

T A M P A B A Y ' S

# Health & Wellness<sup>®</sup> MAGAZINE

January 2020

Pasco/North Tampa/New Tampa Edition - Monthly

[www.healthandwellnessFL.com](http://www.healthandwellnessFL.com)

  **FREE**



**ORTHOPAEDIC  
HEALTH IN THE  
NEW YEAR**

See Page 8

**NEW YEAR  
RESOLUTION:  
Accelerate Your Freedom  
From Depression**

See Page 10

**NEW YEAR.  
NEW YOU.  
NEW SATISFACTION.**

See Page 15

**BABY "BLOOMERS" &  
PERSONAL TRAINERS:  
Are You a Perfect Pair?**

See Page 9

**YOU'VE HEARD OF CBD,  
BUT WHAT ABOUT CBG?**

See Page 25





**1** THE ONLY COMMUNITY ONCOLOGY PRACTICE RECOGNIZED AS A BLUE DISTINCTION CENTER FOR CANCER CARE IN FLORIDA

**73,000**  
NEW PATIENTS TREATED IN 2019

**1 in 4** ADULT CANCER PATIENTS IN FLORIDA ARE SEEN BY FLORIDA CANCER SPECIALISTS



PATIENT SATISFACTION:  
AWARDED NET PROMOTER SCORE OF

**88%**

Scores above 75% are exceptional

ACCESS TO  
**85+**  
NATIONAL CLINICAL TRIALS  
PHASE 1, 2 & 3



NEARLY  
**100**  
LOCATIONS



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

As the largest independent community oncology and hematology practice in the U.S., we provide more care to more patients in more communities across Florida than any other cancer treatment organization. We've been selected as a participating provider in the value-based programs for Oncology Care Model, UnitedHealthcare and Cigna, as well as a Blue Distinction Center for Cancer Care, recognized for our higher-quality care and improved patient outcomes.

We accept most major insurance plans, and are now an in-network provider for Humana.\*

We've been leading the fight against cancer for more than 35 years, doing what we do best every day: providing world-class, compassionate care to our patients.

Learn more at [FLCancer.com](http://FLCancer.com)

\*Coverage may vary by market.



Designated  
**BlueDistinction®**  
Center  
Cancer Care

Where hope is  
powered by science.™



**Proud to serve patients at our six Pasco County locations.**

**Radiation Oncologists:**

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

**Medical Oncologists:**

- Jorge Ayub, MD
- Ayman Barakat, MD
- Mamta T. Choksi, MD
- Uday Dandamudi, MD
- Eva Gupta, MD
- Gajanan A. Kulkarni, MD
- Kapistharam S. Kumar, MD, FACP
- Shilen Patel, MD
- Joseph M. Sennabaum, MD
- David Wenk, MD
- Gail Lynn Shaw Wright, MD, FACP, FCCP



# Your Source for Exceptional Care



## About BayCare Medical Group

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

## Your Source for Primary Care

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

- Find your new primary care physician at [Doctors.BayCare.org](https://Doctors.BayCare.org).
- Most insurances are accepted.
- Same day, early morning and late evening appointments are offered.

## Your Specialist Resource

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

Find your new primary care  
physician at [Doctors.BayCare.org](https://Doctors.BayCare.org).



[BayCareMedicalGroup.org](https://BayCareMedicalGroup.org)

19-783320-0619





**Robert J Farnell**  
 Licensed Massage Therapist  
 Florida License #MA 58933  
 Licensed since 2010  
 Valid through Aug 31, 2021

## HANDS OF COMFORT

Call today to schedule your personalized, relaxing massage in the comfort, convenience and safety of your home.

**813-602-6603**

### New Year Special:

Book a one hour massage for January and you can share it with a spouse, child, friend or neighbor.  
 TWO consecutive, half-hour massages at the same location for just \$65.



## Otolaryngology – Ear, Nose, and Throat

### Your Ear, Nose and Throat Specialists

Diagnostic and surgical procedures performed on site include:

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



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

Schedule your appointment today:

**813.778.0101**

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

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

Request an appointment online: [www.FloridaMedicalClinic.com](http://www.FloridaMedicalClinic.com)

## PARVEEN S. VAHORA, MD, FACOG GYNECOLOGIST



Dr. Vahora, MD, FACOG



Connie Moler, APRN

### SERVICES:

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

**NOW OFFERING GENETIC TESTING FOR MEN**

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

Call or email to set up your consultation today!

**727-376-1536**

[Info@ParveenVahoraMD.com](mailto:Info@ParveenVahoraMD.com)

[www.ParveenVahoraMD.com](http://www.ParveenVahoraMD.com)

9332 STATE ROAD 54 SUITE 403, TRINITY, FL 34655

ADVANCED AND INDIVIDUALIZED CARE

## Your CBD Store® Tampa

PREMIUM BROAD & FULL SPECTRUM CBD  
 30 DAY MONEY BACK GUARANTEE

FIND RELIEF WITH OUR CBD PRODUCTS.  
 STOP IN FOR FREE SAMPLES TODAY.



**SAVE 15%**  
 WITH THIS AD  
 NO MINIMUM REQUIRED

13721 North Dale Mabry Highway • 813.435.3991  
 Mon-Sat 10AM-7PM Sun 12PM-6PM • [www.shopCBDtampa.com](http://www.shopCBDtampa.com)

Expert Staff • Plants Over Pills • Over 500 Locations



# Contents

## JANUARY 2020

**6** The Most Common Causes of Cartilage Loss

**8** Orthopaedic Health in the New Year

**9** Baby "Bloomers" & Personal Trainers: Are You a Perfect Pair?

**10** New Year Resolution: Accelerate Your Freedom From Depression

**11** Are You Considering Senior Housing, But Are Unsure of Your Options Financially?

**12** Make 2020 the Year You Finally Treat Your ED the Right Way, With a Restorative Alternative Therapy

**15** New Year-New Beginnings-New Satisfaction

**16** How Hearing Loss and Other Hearing Related Disorders Can Affect Your Health

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

**18** Does Home Health Care Really Help?

**20** A New Year, A New Way!

**22** The Wellness Benefits of Massage: How You Can Maximize the Experience

**23** How Nancy Went from Excruciating Neck Pain All Day, Everyday .... to No Pain!

**24** Reducing Your Risk of Cancer

**25** You've Heard of CBD, But What About CBG?

**26** It's a New Year! Are You Planning to Continue to Ignore Your Voice Changes?

**27** Spiritual Wellness: Your Secret Weapon for the New Year

## CONTACT US

OWNER / ACCOUNT EXECUTIVE

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

CREATIVE DIRECTOR

SONNY GRENSING  
sonny@gwhizmarketing.com

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

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

©Copyright TAMPA BAY HEALTH & WELLNESS Magazine 2020. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of TAMPA BAY Health & Wellness Magazine. TAMPA BAY Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. TAMPA BAY Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in TAMPA BAY Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



**FLORIDA  
TMSCLINIC**

# THINK OUTSIDE THE PILL BOX!

**FLORIDA TMS CLINIC IS THE ONLY  
PROVIDER OF NAVIGATED 3 MINUTES  
TMS IN TAMPA BAY AREA**

**Khaled Bowarshi, M.D.**  
Double Board Certified in Medicine & Psychiatry



## GOOD HEALTH BEGINS WITH MENTAL HEALTH

813-TMS-BEST  
FloridaTMSClinic.com

26843 Tanic Dr STE 101  
Wesley Chapel, FL 33544



# The Most Common Causes of Cartilage Loss

Written by Regenexx Tampa Bay, Regenerative Medicine

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

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

## The Truth About Cartilage Loss

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

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

## What Causes Joint Pain?

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

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



## Can We Re-grow Cartilage?

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

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

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

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

### 1. Obesity (Mechanical)

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

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

### 2. Obesity (Biochemical)

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



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

### 3. Trauma

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

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

### 4. Joint Instability

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

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

### 5. Poor Nutrition

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

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

### 6. Medications

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

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

### 7. Lack of Exercise

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

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

### 8. Poor Alignment and Biomechanics

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

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

### 9. Aging and Genetics

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

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

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



**RegenTampaBay.com**

8600 Hidden River Parkway, Suite 700  
Tampa, FL 33637

**813-296-2614**

## ABOUT US



### Dr. James Leiber

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

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

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

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

### The other physicians at Regenexx Tampa Bay are:



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



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



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



# Orthopaedic Health in the New Year

**T**he start of a new year is always an exciting time. If you are considering making an improvement in your health goals for 2020, congratulations! Not only does exercise help us feel better, improve our cardiovascular fitness and help us maintain a healthy body weight, but it can also help with our orthopaedic health. Prevention of bone loss, improvement in muscle strength and improved coordination gained through exercise help ensure our bones and joints will support us when we need them!

## Start Slowly

A new exercise program can be exciting but setting a reasonable schedule is important. If you take on too much, too soon, overuse injuries can occur. As you begin, aches and soreness are to be expected, but these should resolve within a couple of days. Adequate time to allow your muscles and joints to recover between workouts is important. As your fitness improves, the difficulty and frequency of your sessions can be increased. Keep in mind the importance of sleep as well to allow your body to recover.

## Appropriate Footwear

Well fitting, supportive shoes are important to avoiding injuries. A visit to your local running shoe store for a fitting can be very helpful. Generally, shoe fittings should be performed in the afternoon or evening when any foot or ankle swelling is at its greatest. Orthotics can be helpful for some people but seek assistance from your orthopaedic foot and ankle surgeon if you think you might need them.

## Try it All

A well-rounded fitness program is key to achieving goals and avoiding injury. As you consider options in the new year, start with an activity that you find enjoyable. Maintaining interest will be much easier if you pick something fun for you. Involve your friends and family to help keep the positive changes going. Try multiple different activities so you can make improvements in your aerobic conditioning, flexibility and strength. We tend to think of the more common activities such as walking, biking, weightlifting and running but consider others such as swimming, rowing and yoga to add variety.



## BEST WISHES FOR HAPPY AND HEALTHY 2020!

*As always, remember to check with your physician prior to starting a new exercise program.*

## Make a Plan

Begin with a goal that will be attainable and make it a priority. Perhaps you start with 20-30 minutes of moderate activity 3 times a week and work up from there. Some guidelines suggest 150-300 minutes per week of moderate intensity activity to achieve substantial health benefits. Put it on a calendar and track your progress. Seeing the fruits of your labor can be very rewarding and motivating!

## Be Knowledgeable

If you are looking for more information or advice on getting started or have questions about orthopaedic health, check out these websites.

American Academy of Orthopaedic Surgeons, *OrthoInfo*

<https://orthoinfo.aaos.org/en/staying-healthy/starting-an-exercise-program/>

American Orthopaedic Foot and Ankle Surgeons, *FootCoreMD*

<https://footcaremd.org/foot-ankle-health/adult-feet>



**Eric James, MD** is a board certified orthopaedic surgeon with fellowship training in foot and ankle surgery. He provides operative and non-operative care for patients with sports related, traumatic and degenerative conditions of the extremities, specializing in the foot and ankle.

If you have orthopaedic or sports medicine questions or concerns, call for an appointment, **813-877-6748**. We have offices located in Lutz, Tampa and Riverview.



# Baby “Bloomers” & Personal Trainers: Are You a Perfect Pair?

It's a new year, which we all universally associate with a fresh start, but are you going about your fitness goals in an out of date fashion? When you go to the gym or embark on a cardiovascular program, weight training, or any physical activity on your own, there are certain risks involved.

For those of us (mature adults) who do have experience with traditional strength training, while we know the benefits, we may have some concerns that our body simply can't do what it once was able. And, quite logically, we may have legitimate concerns about safety and the possibility of injury. For those of us who have not had experience with traditional strength training, while we may have read about the benefits, we may have concerns about starting strength training “at our age.”

So, the quandary for all of us is, while we don't want to (can't afford to) pass up an opportunity to fight the aging process, we're just not sure what to do. Enter the Personal Fitness Trainer.

Trainers are not hard to find. These days almost every fitness facility has trainers available for individual personal training. You can also find personal trainers who work independent contracts, either privately or at fitness facilities, where the trainers pay to use the facility's equipment to train you. If you do use a facility's trainer, typically, the trainer's fee will be in addition to any initiation or monthly fee, which the facility may charge. Also, if you have any fitness equipment available for your personal use (in your home, apartment building, or condominium), some personal trainers will conduct private sessions at those locations.

Although the rates may vary, the fees trainers charge can range from \$40 to \$150 per session. In some cases, trainers may offer a fee discount if you purchase multiple training sessions in advance.

While there is a cost for the trainer, my personal experience has convinced me that the benefits of using a trainer far outweigh the cost for several reasons:

- **Safety:** The trainer's primary job is to make sure you have a safe workout.
- **Motivation:** The trainer truly is your Coach- there to encourage, motivate, and yes, “push” you farther than you would push yourself. Our minds often hold back our bodies. The trainer is there to help your mind and body connect so that you can reach your full potential.
- **Accountability:** Some days, we just don't feel like training. But we know that our trainer is expecting us, waiting to help us, and depending on us to show up for our session. The trainer becomes your partner, who shares the responsibility of not allowing you to let yourself down.

So, here we are—us Baby Bloomers. (Since we really are in “full bloom” now, I feel that it is a much better term than “boomer.”) We are at a point in our lives where we have more free time than ever before. We have important goals and dreams, and we simply don't want to let our bodies, or our health slow us down. That requires us to eat right, get regular health checkups, and keep our bodies strong and free of the injuries that can prevent us from celebrating the rest of our lives. And, as we have preached, strength training and using qualified, certified personal trainers are undeniably, two of the best ways to lessen the negative effects of aging.



## The 20 Minutes to Fitness Difference:

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

20 Minutes to Fitness uses scientifically based strength-building methods. It is possible to achieve in one weekly 20-minute session what might require three or more hours a week in a traditional fitness center. At 20 Minutes to Fitness, clients train under the watchful eye of a certified personal fitness coach on high-end specialized equipment initially designed for use in physical therapy.

Your certified fitness professional will guide you through a total body workout, directing and encouraging you to lift weights in slow, but continuous movements until the point at which your muscles can no longer perform. This point is called peak performance and is also known as Slow Cadence training. Safe and effective, 20 Minutes to Fitness workouts can be fine-tuned for people of any fitness level.

**START YOUR NEW YEAR A STEP ABOVE THE REST, WITH REAL RESULTS, ACCOUNTABILITY AND SAFETY AT THE FOREFRONT OF EACH 20 MINUTE SESSION. CONTACT 20 MINUTES TO FITNESS TODAY!**

[www.20minutestofitness.com](http://www.20minutestofitness.com)

**LAKEWOOD RANCH** 941.309.8989 6257 Lake Osprey Drive, Sarasota, FL 34240

*20 Minutes to Fitness of LWR, LLC is registered with the State of Florida as a Health Studio. Registration No. HS8407.*

**DOWNTOWN SARASOTA** 941.361.1000 209 N. Lime Ave Sarasota, FL 34237

*20 Minutes to Fitness of Downtown Sarasota is registered with the State of Florida as a Health Studio. Registration No. HS8722, MM 26628.*

**TAMPA - CARROLLWOOD** 813.664.8888 11610 N. Dale Mabry Hwy., Tampa, FL 33618

*20 Minutes to Fitness of Carrollwood, LLC is registered with the State of Florida as a Health Studio. Registration No. HS12507.*







# NEW YEAR RESOLUTION: Accelerate Your Freedom From Depression

By Khaled Bowarshi, M.D.

**T**raditional treatments for depression like antidepressant medications and talk therapy are facing many challenges. It's not uncommon for such treatments to be ineffective. It takes what feels like forever to get some response. And off course, medications are associated with frequent side effects. Thanks to Repetitive Transcranial Magnetic Stimulation (rTMS), now we have a much more effective treatment for treatment-resistant depression (TRD). TMS has been used in clinical psychiatric practice since 2008 in the USA following its clearance by the FDA.

## What is Repetitive Transcranial Magnetic Stimulation?

It is non-invasive, drug-free with none of the side effects associated with medications. Despite the breakthrough it provided, rTMS is challenged by the inconvenience of the duration of the treatments. A session used to last for 37 minutes. With adjustment to the protocol, the duration was shortened to 19 minutes. When you consider that a full treatment course is about 30 to 36 sessions, that's a lot of time on the treatment chair.

## The Improved Version

Fast forward 10 years to 2020, a new breakthrough in TMS revolutionized our treatment options. Intermittent theta-burst stimulation (iTBS) is the "version 2.0" of rTMS. Just like rTMS, it is a non-invasive brain stimulation treatment that is FDA-approved for treatment-resistant depression (TRD). It uses a different magnetic frequency in bursts, delivering the treatment in just 3 minutes and 9 seconds. It was proven as effective as rTMS with the obvious time saving of over 5 folds. This also opened the door wide open to newer methodologies of providing the treatment. Most importantly, providing multiple sessions a day. This allows the course of the treatment to be shortened from 6 weeks to just days!

Just recently, in 2019, a group of researchers at Stanford University published some very promising results. Stanford Accelerated Intelligent Neuro-modulation Therapy for Treatment-Resistant Depression (SAINT-TRD) examined the feasibility,



tolerability, and preliminary efficacy of an accelerated, guided iTBS protocol for TRD. In this clinical trial, 21 participants with TRD received 50 iTBS sessions as 10 daily sessions over 5 consecutive days. Neuropsychological testing was conducted before and after SAINT. Amazingly, 19 of 21 participants (90.48%) met criteria for remission immediately after SAINT. Neuropsychological testing demonstrated no negative cognitive side-effects. There were no seizures or other severe adverse events.

This supported that accelerated guided iTBS was well tolerated and safe. Efficacy was strikingly high, especially for this treatment-resistant population. Currently, more trials are being conducted to formalize this method of TMS treatment. We are looking forward to seeing the outcome of a double-blinded trial involving 212 participants called CART-BIND.

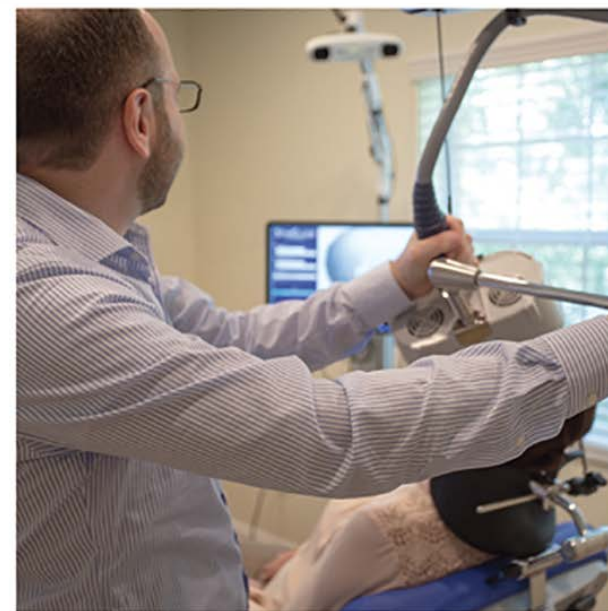
Florida TMS Clinic provides the newest innovation to our patients. Florida TMS Clinic provides navigated rTMS, navigated iTBS, and accelerated TMS. Our patients have immediate access to the most up-to-date proven treatment options in the Tampa Bay Area.

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.

Call today!



**FLORIDA  
TMS CLINIC**

26843 Tanic Dr STE 101  
Wesley Chapel, FL 33544

Call today! **813-TMS-BEST**  
**FloridaTMSClinic.com**



# Are You Considering Senior Housing, But Are Unsure of Your Options Financially?

## Aston Garden Combines Luxury and Affordability

**S**taying in your home and aging in place sometimes sounds like a fantastic plan to numerous seniors, but the stark reality is, there are many pitfalls to this theory. For example, safety is a concern, increasing electric bills, annual upkeep, unexpected leaks, and faulty appliances are just the beginning of the impending monetary expenditures that you may or may not have planned. Additionally, if you find it taxing to mow the lawn along with all of the other required maintenance on your home, trying to budget for these costs via an external company can be daunting.

Many seniors find themselves on a fixed income in their golden years and are uncertain of finding ways to make ends meet when living in their homes. Programs like Medicare don't always offer enough support to stay in the family home, but there are senior communities that are geared towards helping fixed income folks out, and one, in particular, is focused on senior needs, support, health, wellness, and luxury.

If you've been considering senior housing, wanting the enjoyment of a social network, and luxurious amenities that fit your budget—Aston Gardens just might be the answer.

### Financial Security by Locking in Your Rate

It's now easier than ever to enjoy the affordable, carefree lifestyle you've been dreaming of. Simply put, your Independent Living, Assisted Living, and Memory Care rent is locked in for three full years—guaranteed! Think of it as a bit of financial security that can make a big difference in your budget and your pocket. There are no long-term commitments or buy-ins, and you still have the convenience of an annual lease.

### Budget Friendly Senior Living Solutions

Independent Living offers many amenities one would find at an all-inclusive resort: gourmet meals, professionally curated social events and myriad activities, and state-of-the-art fitness centers to name just a few. The Assisted Living lifestyle comes with just as much freedom, but also includes the added peace of



mind that comes with knowing team members are available 24 hours a day to manage medications or assist residents. SHINE<sup>SM</sup> Memory Care is a lifestyle exclusive to Aston Gardens, and its parent company, Discovery Senior Living. SHINE<sup>SM</sup> was designed for residents with cognitive impairments, and team members undergo extensive training to become certified in this unique combination of scientific and holistic approaches in order to enrich the lives of each Memory Care resident.

### Carefree Living

Aston Gardens carefree senior living programs provide residents with fun, stress-free and easy living. Socialize with neighbors, enjoy fine dining, get out-and-about with chauffeured transportation, and take advantage of all the health and wellness opportunities. Plus, weekly housekeeping and concierge services all make life the best it could be. Now that's living!

### Amenities

- Grand 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
- Card and Game Rooms
- Activity Center
- Beauty Salon and Barber Shop
- Lounge
- Inviting Living Rooms and Common Areas Throughout

- Mail Room
- Concierge
- Full-Time Activities Director
- Themed Parties and Dances
- Educational Seminars
- Craft and Hobby Classes
- Card and Game Clubs
- 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 private tour!  
See why so many people want to call Aston  
Gardens At Tampa Bay their home!**

**Call 813-438-7345 today or visit  
astongardens.com.**



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316







# Make 2020 the Year You Finally Treat Your ED the Right Way, With a Restorative Alternative Therapy

BY DR. ROBERT LUPO, D.C.

**A**re you going to muddle through the new year with your same old ED symptoms that are only getting worse with time? Most standard medical practitioners will start a man on the “little blue pill,” but this only masks the symptoms of ED and it definitely doesn’t treat the cause. Any man, at any age that is showing signs of erectile dysfunction should seek alternative and thorough medical assistance from a physician that not only understands the disorder but one that also offers the most advanced treatment to address your overall health.

Dr. Lupo employs the most advanced groundbreaking technology, which utilizes high-frequency shockwaves to break up the plaque in the penis. This technology is called GAINSWave and it is restorative! Many men are reversing the ED completely.

## How GAINSWave Treats the Root Cause of ED

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

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



## GAINSWave works on Any Age Man with ED

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

## Men without ED are Using it to Enhance Their Performance

Even men that do not have ED are finding it to enhance their already stellar bedroom performance. In fact, in 2018, MANkind Unplugged Dubbed GAINSWave® As Biohack of The Year due to its remarkable effect on men with and without ED.

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

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

Dr. Robert Lupo, D.C.

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

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

physical  medicine center

*where wellness and beauty meet*

**Physical Medicine Center, Inc.**

14522 University Point Place  
North Tampa, Florida 33613

813-978-0020

[www.RidetheGwave.com](http://www.RidetheGwave.com)





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

**GAINSWave™**



**SERVICES:**

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



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

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

**813-978-0020**

physical  medicine  
center

*where wellness and beauty meet*

**DR. ROBERT LUPO, D.C.**

**[www.RidetheGwave.com](http://www.RidetheGwave.com)**

**14522 University Point Place, North Tampa, Florida 33613**



# SUNDAYS WE *Brunch!*



## SENSATIONS DINING

Sundays at Aston Gardens are extra special as our gourmet chefs pull out all the stops for a fabulous brunch, complete with your favorite beverages. Schedule a Sunday tour of our award-winning community and join us for a brunch to remember!

✂ CLIP HERE!

# BRUNCH ON US!

Schedule a tour, bring in this coupon & receive a free Sunday brunch for you and a loved one!



**813.438.7345 | AstonGardens.com**  
12951 W. Linebaugh Avenue, Tampa, FL 33626

ACTIVE INDEPENDENT LIVING | ASSISTED LIVING | SHINE™ MEMORY CARE

Prices, plans and programs are subject to change without notice. Operated and managed by Discovery Senior Living. Void where prohibited by law. Assisted Living Facility License #10546. ©2019, Discovery Senior Living, ACTB-0096 11/19.





# New Year—New Beginnings— New Satisfaction

It's 2020 and the New Year inevitably arouses resolutions of change. Most of our initiatives are backed with good intentions but often fall to the wayside; however, when it comes to restoring vaginal health and wellness, there are ways to not only manage your health, stave off or treat disorders, but also to turn back the clock.

In the new year, it's essential not to forget about your overall health. Making sure you schedule your annual medical appointments is critical; this also includes your gynecological visit. Regular wellness exams are essential to early diagnosis and staying healthy, but many women also secretly suffer with sexual dysfunction.

Many women try to hide their condition from their partner, or just suffer in silence because they believe it's "normal" for them, but that couldn't be further from the truth.

Whether your pain is caused by endometriosis, pelvic conditions, vaginal atrophy, hormonal dysfunction, or from medications, there are answers! And the best part is there are new options! These include medications, noninvasive procedure, and surgery.

## Turn Back the Clock and Increase Pleasure

There is an alternative treatment option that is working for many women. It's called MonaLisa Touch which is an advanced technique that has helped countless women with no drugs, and it's 100% non-invasive!

## MonaLisa Touch®

### Non-Hormonal Advanced Treatment

MonaLisa Touch® is an advanced laser technology 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 gynecological wellness exam. The laser does not hurt or cause any pain, and patients will only feel tiny vibrating sensations from the machine. The best part is that the entire procedure is accomplished in an outpatient, office setting.

The laser assists with the body's cell renewal and 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.

## Rejuvenation

You and your partner will both benefit from this procedure, as intercourse will be pain-free and pleasurable once again. MonaLisa 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.

***MonaLisa Touch® is quick, safe, convenient, and offers incomparable results!***

## 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 info@ParveenVahoraMD.com or call (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.





Dr. Kelly Hansen, Au.D.

# How Hearing Loss and Other Hearing Related Disorders Can Affect Your Health



Dr. Nikki Goldowski Richa, Au.D.

It's hard to believe that it's 2020, and with the new year comes ample time for change and self-direction for our lives and our health. If you suffer from hearing or balance disorders, it's time that you get the appropriate treatment to live your life free from lack of communication, ringing in the ears, pain, dizziness, and other adverse effects that are damaging to your overall health.

## Tinnitus

Ringing in the ears is called tinnitus, which can be a challenging condition to live with as it can create incredibly uncomfortable sensations and pain known as hyperacusis in many individuals. It can cause communication issues that can affect social and work-related problems, as well as withdrawal. Although there is no cure, there are multiple ways to manage tinnitus.

## Meniere's Disease

Meniere's Disease causes dizziness, hearing loss, and pressure, and it usually begins in one ear and can last for years. There are ways to manage this disorder; it's best not to leave it untreated as dizziness can cause nausea and puts one at high risk for falls and injuries.

## Acoustic Neuroma

Although rare, An acoustic neuroma is a benign tumor that develops on the vestibular cochlear nerves, which can cause significant pressure on the brain and inner ear, resulting in hearing loss, balance disorders, ringing in the ears and pain. Medications or surgery can reverse or help to manage this disorder.

## Hearing Loss

Hearing loss can pose many health risks. Lack of communication can result in higher risks of depression. According to the National Health and Nutrition Examination Survey, this is especially true for women. The same study, however, indicated that men are at a much higher risk than women to encounter hearing loss in the first place.

Cardiovascular issues can be indicative of hearing loss. When the blood flow in the body is obstructed by atherosclerosis (hardening of the arteries/plaque

build-up), the tiny blood vessels in the ears can also be affected, which can lead to hearing loss to specific frequencies and tones.

When sound processing is jumbled or reduced, the risk of dementia and other cognitive issues are increased due to the inability of the brain to properly signal and process. It is thought that there is a 30 to 40 percent increase in cognitive decline in individuals with hearing loss.

If you have hearing loss in one ear, it can throw off your ability to decipher from where sounds are coming. Obviously, not knowing where a siren is blaring from, or a scream is coming from can be detrimental to your safety and the safety of those around you.

Conductive hearing loss is caused by outer or middle ear obstructions or obstructions or impairments:

- Outer or middle ear infections, which can deteriorate the tiny inner ear bones or affect the eardrum
- Eardrum tears or damage
- Vascular conditions
- Impacted ear wax

Sensorineural hearing loss is caused by damage to the Inner ear's hair cells:

- Aging
- Loud noise exposure
- Ototoxic medications
- Diseases or illnesses

Hearing aids offer many important features for patients and the tiny devices can make a huge impact on your overall health!

Don't continue to live with your hearing loss or other ear disorders like balance issues or tinnitus. Get the proper diagnostic testing and get the treatment you need to start your new year in a healthier, happier way.

At Trinity Hearing & Balance, we truly believe that better hearing leads to a better life. Our patient-centered approach allows us to focus on satisfying your hearing care need, whatever they may be. Our practice will work with you to diagnose

and find solutions for your hearing, tinnitus, and balance needs using state-of-the-art equipment and the most advanced technology. Because our focus is entirely on your unique needs, coming to Trinity Hearing & Balance means that you'll experience patient care that is specific to you, with exceptional follow-up care that ensures your hearing and balance needs are being met.

Trinity Hearing & Balance wants you to be satisfied with your care. We are a local, independent, community-oriented practice. Our services are fully guaranteed, meaning we are committed to listening to your concerns, and your technology is always perfectly fit to renew your world of hearing. A strong patient-provider relationship based on honesty, integrity, and values is what we strive for, and we feel that this is the best approach to making sure you don't miss any of the precious moments in your life.

## Services

- Tinnitus Treatment
- Hearing Tests
- Hearing Aids for all budgets
- Hearing Aid Repairs
- Dizziness, Loss of Balance, Vertigo
- Hearing Protection
- Evaluates and Recommends Cochlear Implant Surgery

If you are experiencing any hearing issues, or need a hearing or balance evaluation, please call Trinity Hearing & Balance of New Port Richey at (727) 755-0391 to schedule your appointment.



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

727-372-1130

[www.trinityhearingandbalance.com](http://www.trinityhearingandbalance.com)



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

**L**yme disease is an infectious disease with a worldwide impact, caused by the tick-carried *Borrelia burgdorferi* bacterium.<sup>1</sup> 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.<sup>2</sup>

- 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 fatigue<sup>2</sup>

## HBOT (Hyperbaric Oxygen Therapy)

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

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

Many patients have tried HBOT for various disorders and disease states, and the majority of them will give glowing reviews for disease reversal and regression. There are no guarantees and off-label use is at the person's personal discretion. Individuals wanting to explore HBOT have the right to do so, although results are always based on a patient's overall health, physical condition, and other medical factors.

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

## Currently, There Are 15 FDA Approved HBOT Conditions:

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

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



## Common Off-Label Indications:

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

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

 **Hyperbaric Centers of Florida**  
[www.hyperbariccentersofflorida.com](http://www.hyperbariccentersofflorida.com)

## References:

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



# Does Home Health Care Really Help?

**A**ging can be challenging not only relating to our health but also our ability to perform daily tasks and to live the life we deserve. When we're younger, we often take for granted the ability to easily button a shirt without arthritic fingers or the capacity to walk safely from the bathroom to the living room without tripping over an area rug and getting hurt.

As these daily tasks become increasingly more difficult, many seniors find themselves wondering if a home health service is right for them, and what they actually do to help. With so many different companies in the home health arena, it's important to differentiate services and provision of care.

Companion Care provides services help with daily tasks, like cooking, washing laundry, and vacuuming the floor. For some seniors, that kind of help is all they need.

But for seniors with more complex needs, there's another option: skilled home health care.

## What does "skilled" home health mean?

Skilled home health services are provided by medical professionals, including home health aides, nurses or therapists, and are based on an order from a physician. These services could include a therapy, such as physical, speech or occupational. It could include medication management, meaning a nurse can help to make sure you are taking the right prescription, at the right time, with the right food or other medications.

An expert team of interdisciplinary professionals encompass the skilled home health model. Regular visits to monitor patients' medical conditions and treatments benefit recipients of care. For example, individuals with COPD often have incidents of fluid build-up, which can make it difficult for them to breathe, and often feel the need to call 911. With skilled home health, the team of nurses can prevent readmissions to the hospital by several means. The medical team can prescribe medications to block fluid build-up, have a daily vital reading monitored by a home health program, and have specialists help with understanding nutrition, and how to keep calm and learn to breathe more functionally through the episodes.



## Skilled nursing services at home means you can stay where you are most comfortable.

AARP reports that 89% of the aging population of patients want to remain in their home. It's important for individuals to maintain their independence even though they may require some form of temporary assistance. That's where Home Health Care medical professionals can help patients and their loved ones feel secure knowing that they're medical needs are being met in the comfort of their own home.

## In Pasco County, Gulfside Home Health is now offering skilled nursing services, and more.

Skilled home health services from Gulfside Home Health is aimed at helping those in need of skilled nursing services, as well as those needing rehab to recover from a surgery, injury or illness, all in the comfort of home. This can include physical therapy following a knee or hip replacement, speech therapy following a stroke, or occupational therapy to help with arthritis.

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

## Gulfside Home Health Services

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

If you believe you could benefit from Gulfside Home Health's services, talk to your primary care physician about a referral for evaluation. For more information about Gulfside Home Health's services, or if you have any questions, please call 813-501-8244 or email [info@gulfside.org](mailto:info@gulfside.org).



813-501-8244

[www.GulfsideHomeHealth.org](http://www.GulfsideHomeHealth.org)



MANAGING PAIN ONE DEGREE AT A TIME.



**CRY-X**

Whole Body Cryotherapy

**CALL TODAY**  
**(813) 591-6366**  
**cryxcryotherapy.com**

3820 Maryweather Ln STE 101  
Wesley Chapel, FL 33544

**Now offering a first time special of 2 for \$70**  
(\$35 each).

**\$50 off** 1st Cryoskin cosmetic treatment.

**\$40 off** any whole body cryotherapy savings package.

THE THREE MAJOR AREAS WE TREAT:

**ARTHRITIS**  
**INJURY RECOVERY**  
**INFLAMMATION**

**Cryotherapy is a SAFE & NATURAL alternative**

**Gift Certificates Available!**

**FREE HEARING SCREENING**

Call 727-372-1130 to set up a **complimentary** complete hearing screening.



**Trinity Hearing & Balance**

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

**727-372-1130**  
[www.trinityhearingandbalance.com](http://www.trinityhearingandbalance.com)

**Services:**

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

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

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



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

**Gulfside Hospice**  
Lic. 1989

Talk to our team of experts today about how we can help you and your loved ones.

800-561-4883 | [www.Gulfside.org](http://www.Gulfside.org)



[www.hyperbariccentersofflorida.com](http://www.hyperbariccentersofflorida.com)

**Hyperbaric Centers of Florida**

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

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

Call Today for More Information! 813-788-3969



# A NEW YEAR, A NEW WAY!

**E**very New Year, millions of individuals set goals for themselves, and if we're honest, those usually include weight loss. How many times have you started the new year with great ambition, only to fall short just a few weeks later? You've tried the old, traditional ways in the past, but it's 2020! It's time for a New Way!!!

## **Cryoskin and Weight Loss:**

Cryoskin is the latest innovative method to naturally enhance or change your body without going under the knife! The typical candidate for Cryoskin is someone that has undergone a strict diet and exercise plan but still has stubborn areas of fat. For example, a person may have stubborn love handles or a bulge of some sort here or there that really bothers them. With Cryoskin, they can alleviate these problem areas by working with their own body's natural processes in combination with the perfect cooling technology. Cryoskin offers three treatments: Cryoslimming, Cryotoning, and Anti-Aging facials to tackle any kind of problem.

## **Cryoskin Benefits:**

- Naturally destroys fat cells with its patented cooling technology
- Stimulates collagen production of the skin
- Stimulates lymphatic drainage (only in the Cryoskin 4.0)
- Improves micro-circulation of the skin
- Shrinks pores
- Improves acne, rosacea, and other skin conditions
- Reduces fine lines and wrinkles
- Tightens skin
- Diminishes the appearance of cellulite

## **How Does it Work?**

During a standard treatment, a temperature-controlled wand is directly guided on problem areas of the body to decrease bulges, fat pockets and to smooth the skin's texture. Fat cells are destroyed through a process called apoptosis and expelled

later through the body's lymphatic system. It initiates breakdown of fat cells, firms & tones skin, diminishes the appearance of cellulite, and helps stimulate weight loss. Cryoskin cools the skin just enough to kill fat cells while improving the quality of your skin without damaging the overlying skin. No suction, no surgery, no injections! Just incredible results in under 30 minutes!

\*\*Longer treatments are available with the newly upgraded Cryoskin 4.0, capable of performing 40-minute static slimming sessions, lymphatic drainage treatments, and improved 2-week results.

## **Don't Just Take our Word for it.**

There is scientific evidence and based on the following study, real fat loss outcomes. According to the *Study Of The Effectiveness Of Cryoskin in Slimming*, participants saw a 1.64" average loss around the waist, 100% showed an improvement in skin quality, and 87.5% showed an improvement in shape.

## **CRY-X of Wesley Chapel offers "Whole Body Cryotherapy" to benefit the entire body.**

In cryotherapy, an octagonal chamber referred to as a cryo-sauna, is filled with cold nitrogen gas. Nitrogen is a natural non-toxic gas that makes up the majority of our breathable oxygen. The client steps into the chamber and the frigid cold temperatures first react with the skin. Cryotherapy treatment temperatures range between -130 to -200 degrees Fahrenheit. As the surface of the skin is cooled by 30-50 degrees within just three minutes regenerative healing and a reduction of inflammation can benefit the entire body!

## **CRY-X's WHOLE BODY CRYOTHERAPY:**

Cryotherapy is used for multiple methodologies including pain relief, decreased inflammation, cosmetic improvements of the skin, and weight loss.

## **Benefits of Cryotherapy for Weight Loss**

**Decreases Inflammation** --- Decreases swelling, look less puffy!

**Decreases Cortisol Levels** --- Helps reduce and target belly fat

**Increases Brown Fat** --- Helps metabolize yellow fat stores (the bad fat)

**Boosts Metabolism** --- Burns 500 to 800 calories per session

**Boosts Dopamine Levels** --- Makes you feel more motivated and energized

## **Other Benefits Include.....**

- Joint pain and symptom relief from autoimmune diseases such as rheumatoid arthritis and fibromyalgia
- Reduces inflammation, and muscle soreness.
- Helps to alleviate stress symptoms from anxiety and depression
- Increases alertness and mental focus
- Increase energy levels
- Improve sleep and treat sleep disorders
- Boost immune response
- Reduce recovery time for postsurgical and athletic injuries
- Increased flexibility and range of motion.
- Improved circulation

## **About CRY-X**

CRY-X is a family owned and operated, which was established in April 2017 by Biko and Jessie Claxton. With over 15 years in the fitness and chiropractic industry, cryotherapy is a perfect fusion of our holistic foundation. We welcome each of our clients to a unique and exciting cryotherapy experience with a truly caring staff. We want our clients to enjoy their experience and truly take advantage of the wonderful benefits Whole Body Cryotherapy has to offer.

## **CRY-X's Pledge to You:**

CRY-X's mission is to improve the quality of life of each of our clients by providing treatments using top of the line cryotherapy technology. Whether you are seeking alternative treatment for pain associated with arthritis, or effective athletic recovery, or maybe just need some deep restful sleep, the benefits of Whole Body Cryotherapy go on and on.

**CURRENTLY, CRY-X IS OFFERING INCREDIBLE PACKAGES & MEMBERSHIPS AND THEY HAVE GIFT CERTIFICATES—PERFECT FOR THE HOLIDAYS!**

To find out more about Cryotherapy or to schedule your first appointment, please call (813) 377-2596 or visit them online [cryxcryotherapy.com](http://cryxcryotherapy.com)

**(813) 591-6366 • [cryxcryotherapy.com](http://cryxcryotherapy.com)**





# NATIONAL INSTITUTE OF PAIN

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



## ARE YOU SUFFERING FROM PAIN?



The National Institute of Pain, a medical organization dedicated to the relief of human suffering by providing advanced pain therapies and also contributing to our scientific knowledge through research.

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

**Sunil J. Panchal, M.D.**

**(813) 264-PAIN (7246)**

fax: 813-264-7249

[www.nationalinstituteofpain.org](http://www.nationalinstituteofpain.org)

email: [appt@nationalinstituteofpain.org](mailto:appt@nationalinstituteofpain.org)

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





# The Wellness Benefits of Massage: How You Can Maximize the Experience

By Robert J Farnell, Licensed Massage Therapist

**B**ecause 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 male and female 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:

- Male and Female Therapists, Licensed in Florida
- Always provide their current Massage license and photo ID
- Insured with Professional Liability coverage

## Trained in Multiple Modalities:

- Swedish
- Deep Tissue
- Lymphatic Service
- And more

*Hands of Comfort is available days, evenings, and weekends 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 813-602-6603 and leave a message.

Out of respect for our client's time and overall experience, our therapists NEVER answer their phone during a massage, but we will get back to you promptly.

Call today to schedule your personalized, relaxing massage in the comfort of your home.

## Hands of Comfort

**Robert J Farnell**

Licensed Massage Therapist

Florida License #MA 58933

Licensed since 2010 - Valid through Aug 31, 2021

**813-602-6603**



# How Nancy Went from Excruciating Neck Pain All Day, Everyday...to No Pain!

**M**illions of people are suffering from chronic pain. Some resort to surgery and some may take pain medications to mask the symptoms or just suffer silently through it all, day in and day out, they are alternative treatments that are helping alleviate pain for countless individuals. One of those methods is radiofrequency denervation (RF).

## Radiofrequency Denervation

Using light sedation and local anesthesia called radiofrequency denervation is the answer that many individuals are waiting for to alleviate their pain. Neurotransmitters directly sensitize the nerve endings in our bodies via the brain. With radiofrequency denervation, the nerves that are damaged, narrowed, or impinged, are treated with a low-level of localized heat, causing the nerve to stop sending signals to our brain through an interruption in the nerve conduction.

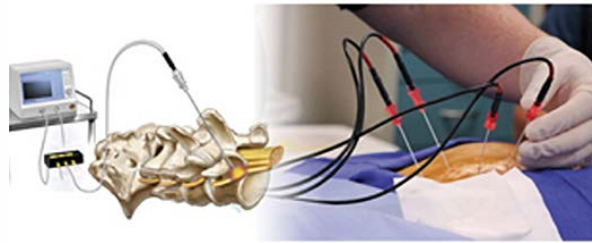
This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are then located through a probe that is inserted through a tiny needle into the spinal area. Once the damaged nerves are determined, a small lesion is created through the controlled heating of the probe through medium-frequency alternating current. This will alleviate the pain signals to the brain, allowing the patient to be virtually pain-free. The entire procedure takes approximately 20-30 minutes, and patients can resume normal activities within a short period of time. It is easy to reach the nerves of the hip and knee with this approach.

Radiofrequency denervation is able to treat other areas in the body as well. It is commonly used for headaches, facial pain, back pain, complex regional pain syndrome, peripheral neuropathies, trigeminal neuralgia, disc denervation, and neck pain.

## A Patients Perspective

About nine months ago, Nancy began to have pain in her neck, shoulders, and arm. She also started to have numbness and tingling in her fingers. "Every time I put my arms up to use my computer, rest them on a table, or even during a manicure, my pain was excruciating. I was in pain 65% of the day," Nancy explained. Her MRI showed cervical spondylosis, which is narrowing of the vertebrae and impingement of nerves.

Like so many others, she continued to live with her pain with no relief from traditional treatments like NSAIDs (ibuprofen), and massage. When it started to affect her quality of life severely, Nancy knew she had



to do something. Her husband told her about Dr. Sunil Panchal's success in helping many patients with alternative treatment methods.

Nancy had worked in the medical field for over 20 years, and she told her husband that she would never see a pain specialist because Nancy did not believe in that type of patient care, but as time went on, she needed relief and decided to see Dr. Panchal.

"When I met Dr. Panchal, he was very thorough and spent a lot of time with me. He explained that radiofrequency denervation would be a good option, and he also was upfront that sometimes RF takes several attempts to work. I was hesitant at first, decided to give it a try." Nancy continued, "I had my procedure in early November, and my pain is completely gone. Dr. Panchal is a very meticulous physician; his patient care and follow up is also very impressive. I've had three follow up appointments with him since my procedure to track my progress, and things are perfect. In his waiting area, many of the patients like to share their stories, and there are so many people that are pain-free because of his innovative, dedicated care."

The cervical spine is often afflicted with pain and stiffness due to multiple conditions and alignment issues. Commonly arthritis plays a significant role in cervical spine degeneration, which can lead to a limited range of motion and a great deal of pain, but other conditions affect the cervical spine as well. These can include herniated discs, stenosis, facet dysfunction trauma, and improper posture. RF is an ideal procedure for many patients that want to avoid surgery and addictive medications.

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.

At the National Institute of Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The National Institute of Pain's President and Founder, Sunil J. Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as co-director of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuromodulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook *Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches* (2013). Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and neurostimulation devices, and in clinical research protocol design.

At The National Institute for Pain, their goal is to strive to deliver the highest quality of comprehensive care for those who are suffering from spine, joint, and nerve injuries. They have many alternatives to help you with your personalized treatment needs. Please visit their website at [www.nationalinstituteofpain.org](http://www.nationalinstituteofpain.org), or call them at (813) 264-PAIN (7246).

## The National Institute of Pain

4911 Van Dyke Rd., Lutz, FL 33558  
10740 Palm River Rd, Suite 490, Tampa, FL 33619  
**(813) 264-PAIN (7246)**  
[www.nationalinstituteofpain.org](http://www.nationalinstituteofpain.org)



# REDUCING YOUR RISK OF CANCER

*Diet, exercise and getting recommended screenings are some of the ways to lessen your risk of getting cancer.*

As we begin the new year, many of us will make resolutions to get healthier. Even though most Americans know that we should make healthy choices, such as quitting smoking, protecting skin from sun damage, eating a healthy diet, exercising more and getting the recommended screenings, following these recommendations can often be difficult. Getting healthy is definitely worth the effort because, according to the National Institutes of Health, certain lifestyle choices can lessen the chances an individual has of developing cancer.

Each year, over half a million Americans die of cancer; the startling news is that about one-third to one-half of these deaths are linked to lifestyle choices and, potentially, could have been prevented. Start reducing your risk of cancer by making these choices in your life:

- Get to and stay at a healthy weight throughout your life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.
- Stop smoking – or better yet, never start.
- Wear sunscreen with an SPF of at least 30.
- Get recommended screenings such as colonoscopies, PAP smears and mammograms.
- Let your doctor know if there is a family history of cancer.

## SKIN CANCER AFFECTS 1 IN 5 AMERICANS

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer, basal cell and squamous cell carcinomas, are highly curable. Melanoma, the third most common skin cancer, is much more dangerous.

By now, most people know a sunscreen should be used when you are going to be outdoors, even for a short period of time. However, not all sunscreens are created equally. For maximum protection, oncologists recommend a sun protection factor (SPF) of 30 or greater, regardless of skin color or ethnicity. Other recommendations include avoiding tanning beds or sunlamps and examining your skin, head to toe, every month for any changes. You should also have a doctor examine your skin annually.



## SMOKING AND CANCER

According to the Centers for Disease Control (CDC), cigarette smoking is the number one risk factor for lung cancer. It's estimated that in the United States smoking causes about 90% of lung cancers; in fact, smokers are 15-20% more likely to get lung cancer than non-smokers. Tobacco products, such as cigars or pipes, also increase the risk for lung cancer, as well as throat and mouth cancers. Even smokeless tobacco has been proven to increase the risk of oral cancer, throat cancer, stomach cancer and pancreatic cancer.

## ANOTHER REASON TO STOP SMOKING – BLADDER CANCER

Bladder cancer is the fifth-most diagnosed cancer in the U.S. This year, it is estimated nearly 15,000 people will die from the disease. But here's a real shocker... people who smoke are four times as prone to the malignancy as nonsmokers – especially women. About half of all bladder cancer cases in women age 50 and older are now traceable to smoking. In addition, current smokers are four times more likely to develop bladder cancer than people who have never smoked.

## THE ROLE OF DIET IN PREVENTING CANCER

Although no particular food or diet product can prevent cancer, there is growing evidence that diet can play a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Likewise, 30-40% of certain types of breast cancer have been linked to what we eat, especially if our diet is a contributing factor to obesity. A diet that is high in fruits, vegetables, legumes and whole grains, and low in animal fat, processed foods and sugar, is generally considered healthier and can boost your immune system to help fight diseases such as cancer.

## World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. 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.



### Hudson

7651 Medical Drive  
Hudson, FL 34667

### Hudson North

14100 Fivay Road, Suite 380  
Hudson, FL 34667

### New Port Richey

8763 River Crossing Blvd.  
New Port Richey, FL 34655

### New Port Richey West

5802 State Road 54  
New Port Richey, FL 34652

### Wesley Chapel:

26823 Tanic Drive  
Wesley Chapel, Florida 33544

### Zephyrhills

38010 Medical Center Ave  
Zephyrhills, FL 33540

For more information, visit [FLCancer.com](http://FLCancer.com)



# You've Heard of CBD, But What About CBG?

**A**t this point, we've all heard our friends, neighbors, celebrities, and even medical practitioners touting CBDs multiple benefits and how it's helped them with pain, anxiety, cognitive functioning, and the list goes on and on.

High-quality hemp, which has all of the THC extracted, is higher in CBD, which also makes it higher in a cannabinoid called CBG (cannabigerol). Usually, CBG yields small amounts in each plant, but crossbreeding plants is helping to produce higher volumes of CBG. Why is this important? Everyone is buzzing about the new studies on the intricate effects of CBG and how it's seamlessly interacting within the endocannabinoid systems of mice. Because it's successfully reversed brain disorder (Huntington's disease), Lyme, MRSA, glaucoma, cancer, bowel disorders and more in these studies, CBG is considered a powerhouse when it comes to cannabidiol, in fact, it's referred to as the "stem cell" of cannabinoids.

Your CBD Store of Tampa carries a very exclusive brand called SunMed, which is superior in quality and sustainability. SunMed products are organically grown and harvested in Colorado and certified by the Department of Agriculture. One of the richest CBG products that SunMed provides is Neuro 900.

## Neuro 900

CBG Rich 900 mg Water Soluble Neuro is now joining the SunMed lineup. This product has a unique CBG rich profile that works on a whole set of receptors that CBD may not interact with. This new exciting formulation still is surrounded by a liposome which will increase absorption rates.



The phytocannabinoid-rich (PCR) hemp has a naturally high CBD level, as well as an abundance of other beneficial cannabinoids (CBG, CBN, CBC) as well as flavonoids, terpenes, and essential amino acids. New SunMed Neuro is still dominant in CBD but has a much higher cannabigerol (CBG) amount (~4%) than standard broad-spectrum CBD products.

**Neuro 900 Ingredients:** Purified Water, Hemp Extract, Vegetable Glycerin, Sorbitol, Organic Quillaja Saponaria Saponins, Sodium Benzoate, Potassium Sorbate, Citric Acid, & Plant-derived Terpenes.

DISCLAIMER: SunMed Broad Spectrum Hemp Oil is intended to be used as an herbal supplement. Please consult your doctor before you quit taking any medications with intentions of replacing them with the natural and holistic option of CBD. These products have not been reviewed by the U.S. Food and Drug Administration (FDA) and are not approved treatments for any medical conditions.

## The Science of Cannabidiols

Brain and nerve cells throughout the body have cannabinoid receptors (CB1 and CB2), so our bodies naturally react to cannabinoid derived from hemp extract. Our natural endocannabinoid system works synergistically with full-spectrum hemp extract, creating a multitude of beneficial reactions in the body, and maintains homeostasis (cellular balance and regulation). Our endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like mood, sleeping, immunity, pleasure, fine-motor control, memory, as it essentially regulates all brain, endocrine and immune function.

CBD is one of the thirteen active cannabinoids derived from hemp, which can alleviate or control many different forms of diseases and disorders with no THC. With hemp extract (CBD), the THC levels have been extracted. THC is what promotes the high, psychoactive feeling that many people associate with marijuana.

Your CBD Store uses a CO2 extraction process, which eliminates the need for chemical solvents and produces a high-quality, full-spectrum CBD. For our zero-THC products, the CBD is processed again to remove all traces of THC.

## What Sets Your CBD Store Apart?

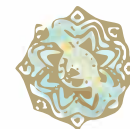
At Your CBD Store, we believe in bringing the highest quality CBD products to market. We formulate our products with our customers' needs in mind, using other cannabinoids and terpenes, creating unique synergies that increase efficacy, target specific ailments, and increase the binding of CBD. We believe you the customer should see our product from soil to oil and should be seeing the best product on the market along that journey. By setting the standards in the CBD industry, Your CBD Store is moving plant medicine to the 21st century. Phytocannabinoid rich (PCR) hemp has a naturally high CBD level, and an abundance of other beneficial cannabinoids (CBG, CBN, CBC), as well as flavonoids, terpenes, and essential amino acids.

## Your CBD Store Products

Though hemp and marijuana are both cannabis plants, they are not the same. The chemical composition is different, especially when it comes to THC levels. Hemp has a much lower THC level, less than 0.3%. Our CBD products come in various forms and dosages to meet each customer's needs and preferences. You can choose from watersoluble, edibles, tinctures, soft gels, vaping e-liquids, and topical applications. We even have tinctures and CBD treats for pets.

**Stop by Your CBD Store Today! Free Samples are Available.**

Source:  
<https://sunflora.org/water-soluble/broad-spectrum-water-soluble-900mg-neuro-cbg-rich-neuro.html>



**Your CBD Store®**

[www.shopcbdtampa.com](http://www.shopcbdtampa.com)

**Tampa**

13721 N Dale Mabry Hwy, Tampa, FL 33618  
**813-435-3991**

DISCLAIMER: At no point can we guarantee that a false positive on a drug test will not occur. CBD and THC-9 at this point are difficult to distinguish in field tests and other quantifiable drug tests. We do not recommend you take the product if this is a sensitive issue at your workplace, instead show your employer our HPLC lab reports for our CBD products to begin starting the conversation.

\*The statements have not been evaluated by the Food and Drug Administration. The products are not intended for the cure, diagnosis, mitigation, treatment, or prevention of disease in man or animal.





# It's a New Year!

## Are you Planning to Continue to Ignore Your Voice Changes?

By Michael Branch, MD

### Voice Changes Can Be a Sign of Health Risks

**C**hanges in a Person's Voice Shouldn't be Ignored. 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.

Source:  
<https://www.nidcd.nih.gov/health/hoarseness>

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

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

Schedule your appointment today:

**813.778.0101**



#### Wesley Chapel

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

#### Zephyrhills

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



# Your Secret Weapon for the New Year

By Alex Anderson

In August of 1996, I was having breakfast with a pastor that I admired. He did not come from a privileged family, but his life was full of good things. He was very blessed in every way. He had started his church a year and a half earlier, and it was flourishing. He had a beautiful, healthy family. His finances were abundant. He was a VFR pilot and flew a twin engine Cessna to speaking engagements. There were many other things to admire about him as a person and as a Bible teacher.

As we talked that morning, I could not help myself, so I had to ask him how he had become so blessed. I had never met anyone, especially in ministry, quite as successful at such young age.

## Here is what he shared.

He said that when he was a struggling student in school to become a minister, the president of the school had personally mentored him...then he stopped in the middle of his story, looked at me and said something that completely surprised me. "But the real key to my success is something the president gave me. That one thing changed everything in my life. And since you asked I'll give it to you if you'll follow me to my office." I eagerly finished my coffee, got into my car and hurried to his office. I don't believe in magic but I do believe that God wants to bless our lives. What my friend gave me has caused my life to be blessed in every sense of the word, and so I want to give it to you as Your Secret Weapon for the New Year.

My friend called it, "His Daily Agreement with God." It's not fancy and not even grammatically correct, but the effects are powerful and have changed the lives of many people I have shared it with since then. It's a prayer that when used with even a little bit of faith touches the heart of God and He responds to it. You read it out loud twice (morning and evening) a day to God. Due to the limits of space...here is an excerpt (it's about three pages long). I renamed it.



## My Daily Agreement with God's Will for My Life

Father in heaven, thank you that you are establishing me in Christ Jesus. According to Philemon 1:6 – "that the confession of my faith may become effectual by my acknowledging every good thing which is in me in Christ Jesus.

20\_\_ is the best year of my life and today will be the greatest day of my life so far. During this year I will grow abundantly in every area of my life: Spiritually, Mentally, Physically, Emotionally, Socially, and Financially.

I know my Heavenly Father's voice and will hear no other. I am in His perfect will for my life. I am diligent to do my Father's will and speak only that which is pleasing to Him. I am a yielded vessel.

You, Holy Spirit, are my friend and you give me the power to overcome the evil tendencies of my flesh so that I can submit to the Lordship of Jesus Christ in spirit and indeed.

No matter what the circumstance I have the mind of Christ and operate in His wisdom and ability and the peace of God keeps my heart and mind through Christ Jesus. I ask and receive grace daily to walk in holiness.

*I don't have cares; I have cast them all on the Lord. Peace, righteousness, security, and triumph over opposition are my heritage from the Lord Jesus. In the middle of all my thoughts is your comfort that cheers me up and makes me full of joy and happiness. I am always a happy person. I rely on the Greater One who indwells me to equip me for the job God has called me to do.*

*Jesus has redeemed me from the curse of the law. Heavenly Father you are continually delivering me from the hands of my adversary.*

*Because I am always living with you as the Highest of all my thoughts, I will live in your favor. When I am in trouble I can call on You and You will give me Your immediate attention and come to my aid with honor and deliver me with dignity. My Father in Heaven blesses me to be a blessing.*

*I have the righteousness of Christ, and when God the Father looks at me He sees Jesus. Father God will never leave nor forsake me. This gives me the power to keep myself calm in the face of temptation and of adversity.*

*Bless me indeed. I ask that your hand would be with me. Deliver me from evil, both temptation, and harm. Lord, Help me to be a second mile Christian. Help me to remember that I am not my flesh, because of the beautiful Lord Jesus Christ who is in me Who is my hope of Glory...*

Let me know what God does this year as you pray this prayer. For me, it's been quite amazing!

To your spiritual health,  
**Alex E. Anderson**  
 Senior Associate Pastor

**P.S. HAPPY NEW!!** If you want the complete copy of *My Daily Agreement with God's Will for My Life*, I would be glad to email it to you. Just go to [alexanderson.org](http://alexanderson.org)





**95,250+**

REGENEXX PROCEDURES  
PERFORMED SINCE 2005

# Joint Surgery Alternatives?

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

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

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



James Leiber, DO  
Medical Director



Michael Amoroso, MD



Ron Torrance II, DO



Ignatios Papas, DO



8600 Hidden River Parkway, Suite 700 | Tampa, Florida 33637 | **813.328.2158**

2401 University Parkway, Suite 104 | Sarasota, Florida 34243 | **941.212.2396**

**RegenTampaBay.com**