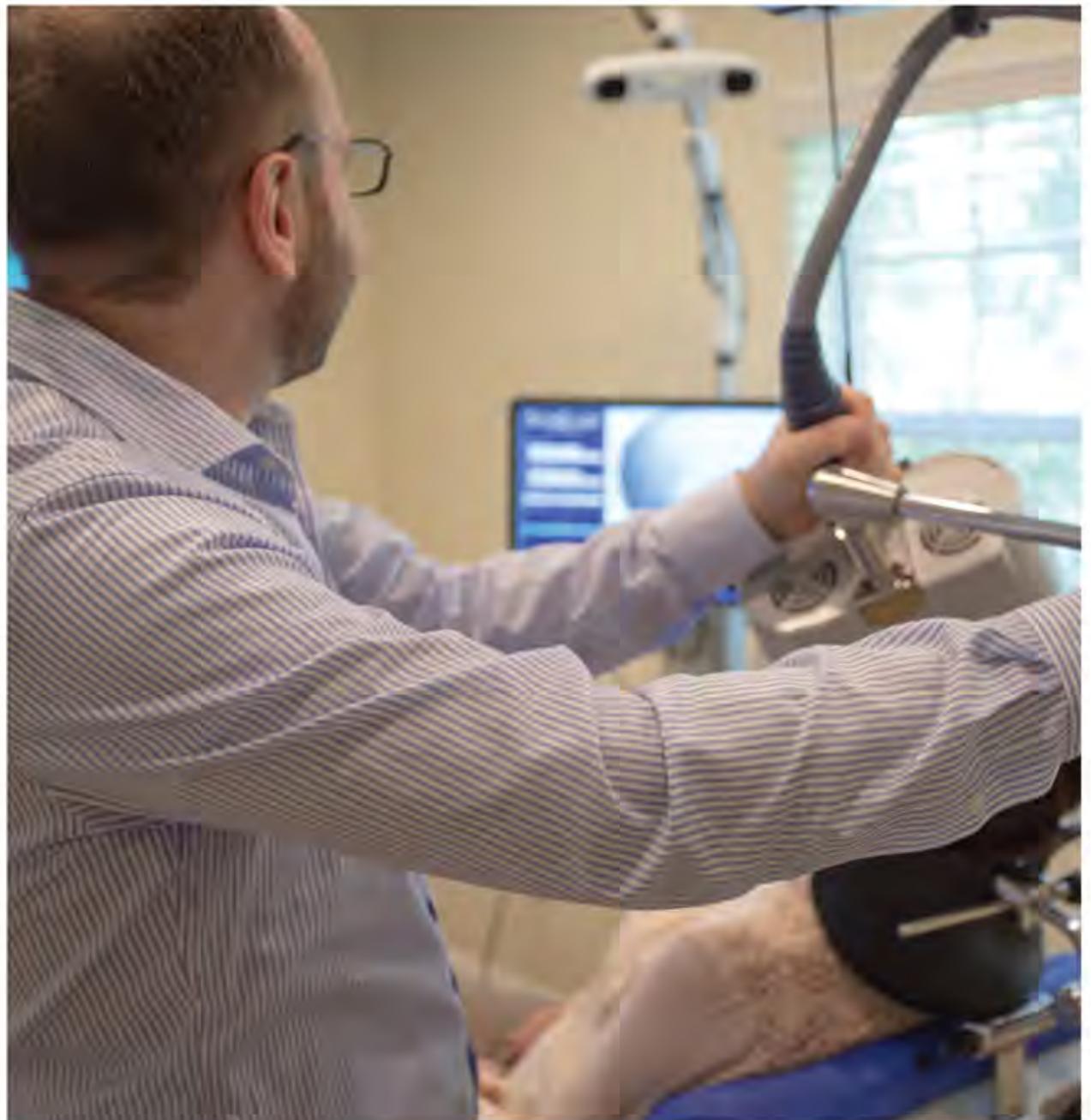
Years ago, people thought depression was a chemical imbalance. We now know that depression and anxiety are not completely explained by chemical imbalances. MRI imaging shows clear areas that are actively off in the brain of depressed

or anxious patients. These specific areas are then stimulated with TMS therapy. Many people are unaware that if depression is not treated, MRI imaging will show degeneration in the brain.

TMS Treatment is Gentle and Safe

Despite, what Hollywood has portrayed in movies, TMS is NOT electrical shocks. TMS is a safe, magnetic field that causes the brain to reset itself and recircuit areas that are damaged or dormant via gentle stimulation. TMS therapy does not require anesthesia, and during the treatment, patients are awake, as TMS therapy requires no anesthesia or sedation, and it is completely non-invasive. TMS stimulates the brain and generates a state of non-depression. Many patients report a feeling of improvement after just a few treatments.

The typical initial treatment course consists of 5 treatments per week over a 4-6 week period, for an average of 20-30 total treatments. Other providers offer long, drawn out treatment sessions that lasts approximately 20-40 minutes for each session. Newer advanced technology using Theta Burst Stimulation allowed for a significantly shorter duration per session. To the exact, each session will take only 3 minutes and 9 seconds of your precious time! Even more advancement in medical technology allowed for the use of 3D navigation system to position the magnetic coil on the targeted area with optimal precision. Think of the infrared 3D camera system that enables face unlock feature on your latest iPhone. Navigated TMS uses similar concept but much more sophisticated to determine the positioning of the magnetic coil. In a matter of fact, this technology is the latest in the field of TMS. Stim-Guide Navigation TMS system was just cleared by the FDA a few months back. Florida TMS Clinic was the pioneer to bring such advanced technology to our area. Florida TMS Clinic is the ONLY provider of navigated 3-minute TMS in Tampa Bay Area.



Khaled Bowarshi, M.D.

Double Board Certified in Medicine & Psychiatry Dr. Khaled Bowarshi, a double board certified psychiatrist, is dedicated to transforming mental health. His passion lies in giving life back to those suffering from life-robbing mood disorders, such as depression and anxiety. At Florida TMS Clinic we seek to give life back to those living with a mood disorder using the most advanced treatment modalities, such as transcranial magnetic stimulation (TMS therapy).

TMS offers hope for long-term relief of undesired symptoms and a better quality of life.

TMS should be an attainable option for everyone battling depression. Florida TMS Clinic charges the cost of TMS as determined by researcher in the field examining the cost per remission.

This translates to the most affordable TMS treatment course in the nation. Don't wait, get your depression under control without drugs, side effects and the concerns of addiction.

(offer expires 12/31/2019).



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PRP Treatment From a Patient's Perspective

DR. ROBERT LUPO, D.C.

Stacy H. and her husband are renovating a home in their spare time. A few months ago, Stacy was helping the contractor lay grout for several hours and started to get severe pain in her right hand. Later she discovered that she had an unyielding case of trigger finger. Trigger finger is a simple name for a debilitating condition. It causes pain, stiffness, and a sensation of locking or catching when you bend and straighten your finger. It's somewhat akin to having a constant charley-horse in your hand.

In Stacy's case, this was affecting her livelihood, as she is an auditor and types documentations and reports all day long. Stacy told us, "I couldn't bend my finger at all. It was constant, debilitating, excruciating pain. I couldn't even open a water bottle." After trying many failed at home remedies like ibuprofen, soaking and massaging the finger, she decided to see Dr. Lupo.

"My husband had horrible shoulder pain and arthritis a few years ago. He was icing and wrapping his shoulders nightly, and he suffered for years before he saw Dr. Lupo. Dr. Lupo suggested he try PRP (Platelet Rich Plasma) treatments. The PRP worked immediately. He hasn't had a lick of pain for years. I thought, maybe this would work for my finger, so I scheduled an appointment with Dr. Lupo.

"I had a cyst develop on the trigger finger, which happened to be my middle finger and after the first PRP injection, the cyst went down significantly, and the majority of my pain and stiffness was gone. Then, after my second injection, my finger was almost completely normal. And now after my third and last injection, I'm back! I'm a huge proponent of PRP. I tell everyone to see Dr. Lupo!"

When we spoke to Stacy, she was at the house being renovated, laying sod. That in itself speaks volumes about the success of her PRP treatment. She is also able to work normally again as an auditor and is grateful to have full use of her hand.



Platelet Rich Plasma & Stem Cells Explained

PRP is taken from your own blood. A small sample is collected and spun down leaving the Platelet rich plasma, which is your own natural healing and rebuilders cells. The blood plasma and platelets are aspirated from the collection (which results in an injectable that is 10x the normal strength of platelets), and then injected into the injured joint or damaged soft tissue region. Over the past several years, PRP therapy has become a recommended treatment option, due to the results seen in elite athletes who have used the treatment for the past 20 years and it is a natural and proven effective treatment used on various orthopedic, neurologic, aesthetic and dental conditions.

Because our bodies naturally produce these cells, this treatment is not perceived as a foreign body to our systems, and in the case of injured degenerative joints it is quickly becoming the accepted

method of treatment to induce healing. Our joints are constantly under wear and tear, which causes inflammation, damage and progressive injury to occur. Our own platelets and stem cells assist in the normal healing process. Stem cells and PRP can regenerate tissue, create new growth, and signal repair to the damaged area.

Stem cells, are different than PRP in that they are specialized cells collected from our fat reserves and bone marrow. These cells can differentiate into several different types of tissues that have the need of repair. When our stem cells are not enough or limited (usually due to aging, illness, or severe injuries), stem cells from other sources can be used. These include amniotic or placenta derived cells, which can be used in the injured area to increase healing just as, or in some case more effectively than your own stem cells.

As you have learned here, there are all different types of stem cells, but most outside stem cells are taken from the placental membrane tissues. The stem cells are collected and frozen for future use providing the most effective way to use the cells this matrix is full of nutrients, minerals, amino acids, and proteins and have the ability to reproduce and regenerate new cells throughout the body. Totipotent stem cells are one of the most powerful stem cells available because they have the potential to develop into any cell found in the human body.

A multipotent tissue matrix can be used to treat and replenish areas of the entire body from head to toe. Stem cells can work wonders in the area of repairing and regenerating tissue. Totipotent cells and allograft tissue are derived, certified and tested from a human which like a blood donation is entirely acceptable to the human body. These cells are non-hormonal and have no side effects, and they are highly accepted as natural cells to the body. No embryonic tissues or no tissue from aborted fetuses are ever used. The amniotic tissue is obtained through special recovery techniques during a planned Caesarian section of full-term deliveries from a healthy woman.

Area and Conditions Effectively Treated with PRP

Platelet Rich Plasma can treat and heal numerous disorders. Some of those include arthritic or damaged joints, ligaments and tendon injuries, chronic and acute bursitis, tendonitis, and plantar fasciitis to name a few. For extensive degeneration or damage, adding stem cells into the PRP treatment plan have proven even more effective in many cases.

In addition to these conditions, a lesser known PRP therapy has helped countless men with erectile dysfunction. It's known as the P-shot (Priapus Shot). The P-Shot is spun down blood of platelet-rich plasma that is taken from the patient and injected back into specific points in their bodies. The P-Shot can help rejuvenate nerve sensitivity, add volume back to the penis and aid in the erection response. Again, it is 100% natural, so the body accepts it 100% of the time with no adverse reactions. Stem cells can also be used in a P-shot program and can serve as an internal repair system, which can further heal more damaged tissue.

The P-Shot also helps men with Peyronie's disease by stimulating circulation, repair mechanisms and softening the scar tissue associated with the disorder. The P-shot along with Gainswave can dissolve the scar in Peyronie's permanently. No longer do men have to rely on the tiny blue pill that causes so many adverse side effects. Now, there is a safe, natural alternative to help so many men with ED and Peyronie's disease.

If you've tried standard medical treatments, like corticosteroid injections, pain relievers, physical therapy, surgery for joint injuries, and you found it unsatisfactory or substandard in treating your condition, it's time you found out more about PRP and stem cell therapies.

Dr. Lupo's Practice—An Integrated Approach

At Physical Medicine Center, Inc. you can expect a welcoming, friendly environment with a staff that genuinely cares about your progress. Their goal is your improved quality of life—that's why their comprehensive treatment plans are designed to help you reach your goals. If pain is holding you back, call today to learn more about their natural, non-surgical, non-drug options for pain relief.

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

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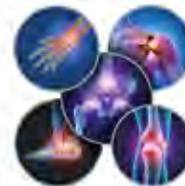
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Can Hyperbaric Oxygen Therapy Help with the Symptoms of Lyme Disease?

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**
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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.

Painful Intercourse Affects Numerous Women: Your Gynecologist Has Answers

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

Genitourinary Syndrome of Menopause & Vulvovaginal Atrophy

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

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

Your Treatment Options

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



MonaLisa Touch®

Non-Hormonal Advanced Treatment

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

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

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

Rejuvenate Your Sex Life

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

*To find out more, please visit
ParveenVahoraMD.com or email
info@ParveenVahoraMD.com.*

Parveen Vahora, M.D.

Dr. Parveen Vahora's office offers advanced and individualized care. Their office is small, intimate, and welcoming. Women under their care are treated with the utmost respect,



which means they offer personalized care: educating on conditions and treatment options as well as preventative measures. Their focus is on sexual health, and they are proud to offer the MonaLisa Touch® for patients going through menopause as well as post-menopausal women, breast cancer survivors, and those suffering from pain during intercourse or intense dryness. They also offer genetic testing for breast, ovarian, and colon cancer. From birth control to robotic surgery, they've got you covered.

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.



Connie Moler, APRN

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.



Why Changes in a Person's Voice Shouldn't be Ignored

By Michael Branch, MD

Minor hoarseness from a cold or allergies is normal but if the voice changes last for more than three weeks it's time to make a doctor's appointment. Being proactive about health conditions is always a good idea. The earlier a disorder is caught, the easier it is to treat and there's less likelihood of sustained or advanced damage.

The following are voice symptoms to seek medical treatment for:

- Lingering voice changes or hoarseness
- Coughing up blood
- Difficulty swallowing
- Lumps or bumps in the neck
- Pain when swallowing
- Excessive phlegm
- Difficulty breathing
- Loss of voice

An otolaryngologist or ENT doctor (ears, nose, and throat) can view the throat, larynx, and vocal cords with an endoscope which is a camera within a flexible tube. The ENT specialist might also check for airflow and test for other vocal fold irregularities.

Causes of Voice Changes & Hoarseness:

Laryngitis

Swelling of the vocal cords is called laryngitis and it is one of the most common causes of hoarseness. Laryngitis can be caused by straining the voice from overuse, by speaking, singing, or yelling too loudly or from colds or allergies. Usually resting the voice and staying hydrated helps to heal laryngitis.

GERD

Gastroesophageal reflux (GERD) is often referred to as heartburn or acid indigestion. It can cause swallowing difficulties due to irritated (burned) esophageal tissue from the acid that rises up from the stomach.

LPR

Laryngopharyngeal reflux (LPR). In some people the stomach acid rises all the way up to the throat and larynx and irritates the vocal folds.



Some people will have no heartburn with LPR but they may feel as if they constantly have to cough to clear their throat, have a sense of tightness on swallowing and/or have hoarseness. GERD and LPR are treated with dietary modifications and medications that reduce stomach acid.

Vocal Nodules—Polyps—Cysts

Vocal nodules, polyps, and cysts are benign (non-cancerous) growths within or along the vocal folds. Vocal nodules are sometimes called "singer's nodes" because they are a frequent problem among professional singers. They form in pairs on opposite sides of the vocal folds as the result of too much pressure or friction. A vocal polyp typically occurs only on one side of the vocal fold but is sometimes on both sides. These are most often seen in smokers and people with acid reflux that reaches the larynx (LPR). A vocal cyst is a hard mass of tissue encased in a membrane sac inside the vocal fold. The most common treatments for nodules, polyps, and cysts are voice rest, voice therapy, and surgery to remove the tissue.

If you or someone you know has any voice changes or lingering hoarseness, ask your primary care physician to refer to you to an ENT specialist.

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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Celebrating National Hospice & Palliative Care Month

Every year, the month of November is recognized as National Hospice & Palliative Care Month to help raise awareness of the efforts of local hospice and palliative health care organizations.

Gulfside Hospice has been Pasco County's premier hospice of choice, serving residents for 30 years. As one of the few non-profit hospice organizations across the country, as well as the Tampa Bay area, Gulfside assures that no patient is turned away from care because of financial reasons, or for lack of insurance or healthcare coverage.

Every day, more than 525 Pasco County residents receive hospice care from the team at Gulfside. But hospice care is about more than just the patient. It's about the whole family.

"Thank you, Gulfside, for the excellent care you provided to our father," said Linda, the daughter of a hospice patient, in a letter. "He was in excellent hands and that was such a relief for all of us. The comfort you provided to him and our family has made our loss much more bearable."

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. Patients can also continue visiting their current physician, if they wish.

Some of the services provided by Gulfside's gracious 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; around-the-clock crisis nursing care at home,



when necessary; coordination of medical supplies, medication and equipment like oxygen tanks, walkers, hospital beds and more; assistance with personal care provided by certified nursing assistants; and services from social workers who specialize in helping families cope with issues surrounding life-limiting illnesses.

Gulfside Hospice also offers spiritual care services provided by chaplains, respite care from trained volunteers and assistance with running errands, and bereavement services for families, including regular workshops, support groups and individual counseling.

All of the care and services offered by Gulfside Hospice are centered around one primary goal: making every day count for patients and their families.

Gulfside Hospice is a division of Gulfside Healthcare Services, and 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.



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800-561-4883
www.Gulfside.org

What's Your Diet?

By Pastor Roger P. Felipe

Weight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they



knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.

McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.

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