

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

December 2019

South Tampa Edition - Monthly

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f t **FREE**

**GET A JUMP
START ON
IMPROVING
YOUR HEALTH
& FITNESS
GOALS NOW**

See Page 10

**CAN YOU
REALLY FREEZE
AWAY FAT
FROM YOUR
PROBLEM
AREAS?**

See Page 9

**IS THE PAIN IN
YOUR LEGS OR
BULGING VEINS
A WARNING
INDICATOR?**

See Page 8

**IS MY ROTATOR
CUFF TEAR THE
CAUSE OF MY
SHOULDER PAIN?**

See Page 6



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- » EAR RESHAPING
- » BROW LIFT



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HAPPY NEW YEAR!

Health & Wellness MAGAZINE

Contents

DECEMBER 2019

- 6 Is My Rotator Cuff Tear the Cause of My Shoulder Pain?
- 8 Is the Pain in Your Legs or Bulging Veins a Warning Indicator?
- 9 Can You Really Freeze Away Fat From Your Problem Areas?
- 10 Get a Jump Start on Improving Your Health & Fitness Goals Now
- 11 South Tampa's Newest Hi-Tech Physical Therapy Office Now Open
- 12 A 16 Year Journey to Back Pain Relief: What One Patient Wants Others to Know
- 14 Is it the Right Time to Transition Into a Senior Living Community - December is the Perfect Month to Take a Tour
- 15 Spiritual Wellness: His Gift

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Is My Rotator Cuff Tear the Cause of My Shoulder Pain?

By: Regenexx Tampa Bay, Regenerative Medicine

What's causing your shoulder pain? Is it due to instability? Could it be a rotator cuff tear? A labral tear? Arthritis? Inflammation? Swelling? Bone edema? Tendinosis (tendon degeneration)? A pinched nerve? More and more studies continue to show that shoulder MRI results often cannot predict why the patient is experiencing pain.

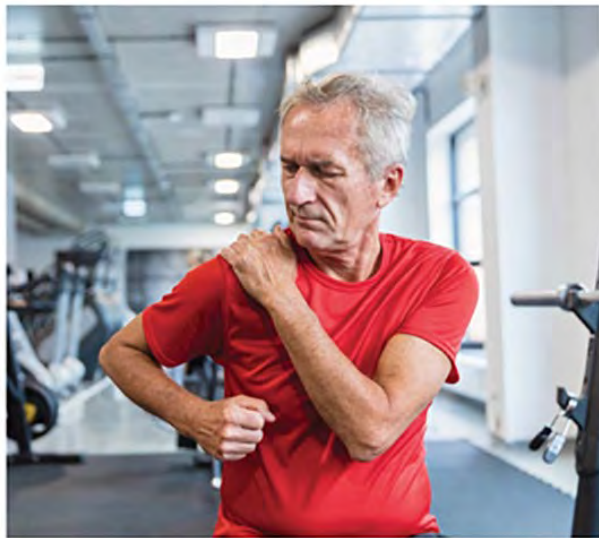
This is the case for various body areas including the lumbar spine, knee, and certainly shoulder. The MRI can provide a lot of good information, but it has been repeatedly shown not to substitute for a thorough history, exam and a diagnostic ultrasound by the physician. This takes time and focus.

Although most patients and providers will blame the rotator cuff tear as the cause of pain, it is never a given that a rotator cuff tear is actually the source of the pain. In fact, the studies we will cover in this article show that it is often inaccurate to assume that a rotator cuff tear is what is causing your shoulder pain despite what is seen on an MRI. Let's dive a bit deeper into rotator cuff tears, surgery, and determining the cause of your shoulder pain.

What is a Rotator Cuff Tear?

The rotator cuff is a complex series of muscles and tendons that surround the shoulder and help lift the arm and stabilize the shoulder joint. A rotator cuff tear is simply a tear in the tendon usually close to where it attaches to the bone. While some rotator cuff tears result from trauma, the vast majority happen from wear and tear as we age- this is referred to as a degenerative tear.

The most common cause of a rotator cuff tear is simply a slightly more demanding movement than usual. How might this happen? It has been known for a considerable amount of time that the rotator cuff does not have a great blood supply which makes it harder for the body to heal an injury in that area.



So, what is the problem? It is likely to be a lack of healthy progenitor cells and stem cells to repair the damage as it occurs over time, and at some point with little provocation, the unhealthy tissue simply fails and a tear occurs.

What Happens During Rotator Cuff Surgery?

Rotator cuff surgery involves cutting into the shoulder and stitching the tear back together. Recovery time from surgery can be lengthy and there is a good amount of research showing that this surgery is often ineffective for many types of rotator cuff tears. The tissue is often too weak to stay together with a stitch.

In larger tears, approximately 6 in 10 do not heal properly, even with surgery. For patients over 60, shoulder surgery recovery is even more difficult, with 1 in 3 rotator cuff tears not healing.

It is also notable that a good number of surgical patients never return to their full range of motion following surgery and pain can linger. Additionally, many studies show that shoulder pain prior to surgery actually has little to no correlation with the rotator cuff tear or the severity of the tear. So, what is causing the pain?

Shoulder Pain and Inflammation

One study performed in Japan analyzed joint fluid obtained from 38 patients before and after orthopedic rotator cuff surgery for various chemical messenger molecules (cytokines). These cytokines work for the immune system and call our immune cells into action when there is inflammation, infection, or trauma.

Imagine that our immune cells are like firefighters, always ready and waiting. The firefighters might be at the station cleaning trucks, training, or stocking their equipment, but when that alarm sounds, they jump into action and race to the fire. For us, that alarm is our cytokines, and when it sounds, our immune cells race straight to the inflammatory fire as our first responders.

Interestingly enough, the study that we referenced earlier concluded that larger rotator cuff tears were associated with less pain and that more pain was accurately predicted by more IL-8 (interleukin 8) in the joint fluid. IL-8 is an inflammatory cytokine or an alarm sounding when inflammation is present. The pain that was studied in this study was due to the inflammation and not the tear itself.

Another study states that "the prevalence of full-thickness rotator cuff tears increases with age [and] many patients are asymptomatic and may not require surgical repair." Even while there was pain present, the study concluded that physical therapy rather than surgery should be sufficient to address the symptoms in most cases.

Does Rotator Cuff Repair Surgery Fix Pain?

Unfortunately, the answer is no. One study proved this disappointing result that rotator cuff repair does not fix pain or function in the shoulder. This should be eyeopening for patients, whose primary goal for undergoing a rotator cuff repair is to reduce or eliminate their pain. There are countless studies showing that shoulder pain is often not due to the presence of

a rotator cuff tear. If a surgeon repairs a tear in your rotator cuff to eliminate your pain, but your tear is not the actual source of your pain, why was it necessary to have the surgery? It may be that the tear caused inflammation which thereby causes the pain. Sewing up the tear may not get rid of the inflammation.

Why not use Cortisone or Anti-inflammatories to get rid of Inflammation?

The problem is that cortisone gets rid of inflammation at a cost. The tissue gets even weaker and unhealthier. The local stem cells are damaged or killed leaving the tissue in worse condition than it already was in. If someone receives a cortisone injection within a year of a rotator cuff repair, it is more likely to fail and need a revision.

In regards to NSAIDS, aside from the myriad of systemic problems they can cause (gastrointestinal bleeding, kidney damage, stroke and heart attack to name a few), they also have been shown to inhibit tendon healing and in Regenexx's laboratory, they have been shown to negatively impact stem cells.

The Best Alternative

If the reason that the rotator cuff fails in the first place is a lack of local stem cells, doesn't it make logical sense that replacing those cells is critical to get the structure as healthy as possible?

What if you could avoid rotator cuff surgery and have a much quicker recovery? Well, for about 70-80% of rotator cuff tears, you can. We have pioneered a procedure to do just that over the last 14 years that includes an ultra-precise injection of your own stem cells under image guidance using a patented protocol.

Rotator cuff tears are one of the most commonly treated conditions at Regenexx Tampa Bay, and we consistently see successful outcomes in these patients. With that said, while most tears will heal with just a precise injection, there are a few massive tears that are unlikely to be helped without surgery. Keep in mind that even after surgery to repair a massively damaged rotator cuff, stem cell injections may assist in the healing and improvement of the tissue. For example, one study showed that using stem cells after surgery reduced the retear rate by half.

The Regenexx procedure addresses more than just the rotator cuff tear. Precise injections of the surrounding ligaments improve stability, injections of the

other nontorn rotator cuff tendons and biceps tendons improve their strength and function, injections of the labral tissue, when there is evidence of damage, strengthens that tissue and injections of the joint and cartilage can improve any arthritis that is present.

In some cases, when there is edema (swelling) in the bone itself seen on MRI (which represents small microfractures), injections will help heal the bone. There may even be a component of a pinched nerve in the neck that is contributing to the pain and accelerated degeneration of the tissue in the shoulder. In these cases, platelet lysate injections around the nerve (epidurals) can help as well.

Following the procedure, skilled physical therapy will likely be recommended. For our patients in the

Tampa Bay region, we recommend physical therapy at our Tampa location with EXOS. As you can see, this is a comprehensive plan to get you back to the activities you love to do.

Whether you've had surgery to repair your rotator cuff or not, Regenexx may be able to help you with your shoulder pain. Contact us today to find out how.



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ABOUT US



Dr. James Leiber

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

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

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

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

The other physicians at Regenexx Tampa Bay are:



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



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



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

IS THE PAIN IN YOUR LEGS OR BULGING VEINS A WARNING INDICATOR?

What You Should Know

Painful, swollen legs, ankles and feet can be cause for alarm. Standing on your feet all day can cause a lot more than aches and pain. If your job or lifestyle requires you to stand for a majority of the day, your circulation will be affected; when this happens, you have a higher risk of venous insufficiency. Venous insufficiency is inadequate functioning of the vein valves in the leg, causing swelling, pain, varicose veins and skin issues.

Various forms of venous issues affect 25 million Americans. Their legs are swollen, achy and they have a heavy sensation. When our veins are working correctly, they pump blood back to the heart. Valves in the veins are made to open and close in one direction if these valves or the wall of the veins are damaged, the blood is unable to work against gravity, and the result is a pooling of the blood in our legs. This pooling is called stasis and can present significant risks to our health. Varicose veins are one of the indicators of major damage to your circulatory system; venous symptoms should not be taken lightly. A medical professional will be able to report whether or not your symptoms are superficial, moderate or severely dangerous and in need treatment.

Symptoms of Venous Insufficiency:

- Leg pain while standing or sitting, which subsides after resting for an extended period of time
- Sensations of tightness & burning may occur in the leg or foot
- Swelling of the calves, which dissipates after elevation
- Dark veins
- Varicose veins
- Dry, itchy skin
- Ulcer near the ankle (often painless, but with a dark rim)

Although it can happen to anyone, the most common factors that put you at risk for vein issues is being a female over the age of 50, pregnancy, sitting for extended periods of time, a family history of varicose veins, smoking, being overweight, and a sedentary lifestyle.

Some people develop ulcerations, or sores on the lower legs and ankles, due to the low level of oxygen in the veins and the uptake of white blood cells. These ulcers can be extremely painful and are often quite resistant to healing.

Because the veins and arteries balance each other out, when a person experiences chronic symptoms, it's critical to see a physician. If the veins are damaged, it's not unusual that the arteries are not pumping blood efficiently either. Chronic venous insufficiency must be treated to prevent further damage to your circulatory system and your overall health.

Both chronic and acute symptoms could be a sign or lead to a DVT (deep vein thrombosis). DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep in within the legs. Vascular malformations, pelvic tumors or sitting for long periods of time are some of the risk factors that go along with DVTs. Speaking to your physician is vital if you or a loved one have any of the venous symptoms or risk factors discussed above.

Sometimes venous insufficiency is more of a cosmetic issue and poses little health concerns. This is usually noted in spider veins, which is when the tiny capillaries are damaged, but when the veins are damaged, this can cause varicose veins, which can lead to more severe health issues such as DVTs and cardiovascular disorders. Varicose veins and symptoms of venous insufficiency should never be taken lightly. A medical professional will be able to report whether or not your symptoms are superficial, or dangerous and in need treatment.

Treatment Options for Venous Insufficiency

- Compression Stockings
- Gradient Compression Devices
- Increased Exercise
- Medications
- Surgery (Usually through minimally invasive catheters, or ultrasound)



Premier Vein

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 Premier Vein today in the Tampa and Largo area by calling (888) VEINCARE (834-6227) or request a consultation online now to take the first step to getting healthy legs and a proper diagnosis.



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Can You Really Freeze Away Fat From Your Problem Areas?

Dr. Dana Coberly

Our schedules are packed; we have events, holiday preparations, meetings, kid's after school activities, and the list goes on and on. We want to look our best, feel energized and let's not forget that we're all attempting to stave off the flu virus this season. However, we often get so caught up in all of the festivities that we put ourselves on the back burner, and we succumb to merely crossing our fingers in hopes that we don't gain any weight or struggle to fit into our holiday attire. Along with all of our responsibilities, it's important to take care of ourselves, but when it comes to those few extra pounds or bulges, there is an easy solution!

CoolSculpting

CoolSculpting has grown in popularity exponentially over the past few years. Why? CoolSculpting is proven to provide results. CoolSculpting is an FDA-cleared treatment that uses controlled cooling to eliminate fat permanently without surgery or downtime. And with 95% customer satisfaction, you'll love the results of CoolSculpting every time you look in the mirror.

Are You a Good Candidate for the CoolSculpting Procedure?

The typical patient is usually those that have undergone a strict diet and exercise plan but still have stubborn areas that are unaffected by exercise and eating nutrient-dense foods. For example, a patient may have stubborn love handles or a bulge of some sort here or there, that really bother them, with CoolSculpting, they can alleviate these problem areas for men and women.

Many patients want to know if CoolSculpting is painful. With the remarkable results the procedure provides, it's an added benefit that CoolSculpting is not painful. Typical fat reduction procedures like liposuction or surgery, do cause a great deal of pain and downtime, but with CoolSculpting, it may be uncomfortable at first, while your tissue adjusts to the cold sensation. After a few moments, you'll be numb and not feel much of anything. The entire procedure takes approximately 1 hour, depending on the size of the area being treated.

CoolSculpting's Scientific Details

Harvard scientists developed CoolSculpting. It's essentially a rectangular plating system that squeezes your problem area and exposes the fat internally to a frigid degree. So, for example, if you have a belly bulge, the technician places a material over your skin to protect it, and then the device is placed on the bulge. It suctions it up in between the plating system while permeating cold into the fat cells. This creates crystals that develop in the fat cells. Over time, the fat cells will die off. Although you will see results within the first two weeks, the entire process usually takes a few months before your results are complete.

What Areas can be Treated?

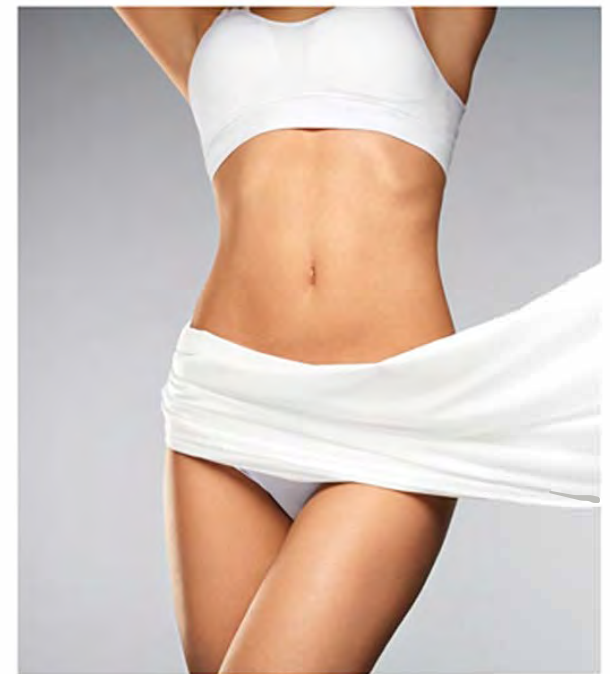
With CoolSculpting, numerous areas can be treated, such as belly bulges, muffin tops, upper arms, thighs, love handles, flanks, the chin area, and the neck are all areas that are commonly treated. Because we can't "spot-reduce" with exercise and diet alone, CoolSculpting has really been the answer that so many men and women desire.

Gift Yourself or Someone Special a CoolSculpting Treatment for the Holidays!

If you've been doing everything right, but don't see results in specific areas of your body that you want to change, you've got to try the CoolSculpting procedure!

Dr. Dana Coberly, Board Certified Plastic Surgeon

Dr. Coberly is committed to providing the most compassionate, innovative, and individualized care possible. Dr. Coberly completed her general surgery training at the University of South Florida. She devoted a year to research focusing on skin wound healing and laser resurfacing at the prestigious University of Texas Southwestern Medical Center in Dallas. Dr. Coberly continued her training in the UT Southwestern Plastic Surgery Program, considered one of the foremost cosmetic plastic surgical training programs in the country. She received extensive training and experience in laser therapy and skin rejuvenation and looks forward to combining her experience with innovative new therapies to optimize your results.



Dr. Coberly specializes in facial, body, and breast cosmetic procedures, as well as numerous med spa and aesthetic methods. Some of her most requested procedures are as follows:

BODY CONTOURING

- Liposuction
- Body Lift
- CoolSculpting
- Arm Lift
- Tummy Tuck

BREAST SURGERY

- Breast Augmentation
- Breast Lift
- Breast Reconstruction
- Breast Reduction

FACE PROCEDURES

- Face Lift
- Nose Reshaping
- Eyelid Surgery
- Ear Reshaping
- Brow Lift

To find out more about CoolSculpting 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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Get a Jump Start on Improving Your Health & Fitness Goals Now

Are you planning on putting your health and wellness on the back burner through the holidays? That's not a wise notion, as it will ultimately make you have to work even harder and longer over the next few months. Deprivation is never fun, so think twice before you go off the rails this season. You don't have to wait until the New Year to make your resolutions. In fact, it's best to try and get a jump start on your plan of action in December. Doing so now can help boost your energy levels, your immunity and help you look great and fit into your holiday outfit and New Year's attire better than you ever imagined.

Pure South Tampa's philosophy on fitness and their dedication to whole-body-wellness is the key to their client's satisfaction. Here, clients can benefit from a multifactorial program that can be tailored to their specific needs. What also sets Pure South Tampa's circuit training apart from the rest is that the classes are very limited to allow for a 'private training' experience and to avoid the overwhelming feeling of an overcrowded gym. There are also private one on one coaching classes available as well. It's not just about training; it's also about nutritional counseling, building a strong, trustworthy relationship with dedicated professionals to hold you accountable and to keep you motivated even through the tough, tempting times.

Pure South Tampa's Tips for Surviving & Enjoying the Holidays

- Drink plenty of water
- Choose to be around healthy friends that encourage you
- Visualize your results
- Incorporate high-quality protein, vegetables, and fruit into your diet
- You have to enjoy yourself, just don't overdo it (1 Christmas cookie, 1 glass of wine, etc.)
- Don't reach for seconds
- Eliminate or limit alcoholic beverages
- Take walks to enjoy the festive lights in your neighborhood
- Be accountable-schedule and attend your classes
- If you slip up, (no negative self-talk) get back on track the very next day



Coco Dunham, Pure South Tampa's Fitness Professional

Coco began her career in fitness as a result of being injured at age 23. As part of her recovery, she hired an ACE certified personal trainer, which ignited her interest in the human body and movement. After meeting her husband and moving to Pittsburgh, Coco established her own successful personal training business in 1998. She continued building her business until she and her family moved to Tampa in 2014. Upon moving to Tampa, Coco decided to focus on expanding her knowledge-base with additional certifications and also take a few years to raise their son. She is excited to share her experience and increased knowledge with clients in her new base at Pure South Tampa. Her core belief is that people should always put their own physical wellbeing on their to-do-list, perhaps, even first.

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South Tampa's Newest Hi-Tech Physical Therapy Office - NOW OPEN

By Jason Waz, President of Competitive Edge Physical Therapy

The Physical Therapy Office of Tomorrow: What You Need to Know...

Competitive Edge Performance is not the normal run of the mill physical therapy practice. In fact, they are entrepreneurs, innovators and pioneers in the physical therapy market. Over the past two decades, the team at Competitive Edge Performance [CEP], has developed specialized techniques that have helped them gain industry-leading results with their patients. This success prompted them to perform countless trials and tests using emerging technology such as the NEUBIE, a proprietary, pulsed, direct-current, electrical stimulation device that has enabled them to achieve previously unseen outcomes in the fields of recovery science and human performance.

A New CEP Location

With their ongoing success in elite patient care and rehabilitation, CEP has opened a new location in South Tampa that will be centered around NeuPTtech-supported technologies and the Neubie device. CEP is truly the cutting-edge physical therapy office of tomorrow, utilizing innovative technology such as Neufit, iMRS (Pulsed Electromagnetic field therapy) and new state of the art equipment that will require less time spent in the physical therapy clinic and thereby maximize outcomes. They are currently working with PT clinics and professional sports organizations throughout the country to bring their concept to market, so that patients across the U.S. can benefit from their groundbreaking technology and methods.

This new location is perfectly placed in one of Tampa's premier markets. With close proximity to health clubs and boutique fitness studios built around a bustling neighborhood with some of the city's best shopping and dining, the CEP office location is in the heart of it all. And with their revolutionary concepts in the physical therapy specialty, they are pioneers in "outside-of-the-box" patient care that caters to the neighborhood's fitness-focused residents.

Groundbreaking Physical Therapy with NeuFit & NEUBIE

NeuFit is a company that developed the NEUBIE, which stands for NEURO-BIO-ELECTRIC STIMULATOR. It is an electrical stimulation device that accelerates the client's progress in fitness and injury

recovery. Contrary to popular belief, it is not your typical TENS unit. NEUBIE is unique in that it uses direct current rather than alternating current, so it doesn't lock up your muscle when using it at high intensities. By using NEUBIE to stimulate the neurological system, you're able to get a full muscle contraction while still maintaining functional movement patterns.

The NEUBIE has helped people of all ages get out of pain, improve performance, and live life at a higher level. The NEUBIE has also helped patients avoid surgeries and even get out of wheelchairs. This technology enhances natural processes; it doesn't replace them. The NEUBIE specifically identifies faults in the pain-signaling pathway, resets them, and then promotes normal movement patterns. Changing the "threat" inputs to the nervous system doesn't just mask the pain as traditional TENS therapy; instead, it corrects the underlying root of dysfunction. We use advanced technology to accelerate your body's internal processes. When given the right signals, your body heals itself from injury, builds muscle, and promotes good health.

Jason Waz, President of Competitive Edge Physical Therapy, states, "In more than 20 years in practice as a physical therapist, I can unequivocally state that I have never come across a technique or device that has a more profound effect on acute or chronic musculoskeletal pain as the NeuFit device. This is next-generation physical therapy at its finest. My mission is to introduce new technology to PT practices everywhere in order to improve outcomes well beyond the industry standard while providing a business model that will dramatically exceed the goals of the practitioner."

NEUBIE Benefits

- Injury Rehabilitation
- Reduce Pain
- Build Muscle
- Burn Fat
- Improve Performance
- Build Stamina



Competitive Edge Performance (CEP)

They believe in the "care" part of healthcare. And they also believe in establishing partnerships and relationships with their clients based on the merits of old-fashioned hard work, respect for their clients' time and through the results they strive to achieve with each person who trusts them to do their best to help them get better. To CEP, there is no greater reward than exceeding expectations.

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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."

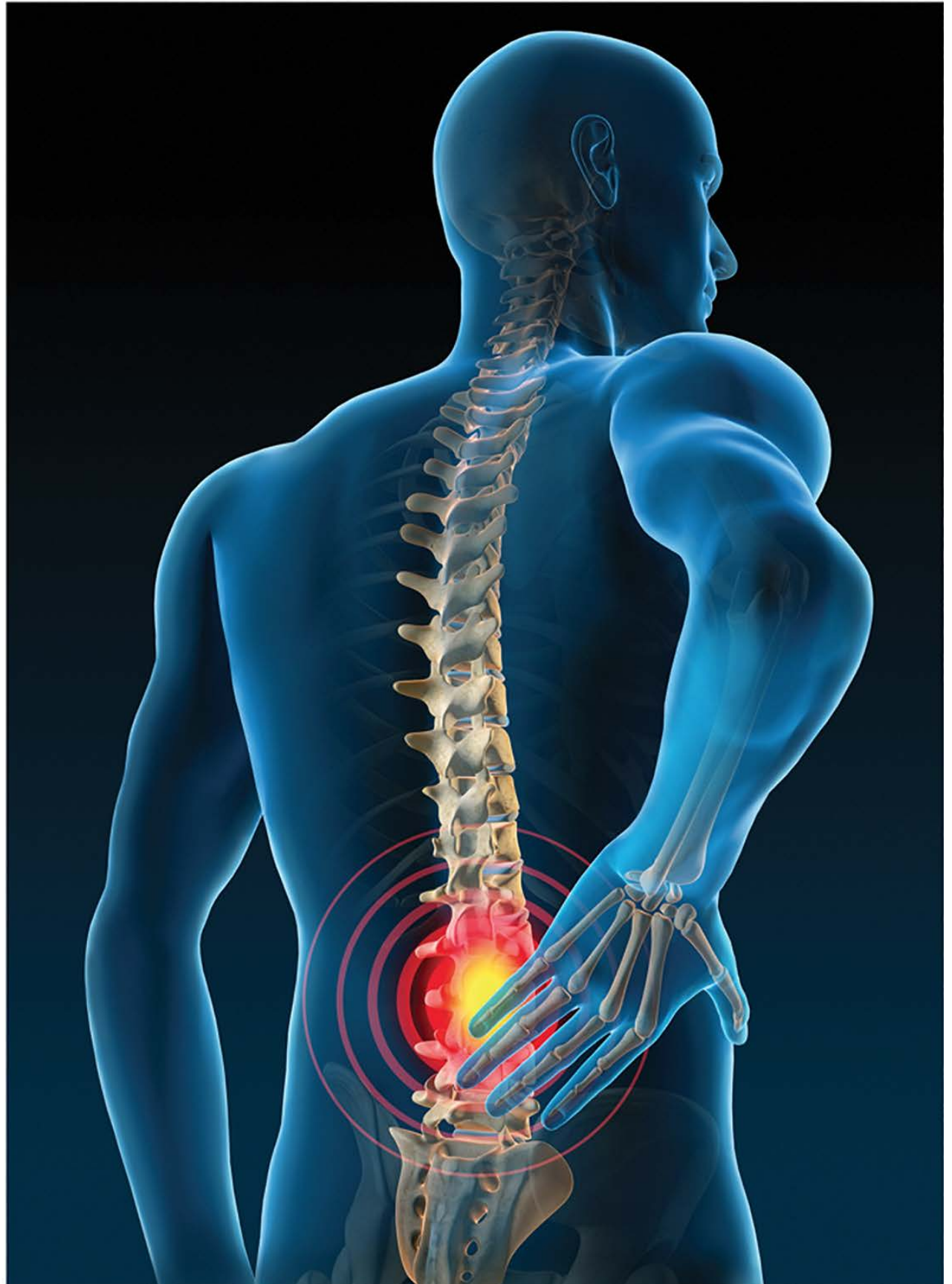


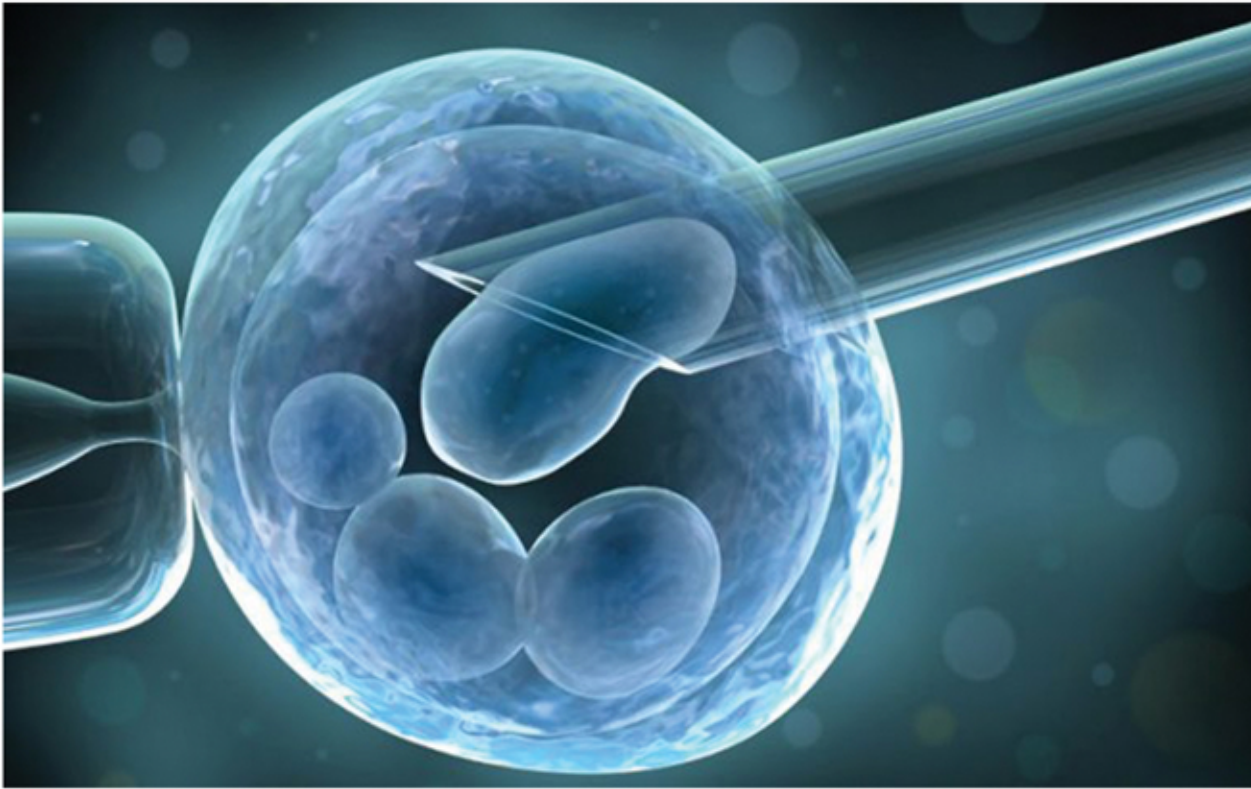
Jerry's orthopedic surgery team had also administered over 50 epidurals to lessen Jerry's pain, but some of those did not work at all, and the relief he did get was only temporary. Jerry had changed

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 of Pain

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

4911 Van Dyke Rd., Lutz, FL 33558

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www.nationalinstituteofpain.org

Is it the Right Time to Transition into a Senior Living Community?

December is the Perfect Month to Take a Tour!

Aging can be challenging not only relating to our health but also our ability to perform daily tasks and to live the life we deserve. Deciding to transition into an independent or assisted living community can be overwhelming, but as individuals age, many seniors experience physical limitations, cognitive decline, or find it tasking to remain in control of things like shopping, cooking, staying safe, or they miss the socialization with others after the passing of a spouse. That's when choosing to relocate into a senior living community is essential. However, in many cases, couples prefer to transition into a senior community that is independent but offers state of the art amenities and convenience as they age. That's where Aston Gardens At Tampa Bay outshines the rest, because they offer several living options to make those transitions easy and enjoyable.

Aston Gardens is also one of the most highly sought after communities, due to their dedication to senior needs, their commitment to enriching the lives of each resident and their families by providing personalized care, welcoming living spaces, and superior amenities within three distinct tiers, which include independent living, assisted living, and memory care facilities.

Independent Living

Independent living focuses on being as active, healthy and independent as you want to be, but never alone. Choose from one of our independent living apartment homes and enjoy the all-inclusive carefree, maintenance-free lifestyle at America's award-winning senior living community.

Assisted Living

Assisted living offers residents a lifestyle of personal attention and help with activities of daily living, including bathing, grooming, dressing, taking medications and eating properly. Our focus is on health and wellness, helping residents to be as independent as possible with a personalized care plan that includes engaging social activities for a healthy body, enlightened mind and renewed spirit. With beautifully appointed assisted living suites, assisted living at The Inn is easy with the Aston Gardens One Price Personalized Plan. There are no confusing care levels to think about and our residents pay one low price for services.

SHINESM Memory Care

SHINESM Memory Care offers a private special needs neighborhood for residents with memory care related issues. Residents needing Alzheimer's care and other dementia care receive the very best attention and services in a supportive, compassionate and secure setting. Based on each individual's needs and capabilities, the professionals at Aston Gardens At Tampa Bay create a personalized plan to help our residents live life as fulfilling as possible, in a secure and comfortable environment.

The Difference

Want to know why so many people choose to live at Aston Gardens? It's the resort-style life, the caring staff, friendly community, and attention to detail that makes Aston Gardens surpass expectations.

Amenities

- Grande Ballroom
- Elegant Main Dining Room (5-Star)
- Private Dining Room
- Elegant Terraces and Outdoor Entertaining Spaces
- Heated Swimming Pool
- Lush Landscaping
- Senior-Equipped Fitness Center
- Library and Business Center
- Activity Center
- Beauty Salon and Barber Shop
- Lounge
- Inviting Living Rooms and Common Areas Throughout
- Concierge
- Full-Time Activities Director
- Themed Parties and Dances
- Educational Seminars
- Craft and Hobby Classes
- Fitness and Wellness Programs
- Local Outings Around Town
- And so much more



Aston Gardens At Tampa Bay

Aston Gardens is a luxury senior living community offering the best combinations of active-adult lifestyles and personalized care services. Wake up inspired each morning with a wealth of amenities, activities, and support at your doorstep. Explore the stylish Grande Clubhouse and indulge in our unique lifestyle services: Sensations Dining, Celebrations Activities and Dimensions Wellness. Let our dedicated team members handle transportation, maintenance, housekeeping, concierge services and more. Here you will find compassionate people engaged in enriching the lives of seniors, ensuring their needs are taken care of every day. Aston Gardens At Tampa Bay offers the best value in affordable, carefree, senior living. Everything we do is focused on providing you the very best in senior living. It's all right here!

Now is the time to schedule your personalized tour! See why so many people want to call Aston Gardens their home!

Call 813-343-4673 today or visit astongardens.com



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316



His Gift

By Jodi Thomas

I was talking with a group of friends back in November, and they all were counting down the days until the Christmas season. When I mentioned that I didn't really like Christmas, my words did not compute; it was like I told them I liked to kill baby kittens. I explained how, growing up in a broken home, Christmas tended to be a sad holiday for me. And now, as a mom and wife who tries to make Christmas special for my family, I get overwhelmed by all the extra things added to my plate—shopping (I don't like to shop either, by the way), baking, Christmas cards, and let's not forget moving that dadgum elf every night. "Elfie" about sends me over the edge every year. I truly dislike that I feel this way, but it's just the way it is for me.

Two things help lift me up out of my holiday funk. First, I live with Mr. Christmas. My 16-year old listens to Christmas Carols all year long; his Christmas cheer infuses joy into our holiday season for sure.

But more importantly, I go back to the basics: Jesus. I know the Christmas trees, Christmas lights, presents, snowmen, cookies, and candy canes are all wonderful. And, honestly, I do truly enjoy these things. But there's a part of the "Christmas machine" that leaves me feeling empty every year. Maybe because the heart of Christmas is the most simple message of all: Love. 1 John 4:9-10 says:

This is how God showed His love among us; He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.

Did you get that? NONE of us loved God first. . . HE loved us first. In the midst of our "ugly," our mistakes, our stubbornness, He Loves Us. Each of us

is special to Him, and He wants a relationship with each and every one of us. So He sent His Son.

1 John 3:16 says, "This is how we know what love is: Jesus Christ laid down his life for us." God loved us so much, He sent his Son as a sacrifice; Jesus loved us so much He was willing to do it and literally died for us. *Because they loved, they gave. That is why we celebrate Christmas. Love left the glory and splendor of heaven. . . Love put baby skin on. . . that would be pierced with nails*

33 years later. . . so that we might live. And not just live, but live with the abundance of His grace, mercy, forgiveness, unconditional love, hope, kindness, gentleness, and faithfulness towards us.

And this is why we give, because we've been given to. "Dear friends, since God so loved us, we also ought to love one another" (1 John 4:11). We can love, because we are loved. This Christmas, as we are thinking about the gifts we'd like to purchase for our family or friends, what intangible—yet ever more so powerful—gifts can we give to those we love? The gift of grace, of forgiveness, of acceptance. We have the power to give these, because they are ours in abundance from God.

So if you find yourself fighting for a parking space at the mall, burning your Christmas cookies, or running out of tape when you have 35 gifts left to wrap, take a deep breath. And remind yourself that, honestly, none of that matters. What matters is the priceless gift of love that God gave to us in Jesus. You. Are. Loved. End of story.

Oh, and don't forget to move the elf.





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