

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

February 2020

Pasco/North Tampa/New Tampa Edition - Monthly

www.healthandwellnessFL.com

f t **FREE**

THIS VALENTINE'S DAY
Experience LOVE The Way
You Did Before

See Page 8

**LOVE IS IN
THE AIR**

See Page 22

FALLING BEHIND?
Why it's Critical to Revisit
Those New Year's Resolutions

See Page 10

**FEBRUARY IS AMERICAN
HEART HEALTH MONTH:**
Why Exercise is Highly
Recommended for Those That
Have Suffered Cardiac Issues

See Page 15

**IS THERE A LINK
BETWEEN PAIN,
INFLAMMATION,
AND NUTRITION?**

See Page 9





CBD Healthcare Company

The source you can trust

CBD: Changing the Future of Skincare

Introducing breakthrough skincare,
scientifically developed with
the most effective levels of CBD



For 10% OFF, use code:

HEALTH

At

CBDHealthcareCompany.com

GET IN. GET OUT. GET BETTER.

For life's aches, pains, sprains and strains, BayCare Urgent Care is here to help. Serving the Wesley Chapel, Pebble Creek, Tampa Palms and New Tampa neighborhoods (Lakeland coming in 2020), we offer everything from preventive care like routine physicals, to urgent care for colds and flu, for adults and children age 2 and older. With extended evening and weekend hours, you can walk in when it's convenient for you.

We also offer a simple way to hold your place in line with our online Save Your Spot™ tool. It's not a reservation, but a great way to shorten your wait time at our clinic. Choose the location and time you'd like to come in, and we'll send you a text message when it's time to show up. While using the Save Your Spot tool can shorten wait times, you may still experience a wait if a severe or more urgent case arises.



Hold Your Place in Line
SAVE YOUR SPOT
BayCareUrgentCare.org

 **BayCare**
Urgent Care

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 | SHINESM 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.



Contents

FEBRUARY 2020

6 Nasty Skin Conditions That Can Benefit from CBD

7 When to Visit an Urgent Care

8 This Valentine's Day Experience LOVE The Way You Did Before

9 Is There A Link Between Pain, Inflammation, And Nutrition?

10 Falling Behind? Why it's Critical to Revisit Those New Year's Resolutions

12 Is it Time You Got New Hearing Aids?

13 5 Reasons to Avoid Knee Replacement Surgery

14 Take Ownership of Your Health With One of The Nation's Fastest Growing Companies

15 February is American Heart Health Month: Why Exercise is Highly Recommended for Those That Have Suffered Cardiac Issues

16 Advanced Pain Management for Peripheral Neuropathy: What You Need to Know

18 Picking the Right Provider: Why Not All Hospice Organizations Are the Same

22 Love Is In The Air - Or Maybe It's the Nitrogen

23 A New Study Announced Hyperbaric Oxygen Therapy for Alzheimer's and Dementia is an Effective Treatment for Halting and Reversing the Disease

24 More People Are Living with Cancer

25 We Feed People

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

27 Which form of CBD is Right for You?

28 Knee Pain Holding You Back?

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

30 Do You Want Kissable Lips For Valentine's Day And Beyond?

31 Spiritual Wellness: WholeHearted

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.



INTERVENTIONAL PAIN MANAGEMENT

Regain Control of Your Life

- Non Surgical interventional Treatment aspects for Acute/ Chronic Pain
- Medication Management
- Spinal Cord Stimulation
- Radiofrequency Ablation
- Intrathecal Treatment Options
- Non Surgical Treatment for Low Back, Neck, and Thoracic Back Pain/ Herniated Disc
- Intradiscal Treatment Option



Resham Datta, MD
Board Certified Anesthesiologist

Interventional Pain Management

Eiland Multi Specialty Campus
36763 Eiland Blvd., Suite 201
Zephyrhills, Florida 33542



Your life. Our specialty.

Schedule your appointment today:

813.788.0570

Request an appointment online: www.FloridaMedicalClinic.com

restore

HYPER WELLNESS + CRYOTHERAPY



SERVICES:

CRYOTHERAPY
CRYOSKIN
COMPRESSION THERAPY
HYPERBARIC OXYGEN THERAPY
INFRARED SAUNA
IV DRIP THERAPY
MICRONUTRIENT TESTING
PHOTOBIO-MODULATION THERAPY
STRETCH BASE

NOW Offering Founder's Membership Rates

These are the lowest membership prices we will ever offer and we can only offer them until our grand opening.

RESTORE. DO MORE.

13158 N. Dale Mabry Highway • Tampa, FL 33618

restore.com • 813.205.7049

Nasty Skin Conditions That Can Benefit from CBD

If you experience rashes, hives, redness, swelling, burning or itching, or have been diagnosed with skin conditions such as acne, rosacea, psoriasis or eczema, you may be interested to know that clinical studies have shown these conditions can benefit from CBD, or “cannabidiol,” the second-most prevalent of the active ingredients of cannabis and derived directly from the hemp plant.

Doctors diagnose a great variety of skin conditions that can result from allergies, irritants, diseases and immune system problems. While we always recommend following doctors’ recommendations, for additional help, many people are also turning to skincare products containing significant concentrations of CBD as well as other key ingredients.

According to CBD: *A Patient’s Guide to Medicinal Cannabis* (<https://www.projectcbd.org/medicine/cbd-preventative-medicine>), when applied topically as an infused lotion, serum, oil, or salve, the antioxidants in CBD (more powerful than antioxidants vitamins E and C) can repair damaged skin.

“Cannabinoid receptors can be found in the skin and seem to be connected to the regulation of oil production in the sebaceous glands,” said the authors. “Cannabis-based topical products are being developed to treat related issues from acne to psoriasis and can promote faster healing of damaged skin. In fact, historical documents show

that cannabis preparations have been used for wound healing in both animals and people in a range of cultures spanning the globe and going back thousands of years.”

To bring you the best of what CBD offers, CBD Healthcare Company has partnered with a formulator who has post-doctoral degrees in the field of pharmaceutical and cosmeceutical formulations and has spent more than 20 years researching and developing skincare and facial formulations. He has used this experience to develop our skincare and facial formulas, discussed below.

CBD Hydra Renewal Night Cream

CBD Healthcare Company’s “CBD Hydra Renewal Night Cream” (<https://cbdhealthcarecompany.com/product/cbd-hydra-renewal-night-cream/>) contains retinol, a long-trusted ingredient for fighting acne, on which the first study was published in 1943. Retinol, a vitamin A derivative that stimulates skin cell turnover, also helps eradicate imperfections and diminish the appearance of fine lines. CBD Hydra Renewal Night Cream is also formulated with ultra-refined CBD hemp oil that calms, soothes, and supports the skin’s natural healing process. Our skincare formulas use only 99+% pure CBD extract, producing a consistent CBD profile essential for skincare and facial products.

CBD Moisture Recovery Cream

With a key ingredient of hyaluronic acid, which has anti-inflammatory properties, CBD Healthcare Company’s “CBD Moisture Recovery Cream” (<https://cbdhealthcarecompany.com/product/cbd-moisture-recovery-cream/>) is ideal for people suffering from skin conditions such as psoriasis, eczema and rosacea as it helps reduce redness. It also hydrates the skin, especially the upper layer of the epidermis. Ultra-refined CBD hemp oil helps calm, soothe and support the skin’s natural healing process.



CBD Healthcare Company’s professional line of skincare and facial formulas combines Retinol, Hyaluronic Acid and CoQ10 with botanical extracts including edelweiss flowers, deep sea algae, lavender, lemongrass, jojoba and aloe. Available at CBDHealthcareCompany.com.

CBD Instant Purifying Mask

While gently cleansing and brightening skin, CBD Healthcare Company’s “CBD Instant Purifying Mask” (<https://cbdhealthcarecompany.com/product/cbd-instant-purifying-mask/>) also calms it using one of the product’s key ingredients—rosehip seed oil—which contains high amounts of antioxidants and unsaturated fatty acids. These ingredients have been shown to have anti-inflammatory and antioxidant qualities as well, which may help address symptoms of eczema.

Regardless of which products you choose for skincare, keep in mind that adequate concentrations of CBD—along with other key ingredients listed above—are essential.



For more information, visit:
CBDHealthcareCompany.com

Use Promo Code **Health**
at checkout for a
10% discount on your order

Statements have not been evaluated by the Food and Drug Administration. CBD Healthcare Company products are not intended to diagnose, treat, cure or prevent any disease.

When to Visit an Urgent Care

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

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

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

BayCare Urgent Care

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

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

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

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



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

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

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



 **BayCare**
Urgent Care
 1-800-BayCare
BayCareUrgentCare.org

This Valentine's Day Experience LOVE The Way You Did Before

Sexual disorders can happen to both men and women. For women, it's often due to vulvovaginal atrophy (VVA). Intimacy issues can affect a partner's psychological wellbeing, just as much as it does with the one with the condition.

Dr. Parveen Vahora explains what vulvovaginal atrophy is and how it affects women's sexual health.

"The truth is that many pre and postmenopausal women, and even women that have recently gone through childbirth, have vaginal disorders, like burning, dryness and pain that they often withhold and keep to themselves. Most women think that it's just a 'normal' part of the hormonal process, but they don't have to live with this condition! There are many options to relieve vaginal and vulvar atrophy.

"Due to the limited estrogen supply, the walls of the vagina start to thin out, causing dryness, and inflammation. The opening of the vagina is the vulva, and dryness of the vulva can cause pain at the onset of intimacy. Intercourse can be very painful and cause urinary symptoms and pain. It can also interfere with daily activities for many women due to the extreme pain and discomfort that it can cause.

"There are many options for women, like creams, medications, and surgery, but they all pale in comparison to an innovative procedure that is not hormonal, has no side effects, and only takes a few minutes to perform right in the convenience of my office. This advanced technology is called the MonaLisa Touch®, and it's helped countless women treat their vulvovaginal atrophy and associated symptoms and pain. Women get their confidence and sexual health back to how it was when they were younger."

MonaLisa Touch®

This innovative laser therapy is for the vagina and vulvar. There are no medications, not cutting and no lengthy healing times with this procedure. It's similar to having a Pap smear test done. The laser does not hurt or cause any pain. You will only feel

tiny vibrating sensations from the machine, and the best part is that the entire procedure is accomplished in an outpatient, office setting.

The laser assists with the 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 vulvovaginal atrophy due to the MonaLisa Touch's® ability to gently improve the tissue of the vulvar and vaginal mucosa. With this treatment, women no longer have symptoms of dryness, pain, itching, or irritation. Women are able to enjoy intimacy once again. The MonaLisa Touch treatment also helps urinary symptoms such as incontinence and urgency.

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.

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 or during office hours, text to (813) 548 4412.

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 specialize in providing minimally invasive surgery options as well. They also offer genetic testing for breast, ovarian, and colon cancer. From birth control to robotic surgery, they've got you covered.



Connie Moler, APRN

Ms. Moler 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 position with Dr. Vahora. Ms. Moler is happy to continue taking care of her long term patients and welcomes new patients as well.

Dr. Vahora and Connie Moler, APRN are happy to improve the lives of the patients and their gynecological needs. New patients are welcome! Schedule your consult today.



Is There A Link Between Pain, Inflammation, And Nutrition?

By Resham Datta, M.D.

Hippocrates, the father of modern medicine, has been quoted to say "Let food be thy medicine." In our modern medicinal age, however, we rely on pills to cure our ailments. Per the Center for Disease Control and Prevention, the amount of opioid prescriptions dispensed has quadrupled since 1999, but the amount of pain that Americans report remains unchanged. Imagine that – despite *four times* the amount of pain medications, Americans are still in the *same amount* of pain. While pain medication is often necessary and appropriate when correctly prescribed, there are certainly additional causes (and treatments!) for chronic pain.

To recognize how inflammation can affect pain, one must understand the mechanisms of pain transduction. When cells are injured, they release *sensitizing chemicals* that activate our nerves to send pain signals towards the brain. Traditionally, these chemicals were thought to be released only when cells suffered a cut, a burn or chemical injury. New research, however, demonstrates that high levels of inflammation can activate our pain signaling as well! More and more, studies are demonstrating that chronic pain is immunological in nature, and due to inappropriate nerve signaling, rather than the initial injury.

Our immune systems are essential for our overall wellbeing and the ability to fight off diseases and inflammation, and the foods we eat can help put us into an anti-inflammatory or pro-inflammatory state. Many foods that contain chemicals, excessive salt, and sugar can cause inflammation to occur in the body. When the body is inflamed, it can intensify disease states, and it can also create a great deal of pain, especially in the joints, neck, and spine. If you suffer from chronic pain from migraines, arthritis, or back pain, to name a few, you should consider changing your diet.

Speaking to an expert physician like Dr. Datta, a board-certified Anesthesiologist and Pain Specialist, is best. Along with medical intervention, Dr. Datta will guide you through which diet is best for you specifically based on your symptoms and disorders.



Nutritional Tips

Shopping the periphery of the grocery store is a great way to avoid all of the processed foods, excessive sugar, and salt in the center aisles, which are full of toxic chemicals that cause inflammation. Foods with a high-glycemic index, high in omega-6 fatty acids, or trans-fatty acids are particularly prone to increasing systemic inflammation. On the other hand, foods rich in omega-3 fatty acids, magnesium, potassium, phenolic compounds (in extra-virgin olive oil) and butyrate/anthocyanins (in fruits and vegetables) are anti-inflammatory. For the most part, you should focus your shopping efforts on fresh produce, and limit your intake of meat and dairy.

Eating whole foods provides essential nutrients for overall health, which can significantly reduce and alleviate inflammation — eating plenty of vegetables, fruit, healthy fats, and lean protein (especially cold-water fish) while avoiding excess salt, sugar, simple carbs and saturated fats. Eating this way is thought to prevent inflammation and alleviate pain by flooding the heart, brain, and entire body with antioxidants, and the good fats that it needs to function correctly. Excessive sugar, simple carbohydrates, processed foods, and chemicals are known to cause inflammation and degeneration; if you want to live an optimal, healthy life and age well without chronic pain, a proper diet is instrumental in getting you there.

When you shop, check the labels on your food, and if you are buying processed, convenient foods, invest in healthier low-sodium versions. If you're eating at a restaurant, ask for sauces or condiments on the side, and use sparingly. Also, order steamed vegetables, lean meat, and in general, make wise choices.

It's not a diet, it's a change in your lifestyle to age well, free from inflammation-induced pain, as natural, whole foods are delicious. Giving your body the chance to try a whole-food approach to eating is a good idea for all.

Resham Datta, M.D. Board Certified Anesthesiologist Interventional Pain Management

Dr. Datta is a board-certified Anesthesiologist and fellowship-trained pain medicine physician who trained at the Mayo Clinic, Memorial Sloan Kettering Cancer, Weill Cornell, and Hospital for Special Surgery before joining Florida Medical Clinic. She has been published in peer-reviewed journals, authored chapters in medical textbooks, and continues her research in inflammation and pain medicine.

Dr. Datta has cared for patients both inside and outside of the operating room and has witnessed firsthand the detrimental effects of long-lasting pain. She specializes in new and wide-ranging techniques to treat pain of the back, neck, chest, breast, muscles, and joints.

Chronic pain is a complex and multifaceted symptom that can be caused by many different structures or systems within our bodies. Living with it is an undue burden that no one deserves. Given its complexity, management of this pain requires an even stronger multidisciplinary approach. Dr. Datta believes that pain management must be comprehensive, patient-centered, and constantly evolving to fit the patient's needs. The good news is that there are an ever-growing number of tools available to combat this pain. Chronic pain is troublesome and tough; however, a strong patient and physician team, can be tougher.

Schedule your appointment today:

813.788.0570



Zephyrhills
Eiland Multi Specialty Campus
36763 Eiland Blvd., Suite 201
Zephyrhills, Florida 33542

Falling Behind? Why it's Critical to Revisit Those New Year's Resolutions

By Sharon M. McCampbell

Fresh into the second month of 2020, have you already given up on your New Year's Resolutions like 92% of our country's population? Every year, January first, millions of Americans resolve to make changes. I'm going to quit smoking, drinking, over-eating. I'm going to get in shape, work on my marriage, and finish my degree this year! As we plow through January our thoughts chip away at our resolve: "Wow, I thought I'd be seeing some results by now." February, *maybe*, things go along pretty well, we take our walks and go to our work-outs (mostly), stay away from our cigarettes (*well mostly*), cork the bottle after one glass (aw, come ON) and stride past the cookie aisle at the grocery store (well, at least creep past). Then...slowly but surely, we skip that walk or miss our work-out, just this once, we're only going to have one cigarette or glass of wine today, the cookies creep back into the pantry (of course they're the low-fat kind). Suddenly, we're right back where we started. No. That's not really true is it? We're worse off than we were before, because now, we're beating ourselves up over how weak we are. Sound familiar??

Why do we do it year after year? Making those cursed "new year's resolutions?" Is it the hope of changing into some fantasy of ourselves we all see in our minds eye? Some unattainable phantom we imagine ourselves to be somewhere under all the humanness. Maybe yes, maybe no or, just maybe, we have set an attainable goal if only we'd stick with it.

I'm all for setting goals. If we don't have somewhere to go, we end up nowhere. Why wait until January though? Every day is a new beginning and a chance to make right choices. Our lives are made up of choices minute by minute, hour by hour, we choose to do good for ourselves and others, or we choose not to. Not changing is as much a choice as changing is.

Interestingly enough the definition of "new year's resolution" reads like this: "A **New Year resolution is a commitment that an individual makes to a project or a habit, often a lifestyle change that is generally interpreted as advantageous.**" (From Wikipedia, the free encyclopedia)

Commitment is the key word here. Americans seem to have lost the ability to stick with a commitment even to ourselves. It's too hard we say. I deserve this donut. I NEED a cigarette! Cakkk! Just think about this for a minute...put another way we might be saying: I deserve to clog my arteries with fat and my blood stream with caustic sugars. I NEED to damage my lungs, produce premature wrinkles and brown teeth. Now, the "it's too hard" excuse I might agree with, at least initially.



Do you want to be like the other 8% of Americans that actually stick to their goals? As minutes soar into hours, hours into days, days into months, months into years, our choices take a toll on our bodies and our lives. We are in a constant state of flux, never remaining the same, but growing stronger or weaker by the moment. It is in the struggle that we become stronger. Struggle WILL come, no doubt about that. The question is will I choose it, or will I wait for it.

Choosing to do the hard work to get our bodies, spirits and lives in shape pays off in great ways. This choice prepares us for those struggles we inadvertently wait for in life. Our physical strength will help us to recover from injury or illness more quickly, should it come. Our spiritual strength will see us through the storms that come along for all of us: Death, hurricanes, etc... We all know what they are.

Choosing to stay in a state of dis-ease may very well cause injury or illness, and ultimately death. Okay, so none of us gets out of this alive, the question remains will we spend our days on earth really alive, or will we merely survive? We may believe not changing is the easy way, the path of least resistance. The truth is it is the harder road to go. As we travel along that road, it becomes increasingly rocky and steep until we finally hit the dead end, some sooner than later unfortunately.

So, why wait? Start today living your life on purpose and with purpose. Be your own best friend and take yourself to your work-out and on that walk, you've been promising. Put down the cigarettes and cork the bottle a little sooner. One day, one choice at a time, make the changes you've been intending to make for years. You'll be thankful that you did as the years pass easier and leave less of a mark on your smiling, bright eyed, face.

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. HSR407.

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. HSR722, 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. HSR12507.



www.HealthandWellnessFL.com

"How 20 Minutes Changed My Life"



Jan Hatfield,
age 48
Sarasota,
Florida



By Jan Hatfield

Recently, I felt what I feared was a lump in my stomach. So I asked my husband to take a look.

He examined my stomach, poking and prodding like a doctor might. Then, solemnly, he pronounced his diagnosis: "Honey, I think you have...an ab."

Now I'd HEARD of abs before. I'd even seen pictures. But the thought that one might actually be found somewhere on my body, particularly in the region of my stomach, was beyond my wildest imagination.

This discovery was especially remarkable when you consider that just sixmonths earlier... well, let's just say my stomach was more flab than ab. To what do I owe this new found muscle, you ask?

TWO THINGS: A strength training program that has literally changed the way I look at exercise forever, and a nutrition program that helped me shed 45 pounds.

Look, I've belonged to health clubs in the past. The problem is, I have a job. I have a family. I have a LIFE. I just didn't have time for a health club, too.

But what I do know now is that I can handle 20 minutes a week!

I'm not kidding. I found a semi-private fitness studio where it's possible to achieve in one 20-minute

session a week what could easily require three hours a week in the gym. I think that's why they call it 20 Minutes to Fitness.

20 Minutes a week! You bet I was skeptical at first, but tried it anyway. (The first session was free, after all.)

Let me tell you about it. You work out on special state-of-the-art equipment with a personal trainer by your side the entire time. About 20 minutes later, you're done with your workout!

And, you can do all this without ever changing into "gym clothes."

Effective? I've dropped three dress sizes and maintained my weight loss, while building my muscle strength.

And yes, I'm very proud of my new ab and how my other newly found muscles make me look in sleeveless shirts. What I didn't realize was that by working hard to look better, I would also be slowing the aging process and lowering my risk of disease at the same time! If you don't believe me, just ask your doctor.

So if your looks and your health are important to you and you "just can't find enough time", I suggest you give 20 Minutes to Fitness a call.

And, who knows, you just might find an ab!

20 Minutes Once a Week!

www.20minutestofitness.com

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

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

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





Dr. Kelly Hansen, Au.D.

Is it Time You Got New Hearing Aids? 3 Important Questions to Ask Yourself



Dr. Nikki Goldowski Richa, Au.D.

Not being able to hear properly can affect one's overall health, confidence, and communication level. If you've had hearing aids for some time, you know how valuable they've been in changing your perspective on life, whether it's easier to hear the TV at an abnormal level or how much your social involvement has improved.

Hearing aids require maintenance, and they need to be well taken care of. Some hearing devices can last longer than expected if given the care they need. **Most, however, tend to last approximately 5 years.**

The reason that many people need to change their hearing aids is dependent on health issues, lifestyle changes, or the desire to update the technology.

If you have hearing aids, it's essential to keep them working at an optimal level. Ask yourself the following questions, and if you answer yes to any of them, you probably need to speak to your audiologist about new hearing aids.

#1 Do you need to update your technology?

Modern hearing aids provide multiple features, housed within tiny devices that are much smaller than hearing aids of a decade ago. If you'd like to connect to Bluetooth or get self-charging hearing devices, these are all now readily available.

#2 Have your hearing aids stopped working as well as they initially did?

Depending on the type of hearing aid you have, some don't last as long as others and environmental exposures can exacerbate their longevity. If you've gotten them wet, if they are dirty or have accumulated wax, they most likely need to be replaced.

However, it might not be the hearing aids; it could be that your hearing is changing. Most hearing loss is progressive; so, getting a hearing test redone and having the audiologist reevaluate your level of hearing is critical when it comes to the effectiveness of hearing aids.



#3 Has your life changed since you first got hearing aids?

Along with a hearing test, your audiologist should offer an in-depth evaluation of your home-life, work-life, and social life. Maybe you've recently retired, have grandchildren now, or perhaps you've stopped going to the country club. If you are very active and frequent loud events or restaurants regularly, you may need a different technology than a person who leads a quieter life in general.

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

Why you should see an Audiologist

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

Perhaps you or your loved one keeps asking for people to repeat themselves, or you can't quite pick up where sounds are coming from; if this is the case, don't wait until your hearing loss gets any worse, schedule your appointment as soon as you possibly can.

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 to schedule your appointment.



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

727-372-1130

www.trinityhearingandbalance.com

5 Reasons to Avoid Knee Replacement Surgery

By Regenexx Tampa Bay, Regenerative Medicine

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

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

1. Chronic Knee Pain

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

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

2. Pseudotumors & Tissue Damage

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



3. Device Failure Caused By Allergies

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

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

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

4. Increased Risk of Heart Attack & Stroke

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

5. Increased Risk of Hip Fracture

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

Alternatives to Surgery

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

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

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

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

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



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

 **Regenexx**[®]
Tampa Bay

RegenTampaBay.com

8600 Hidden River Parkway, Suite 700
Tampa, FL 33637

813-296-2614

Take Ownership of Your Health With One of The Nation's Fastest Growing Companies

Restore Hyper Wellness + Cryotherapy

Take Ownership of Your Health

There is an incredible trend emerging, people are taking back control of their healthcare. Restore Carrollwood provides you with powerful services that will help you take ownership of your health, wellness, and recovery. Their services have the potential to help you perform at your best, address a deficiency, or provide relief from that chronic pain.

Launched in Austin, TX in 2015, Restore Hyper Wellness recently opened their 37th franchise in January. In 2019, they were ranked #113 on Inc. 5000, a list of the fastest-growing companies in the country. Opening in Carrollwood this month, Restore hopes to serve as your one-stop-shop for wellness and recovery. They have a very simple tagline illustrating how they want to help you. "Restore. Do More."

Their approach is this: enhance the body's natural ability to recover. They offer numerous modalities which revolve around this principle. These include cryotherapy, IV drip therapy, hyperbaric oxygen therapy, infrared sauna, and photo biomodulation (red light therapy), among others.

This month, we're highlighting IV drip therapy.

IV Drips at Restore

Kick your feet up and relax, Restore is the "antithesis of a traditional doctor's office," according to their website. "We are efficient, fun and social. We educate and provide information in a completely transparent manner so that you can manage your wellness better. Every day, we help thousands of customers achieve their goals around sports performance, pain management, recovery, beauty and overall wellness."

When you get an IV drip at Restore, you can expect to relax on a sofa and have time to recharge while you're educated about what is going into your IV.



Restore offers IV drips which are custom-mixed based on each person's needs by a registered nurse. These ingredients range from vitamins like B12, vitamin C and biotin, to antioxidants such as glutathione.

A typical IV drip takes about forty minutes. During that time, one liter of fluid is delivered directly into your bloodstream. This is the equivalent to drinking about two gallons of water! It also means immediate relief for your dehydration and its symptoms.

How do I know what I need in an IV drip?

Every person who receives an IV drip has the opportunity to have a consultation with a nurse practitioner to ensure efficacy and safety for each person.

Restore also offers powerful micronutrient testing which provides a clear view of how your body has been absorbing and utilizing nutrients over the past thirty days. It is much more effective than a standard blood test, and helps the nurses at Restore create a mixture which will provide you maximum benefit and relief.

Why can't I just take a vitamin?

When you take vitamins orally, they are subjected to your digestive tract and are only absorbed at a rate of 10-20%. Delivered through an IV, they go directly into your bloodstream, meaning those vitamins are absorbed nearly 100%! This means that at Restore, you really know you're getting what your body needs.

What if I don't have time?

Some of Restore's ingredients are offered as shots and can be administered in seconds. These include, among others: B12 for a quick boost of energy, B12 with Lipo-C for energy and a metabolism boost, and BCAA's for muscle recovery. For a busy person, these are a great way to supplement in a pinch.

Begin your path to Hyper Wellness with Restore! To find out more, or to schedule an appointment, please call (813) 205-7049!

restore

HYPER WELLNESS + CRYOTHERAPY

13158 N. Dale Mabry Highway • Tampa, FL 33618 • restore.com • 813.205.7049

February is American Heart Health Month Why Exercise is Highly Recommended for Those That Have Suffered Cardiac Issues

It's February, which reminds us all that we celebrate Valentine's Day this month, but more importantly than the act of merely giving chocolates and roses, this holiday, it's imperative to consider the fact that our hearts are what really matter. Since heart disease is still the leading cause of death in both men and women, what better way to understand and implement heart-healthy information into our minds and lives.

How to Safely Exercise

If you have undergone procedures for a stent, pacemaker, open heart, or if you have COPD or suffer from heart disease, exercise is highly recommended by cardiologists and primary care physicians.

Postoperative complications after heart procedures (and other medical conditions) are unfortunately quite common. To lessen the likelihood of rehospitalization or adverse reactions, postoperative exercise as a monitored treatment is often prescribed to cardiac patients after hospital discharge. Exercise helps with range of motion, breathing techniques, building strength and oxygen intake without overexertion and mobilization.

Although most postoperative programs are followed up with the possibility of rehab services including skilled nursing, rehabilitation facilities and/or home health services, a problem frequently encountered is the proper maintenance of exercise and/or physical activities after rehabilitation services end. Most of the time, patients and caregivers have difficulty in finding options to continue with their maintenance of established home exercise programs and physical activities after their discharge. As caregivers search for options, they may end up hiring personal trainers that may not have a clinical eye or experience with the senior population, or they may hire home care aides without rehabilitation training to assist with follow up of the exercise program. In many cases, it's also tasking to get to an outpatient clinic or gym.

That's where Morpheus Wellness comes in. Morpheus Wellness is an in-home senior fitness and wellness specialty program serving Pasco, Pinellas, and Hillsborough counties focused on that specific

problem; that gray area of post-rehabilitation where people regress back to the couch after therapy services. Our compassionate team aims to enhance a safe and active lifestyle by providing you resources to achieve your highest level of general health and well-being.

Who can Benefit From Morpheus Wellness?

1. Want to return to your active lifestyle and maintain your level of earned fitness/wellness/mobility after your therapy services?
2. Wish to supplement your lifestyle changes with dynamic and safe exercise programs?
3. Want encouragement and motivation with a focus on healthy sleeping habits, proper nutrition, and exercises tailored specifically to you?

Morpheus Wellness discovered a need for continued supervised fitness and wellness services after home health or outpatient therapy discharge. Our customized programs may help prevent the following:

- Reduction in strength and balance
- Decreased walking frequency
- Decreased socialization
- Deconditioning i.e., "couch potato"
- Risk of falls
- Hospitalization/re-hospitalization

Morpheus Wellness co-founders, Dean Flores and Lynda Parks, have over 30 years of combined experience in the physical therapy, fitness, health, and wellness fields. Their careers in the home health setting resulted in a strong knowledge of neurologic, cardiac, musculoskeletal, and cognitive impairments pertaining to the geriatric population. Dean and Lynda's unique approach to encouraging healthy lifestyle changes led them to obtain their certifications as sleep science coaches.

Why We Are Different

Morpheus Wellness is a true hybrid and proactive approach to bridge a client's discharge from home health services or outpatient therapies for continued progress towards improved living. **We provide a means to continue fitness and wellness programs under the supervision of our highly experienced team.**

Morpheus Wellness is owned and operated by clinicians. We provide thorough assessments and individualized programs based on scientific principles integrated with a holistic approach to fitness, wellness, relaxation, and sleep. We consult with the client's physician to obtain clearance and optimize continuity of care. Our employees are clinicians whose goal is to utilize a client-centered, team approach to return clients to optimal fitness and wellness with enhanced quality of life.

If you've undergone rehabilitation due to cardiac issues, stroke, hip or knee replacements, neurological diseases such as Parkinson's, or if you just need to add a well rounded, monitored and motivating professional exercise to your daily life, look no further. The owners of Morpheus Wellness are highly trained and recommended:



Dean K. Flores, Owner,
DPT, LSVT BIG Certified, CSSC

Earned his Doctor of Physical Therapy degree from the University of St. Augustine for Health Sciences

Lynda M. Parks, Owner,
DPT, LSVT BIG Certified, CSSC

Earned her Doctor of Physical Therapy degree from the University of Pittsburgh.

To continue your journey to optimal living, if you or someone you know could benefit from post-rehabilitation in-home wellness and fitness, Morpheus Wellness experts are here for you.

DEAN FLORES 813-294-9143
LYNDA PARKS 336-416-7226

www.morpheuswellness.com

Se Habla Español

morpheus
WELLNESS

A RETURN TO OPTIMAL LIVING



Advanced Pain Management for Peripheral Neuropathy: What You Need to Know

BY DR. ROBERT LUPO, D.C.

Chronic Pain affects hundreds of millions of Americans. Of those individuals, a staggering 20 million are suffering with peripheral neuropathy. Neuropathy is typically associated with diabetes, as it's common for nerve damage to have occurred in individuals with high glucose storage, but neuropathy can also be attributed to chemotherapy, injuries, autoimmune diseases, compressed spinal vertebrae, alcoholism, cholesterol medication side effects, a build-up of toxins, and vascular disease.

Peripheral neuropathy happens when the small blood vessels, which supply blood and nutrients to the nerves become impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and ineffective.

Symptoms of neuropathy most often include the following sensations:

- Tingling
- Numbness
- Burning
- Sensations of cold/hot
- Stumbling
- Impingements
- Electrical vibrating sensations
- Falling
- Lack of strength
- Decreased range-of-motion
- Muscle cramps
- Joint inflammation

The most common treatment for nerve damage is to mask it with prescription medications, but there is a way to actually "treat" the symptoms and improve the nerve function in the body. Over the past several decades, quantum technologies have been studied and due to the effectiveness of these devices, next generation technology has paved the way for effective peripheral neuropathy treatment.

Dr. Robert Lupo is on the cutting edge of multiple technological advances to offer his patients the most effective, groundbreaking options without surgery or addictive drugs. That is why he chose to work directly with RST Sanexas, due to their incomparable results.

Dr. Lupo explains, "This technology is remarkable as it's able to treat peripheral neuropathy on a cellular level to regenerate and repair damaged nerves. No matter if it's caused by diabetes, alcohol abuse, chemotherapy or other common conditions that lead to neuropathic disorders, the Sanexas technology is equally effective at treating the disorder."

RST Sanexas: Is NOT a TENS unit device

For three decades, our ardent, progressive research team members have been developing, refining, clinically testing, test-marketing and authoring scientific papers with its breakthrough electric cell signaling and quantum resonant specific induction (QSRI) technologies.

In 1995, RST-Sanexas medical devices were revamped to use quantum-based communications-level technology with both frequency modulation (FM), as well as the typical amplitude modulated (AM) electronic signals. To this day, amplitude modulation (AM) signals represents 99% of all marketed TENS type devices even though the human body operates exclusively by (FM) frequency modulated energy.

In 1996, after exhaustive clinical application data was received, a new electronic signal generating Patent was issued (UHDfg). The Patent covers this brand new advanced random, yet sequential AM/FM signal generation technique with spread spectrum frequency hopping technology.

RST-Sanexas technology is still fundamentally more advanced than any other electromedical device in use today.

How Sanexas Technology Relieves Neuropathic Pain

Why does quantum technology hold so much promise for health care? Many cell processes take place at the nanoscale (the world of atoms and subatomic particles). At that scale, matter stops behaving according to the laws of classical physics and starts demonstrating the unique properties of quantum mechanics. Quantum technology is set to revolutionize the way we think about health care, medical data and even our own biology.



Pain treatment modalities and instruments that operate on quantum theory use resonance to increase energy in and between cells. Molecular resonance is best understood with an analogy in the macroscopic world. When a piano tuner strikes a tuning fork next to the piano, the specific piano string will vibrate when it is correctly tuned to the same frequency. Similarly, cells resonate and transfer energy between molecules very rapidly.

This procedure is covered by Medicare and most insurance carriers.

Dr. Lupo's Practice—An Integrated Approach

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

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 post-graduate 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, Inc.
14522 University Point Place
North Tampa, Florida 33613
813-978-0020
www.RidetheGwave.com





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

GAINSWave™

PHYSICAL MEDICINE CENTER

Improve your quality of life with comprehensive treatment plans, designed to help you reach your optimal health.

- **ALCAT Food Allergy**
- **Auto Injury**
- **Chiropractic Care**
- **GAINSWave Therapy**
- **Hair Loss Therapy**
- **Headaches/Migraines**
- **Hormone Replacement**
- **IV Nutritional Therapy**
- **Massage Therapy**
- **Platelet Rich Plasma**
- **Spinal Decompression**
- **Trigger Point Injections**
- **Venus Freeze Therapy**
- **Zerona Fat Loss Laser**



***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

14522 University Point Place, North Tampa, Florida 33613

Picking the Right Provider: Why Not All Hospice Organizations Are the Same

Hospice is hospice, right? Not exactly. A common misconception about hospice care is that all hospice organizations are the same, but this is far from the truth. Hospice is a philosophy of care that focuses on pain management, symptom control and comfort at the end of life. But, almost every provider is different, and can even offer different services and additional patient programs.

The hospice that took care of your Aunt Susy in Ohio is a different hospice than the one visiting your neighbor across the street. While some hospices belong to a corporate national chain, most are local community hospices that focus on the community in one particular area or county.

Not all hospices are not-for-profit organizations. According to the National Hospice and Palliative Care Organization, less than one-third of all hospices are actually non-profit organizations. Non-profit hospices are able to fundraise and use donations to cover the cost of care for patients who do not have insurance, Medicare or Medicaid, ensuring that everyone who needs care, gets it.

In Pasco County, patients have a choice.

In Florida, hospices can only care for patients in the county for which they are licensed. This means that in many counties, patients have very few or even one choice for which hospice they will use for care. Pasco County is one of the counties in which patients make the decision of which hospice provider to use. Because Pasco County residents have that option, it's important to know how to make that educated decision.

If you feel you may be faced with that decision at some point, whether for yourself or a loved one, it's important to gather all the information ahead of time so that when the time comes, you can easily voice your preference to ensure you receive the care and services you want.

Questions to ask when considering a hospice provider:

- Is it a non-profit organization?
- Are they local and in my area?
- What kind of accreditations have they earned?
- What kind of additional programs do they offer for me and my loved ones?

Gulfside Hospice – Offering Unique Programs To Go Above & Beyond

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

Because Gulfside is a non-profit organization, they are able to receive special funding and grants that allow the team to offer special programs and services for patients. Three of Gulfside's programs that make a big impact on patients, families and the community are the We Honor Veterans program, the Pet Peace of Mind program, and Comfort Connections dementia program.

We Honor Veterans

Gulfside is a Level Four partner of the We Honor Veterans program, which is partners with the VA to provide specialized care to patients who are veterans. Currently one out of four hospice patients is a veteran. These patients and their families have very special needs, especially at the end of life. All staff members at Gulfside are trained to care for their unique needs, and they place a special emphasis on pairing veteran patients with veteran volunteers who can better understand their situation.

Pet Peace of Mind

Pets are family. Many times patients come onto hospice care and one of their biggest concerns is what will happen to their pet. The Pet Peace of Mind program at Gulfside helps make sure the pet is cared for with food, supplies and basic veterinary and grooming needs. When the time comes, the team will also work to find a forever home for the pet if needed.

Comfort Connections

The goal of this program is to provide enhanced care to those living with dementia, Alzheimer's Disease, and similar disorders at the end of life. The program offers extra support and resources for caregivers, engagement and socialization projects for patients, education on the disease progress for caregivers, and support groups for the community.



Gulfside Hospice – Providing Quality Care for 30 Years

In addition to these unique programs, Gulfside also provides quality care for the patients based on their individualized plan of care. This includes regular visits from physicians, nurses and CNA's, the ability to contact the nursing team 24/7, coordination of medical supplies, medication and equipment, spiritual care from chaplains, and so much more.

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



Gulfside Hospice
Lic. 1089

800-561-4883
www.Gulfside.org



morpheus
WELLNESS

A RETURN TO OPTIMAL LIVING

DEAN FLORES
813-294-9143

LYNDA PARKS
336-416-7226

www.morpheuswellness.com
Se Habla Español

IN-HOME SENIOR FITNESS & WELLNESS

- Post-Rehabilitation maintenance
- Individualized fitness and wellness programs
- Lifestyle recommendations, including nutrition and weight loss
- Aquatic Exercise
- Relaxation / Meditation techniques
- Certified Sleep Coaching
- Community group exercise classes



MANAGING PAIN ONE DEGREE AT A TIME.



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!

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

FREE HEARING SCREENING

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



Trinity
Hearing &
Balance 

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

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

727-372-1130

www.trinityhearingandbalance.com

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



1

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

73,000
NEW PATIENTS TREATED IN 2019

A+



ACCREDITED BUSINESS

RATING



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

*Coverage may vary by market.

Florida Blue 
An Independent Licensee of the
Blue Cross and Blue Shield Association

Designated
BlueDistinction
Center
Cancer Care

Where hope is
powered by science.™

 **FLORIDA CANCER**
SPECIALISTS
& Research Institute
World-Class Medicine. Hometown Care.

Proud to serve patients at our six Pasco County locations.

Radiation Oncologists:

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

Medical Oncologists:

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



»» 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

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

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

Expert Staff • Plants Over Pills • Over 500 Locations

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.

Sunil J. Panchal, M.D.

(813) 264-PAIN (7246)

fax: 813-264-7249

www.nationalinstituteofpain.org

email: appt@nationalinstituteofpain.org

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

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

LOVE IS IN THE AIR—OR MAYBE IT'S THE NITROGEN

Cryotherapy is best known for reducing inflammation and easing the painful symptoms of Rheumatoid Arthritis, but did you know Cryotherapy has many other useful benefits, especially when it comes to ROMANCE?

Whole-body cryotherapy is a cold therapy that reduces systemic inflammation helping to improve your overall health and aid in athletic performance. Cryotherapy also reduces the stress hormone cortisol, enhances energy levels, enhances flexibility as well as improved circulation. How does that help with romance? Well, in other words, cryotherapy boosts libido and improves erectile dysfunction!

So, come to CRY-X for a quick 3-minute dip in the cryosauna, and then head back home for a little romantic evening and "chill."

Let CRY-X Boost Your Valentine's Day Celebration

In celebration of Valentine's Day, don't forget about CRY-X's Cryoskin service to look and feel your best. Nothing is sexier than confidence!!! Cryoskin offers both CryoSlimming for non-invasive fat reduction and CryoToning for skin tightening and cellulite reduction. Cryoskin works with the body's natural processes to break down stubborn fat and enhance collagen for beautiful and natural-looking results you will LOVE! With all that confidence, there is no need to be shy—Go ahead and leave the lights on!!!

How Does Cryotherapy Work?

Cryotherapy can help reduce inflammation, treat chronic pain, relieve arthritis, boost metabolism and tighten skin. CRY-X of Wesley Chapel offers "Whole-Body Cryotherapy" to benefit the entire body.

What is Whole-Body Cryotherapy (WBC)?

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 sub-zero 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, the brain puts the body into survival mode. This causes an anti-inflammatory response, which evokes dense amounts of oxygen to permeate the blood. This enriched blood containing



oxygen, hormones, and nutrients is carried throughout the body, which aids in healing and reduced inflammation! All of this is accomplished in 3 quick minutes!

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

- Joint pain relief from autoimmune diseases such as RA & fibromyalgia
- Reduces inflammation, and muscle soreness.
- Helps to alleviate stress symptoms from anxiety and depression
- Increases alertness and mental focus
- Tighten skin and reduce the appearance of cellulite
- Boosts metabolism by burning 500-800 calories following each session
- Improves skin tone by enhancing collagen production
- Increase energy levels
- Improve sleep and treat sleep disorders
- Boost immune response
- Reduce recovery time for post-surgical and athletic injuries
- Increased flexibility and range of motion.
- Improved circulation

CRY-X of Wesley Chapel

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. We welcome each of our clients to a unique and exciting experience and a warm compassionate staff. We want our clients to enjoy their experience and truly take advantage of the wonderful health benefits Whole-Body Cryotherapy has to offer.

Whether you are seeking alternative treatment for pain associated with fibromyalgia or needing a natural boost in your sports performance, or maybe just need some relief from insomnia, the benefits of Whole-Body Cryotherapy go on and on. So many people can take advantage of what CRY-X has to offer in the way of alternative healing.

CRY-X FEBRUARY SPECIALS: Valid February 1-15th

Whole-Body Cryotherapy

New Client BOGO:

2 cryotherapy sessions for \$70

Membership: Save \$20 on your first month!
Only \$179!

Group Special: 5 people only \$125
(\$25/person) Share the CryoLOVE
with your friends and family!

Cryoskin

Couples Cryoskin Facials: 2 people \$375,
save \$125!!!

Pamper Pack: 3 Cryoskin sessions only \$1000
(CryoSlimming, CryoToning, or BOTH!)

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



(813) 591-6366 · cryxcryotherapy.com

A New Study Announced Hyperbaric Oxygen Therapy for Alzheimer's and Dementia is an Effective Treatment for Halting and Reversing the Disease

Alzheimer's is the most common form of dementia and unfortunately, we all know someone that has been diagnosed with the disease and the devastating effects of losing not only memory, but the "wholeness" of the individual can be overwhelming. Nearly 5.2 million Americans have some form of dementia, and that number is expected to triple by 2050. Experts estimate that an Alzheimer's diagnosis will affect close to 15 million people by mid-century.

When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly. Oxygen is the critical element of every cell in our body. Our bodies take in oxygen, and our bloodstream begins to flood our tissues and organs with oxygen-rich blood. Researchers are finding that increasing the supply of oxygen to a patient's damaged brain areas can reduce and alleviate brain damage by reducing inflammation and regenerating brain matter.

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

HBOT, Alzheimer's Case Study

Dr. Paul Harch, and Dr. Edward Fogarty of LSU Health New Orleans School of Medicine and the University of North Dakota School of Medicine, have the first documented case via Pet Scan that shows remarkable results in reversing Alzheimer's disease with hyperbaric oxygen therapy.¹

A 58-year old female patient with diagnosed Alzheimer's disease via SPECT tomography and PET brain imaging, who was progressing and experiencing rapid cognitive decline, was treated with hyperbaric oxygen therapy for 66 days. She received

treatments 5 days per week for a total of 40 treatments at 1.15 atmosphere absolute/50 minutes total treatment time.¹

After 21 HBOTs the patient reported increased energy/activity level, mood, and ability to draw a correct clock face, perform activities of daily living, and work crossword puzzles. Rivastigmine patch was started and discontinued after one week due to ineffectiveness (patient report). At completion of 40 HBOTs patient reported increased memory and concentration, sleep, conversation, appetite, ability to use the computer, more good days (5/7) than bad days, resolved anxiety, and decreased disorientation and frustration. Tremor, deep knee bend, tandem gait, and motor speed were improved. Repeat 18FDG PET imaging one month post HBOT showed global 6.5–38% improvement in brain metabolism.¹

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.

References:

1. Paul G Harch, Edward F Fogarty. Hyperbaric oxygen therapy for Alzheimer's dementia with positron emission tomography imaging: A case report. Medical Gas Research, 2018; 8 (4): 181 DOI: 10.4103/2045-9912.248271

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

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.

MORE PEOPLE ARE LIVING WITH CANCER

According to the American Cancer Society, there are more than 15.5 million Americans with a history of cancer who are alive today; 1.34 million of those survivors are here in Florida. The evolution of cancer treatment over the last 40 years has resulted in much better outcomes for patients; today more people are living with cancer than ever before.

WHAT CAUSES CANCER?

DNA is the genetic material that makes up every cell. When DNA becomes damaged or changed, it produces mutations in genes that affect normal cell growth and division. Gene mutations can be inherited from a parent or, more commonly, acquired during a person's lifetime due to environmental factors, such as ultraviolet radiation from the sun or cigarette smoking. Other mutations occur for still unknown reasons, resulting in various types of cancer.

In addition to unregulated cell growth, when a cancer occurs it means there is also a failure in the immune system's ability to recognize these abnormal cells and destroy them. When normal cells become old or damaged, they die and are replaced with new cells. However, the growth of cancer cells is different from normal cell growth. Instead of dying, cancer cells continue to grow and form more abnormal cells. Cancer cells can also invade other tissues, something that normal cells cannot do.

HOW EFFECTIVE IS CANCER TREATMENT TODAY?

Remarkable advances have been made in the treatment of cancer, especially over the past two decades. Through research, we have learned that each person's cancer is actually a unique disease because every tumor or malignancy has its own distinctive DNA. This discovery has resulted in many new and highly effective targeted treatments and immunotherapies that are based on a patient's unique genetic profile. Genetic sequencing of a patient's tumor can help identify which drugs or treatments will be most effective for that individual.



Today, millions of people are surviving cancer and most oncologists feel that cancer is becoming more like a chronic disease, such as diabetes or hypertension. In other words, even though no cure has been found yet for many types of cancer, the disease is something that can be managed, and many people can live with cancer when it is being controlled by treatment.

Early detection and diagnosis, as well as advances such as immunotherapies and targeted treatments (most of which are available in pill form) are also making it possible to live with cancer and continue to have a good quality of life. Further, improvements in chemotherapy and secondary medications to manage side effects, such as nausea or fatigue, offer better outcomes for patients than ever before.

WORLD-CLASS CANCER CARE 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.

CLINICAL TRIALS LEAD TO TOMORROW'S TREATMENTS AND CURES

Through a strategic partnership with Sarah Cannon, one of the world's leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In recent years, 84% of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

In addition to a robust clinical research program, Florida Cancer Specialists offers a number of services, such as an in-house specialty pharmacy, an in-house hematopathology lab and financial counselors at every location. Patients can now receive the most advanced care, including immunotherapies, chemotherapy, targeted treatments and cutting-edge, precision technologies, at the same location where they see their oncologist and get their lab tests done, not only increasing convenience for patients, but also improving their quality of life. For more information, visit FLCancer.com



World-Class Medicine. Hometown Care.

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

We Feed People.

By Matt Spence

The front door hasn't even closed yet and three sets of feet can be heard running my direction. There is no calm "Mr. Rogers-esque" "moment of shoe removal before the tidal wave of questions and stories (mostly about food) erupt from the Spence boys. After the first few moments of mayhem, things settle down, a bit. Most nights, we eat dinner together and talk. Stories revolve around recess and lunch and, occasionally, with enough prompting, we can even get an academic highlight thrown in. It is easy to get them going. But, eventually, the spotlight turns in my direction.

"What did you do today?"

Usually it is the youngest, Nolan, who asks: "What did you do today?" Through the years, I have answered with a comment about a nonprofit I visited, a person I talked with, or a project I learned about, or helped to grow. But to seven, nine and thirteen-year old boys, those moments do not really resonate. It is tough to share the process of building social services in response to community issues without getting into the "weeds," or beyond what connects to their daily lives. In the past, the details of my day have not really resonated with young, energetic, blessed and, thankfully, carefree boys. I love it that things are different now.

"Dad, what did you do today?"

"I fed people."

"Today, we opened a school pantry that will help feed hundreds of families. They will now get to eat their favorite meals around their family table, just like us," I tell them.

That, the boys understand. They can picture me going off to work, making sure that children very much like them, have family meals. They know how important that time, and that experience, is to me. They can see why this type of work is a good way for me to spend my day.

At Feeding Tampa Bay, there is no confusion about what we do or why we exist. We feed people. There is no hesitation when you ask any one of our nearly 100 employees what we do each day. We feed people, they will tell you. And now I'm proud to give that answer every single day when Nolan asks.



The hunger numbers are staggering, almost too big to comprehend. There are nearly 600,000 food insecure people in Tampa Bay. Today, over 65 million pounds of food have been shared with the community. We have over 500 partner agencies across 10 counties supporting the hungry and needy in our midst. Our 80,000 square foot warehouse is busting at the seams and our 24 truck fleet could be on the road delivering food 24 hours each day. Our army, consisting of over 45,000 volunteers and 200 corporate partners, stand shoulder-to-shoulder fighting hunger in Tampa Bay. Yet, we are only halfway there.

Ten million meals need to be provided each month. That's what it will take to end hunger in Tampa Bay. That's how many meals we need to provide to ensure everyone who is hungry, every food insecure individual across West Central Florida, has access to the food they need to live a productive, healthy life.

So what do I do at Feeding Tampa Bay? I feed people. What do our volunteers do when they come to our warehouse and sort donated food into banana boxes so we can send them out to churches, social service agencies, and other community partners? They feed people. What do our truck drivers, forklift operators, volunteer coordinators, inventory managers, fiscal specialists and administrative assistants do when they come to work in the morning? They feed people.

And, best of all, what does Nolan do when he joins daddy at work on a Saturday morning distributing produce at Trinity Cafe? He, too, feeds people. Because no one should go hungry.

Our organization has put a "stake" in the ground. Drawn a line in the sand. We want to end hunger in Tampa Bay by 2025. Achieving that goal will not be easy. It will require more food, more friends, and more funding. It will also require a broad community commitment to the work that needs doing. We firmly believe we can, and will, do it.

How can we get 115 million meals into the community by 2025?

We need to evolve our methods and partners to make food available at the right times, in the right places, for those who need it. We will have to energize our community by providing access to high quality, nutritious foods across the region. We will have to engage anyone willing to stand beside us and help build a social movement committed to the mission. And, we will need to empower the neighbors we serve to help them access resources and embrace opportunities so they can get out of the food line forever.

We are building programs that engage children in solving social challenges. We are inviting families into our work through Family Nights at the warehouse. We are always ready to welcome another set of helping hands – no matter how small.

So join my family
Matt, Erin, MJ, Luke
and Nolan - in the
fight to end hunger in
Tampa Bay.

**What do we do? We feed people. Why?
Because no one should go hungry.**

www.FeedingTampaBay.org/volunteer

Matt Spence is Chief Programs Officer at Feeding Tampa Bay – an organization working everyday toward a hunger-free Tampa Bay by building solutions at the intersection of hunger, health, and poverty.



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

Aston Garden Combines Luxury and Affordability

Staying 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. SHINESM Memory Care is a lifestyle exclusive to Aston Gardens, and its parent company, Discovery Senior Living. SHINESM 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



Which form of CBD is Right for You?

It all Depends on Your Intentions

CBD comes in multiple forms, so how do you know that you're using the best form for your specific needs? CBD experts will always ask you what your intentions are with your health journey? When deciding to incorporate CBD into your routine or lifestyle, you need to know what you need it for, what you want to get out of it (results) and you need to always seek out high-quality brands.

For example, if you'd like to overcome anxiety or stress, you'll need to discuss your medications (if any) before embarking on a long-term plan. The reason why is some medications, coupled with high-levels of CBD can be taxing on the liver. Starting at a lower dosage is always recommended until you see how your body is metabolizing the products and if you need to add more or less for various reasons.

Forms Available at Your CBD Store, Tampa:

Capsules and Edibles

Consuming CBD as an ingestible is perhaps the slowest acting form; however, faster is not always better.

Method of application:

Most edibles come pre-portioned and marked with exact dosage, so they are easier to monitor and consume.

Potential relief from:

Insomnia
General long-term pain
Digestive ailments

Lifespan:

When consuming CBD via capsules or edibles, it is more slowly released throughout the body but it's effects can be felt for at least 4 and up to 12 hours.

Oil and Tinctures

Oil and tinctures are the second fastest method of application.

Method of application:

Often consumed sublingually (under the tongue) and held there for approximately 30 seconds to absorbed into the bloodstream through the thin skin.



Potential relief from:

Stress and anxiety
Systemic inflammation
Chronic pain

Lifespan:

Depending on metabolism, effect can be felt for 2-4 hours.

Topicals

Often made into a salve or bomb, CBD oil can also work well topically, when experiencing pain, swelling, or inflammation in a localized area of the body.

Method of application:

Most often applied directly onto the skin and massage into the muscle or joint location.

Potential relief from:

Acute inflammation
Localized joint and muscle pain
Skin irritations
Acne, eczema

Lifespan:

Effects can be felt for 2 to 3 hours depending on application and use.

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 water-soluble, edibles, tinctures, soft gels, vaping e-liquids, and topical applications. We even have tinctures and CBD treats for pets.

Your CBD Store Offers CBD in the Following Forms:

- Tinctures
- Capsules
- Bath drops
- Hand creams
- Body lotions
- Candy gummies
- Pet treats
- Vaporizers

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



Your CBD Store®

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.

Knee Pain Holding You Back?

How RF and Advanced Stem Cell Therapy with Exosomes Can Help

Walking, standing and exercising put a lot of strain on our knees. For example, a person that weighs 150 lbs. walking up a flight of stairs will put approximately 500 lbs. of pressure on their knees with each step. Not only is the knee one of the most intricate of all the joints in the body, but the knees are also the most susceptible to arthritis and nerve damage.

Radiofrequency Denervation

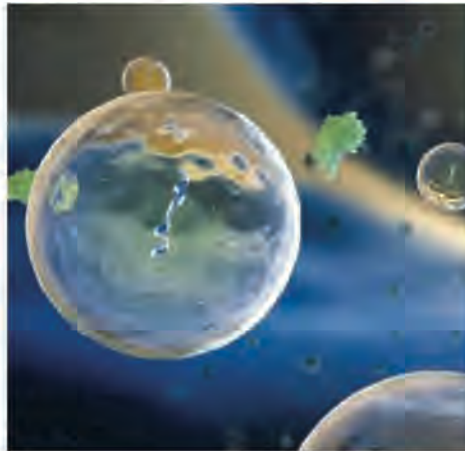
Using light sedation and local anesthesia, radiofrequency denervation is the answer that many individuals are waiting for to alleviate their pain. Neurotransmitters directly sensitize the nerve endings in our bodies via the brain. With radiofrequency denervation the nerves that are damaged, narrowed, 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. Once the damaged nerve(s) 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 15 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.

Exosomes

Within the medical community, a cutting-edge treatment is proving to have exemplary results for its regenerative effects. Exosomes are produced from



the plasma membranes of cells and are best explained as extracellular vesicles. Exosomes are nanosized particles that are released due to an immune response. Some medical professionals are reporting that they are more regenerative and effective than stem cells. Because they act as intracellular communication messengers within the body and have the ability to move between multiple cells, they are also incredibly useful when paired with stem cell therapy.

Dr. Sunil Panchal of the National Institute of Pain has been committed to regenerative medicine and stem cell therapy for several years. Dr. Panchal explains exosome therapy further, "This is an exciting new approach for regenerative medicine. Unlike PRP which has limited growth factors, or bone marrow and fat aspirate, which has an unknown quantity of stem cells, or growth factors from the patient, or the use of fetal cord blood stem cells (which has unknown function after thawing and also the risk of tumor formation from foreign DNA), exosomes are a highly concentrated and reproducible source of growth factors for regenerative techniques.

"The other approaches typically take six months to see any results. With exosomes, I've had some patients begin to notice improvement as early as 2-3 weeks. And since this is an acellular product, there is no risk of tumor development," said, Dr. Panchal.

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

Some of the additional findings within peer-reviewed studies are as follows:

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

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

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, 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

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

How Do Spider Veins and Varicose Veins Form?

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

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

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

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

Causes and Symptoms of Spider Veins

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

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

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

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



Causes and Symptoms of Varicose Veins

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

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

Who Can Treat My Varicose Veins?

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

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

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



PREMIER VEIN & VASCULAR
(888) VEINCARE
www.premierveinandvascular.org



Do You Want Kissable Lips For Valentine's Day And Beyond?

Dr. Dana Coberly



6 Things You Should Know About Lip Fillers And Your Options

1. You need to have an idea of what you want your lips to look like. Don't be afraid to show your physician pictures of your ideal lips, but keep in mind that your lips will NEVER look exactly like someone else's. Yours will just be a more voluminous version of your lips, although skilled plastic surgeons can change the symmetry with fillers.
2. Don't trust your lips to just any old run of the mill med spa. If you want to look like a normal human being, you need to see a qualified plastic surgeon and their highly-trained staff for anything that pertains to your face and body for that matter.
3. Decide if the look you want is conservative and natural or more voluminous. It's wise to start out more conservative and go from there with touch ups if necessary. Your lips will initially look fuller due to swelling. Once that subsides, your lip fullness will last a significant amount of time.
4. If you are taking any daily aspirin, Omega-3 fatty acid, vitamin E or ginkgo biloba, you should stop a week prior to getting filler, as these all thin the blood and can cause bruising. Check with your doctor if you have questions about stopping your blood thinner prescription.

5. Making your appointment at a time that allows you to have a few days of no major social outings is probably ideal given that you might be a little swollen the first few days.
6. If you're not ready for fillers, there are fantastic professional, medical-grade treatments and topicals to plump and exfoliate your lips. Botox can also be used around the lips to enhance their shape and to treat wrinkles.

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

Coberly Plastic Surgery offers multiple options for making your lips fuller. The fillers include, Juvéderm Ultra, Ultra Plus, Volbella; Restylane Silk and Defyne.

Be Kissable with Dr. Coberly's Valentine Specials

Give those luscious lips of yours some pampering and take advantage of our February Specials:

1. 20% off any lip filler/injections Juvéderm Ultra, Ultra Plus, Volbella, Restylane Silk and Defyne.
2. 20% off SkinCeuticals Antioxidant Lip Repair
it will keep your pout soft, smooth and well hydrated.
3. Purchase any Jane Iredale lip product and receive 50% off Jane Iredale's Sugar & Butter Lip Exfoliator and Plumper.
4. Schedule a DermalInfusion Treatment
(Microdermabrasion with Infusion) for the face and receive a complimentary lip and eye treatment (Value-\$50).

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

BODY CONTOURING	BREAST SURGERY	FACE PROCEDURES
Liposuction	Breast Augmentation	Face Lift
Body Lift	Breast Lift	Nose Reshaping
Coolsculpting	Breast Reconstruction	Eyelid Surgery
Arm Lift	Breast Reduction	Ear Reshaping
Tummy Tuck		Brow Lift



(813) 448-6550 | www.drcoberly.com

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

WHOLEHEARTED

By Jodi Thomas

I love Valentine's Day. Not just the flowers and the chocolate and all that good stuff, but I have always loved the idea of celebrating *love* . . . and on a trivial note, seeing all the pink and red hearts just makes me happy for some reason.

Lately I've been thinking a lot about my own heart. When reflecting on 2019 and what I hope for this year, I really desire to live *wholeheartedly*. And the first step in doing this is learning to pay attention to my heart. I'm reading a great book right now called *Soulful Simplicity* by Courney Carver. I highly recommend it. In the book, she discusses living wholeheartedly and that we have to learn to *listen* to our hearts. She has an exercise where in a quiet moment, you place both hands on your heart, one hand on top of the other, and just sit in the quiet for a moment or two, and ask yourself, "What is my heart saying? What is my heart feeling?"

Yet, most of us are terrified to do this. Why? Because, without a doubt, most of us are never taught to listen to our hearts. We are taught to "suck it up," to keep pushing forward, to fulfill our myriad responsibilities, regardless what our hearts might be saying, or trying to say. And there are many times where we have to do just that—it's part of being an adult. But there's an equal, if not more, need for us to listen to those precious hearts of ours, that have often long been covered up by obligation, fear of what other people think, busy-ness, and self-medication with our vices of choice.

The primary reason we need to learn to listen to our hearts are that our hearts are **very important to God**. Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." Think about what that says and the implication of it. Both good and bad flow from our heart, based upon the state of our heart. Ignore your heart for too long, and this is disastrous for living the kind of life that you once imagined for yourself.



In fact, our hearts are so valuable to God that they are the very place that Christ has decided to take up residence. Ephesians 3:17 says, "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ *may dwell in your hearts through faith*." Additionally, Romans 5:5 says that God pours out His love into our hearts. Now, I spend a lot of time nurturing my relationship with God. But to be completely honestly, many times I don't feel God's presence or love. These are things that I have to take *by faith*. But even this comes from the heart, for Romans 10:10 says "For it is *with your heart that you believe* and are justified, and it is with your mouth that you profess your faith and are saved."

When I truly believe these truths, which comes from my very heart, that Christ actually lives in my heart and God's love is poured into my heart, I am empowered to live in God's love and to express that love to others in my day to day life. And folks, there is just nothing in life more important than that.

Not only does God reside in our heart, he desires to protect it. Philippians 4:7 says "And the peace of God, which transcends all understanding, *will guard your hearts* and your minds in Christ Jesus." How does the peace of God guard our heart? It guards it against worry, against anxiety, against unforgiveness. . . all of the things that wreck havoc on our hearts and create stress in our lives.

Our hearts are so valuable to God, that He desires *all* of our hearts. In Luke 10:27, Jesus said the greatest commandment was to "*Love the Lord your God with all your heart* and with all your soul and with all your strength and with all your mind."

When you see those pretty pink and red hearts this Valentines Day, I hope you are reminded that your heart is a unique treasure to God. There is no other heart like yours. It is so valuable to Him that Jesus died on the cross so that He could live there and God's love be poured out into your heart. Because your heart is of the utmost value to God, you need to value it, too. Learn to listen to it. Learn to respect it. Don't ignore it. I hope you will join me in the quest of living *wholeheartedly* in 2020.



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