

TAMPA BAY'S

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

April 2020

Pasco/North Tampa/New Tampa Edition - Monthly

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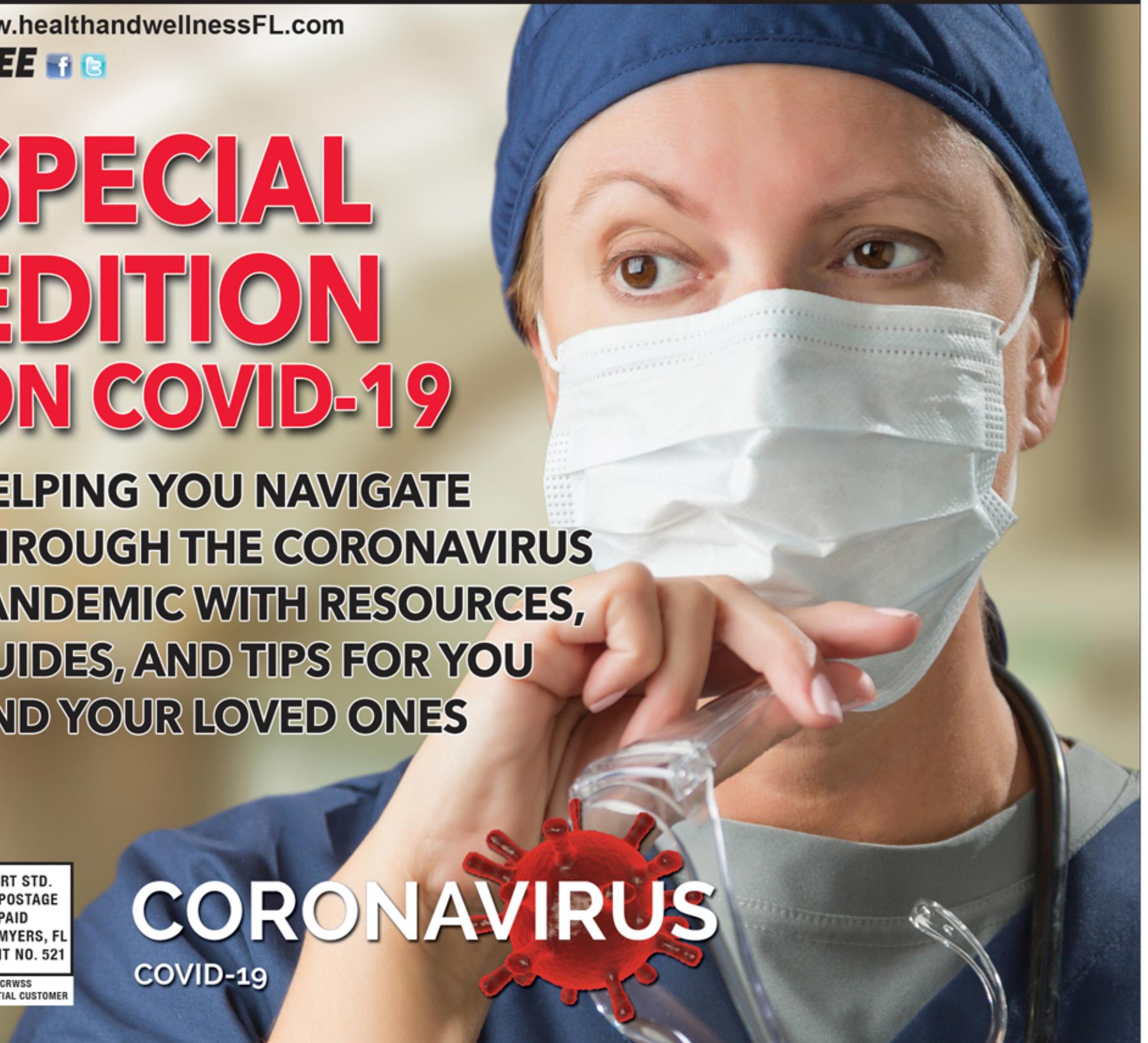
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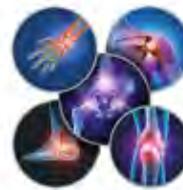
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# BayCare Immediate Care Services and Coronavirus Information

**B**ayCare, a leading health system in Tampa Bay and central Florida regions, uses innovative technology to provide convenient access to different care options and services for patients and their families.

BayCare's innovative technology, telehealth services and multiple convenient locations provide access to the right care at the right place for the right price to our patients and the community.

## BayCareAnywhere®

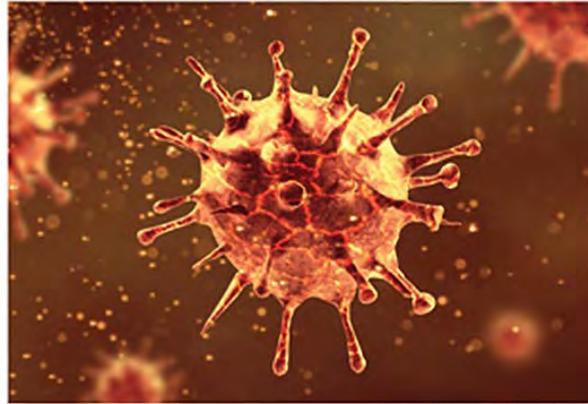
BayCareAnywhere is a 24/7 non-emergency telemedicine service offering virtual visits through a smartphone, tablet or computer. This mobile app, which costs \$59 per visit, uses secure, interactive video and audio communications to help patients connect to a medical health-care provider live and in real-time from home, work or traveling.

## Walk-In Care Provided by BayCare

Patients can also see a doctor at more than 30 Walk-In Care Provided by BayCare locations at select Publix Pharmacies throughout Tampa Bay. Walk-In Care features a private room where shoppers can receive non-urgent medical care through teleconferencing and medical diagnostic equipment. The kiosk allows patients to easily enter their symptoms through a touchscreen and work with medical tools such as thermometers, dermatoscopes, pulse oximeter, blood pressure cuffs and high-definition cameras to help doctors make an accurate diagnosis.

## BayCare Urgent Care

BayCare provides 18 urgent care locations throughout the Tampa Bay area, offering quick, high quality health care for adults and children ages two and older. BayCare Urgent Care treats medical conditions without prior appointment including minor illnesses and injuries, flu and colds, sprains and strains, minor cuts, stings and burns. The clinic provides a total care experience including X-rays, laboratories, EKGs and dispensing of certain medications. To enhance patient experience, BayCare Urgent Care allows visitors to hold their place in line using Save Your Spot®.



## BayCare Emergency Departments

BayCare provides patients with 13 state-of-the-art emergency departments that offer a broad range of services for quick and effective care for serious injuries and illnesses. Emergency departments are staffed with board-certified emergency physicians, nurse practitioners, physician's assistants, nurses, paramedics and patient care technicians. Emergency departments are open 24 hours a day, 7 seven days a week.

## COVID-19/Coronavirus Information:

As questions continue to rise throughout our community about COVID-19 and its symptoms, BayCare offers convenient access to high-quality care through a mobile app accessible with a smartphone or other digital device.

BayCare provides a telehealth service, **BayCare-Anywhere®**, for individuals who want to avoid going into an urgent care or primary care clinic to see a doctor.

BayCareAnywhere is a 24/7 non-emergency telemedicine service offering virtual visits through a smartphone, tablet or computer. This service, which costs \$59 per visit, uses secure, interactive video and audio communications to help patients connect to a health care provider live and in real time from home, work or while traveling.

Through BayCareAnywhere, providers have the ability to diagnose common conditions and illnesses such as sinus pain, cough, flu or cold, pink

eye and skin rashes for adults and children 2 years and older. After each visit, prescriptions (if needed) are electronically submitted to a patient's preferred pharmacy.

The Florida Department of Health (FDOH) encourages people who have lower-respiratory symptoms, and who believe they were exposed to the coronavirus through travel or contact with someone who traveled, to contact FDOH at (866) 779-6121 or [COVID-19@flhealth.gov](mailto:COVID-19@flhealth.gov). People who decide to seek medical care are asked to first call their primary care doctor or the facility so they can receive instructions and preparations can be made for their arrival.

To keep up with the latest information about coronavirus, you can continually visit [BayCare.org/Newsroom](http://BayCare.org/Newsroom). You can also follow us on social media channels @BayCare.

**For more information on the coronavirus, you can also visit:**

- FDOH website: <http://www.floridahealth.gov/>
- CDC website at <https://www.cdc.gov/coronavirus/>

## Related Stories:

- Coronavirus (COVID-19): What You Need to Know
- Coronavirus: How BayCare Responds to the Outbreak



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For more information,  
visit [BayCareGetCareNow.org](http://BayCareGetCareNow.org).

# Can IV Nutrients Help Boost Your Immune System?

**A**long with the seasonal flu, this year, we are also all concerned with the newest Coronavirus, COVID-19. Taking precautions is essential. Young children, individuals with weakened immune systems, and adults 65 and over are more susceptible to the dangers of the flu and COVID-19, as their symptoms can quickly exacerbate into pneumonia or other disease states. As the immune system becomes weaker, the ability to fight off viruses and bacteria becomes more difficult and problematic. It's critical to stay healthy and boost the immune system; that's why along with good hygiene, so many people are also looking into preventative treatment methods.

## IV Therapy Advantages

Vitamin C can be absorbed in fairly large quantities by the body, but even more so by IV therapy. When given intravenously, larger amounts are absorbed and not excreted, than by taking a supplement, or by eating fruits and vegetables alone.

While eating a healthy diet and taking vitamins is very beneficial, IV induced vitamin C is able to enter the bloodstream without going through the digestive tract, which often breaks down supplements potency. IV nutrients are able to permeate the tissues and organs easier than with oral supplementation. 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.

Restore Hyper Wellness offers a multitude of supplementation and nutrient combinations depending on a person's need. They also have a powerful version of the popular Myer's Cocktail that consists of B-complex Vitamins, Vitamin C, and Magnesium.

**They also offer other immune boosting and preventative infusions that can help you fight infections and boost your immune system.** 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.

IV hydration and nutrient intervention is an alternative therapy that is 100% natural and very effective at getting key supplements directly into the blood stream for fast, efficient immunotherapy.

## The Science Behind Restore's Hydration & Vitamin Infusion Options:

Proper hydration is essential for digestion, detoxification of the liver and kidneys, and waste removal. Without it, people face medical complications such as fatigue, headaches, joint pain, ulcers, weight gain, high blood pressure, and kidney issues.

Restore also offer a comprehensive micronutrient test, that gives us insight into what your body is deficient in. After they gather the test results, their nurses will know exactly what to put into your IV drip. Restore's IV drip program is the perfect way to ensure your body is given the essential nutrients it needs.

## Benefits:

- 100% bio-available directly into your bloodstream compared to the 15-20% bio-availability of oral administration
- Nearly immediate results
- Effective hydration and custom cocktails of vitamins and minerals

## BE (HYPER) WELL

Restore is now the leading retail provider of Hyper Wellness services in the United States. They coined the phrase Hyper Wellness because it exemplifies their approach by offering cutting edge services that have shown results, they strive to make customers feel better every time they visit, and hyper stimulate the body's natural defense mechanisms. Hyper Wellness is a lifestyle that improves the lives of customers.

Restore's unique retail locations are the antithesis of a traditional doctor's office. They are efficient, fun and social. They educate and provide information in a completely transparent manner so that you can manage your wellness better. Every day, they help thousands of customers achieve their goals around sports performance, pain management, recovery, beauty and overall wellness.

Today, Hyper Wellness modalities include Cryotherapy (localized and whole body), IV Drip Therapy, Hyperbaric Oxygen Therapy, Infrared Saunas, Compression Therapy, and Photobiomodulation Therapy. Working in concert, these services help increase the overall performance of the body. Restore will continue to push for better results and add additional services that fit into the Hyper Wellness mold.

**Begin your journey to health and hydration with Restore! To find out more, or to schedule an appointment, please call (813) 909-6923 today!**

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# 5 Reasons to Avoid Knee Replacement Surgery

By Regenxx Tampa Bay, Regenerative Medicine

**K**nee 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 Regenxx 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.

Regenxx 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.



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# 5 Ways to Practice Self-Care at Home

## Stress Less, Just When You Need It Most

**A**s families and communities come together in an effort to stay apart during these challenging times, many people feel a sentiment of confusion amidst their confinement.

“People are feeling lost due to the disruption in their normal routines,” says Dr. Bryan Call, a chiropractor from Hood River, Oregon. “With social distancing in action and nonessential businesses being asked to close, some people are missing treatments and appointments that are central to their well-being. But here’s the thing: in the spirit of minimizing disruption to our lives, there are ‘little’ things that can be done at home.”

Dr. Call went on to comment, “The structure and positive habits established now can and will benefit us throughout our lives.”

*To help people transition to a happier “you” at home, here are 5 tips:*

### 1. Make Time for What You Did at the Spa, Gym, or Physical Therapy

Set aside time each day, just as you would for an appointment. Stretch. Exercise. Meditate. Relax in a warm bath. Relieve your muscles with a calming lotion.

### 2. Pamper at Home

Enjoy the same benefits of a professional beauty treatment, at home. Create your own selection of products or try CBD Healthcare Company’s best-selling rejuvenating body treatment bundle for a morning and evening regimen that’s easy to follow. The pack includes Anti-Aging Concentrate Serum, Moisture Recovery Cream and Hydra Renewal Night Cream.

### 3. Muscle Relief and/or Massage

Use of the right soothing products can make up for any lack of professional expertise. Herbal CBD Muscle Relief Lotion and Natural Relief Salve calm and soothe sore muscles, targeting connective tissues and joints. For massage at home, try products preferred by spas and therapists nationwide. CBD Healthcare Company’s Balancing CBD Massage & Body Oil and Luxurious CBD Massage & Body Cream blend natural massage oils with the benefits of CBD and botanical extracts.



### 4. What’s on Your Plate?

Be mindful of what, when and how you eat. Make nutritious choices, eat regularly and avoid multitasking during mealtime.

### 5. Stay Connected

As effort is made to maintain contact with family and friends digitally, you can also maintain virtual contact with healthcare providers, therapists and doctors. Ask your providers if telehealth is an option. On a virtual visit, you’ll wait in the safest place possible—your home. How convenient is that?

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# Sinus Infections: When to See an ENT and Why

**P**ostnasal drip, clogged nasal passages, sneezing, and mucus are all signs of a sinus infection. Whether the sinuses are irritated from allergies, a cold or flu will predict which treatment should follow. Many people find relief from flushing the sinuses with a saline wash, using nasal sprays or decongestants, and others opt to take allergy medication or antibiotics initially, but this rarely is a good long term plan, as chronic sinus issues are sometimes hard to get rid of with these methods alone. When it comes to chronic sinus infections, an Ear Nose and Throat (ENT) doctor will accurately diagnose and plan a treatment protocol to help clear the nasal passages long term.

## SINUSITIS SYMPTOMS

- Sinus pain and pressure
- Inflammation of nasal passages
- Difficulty breathing
- Nasal Discharge
- Postnasal drainage
- Reduced sense of smell and taste
- Jaw pain
- Earache
- Throat clearing
- Coughing
- Fatigue

Many patients suffer from various types of sinus conditions; therefore, getting a proper diagnosis is critical to finding long-term relief. An ENT specialist will provide one or more of the following tests, a physical examination of the nasal passages with a fiber-optic light. Cultures can be taken to determine the cause of the sinus infection, i.e., bacterial or viral. Allergy testing can be done to rule out and pinpoint what's triggering any allergic rhinitis symptoms. An MRI or CT scan of the sinuses may be necessary to show detail as to polyp sizes, inflammation, and anatomy irregularities or obstructions.

Conservative Treatment includes nasal drainage devices like neti pots or other flushing mechanisms can help to decrease the constant build-up of mucus. Nasal Corticosteroid sprays can help to stop the build-up as well, and Allergy immunotherapy or allergy shots are beneficial to garner antibodies to alleviate the cause of the allergic reactions

## MINIMALLY INVASIVE PROCEDURES

ENT specialists can perform minimally invasive surgery via a nasal endoscope to surgically repair sinuses or remove polyps and damaged tissue or blockages. They also use a treatment method that opens up the sinuses with a balloon, which is similar to an angioplasty in the venous or arterial cardiovascular system that is blocked with plaque.

## BALLOON SINUPLASTY

A balloon sinuplasty is a minimally invasive endoscopic procedure used to treat chronic sinusitis. Sinusitis is an inflammation of the lining within the paranasal sinuses. Once inflamed, the sinus cavities become a fertile ground for viruses, bacteria, and occasionally fungi to grow, resulting in infection. If it becomes chronic there may be a structural problem in the nose or sinuses. In those cases, a balloon sinuplasty may be recommended.

After years of highly regarded balloon angioplasty procedures were established in the cardiovascular field, this technique was developed for the otolaryngology specialty to work in much the same way to open the sinus passages. The balloon is placed with a tiny catheter into the sinus opening and then into the narrowed or blocked passageway. It is inflated with saline to dilate the sinus passages for approximately 10 seconds. After this takes place, the sinus pathway is enlarged six-fold, allowing for proper drainage and ventilation.

Keeping in mind that some patients will require traditional surgery depending on the severity of their symptoms or anatomical issues, most chronic sinusitis sufferers will significantly benefit from balloon dilation's minimally invasive procedure. Once they have undergone the procedure, their need for decongestants, nasal sprays, and the standard treatments are usually no longer needed. This treatment is safe, highly-efficient, and long-lasting, so patients can rest assured that they will be able to live a quality-filled life with the ability to breathe naturally once again. If you've suffered from sinus disorders, you will understand the joy that patients experience once they can breathe normally.

Traditional sinus surgery to remove polyps, tissue or boney growths might be necessary in some cases.



## FLORIDA E.N.T. & ALLERGY

Our physicians and staff strive to provide superior Ear, Nose, and Throat care for your entire family. For more than 40 years, our practice has been serving the Tampa Bay area with comprehensive, state-of-the-art services and care.

## EAR, NOSE, AND THROAT CARE PHYSICIANS & SPECIALISTS IN FLORIDA

The ear, nose and throat specialists (otolaryngologists) at Florida E.N.T. & Allergy are pleased to welcome you to our practice. With a total of thirteen locations, 25 physicians, and same-day appointments available, we are now the largest ear, nose and throat practice in Tampa Bay here for you and your entire family.

## EXTENSIVE AMOUNT OF EAR, NOSE, AND THROAT CARE INFORMATION & EXPERTISE

We know how hectic life can be and are committed to making our practice convenient and accessible. We want you to feel confident that when you choose Florida E.N.T. & Allergy, you're working with doctors and professionals who are qualified, experienced and caring.

To request an appointment or ask a question, we invite you to call any of our thirteen offices using our one convenient number, 813-879-8045.



Breathe Well. Hear Well. Be Well.

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

# PREVENTING HEAD, NECK AND ORAL CANCERS

Oral, head, neck and throat cancers account for about 4% of cancers in the U.S. According to the National Cancer Institute, these cancers occur more than twice as often among men than women. While not as common as some other types of malignancies, oral cavity and oropharyngeal (head and neck) cancers can often be discovered during routine screening exams by a dentist, medical doctor, dental hygienist, or even by self-exam. Early diagnosis means that these cancers are more treatable.

Most head and neck cancers begin in squamous cells, which are cells that line moist surfaces, such as those inside the mouth, nose, sinuses and throat. Salivary gland cancer, another category of head and neck cancer, has many different forms because these glands are made up of many different types of cells that can become malignant. As you might suspect, tobacco use, heavy alcohol use, and infection with human papillomavirus (HPV) increase the risk of many types of head and neck cancer.

One of the factors that can increase your risk of oral cancer is tobacco usage of any kind; this includes cigarettes, cigars, pipes, chewing tobacco and snuff, among others. Heavy alcohol use and excessive sun exposure to your lips can also increase your risk. In recent years, there has also been a rise in cases of oropharyngeal cancer linked to infection with human papilloma virus (HPV) in Caucasian men and women.

**According to the American Cancer Society, some of the early warning signs and symptoms can include:**

- A sore in the mouth that does not heal (most common symptom)
- Pain in the mouth that doesn't go away (also very common)
- A lump or thickening in the cheek
- A white or red patch on the gums, tongue, tonsil, or lining of the mouth
- A sore throat or a feeling that something is caught in the throat that doesn't go away



- Trouble chewing or swallowing
- Trouble moving the jaw or tongue
- Numbness of the tongue or other area of the mouth
- Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
- Loosening of the teeth or pain around the teeth or jaw
- Voice changes
- A lump or mass in the neck
- Weight loss
- Constant bad breath

Of course, many of these symptoms can also indicate conditions other than cancer; that is why it is so important to get regular dental and physical checkups. See your dentist or medical doctor right away if any of these symptoms lasts for more than two weeks.

## WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

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

independent oncology/hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

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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 the past three years, the majority of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

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



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# CBD Forms, Which Option is Best for You?

**Y**ou don't have to look far to find a CBD storefront or online vendor these days. The product has taken off and its high demand is due to so many individual, personal stories for why CBD is becoming more and more common as an add on option for people and their families. So why it might seem great that its abundance is being touted and sold by so many, the issue is, if you are taking CBD or using CBD topicals, you must make sure that it is definitely coming from a trustworthy and regulated company.

Your CBD Store believes in bringing superior quality Hemp-derived products to the market. Because their products are formulated using the whole plant, they contain a full or broad spectrum which includes components like cannabinoids and terpenes. Your CBD Store knows you, the customer, should see the best hemp-derived products which are meticulously tended from soil to bottle, and they follow all required good manufacturing procedures required by law to ensure that you have the highest quality products on the market today.

It's Your CBD Store's goal to provide innovative and wholesome Hemp-derived products that utilize natural plant synergies. They focus on promoting products to the informed consumer, those who will demand transparency and the highest quality Hemp-derived products. Your CBD Store is continuously striving to push ourselves and our industry to new heights in the 21st century.

Your CBD Store offers multiple forms of CBD, so how do you really know which one is right for you? The short answer is that many consumers are not certain which form of CBD is best and unfortunately, many vendors won't either, but at Your CBD Store they work with you one on one to find out what might suit you best depending on your goals and conditions. The best advice is to start small, don't take large doses and pay attention to how your body responds. If you've got a specific condition that you'd like to try CBD for, tinctures are a good way to measure your dosing whether in small or large amounts, and of course, creams and ointments are commonly used by many for the skin or joints.

## Your CBD Store Products

- Tinctures
- Capsules
- Water Solubles
- Bath Bombs
- Body Lotion
- Topical Cream
- Roll-On Topical
- Gummies
- Pet Products
- Vaporizers



## Capsules and Edibles

### Potential relief from:

- Insomnia
- General long-term pain
- Digestive ailments

## Oil and Tinctures

### Potential relief from:

- Stress and anxiety
- Systemic inflammation
- Chronic pain

## Topicals

### Potential relief from:

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

## About Your CBD Store Products

Your CBD Store's SunMed Products are Superior! SunMed Broad Spectrum Hemp Oil products are made with the highest quality, organically grown hemp; it comes from Denver, Colorado and is registered with the Colorado State Department of Agriculture. The phytocannabinoid-rich (PCR) hemp has a naturally high CBD level, as well as an abundance of other beneficial cannabinoids (CBG, CBN, CBC) as well as flavonoids, terpenes, and essential amino acids.

While most CBD oil companies extract CBD making a pure CBD isolate, SunMed offers a high-CBD broad-spectrum hemp oil, without the THC. By extracting the THC, patients can gain the benefits of other cannabinoids and terpenes that are lost in pure CBD oil products available from other brands.

SunMed Broad Spectrum Hemp Oil and SunMed Hemp Oil products are intended to be used as an herbal supplement. Please consult your doctor before you quit taking any medications with intentions of replacing them with the natural and holistic option of CBD.

We're more than employees and small business owners. Here at Your CBD Store®, we're a part of the largest network of CBD stores dedicated to empowering.

## 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.

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\*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.

# The Weight Loss and Optimal Health Connection

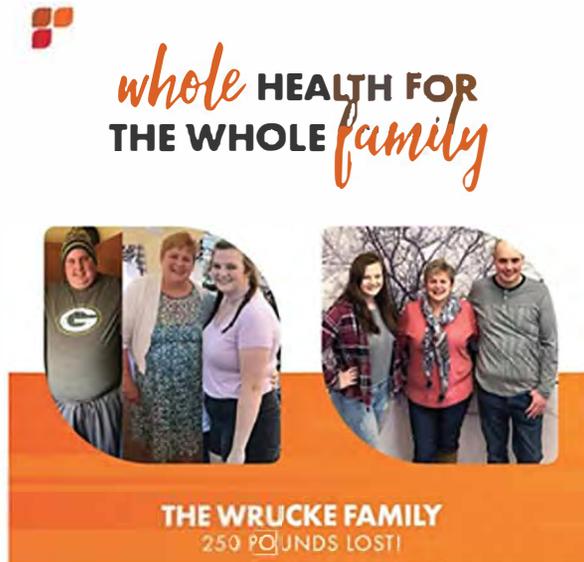
**W**ith yo-yo dieting, extreme lifestyle disruptions, unhealthy diet pills, and other means to control appetite, over the years, most people have lost a few pounds, only to regain them rather quickly once they stop using those means. Why? Because the inflammatory response causes adverse health conditions—that is what's keeping so many people from losing weight. If inflammation is left untreated, weight loss will be extremely challenging, and optimal health will most likely be even more of a life-long challenge.

## Inflammation Derails Weight Loss

Illness and disorders can contribute to weight gain and also make it difficult to lose weight. If you're even just a few pounds overweight, your body is inflamed. Inflammation is the root cause of disease and disorders. These underlying conditions include thyroid dysfunction, autoimmune disease, hypertension, high cholesterol, IBS, and fibromyalgia, to name a few. Additionally, Metabolic syndrome causes inflammation and weight gain. It is a condition in which the high insulin and leptin levels are resistant, causing blood sugar to be high, high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for diabetes, heart disease, cognitive decline, and coronary disorders. Obesity and being overweight leads to illness.

## How a Low Carbohydrate Diet Reduces Inflammation

Treating the underlying condition or root cause of your weight gain is critical for your overall health and weight loss. Inflammatory diseases are typically caused by environmental toxins, the food we eat, chemical exposures, and not enough exercise. These factors can be controlled for the most part by you!



As mentioned above, metabolic syndrome is a high blood sugar issue, and eating a clean, low-carbohydrate diet designed specifically for you is a great way to get started on your journey to health and weight loss by reducing blood sugar levels. Some of the major contributors to inflammation and metabolic syndrome are foods, such as gluten (crackers, bread, cookies, pizza), and sugar (honey, syrup, donuts, candy and excessive fruit); additionally, foods like white potatoes, rice and grains can also pose potential problems for many individuals.

Keeping your diet low in carbohydrates and understanding, which are healthy and have anti-inflammatory properties is the key. For the most part, you should focus your dietary efforts on fresh produce, high-quality protein like cold-water fish, poultry, seafood, eggs and healthy low-carb snacks and treats.

A low carb diet that is clean can provide essential nutrients for overall health and alleviating inflammation. Profile by Sanford emphasizes eating plenty of vegetables, fruit, healthy fats, and lean protein, while avoiding excess salt, sugar, and simple carbs. They also provide high-quality meals and snacks for busy lifestyles. Eating this way will prevent and reduce inflammation, and alleviate pain by providing the heart, brain, and entire body with antioxidants, and the good fats that it needs to function properly. Excessive sugar, simple carbohydrates, processed foods, and chemicals are known to cause inflammation and degeneration.

## Profile by Sanford

Profile® by Sanford® is changing the way people approach weight loss. We create a personalized nutrition, activity and lifestyle coaching program designed to help members lose weight and keep it off. Our dedicated team of Certified Profile Coaches educate and motivate members through every stage of your weight loss journey. Best of all, the personalized weight loss program is designed to instill internalized habits that will allow you to maintain the results for years to come.

At Profile® by Sanford®, we know there's more to losing weight than counting calories and points. That's why we created Profile Precise – a test that harnesses the power of genetics to map your DNA to a nutrition plan tailored-made to help you reach your goals.

Profile Precise is our latest innovation to help take the guesswork out of healthy lifestyle change. The test analyzes how your body metabolizes carbohydrates, providing you and your Certified Profile Coach with information to more effectively guide you on your weight loss journey.

*Profile by Sanford is a top-rated weight loss program in Carrollwood, FL*

## Why Profile by Sanford - Tampa, FL- Carrollwood Is Right for You

We are proud to help Carrollwood residents achieve healthier lifestyles through custom-tailored weight loss plans. Created by Sanford Health physicians, Profile by Sanford - Tampa, FL- Carrollwood members receive one-on-one coaching and an effective support system that helps you achieve your health goals, reach your desired weight, and maintain your new lifestyle.

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# What's Really Causing My Pelvic Discomfort?

By Parveen Vahora, M.D.

**P**elvic pain can occur from a variety of causes, such as endometriosis, interstitial cystitis, vulvodynia, or vulvovaginal atrophy. Many women experience painful intimacy associated with pelvic pain, which can be related to the conditions mentioned above, as well as a multitude of others. Each of these disorders can be treated with multiple therapeutic or surgical options; however, a proper and accurate diagnosis is the key to getting patients out of pain and back to enjoying their lives.

Through Dr. Vahora's broad scope of treatment options, such as laparoscopy, which allows her to visualize the entire abdomen and pelvis without making a large incision on the patient's abdomen, and noninvasive, conservative options, such as medications or the highly-regarded MonaLisa Touch procedure, Dr. Vahora is able to help her patients find relief quickly and effectively.

## Pelvic Endometriosis

Endometriosis is a painful condition that affects numerous women. It's caused by the abnormal growth of the endometrium (tissue that lines the uterus) outside of the uterus into the ovaries, fallopian tubes, and the pelvic region.

## Treatment

Medications that block estrogen or progesterone are often prescribed. Drugs that stop menstruation and birth control pills may also be required to address endometriosis. A new drug ORILISSA—made for moderate to severe endometriosis pain is the first FDA-approved oral pill specifically developed for women with moderate to severe endometriosis pain in over a decade.

## Surgery

Minimally invasive surgery to remove the endometrium growth can be performed by your physician via laparoscopic surgery. This conservative approach allows the doctor to see exactly where the endometrium is and enables them to remove it safely. More advanced or open surgery may be necessary in some cases.

## Vulvar & Vaginal Atrophy

Many women have vaginal disorders, like burning, dryness and pain. Due to the limited estrogen supply and dryness due to other medical conditions, 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. Women with atrophy can have increased discharge and or urinary tract infections. Atrophy may also worsen symptoms of problems and incontinence.

## Treatment

Options generally include observation, medical therapy (including nonhormonal or hormonal options), procedures and or surgery. Depending on our gynecological

problems, Dr. Vahora & Connie Moler APRN will evaluate you and determine what the best treatment plan is for you specifically

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 the office. This advanced technology is called the MonaLisa Touch®, and it's helped countless women treat their vulvovaginal atrophy and associated symptoms and pain. MonaLisa Touch® helps women get their confidence and sexual health back to how it was when they were younger.

Many women are unable to take hormone replacement due to a cancer risk or other medical conditions. For those women taking hormones may put them at risk for future cancer or a stroke or a blood clot or a heart attack. This is especially true for those who have undergone breast cancer treatment or have breast cancer or other hereditary cancers that are related to the BRCA genes. Ask your healthcare provider about all the treatment options that are safe and available for you.

## MonaLisa Touch®

This is an innovative laser therapy, and there are no medications, no 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, which helps 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 vulvovaginal mucosa and is presently the most effective procedure for preventing and treating vaginal atrophy and its painful conditions.

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.

## MonaLisa Touch® Can Help Multiple Conditions

MonaLisa Touch® can treat and help women of all ages. Any woman that has pain with intercourse, dryness, pelvic muscle laxity, or hormonal imbalance and one of the various stages of menopause can benefit from this

procedure. It can help women who have pain due to Interstitial cystitis, and or vulvodynia and even prolapse and incontinence. MonaLisa Touch® is remarkably effective at restoring and regenerating the vulvovaginal tissues.

## Other Treatment Options

As women are all different, so are the best treatment options to suit them personally. That's why Dr. Vahora custom-tailors a plan that's right for each patient. Medications and hormone balancing drugs (both bioidentical and synthetic) are often prescribed for specific conditions. However, in many cases, depending on the severity of the disorder, surgery might be necessary. Dr. Vahora specializes in robotic-assisted, laparoscopic, minimally-invasive surgery.

## What if I need Surgery? A Hysterectomy?

Dr. Vahora says "It is Not Your Grandmother's Hysterectomy®." Those who have a minimally invasive procedure typically return to normal activities in a few weeks. Women who have minimally invasive surgery have a faster recovery, less pain and less scarring. Traditional hysterectomies require an average hospital stay of five to seven days, and complete recovery may require up to two months. If you are a candidate for a minimally invasive procedure, you could return to your normal life in a much shorter time and experience a less painful recovery. "Not Your Grandmother's Hysterectomy®," makes a monumental difference for patients.

Don't just live with your gynecological problems or sexual discomfort, get the relief and new beginning that you are worthy of. Contact us today to schedule an appointment and/or your Mona Lisa Touch consultation at [Info@ParveenVahoraMD.com](mailto:Info@ParveenVahoraMD.com) or during office hours call (727) 376-1536 or use our text line (813) 548 4412.

## Parveen Vahora, M.D.

Dr. Vahora specializes in pelvic pain and endometriosis and is passionate about educating fellow physicians and the community on these topics. She is fellowship trained in minimally invasive surgery. Another focus of hers is sexual health and she offers MonaLisa Touch® for patients who have issues from having children, going through menopause, as well as post-menopausal women, cancer survivors, and those suffering from pain during intercourse or intense dryness or incontinence or prolapse.

To find out more, please visit [ParveenVahoraMD.com](http://ParveenVahoraMD.com) or email [info@ParveenVahoraMD.com](mailto:info@ParveenVahoraMD.com).



## 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 joy of caring for women.



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- Lifestyle** - Helping you develop healthy habits and overcome stress

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# Staying Active While Aging is Important on Multiple Levels

**M**any individuals are living longer, but that doesn't necessarily mean healthier. For optimal aging it's important to take care of your health in multiple ways. It's essential to eat a healthy diet, get high-quality sleep, keep stress low, quit smoking, limit alcohol, drink plenty of water, and stay active!

If you make small changes, your body will start to become healthier and stronger. When it comes to staying active this not only means exercise, which is necessary, but it also includes staying socially active as well. If you pair the two together, it's even more beneficial, because it makes exercise fun!

**Get Moving!** Ask a friend to join you on a walk, swim, bike ride, or jog, depending on your fitness level. If you decide to take a group exercise class, which is a great place to meet new friends, consider taking a Pilates or yoga class, which are both regenerative and easier on the joints. You can also join friends for golf, pickleball or tennis, when you increase your activity, it's not only good for your cardiovascular health, but also your brain and mood will benefit equally from the increased circulation and oxygen uptake. It's always important to speak with your physician about the level of exercise that rights for you.

**Health Challenges:** Aging can be challenging not only relating to our health but also our ability to perform daily tasks and to live the life we deserve. From arthritis, low vision, or the capacity to walk safely from the bathroom to the living room without tripping over an area rug and getting hurt are conditions that many seniors face each day.

According to the AARP, 10,000 baby boomers turn 65 each day. While many hope to age gracefully, 70% of those 65-year-olds need long-term care. As individuals age, of course, that number rises with unexpected health disorders or needing extra help to manage daily activities.

**Freedom from Homeownership:** For many adults, their priorities change. They no longer want to spend their free time moving the lawn. Their neighbors may have moved, and they don't have anything in common with the new neighbors. And very often, they just want to free themselves from the responsibilities of homeownership. Wanting a more manageable lifestyle is a common goal as individuals age. Whatever personal

reasons one has when considering a move, today's seniors want to live independently in a community that's safe, comfortable, engaging, and, most of all, supportive.

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

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

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

**SHINE<sup>SM</sup> Memory Care** offers a private special needs neighborhood for residents with memory care related issues. Residents needing Alzheimer's care and other dementia care receive the very best attention and services in a supportive, compassionate and secure setting. Based on each individual's needs and

capabilities, the professionals at Aston Gardens At Tampa Bay create a personalized plan to help our residents live life as fulfilling as possible, in a secure and comfortable environment.

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

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

BY DR. ROBERT LUPO, D.C.

**C**hronic 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.

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# Oxygen Therapy For Cancer: A Growing Debate

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

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. Cancer cells thrive on what is known as hypoxia. When cancer cells have hypoxia and are depleted of oxygen, they resist treatment. Hypoxic cancer cells begin to convert glucose into a fermentation process to supply themselves with lactic acid for their survival and their ability to grow. So, a common debate has been studied, researched, and argued for decades on whether or not oxygen helps cancer cells grow, or kills them off.

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

A mid-century German Doctor named Otto Warburg discovered that you could eliminate or reduce the fermentation process of the cancer cells by flooding them with oxygen. Many researchers have since reconfirmed this logical notion by conducting studies using hyperbaric oxygen therapy on cancer patients.

In 2012 an extensive study called Hyperbaric Oxygen Therapy and Cancer—a Review, by Norwegian researchers, Moen and Stuhr reviewed eight years of HBOT and hypoxia cancer cell therapy. They concluded that HBOT did not increase the risk of cancer growth or recurrence, but instead they determined that there was an indication that HBOT might have tumor-inhibitory effects in specific cancer subtypes. They stated that they firmly believe there is a need to expand our knowledge of the impact and the mechanisms behind tumor oxygenation.



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

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

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

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

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

#### **Common Off-Label Indications:**

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

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

INFORMATION & UPDATES

# CORONAVIRUS

## COVID-19

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**MAHARAJ**  
INSTITUTE  
OF IMMUNE REGENERATIVE MEDICINE

Medical Director

**Dipnarine Maharaj, MBChB., MD.,**  
FRCP (Edin.), FRCP (Glasg.), FRCPath., FACP

## 'REGENERATE YOUR IMMUNE SYSTEM TO MAINTAIN HEALTH'

### ASK US ABOUT MEASURING YOUR IMMUNE SYSTEM

Dr Maharaj has been working in the field of stem cells for more than 30 years. He is a Hematologist/Oncologist/Bone Marrow Transplant Physician. In the 1980s at the University of Glasgow in Scotland, he helped pioneer the use of stem cell transplants for blood cancers, now the standard of care. He has over the years continued to be innovative and now focuses on measuring and repairing the immune system using Immunotherapy and Immune Regenerative Medicine.

#### For more information:

The Maharaj Institute of Immune Regenerative Medicine  
10301 Hagen Ranch Road, Suite 600, Entrance C, Boynton Beach, FL

561-752-5522 | [info@miirm.org](mailto:info@miirm.org)



# All YMCA of Tampa Bay Facilities Are Closed to Protect the Communities We Serve

To limit the spread of COVID-19, all YMCA locations are closed across Tampa Bay through Friday, May 8th\* to transition efforts to help first responders and medical workers. This closure affects all Y programming including sports, aquatics and special events until that time, at which point Y leadership will re-evaluate whether to resume operations based on current information and guidance from our local health department and government leaders.

Starting Monday, March 23rd, the YMCA started offering all-day school-age relief care for essential workers at 21 Y locations across Hillsborough, Pinellas, Pasco, Citrus and Hernando counties to help support the children of healthcare and emergency response professionals, as well as other essential workers, who are playing important roles combating the coronavirus. Together, the Tampa Metropolitan Area YMCA, YMCA of the Suncoast and YMCA of Greater St. Petersburg can work to meet a critical need that will help our Greater Tampa Bay region continue to effectively function as our schools are closed.

The Bob Sierra North Tampa, New Tampa and South Tampa Ys are some of the Y centers in Tampa Bay providing relief care to essential workers (medical/healthcare/pharmacy, emergency response teams & military). While this situation is evolving and ever-changing, at this time the Y is working directly with employers representing those essential care fields throughout our community to meet their needs first. Special registration links are provided to these qualified employers.



"The mission of the Y is bigger than our buildings," says Tampa YMCA President & CEO, Matt Mitchell. "That's why it's so important in uncertain times like these our incredible supporters continue to help us in our cause to strengthen the community. Our members and donors are what keep us going, keep us strong and keep us in service to meet the critical need that's presented to all of us during this public health crisis."

The YMCA intends to continue connecting with members, despite their facilities being closed. The Y has set up virtual tools for YMCA members to use while we all comply with public health efforts. "It's our way of helping community members stay active, healthy and connected in their own homes, and on their own time," says Matt. "As a nonprofit, charitable organization, the safety and well-being of our staff, members and volunteers is always the Y's top priority. At the Y, everything we do is guided by our cause to strengthen communities."

"We're now able to lower the youth relief care rate to \$50/week thanks to the generosity of the Florida Blue Foundation and our valued YMCA members choosing to donate their monthly membership fees to help the Y continue our charitable work," says Matt.

*In Hillsborough & East Pasco counties, qualified employees register here: <https://www.tampaymca.org/relief-care>*

#### TENTATIVE SCHEDULE:\*

Dates: Apr. 3, Apr. 6-10, Apr. 13-17, Apr. 20-24, Apr. 27-May 1, May 4-8

Time: 6:30/7am - 6pm

Cost: \$50per week (No child is turned away due to inability to pay. Please inquire about financial aid.)

\*This is a very fluid situation and dates are subject to change.

#### TAMPA YMCA

Qualified employees register here:  
<https://www.tampaymca.org/relief-care>

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# How Staying Active Can Boost the Immune System: ENCOURAGING SAFE AND ACTIVE AGING

**S**o, you have finished a round of rehabilitation or home health therapy after an unexpected illness. Life was good until you ended up in the hospital with pneumonia, a urinary tract infection, an unexpected surgery or even a scheduled surgery. You thought that you were doing well enough to manage the rest of your life without any health complications yet here you are- entertaining Physical, Occupational and/or Speech language pathologists into your home in order to teach you exercises and help you recover in order to return to your prior level of function. You are discharged from their services with a home exercise program and off you go. Sounds pretty easy, right? Follow what they tell you and everything will be fine. But being consistent, safe and compliant with a home exercise program is not as easy as it sounds.

Currently, one of the main problems we encounter is poor adherence to an established exercise program. Adherence to home exercise programs after rehabilitation is a significant problem, with estimates of non-adherence as high as 50%. Those who perform their exercises to the required repetitions may not be deemed adherent if their technique is poor, as clients will not be gaining maximum benefit from their exercise program.

Among the musculoskeletal population, strong adherence enhances the effectiveness of the intervention and is suggested to reduce persistent, disabling complaints. Patients who fail to adhere to the prescribed exercise program may extend the duration of their treatment and make treatment less effective. A number of studies have also linked strong exercise adherence to improved treatment outcome in patients experiencing neck and back pain and osteoarthritis symptoms.

Clients' perceived barriers is one of the most widely documented barriers to adherence, with examples such as forgetting to exercise, not having the time, not fitting into the daily routine as well as time, work schedules, and transportation. What we may not realize is that the chances of falling or falling with a catastrophic injury in the aging population increase if we don't focus on maintaining or increasing muscle fitness or cardio endurance. Our priorities must change as we age; how many times have we heard, "when we're young, we work out to look good; now we work out to survive"?



*Ms. Wilma, 95, walks with her 4-wheeled walker on the indoor track for one mile on most days of the week! Truly on inspiration!*

**"Exercise for me requires a commitment to quality of life, no matter what age! I experience many benefits to my overall physical and emotional health. Lynda's encouragement inspires me as I continue to learn ways to optimize my physical workout. I consider it a blessing to be able to exercise for its contribution to my ability to live life at my best!" —Wilma Slyman**

So how do we stick to the program? We need to first realize that clients may have cognitive, behavioral and/or practical barriers that can have an effect on a client's willingness to adhere to the set-up program as well as realizing the physical consequences of not following through with it in the long-term. Currently, clients need to realize that there is lots of evidence that physical activity should be one of the highest priorities in preventing disablement and disease in the older adult; physical activity itself may reduce falls and fall injuries by 35-45%. The benefits of physical activity in the older adult include reduction of risks of cardiovascular disease, hypertension, diabetes, osteoporosis, obesity, anxiety/depression, delay/prevention of cognitive impairment, improve sleep and prevent unhealthy weight gain. These physical activities include aerobic, strength, flexibility and balance exercises on a consistent basis.

So what are our clients' options after rehab? How do we maintain consistency? One option besides trying to have the client rely on potentially unsafe self-training and self-motivation is to incorporate a strategy of supervision, feedback and reinforcement provided by a wellness coach, private pay physical therapist or a personal trainer preferably experienced with the older population. Family members or home care aides, as well intentioned as they may be, may not be prepared to help perform or correct exercises established by the therapist, and may actually increase the risk of injury by not recognizing unsafe movements/mobility or not be able to identify poor technique.

By providing good feedback, motivation and sound coaching, there will be increased adherence in home-based exercises, as patients who know they are performing the task correctly are more likely to adhere to their programs. Exercise/physical activity is one of the main pillars of healthy habits in addition to sleep, nutrition and mental health. Morpheus Wellness provides a safe and effective means of continuing fitness after rehab to encourage and promote an active lifestyle as we age.

Like the poet Diane Ackerman wrote, "I don't want to get to the end of my life and find that I lived just the length of it. I want to have lived the width of it as well". If we are wise, as we age, we attune ourselves to the reality that we are closer to death, triggering our focus to living more fully, healthier and better, in the present moment.

**Live Well—Contact Morpheus Wellness Today!**



**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.

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# A PATIENT'S EXCRUCIATING BACK AND LEG PAIN Relieved in One Day!

One year ago, David was lifting a fire pit in his back yard and fell to the ground in infuriating pain. He could not get up as the pain was completely unbearable. EMS transported him to the emergency room, and he was admitted to the hospital. David had a herniated disc and was prescribed pain medications and discharged.

"The pain medications worked for a while, but eventually, the pain returned, and I had excruciating pain in my left leg as well." Said David.

After seeing multiple doctors, including a spine surgeon, and getting CT scans, ultrasounds, and MRIs, no one could figure out why David's pain was so immense, and they also had no idea why his left leg was painful, even more so than his back. Unable to accurately diagnose and treat him, David was left to suffer for another five months.

His Primary care physician finally referred him to a pain specialist that has been helping numerous patients find relief through regenerative and alternative procedures. Dr. Panchal is the founder of the National Institute of Spine and Pain.

David continued, "At the very first visit that I had with Dr. Panchal, he looked over my images and immediately knew the root cause of my pain, and he explained to me in full detail exactly what he needed to do to relieve it."

From the images, Dr. Panchal saw that David had a nerve that was being impinged and compressed by spinal neural foraminal stenosis of L3. Spinal neural foraminal stenosis refers to the narrowing of the foramen, which are small openings between each vertebra in the spine. Nerve roots pass through the foramen, so in David's case, his nerve was severely compressed in the gap and causing him unyielding leg pain along with lower back pain.

Dr. Panchal explained that David needed a procedure to shave the disc down to relieve the pressure on the nerve. The procedure is called endoscopic discectomy and decompression of the nerve root.

This procedure is performed while the patient is under light anesthesia, which allows open communication for patients to express pain thresholds with Dr. Panchal. David was not happy about having to have any surgery, even though Dr. Panchal explained that it was minimally invasive. After two months, David decided he needed to do it to relieve his daily pain that was disrupting his life.

David told us that after the surgery, which was this past December, he has no pain! David no longer needs pain medications, and he is back to living the quality of life that he and his family enjoy, pain-free with complete resolution.

Endoscopic discectomy and decompression is an outpatient procedure done under x-ray fluoroscopy to remove herniated disc material through a small, half-inch incision. It's done under light sedation and local anesthetic.

A 3-D video is used to guide guidance, tiny instruments through an endoscopic probe. The procedure takes approximately an hour and causes minimal discomfort, and a small bandage is usually enough for the closure of the tiny incision.



**Dr. Sunil Panchal of the National Institute of Spine and 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

## The National Institute of Spine & Pain

4911 Van Dyke Rd., Lutz, FL 33558  
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[www.nationalinstituteofpain.org](http://www.nationalinstituteofpain.org)

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 of Spine and Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The National Institute of Spine and Pain's President and Founder, Sunil J. Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician.

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

# Why Colonoscopies Are Not Optional, But More Aptly Critical

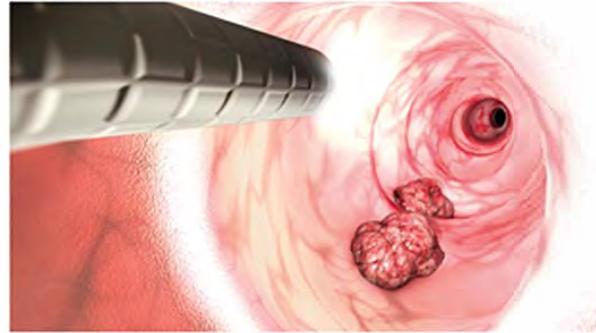
**C**olon cancer is fairly easy to diagnose, but it's 100% up to the individual to get a colonoscopy. Colon cancer is the third most common type of cancer in the United States. It affects nearly 50,000 Americans each year. If caught early on, it can be treated. Typically, there are little to no signs or symptoms of colon polyps, so it's critical to have colonoscopies every 10 years, or as recommended by your physician. In 2018, the American Cancer Society updated screening guideline recommendations for persons at average risk to begin colon cancer screening at age 45. The previous recommendation was age 50.

Colon polyps go unnoticed most of the time, affecting upwards of 200,000 people a year. Polyps are cell growths on the lining of the colon or large intestine. There are diagnostic tests through lab work and imaging that can detect these polyps. If you have them, it's best to have them removed because polyps can turn cancerous and proliferate. However, polyps don't turn cancerous in every case, but your risk of developing cancer increases with the number and size of colon polyps you have. When they do turn cancerous, polyp cells divide and can quickly multiply within the colon and rectum.

According to the American Cancer Society (ACS), 50% of polyps greater than 2 centimeters in size are cancerous, and approximately 1% of polyps with a diameter less than a centimeter are cancerous. The ACS recommends having all polyps removed (no matter the size) and having a follow-up colonoscopy within a time-frame recommended by your physician. The ACS also suggests that if the polyps are any bigger than 1 centimeter, or if you have more than one, that you are considered at higher risk for colon cancer.

## Later-Stage Symptoms

- Constipation
- Abdominal bloating
- Abdominal pain
- Excessive gas
- Diarrhea
- Bloody stools
- Narrow stools
- Weight loss
- Vomiting
- Nausea
- Fatigue



The number one risk factor is age; however, even younger people can develop colon cancer, especially if they have a family history of the disease or lifestyle and health conditions that impact risk.

## Lifestyle Risk Factors:

- Being over age 45 (or younger in some cases)
- Family history
- Smoking
- Obesity
- Poor Dietary habits
- Excessive Alcohol Consumption

## Health Conditions That Can Lead to Colon Cancer

- IBD (Inflammatory Bowel Disease)
- Crohn's Disease
- Ulcerative Colitis
- History of breast, uterine or ovarian cancer
- Lynch Syndrome

## How Your Diet Can Lower Your Risk

Dietary changes can resolve some of the risks of developing colon cancer. The USDA recommendation for 5-9 servings of fruits and vegetables daily is due to the antioxidants and fiber, which can help to ward off diseases and also to keep the colon healthy and functioning properly. Numerous studies over the years have indicated that diets rich in mammalian muscle meats (cow, pig, etc.), cheese and processed foods increase the odds of getting colon cancer by nearly two times their plant-based peers.

Studies also indicate that whole grains are beneficial for colon health. Therefore, a diet rich in produce, rice and quinoa with smaller amounts of meat and processed foods may factor in lowering colorectal cancer risks. Eating plant-based foods, whole grains, fish with limited amounts of dairy, eggs, sugar, and meat is optimal for overall health.

## Screenings Save Lives—Get a Colonoscopy!

It's imperative to talk to your physician about protecting yourself and your loved ones who may be at risk for colorectal cancer. Getting a colonoscopy screening is critical for adults with risk factors or over the age of 45. A colonoscopy is an easy procedure and one that can literally save your life. If the polyps are discovered, they can be removed surgically during a colonoscopy or a sigmoidoscopy. If cancerous, chemotherapy or radiation is usually unnecessary as a secondary treatment. It's always best to be proactive in your colon health, rather than waiting and finding that the cancerous polyps have grown and spread into other organs. Talk to your doctor about scheduling your colonoscopy today.

## Florida Medical Clinic Gastroenterology

*Dr. Joseph S. Cody is a board certified gastroenterologist. He is a voluntary faculty member with USF College of Medicine.*



*Digestive health requires expert, comprehensive care. In addition to providing general consultations, our gastroenterologists care for patients with diseases or disorders of the pancreas, liver, gallbladder, esophagus, stomach, small intestine and colon.*

*At Florida Medical Clinic, We are committed to making gastroenterology care as convenient as possible. Our gastroenterologists work hand-in-hand with your primary care physicians and other specialists, sharing test results and treatment plans instantaneously through our electronic health records system. And many of our gastroenterology locations offer specialty services on-site, such as antibiotic infusions and lactose breath testing. This allows you to worry less about traveling from clinic to clinic and focus on what's most important: feeling better.*

*To learn more about gastroenterology care at Florida Medical Clinic, contact us today.*

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

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# Debunking the Myths About Hospice Care

**E**veryone knows what hospice care is. Or do they? When it comes to hospice, there are several common misconceptions about hospice care, its benefits, services provided and more. Most people tend to think it's care for the dying, but those who have experienced it know it's actually about living.

Read on to learn the truth about common myths about hospice care.

**MYTH:** "Hospice is a place where you go when there is nothing more a doctor can do."

**FACT:** Hospice is a philosophy of care, not a place. While most hospice organizations have hospice houses or care centers, the majority of patients receive care at home. Hospice care is designed for patients with a life-limiting illness who have chosen not to seek a curative treatment. The focus is on living life to the fullest and enjoying time left spent with friends and family, and doing the things you've always loved. The hospice medical professionals are available to assist with pain management, wound care, medications, and so much more.

**MYTH:** "If I choose hospice care, I have to leave my home."

**FACT:** Hospice care is provided wherever the patient may reside: in their own home, in a family member's home, in a nursing home, or in an assisted living facility. Most hospice organizations have hospice houses or care centers, which are designed to help patients whose symptoms cannot be managed elsewhere or by a caregiver.

**MYTH:** "Families are not able to care for people with life-limiting illnesses."

**FACT:** Family members are encouraged, supported and trained by hospice professionals to care for their loved ones. Our staff is on call to the patient and their family 24 hours a day, 7 days a week, to help family and friends care for their loved ones.

**MYTH:** "Hospice care is only for cancer patients."

**FACT:** More than 60% of hospice patients have a diagnosis other than cancer. Dementia, heart disease and lung disease are also among common illnesses that can lead to needing hospice care. A patient is eligible to receive hospice care when they have received a diagnosis of six months or less to live from their primary care or other physician.



**MYTH:** "Hospice is just for the elderly."

**FACT:** Hospice is for anyone facing a life-limiting illness, regardless of age and stage of life.

**MYTH:** "To be eligible for hospice, I have to be in the final stages of dying."

**FACT:** Patients and families can receive hospice care once a diagnosis of 6 months or less has been given. Research has shown that patients who start receiving hospice care earlier will often live longer than that 6 months because the patient's quality of life has improved on hospice care. Hospice patients can receive care for an unlimited amount of time, depending on the course of the illness and as long as they are still meeting hospice criteria. There is no fixed amount of time that a patient may continue receiving hospice care, and often times patients even "graduate" from hospice care when their conditions improve.

**MYTH:** "All hospices are the same."

**FACT:** Each hospice is its own organization that provides end of life care to patients. Many hospices offer similar types of care, but most have programs that make them unique from one another. For example, Gulfside Hospice offers the We Honor Veterans program, Pet Peace of Mind® program, spiritual care and alternative therapies, and other unique services. Accreditations can also help hospice organizations stand out from the others.

**MYTH:** "All hospices are not-for-profit."

**FACT:** Not all hospices are not-for-profit. While the majority are, there are some hospice organizations that are for-profit, even here in the Tampa Bay area. To find out if a hospice is not-for-profit, check out their website or give them a call.

## Gulfside Hospice – Serving Patients for 30 Years

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, Gulfside Hospice is able to help patients and families live their lives to the fullest.

Every person receiving care from Gulfside has access to the organization's whole team, which includes hospice-certified physicians, nurses, hospice aides, social workers, chaplains and volunteers. Some of the services provided by Gulfside's team include:

- Visits from physicians who offer pain management and symptom control
- Regular visits from registered nurses, plus the ability to contact the nursing team 24/7
- Coordination of medical supplies, medication and equipment like oxygen tanks, walkers, hospital beds and more
- Assistance with personal care provided by certified nursing assistants
- Services from social workers who specialize in helping families cope with issues surrounding life-limiting illnesses
- 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](http://Gulfside.org).



# PRESS RELEASE

## FLORIDA DEPARTMENT OF ELDER AFFAIRS SHARES GUIDANCE WITH SENIORS TO PROTECT AGAINST MEDICARE FRAUD DURING COVID-19

The Florida Department of Elder Affairs' SHINE Program issued guidance to the state's more than 5.5 million elders on how to protect yourself against Medicare fraud as the state responds to COVID-19. "Medicare provides some easy-to-use and preventive measures you or your loved ones may wish to use to help avoid identity theft and other potential scams as our state responds to COVID-19," said FDOEA Secretary Richard Prudom. "We encourage all seniors to heed this guidance, including protecting your Medicare number and not giving out your Medicare card to anyone except your doctor or those you know should have it. These suggestions are beneficial for any possible fraud. I also encourage seniors to visit the Centers for Medicare and Medicaid Services dedicated COVID-19 webpage at <https://www.medicare.gov/medicare-coronavirus>."

### Keep this list in mind to help prevent Medicare fraud:

- DO protect your Medicare number and treat your Medicare card like it's a credit card.
- DO review your Medicare claims for errors and problems, including things like fake charges, double billing or other fraudulent activity, waste or abuse.
- DO visit [medicare.gov/fraud](https://www.medicare.gov/fraud) to learn more about how you can protect yourself from Medicare fraud.
- DON'T give your Medicare card or Medicare number to anyone except your doctor or people you know should have it.

### Other ways Medicare is helping:

Every day, Medicare is responsible for developing and enforcing the essential health and safety requirements that health care providers must meet. When you go to a healthcare provider, you expect a certain standard of



care, and we work to make sure you get it. That includes taking the following additional steps in response to coronavirus:

- Establishing new codes to allow providers to correctly bill for services related to diagnosis and treatment of the illness.
- Instructing our national network of State Survey Agencies and Accrediting Organizations to focus all their efforts on infection prevention and other cases of abuse and neglect in nursing homes and hospitals.
- Instructing nursing homes and hospitals to review their infection control procedures, which they're required to maintain at all times.
- Issuing important guidance answering questions that nursing homes may have with respect to addressing cases of COVID-19

### Reporting Medicare Fraud

If you think you may have spotted fraud, you should report it right away. No matter how minimal the information you share is, it could be the missing piece to stopping the next fraud scheme. If you are a victim of fraud, know that you won't be penalized or lose your coverage for reporting it. Even if you are not a victim, it's important to report any fraud scams you encounter to Medicare. Report suspected fraud by calling 1-800-96-ELDER or visit [www.floridashine.org](https://www.floridashine.org) and click on the Contact Us tab at the top of the page.





# YOUR IMMUNE SYSTEM AND THE CORONAVIRUS

By Dr. Dipnarine Maharaj MD, FACP, and Vineet Polineni, B.Sc.

**A**re you concerned about the coronavirus? Experts have deemed the novel coronavirus to be a major threat to public health. However, there is another virus that infects and kills even more every year. Seasonal influenza infects millions and kills over ten thousand people in the U.S. every season. With younger people dying from viral infections every year, it is important to measure and strengthen your immune system so that you are prepared for both seasonal and novel viral infections.

As of March 19th, 2020, there are now over 229,000 confirmed cases of the Coronavirus globally, with over 10,000 cases and 154 deaths in the United States, numbers that are growing daily.<sup>1</sup> With the incidence of coronavirus developing rapidly every day, we see that the demographics of the most serious cases and fatalities of these patients in the U.S. and globally have similar profiles. Often, they are adults over the age of 65, with underlying diseases and immune dysfunction that occur due to immune senescence, which refers to the gradual decline of the immune system as we get older. However, there have also been cases of young, seemingly healthy victims, which are causing many to rethink the root causes of death in those that contract the virus. Based upon the research that has been conducted on previous coronavirus outbreaks, such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS), the Covid-19 deaths of seemingly healthy and older victims alike can be indicative of underlying immune system dysfunction.

Imbalances and dysfunction in your immune system can place you at higher risk of serious infection from the coronavirus. Research has shown that patients with SARS have significantly lower natural kill cell counts and function compared to patients with less severe infections and healthy controls.<sup>2</sup> Natural killer cells, along with B cells and T cells, are one of the main pillars of your immune system that are used to fight infections and serious illness. When these cells are dysfunctional, your body's ability to combat the infection and restore normal function is diminished, placing you at risk of serious infection or even death.

In addition to the coronavirus which has captured the media's attention as it has spread throughout the world, we are also neglecting to take appropriate measures to protect ourselves from the flu, which is even more widespread. According to the CDC, the 2019-2020 seasonal influenza has already caused over 29 million illnesses and 16,000 deaths in the U.S. alone.<sup>3</sup> The World Health Organization estimates that every year, the flu leads to 3 to 5 million cases of serious illness and 290,000 to 650,000 respiratory deaths.<sup>4</sup>

**What can we do to protect ourselves from contracting viral infections?** There are many everyday approaches that can be taken to keep ourselves healthy, such as washing our hands regularly and practicing respiratory hygiene by covering our mouth and nose after coughing or sneezing. It is also important to get the seasonal flu vaccine as well. Although there isn't a similar vaccine for the coronavirus, researchers are actively working to create one.

While vaccines are vital in increasing our resistance to viral infections, they are only part of the solution. According to a study published in *Pediatrics* in 2017, the overall vaccine effectiveness against death in healthy children was 65% (95% confidence interval, 47% to 78%); however it was just 51% (95% confidence interval, 3% to 67%) in children with high-risk conditions.<sup>5</sup> Along with young children and those with pre-existing conditions, adults aged 65 and older are in the high-risk group which is likely to experience serious flu-related complications.<sup>6</sup> Vaccine effectiveness in older adults ranges from 14% to 62% depending on the viral strain.<sup>7</sup>

Therefore, what is the missing piece of the puzzle when you have taken all the steps to protect yourself, yet still may be at significant risk of contracting a viral infection? The answer is a compromised immune system. Previous research has shown that natural killer cells are a crucial part of the body's immune response to fight the flu and other serious infections.<sup>8</sup> Immune system dysfunction can place you at higher risk of being affected by the coronavirus, but you may be at similar or even greater risk of contracting the flu, which affects many more people every year!



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#### Sources:

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Here at the Maharaj Institute of Immune Regenerative Medicine, you can have your immune system measured to get a precise understanding of your immune health and the risk that you may have of contracting serious infections. The Immune Panel that you will receive looks at your peripheral blood and specifically your innate and adaptive immune system at a much more detailed level than standard blood tests, with focus on the three main pillars of your immune system: the B cells, T cells, and Natural Killer cells. After you have done so, you can take steps to work on your immune system to better protect yourself against viral infections.

## WHAT DOES WORKING ON YOUR IMMUNE SYSTEM MEAN?

1. If you have a healthy immune system, we can mobilize, collect, and cryogenically store your stem cells and immune cells in case you experience significant illness or infection at a later date. At that point, your younger, healthier immune system can be reinstated, to help combat the illness or infection. Additionally, using your own banked immune system means that you can be sure that there is little to no risk of rejection or infection.

2. If we measure your immune system and it reveals dysfunction in any of the three main pillars, the B cells, T cells, and Natural Killer cells, you can receive personalized, precision based treatment at the Institute. This treatment mobilizes your stem cells to move out of the bone marrow, into the peripheral blood stream, from where they will repair the immune system, reduce inflammation and repair damaged tissue. This will get your immune function back on track, so that it can naturally fight off infections.

This occurred for a 22 year old patient who came to the Institute with chronic infections that caused her to experience brain fog, recurrent sinus infections, colds, fatigue, bloating and constipation. Measurement of her immune system revealed significant immune dysfunction and poor natural killer cell function. The patient started receiving treatment at the Institute which boosted her immune system and improved her natural killer cell function. Her condition improved and she experienced improved memory, concentration, and energy, with no recurrence of her brain fog or chronic infections.

The recent outbreak of coronavirus and the underlying causes of death are still being heavily researched, but established research shows us that immune dysfunction plays a central role in this process. Along with coronavirus, seasonal influenza affects millions every year causing serious infection and death. Your immune health is vital to reducing your risk of serious infection from both novel and seasonal viruses and as a component of your overall health. Therefore, the importance of measuring your immune system and taking steps to improve or maintain your immune system function cannot be understated.



# COVID-19

## Protection, Planning & Care for Older Adults

Florida Department of Health • FloridaHealth.gov

**According to the Centers for Disease Control and Prevention, older adults may have a greater chance for serious illness from COVID-19—especially people with weak immune systems or underlying chronic medical conditions like heart, lung, diabetes or kidney disease.**

- **Symptoms include:** fever, coughing, and shortness of breath. If you develop symptoms, stay home and call your health care provider. You may be able to recover at home.
- **You need emergency help** if symptoms become more severe, there is chronic chest pain, breathing is difficult or your lips turn bluish.



### Protection

**Wash your hands** often with soap and water for at least 20 seconds. Wash after blowing your nose, coughing or sneezing. Wash after spending time in a public place. Wash before and after touching people you're caring for. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

**Cover your coughs and sneezes.** Use a tissue or your sleeve when coughing.

#### Practice Social Distancing:

- Avoid crowds and large gatherings, especially in venues with poor ventilation.
- Don't shake hands with people.
- Keep at least 6 feet between you and other people.
- Stay away from people who may be sick.
- Try shopping during off-hours—later on weeknights or earlier on weekends—when crowds at stores are lower.
- Avoid touching “high-touch” surfaces: elevator buttons, door handles, handrails, etc.
- Find out if family or friends have been sick in the past two weeks **BEFORE** they visit. If they have been sick, reschedule at least two weeks out.

### Planning

**Get a flu shot** if you are showing no symptoms of illness.

**If you depend on regular medical treatment** like dialysis, wound care, etc., talk to your health care provider about special arrangements.

**Create a contact list** of family, friends, neighbors, health care providers, community assistance programs and drivers. Make sure phone numbers are up-to-date.

**Stay in touch** with the people on your list and let them know you may need them for help if you become sick.



**Have a two–three week supply of the following:**

- Non-perishable food
- Medical and health care supplies
- Prescriptions: make sure they are up-to-date



### Care

**Caregivers, help prevent the spread of COVID-19.**

**If the person you're caring for lives in a facility:**

- Know the facility's outbreak protocol.
- Ask daily about the health of the other residents.
- Monitor visitors. Ask if they've been ill over the past two weeks or if they currently have a fever. A “yes” answer means the visit needs to be postponed for at least two weeks.

**If you're caring for someone at home,** you'll need to prepare a separate bedroom and bathroom for them. Learn more about this type of at-home care: [CDC.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html)

**HYGIENE IS IMPORTANT. FOLLOW PROTECTION GUIDANCE ABOVE.**

The Florida Department of Elder Affairs is holding multiple weekly calls with the Area Agencies on Aging and the Aging Network lead and local service providers. The Comprehensive Assessment and Review for Long-Term Care Services is providing evaluations, 24-hour notices of appointments and remote medical files for individuals in homes, nursing facilities and assisted-living facilities.

Florida Health Office of Communications 03-08-20

# When You Are At Your Wits End

**H**ave you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

*<sup>23</sup>Others went out on the sea in ships; they were merchants on the mighty waters. <sup>24</sup>They saw the works of the LORD, his wonderful deeds in the deep. <sup>25</sup>For he spoke and stirred up a tempest that lifted high the waves. <sup>26</sup>They mounted up to the heavens and went down to the depths; in their peril their courage melted away. <sup>27</sup>They reeled and staggered like drunken men; they were at their wits' end. <sup>28</sup>Then they cried out to the LORD in their trouble, and he brought them out of their distress. <sup>29</sup>He stilled the storm to a whisper; the waves of the sea were hushed. <sup>30</sup>They were glad when it grew calm, and he guided them to their desired haven. <sup>31</sup>Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31*

**Can you relate to this group of sailors?** Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

The first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.





## We Are The Right Place To Be Right Now

As a company that's served the best interests of seniors for nearly 30 years, we are no stranger to emergency management. Our commitment to the health and safety of our residents has long been paramount, and although COVID-19 is a new threat, it is by no means the first one we've faced head on.

In any emergency situation, it's imperative to know where trusted resources can be found. For seniors and families specifically, the importance of safeguards required for COVID-19, in many ways highlight the numerous benefits of living in a supportive community setting like the many we offer.

By leveraging extensive prior experience, financial strength, innovative technology and national buying power, we can provide the resources and forward thinking necessary to implement Enhanced Protocols and Operational Procedures immediately at our communities nationwide. We believe you or your loved one can be as confident as we are in our strategies to combat the spread of this virus.

- All Services and Amenities are Provided Onsite. *This Includes Chef-Prepared Dining, Activities, Social Events, & More*
- Ability to Deliver Onsite Healthcare Services
- Long-Standing Preventative Measures and Expansive Healthcare Supply Inventory
- Access to Industry Associations and the Latest News and Information
- National Buying Power and the Resources to Obtain High-Demand Healthcare Products
- Enhanced Operational Procedures and Protocols in Place From the Onset
- Fully Prepared to Enact New/Expanded Safety Measures
- Community-Wide Preventative Efforts Include Ongoing Cleaning, Sanitization and Housekeeping

**Accepting New Residents | Call Today!**



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# RESOURCE GUIDE

## COVID-19 CORONAVIRUS

# WHERE TO GET TESTING AT A MOBILE TESTING-COLLECTION SITES

**G**overnor DeSantis said, "More mobile testing sites are coming and hundreds more are being tested each day."

### COVID-19

If you have mild to moderate symptoms (fever, cough or difficulty breathing), call your physician, other healthcare providers or the Florida Department of Health hotline (866-779-6121) as soon as possible. Seek care without exposing others.

If you have Severe symptoms and trouble breathing, Call 911

Call ahead before you visit any care center and let them know that you think you may have COVID-19.

### HILLSBOROUGH COUNTY:

The county's COVID-19 testing hotline is live and can be reached at (813) 272-5900.

For a Full list of mobile sites in your area and times available, please contact the Florida Department of Health hotline at 866-779-6121 (24 hours a day).



## Homemade Hand Sanitizer Recipes

Making your own hand sanitizer is a popular mission, now that the shelves are bare. Below are recipes for homemade versions, but we can't promise that they work. It is recommended by the CDC to use at least 60% alcohol.

### Homemade Hand Sanitizer Gel

- 2/3 cup 60 to 99% rubbing (isopropyl or ethanol)
- 1/3 cup 100% pure aloe Vera gel
- Optional: 8-10 drops essential oil for smell

Mix all ingredients well, then place a funnel on an empty hand sanitizer or soap bottle with. A pump and work the gel through.

### Homemade Hand Sanitizer Spray

- 2 ounce spray bottle
- 3 tablespoons 60 to 99% Ethanol or Isopropyl alcohol
- 10 drops of essential oil (lavender, lemon, pine, etc.)
- 5 drops of oil such as jojoba (optional for moisture)
- Distilled water

Combine alcohol, and oils in a spray bottle. Fill the rest of the bottle with distilled water. Shake before each use.

### Homemade Disinfectant Wipes

- 1 box of unscented baby wipes (PLEASE Label as disinfectant!)
- 1.5 cups 60 to 99% alcohol
- 2 ounces aloe vera gel
- 2 tsp vegetable glycerin
- 1 tsp of essential oils

Mix together in measuring cup and pour over wipes. Make sure the wipes to saturate and soak completely.



# RESOURCE GUIDE

## COVID-19 CORONAVIRUS

# PROVIDING MEALS FOR CHILDREN DURING THIS PANDEMIC

**C**hildren and teens age 18 and younger who rely on meals served at school can get free breakfast and lunch at locations throughout Hillsborough County while campuses are closed to prevent the spread of COVID-19.

The federally-funded program is administered by the state's Department of Agriculture and Consumer Services in cooperation with Hillsborough County Public Schools. It's one of many ways government agencies and their partners are providing meals for people who have difficulty getting food.

Under the program for kids, meals are distributed once a day for each child, Monday through Friday, from 9 a.m. to 1 p.m., beginning Monday, March 23 and continuing through Wednesday, April 15. No application or proof of residency or income is needed.

To find a location near you, visit [www.summerbreak-spot.freshfromflorida.com](http://www.summerbreak-spot.freshfromflorida.com)

To find a school offering meals, please visit [www.sdhc.k12.fl.us](http://www.sdhc.k12.fl.us)



## IDEAS to Keep Busy, Have Fun & Entertain the Family During COVID-19

**Sure, you can binge on movies and shows, but why when there are amazing virtual tours to enjoy with the whole family?**

### Entertainment

- National Museum of the United States Air Force: <https://www.nationalmuseum.af.mil/Visit/Virtual-Tour/>
- MoMA (The Museum of Modern Art): [https://www.moma.org/explore/inside\\_out/tag/virtual-gallery/](https://www.moma.org/explore/inside_out/tag/virtual-gallery/)
- LEGOLAND Florida Resort: <https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/>
- The Louvre Museum: <https://www.louvre.fr/en/visites-en-ligne>
- Walt Disney World: <https://disneyparks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/>
- Yosemite National Park: <http://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
- SeaWorld Orlando: <https://www.visitorlando.com/en/things-to-do/virtual-tours/seaworld-orlando>
- The Vatican Museum: <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>
- Smithsonian National Museum of Natural History: <https://naturalhistory2.si.edu/vt3/NMNH/>
- Celebrities Reading to Your Kids: <https://www.storylineonline.net>

**Want more ideas? Just search virtual tours and find whatever you like!**

### Other ideas to get outside and enjoy the weather:

- Plant an herb garden or a few colorful flowers
- Take a walk via skipping
- Let your kids create chalk graffiti on the patio or the house-You CAN wash it off!
- Ride bicycles
- Have an early Easter egg hunt
- Have an egg on a spoon race
- Have a sack race
- Play hopscotch
- Fly kites
- Have a dance off on the patio

# Steps to help prevent the spread of COVID-19 if you are sick

**FOLLOW THE STEPS BELOW:** If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

## Stay home except to get medical care

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.



## Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.
  - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
  - When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them. See COVID-19 and Animals for more information.



## Call ahead before visiting your doctor

- **Call ahead:** If you have a medical appointment, call your doctor’s office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



## Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people and before you enter a healthcare provider’s office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.



## Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.



## Avoid sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.



CS 116126-A 03/20/2020

[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

# COVID-19 Small Business Loan Information

## *Economic Injury Disaster Loan Program*

Small business owners in all U.S. states and territories are currently eligible to apply for a low-interest loan due to Coronavirus (COVID-19). For More Information, please visit [SBA.gov](https://SBA.gov)

Find more information on the SBA's Economic Injury Disaster Loans at:

***SBA.gov/Disaster***. The SBA will work directly with state Governors to provide targeted, low-interest loans to small businesses and non-profits that have been severely impacted by the Coronavirus (COVID-19). The SBA's Economic Injury Disaster Loan program provides small businesses with working capital loans of up to \$2 million that can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing.

For more information, please visit <https://disasterloan.sba.gov/ela/>

### **COVID-19 SBA Express Bridge Loans**

***Express Bridge Loan Pilot Program*** allows small businesses who currently have a business relationship with an SBA Express Lender to access up to \$25,000 with less paperwork. These loans can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing and can be a term loans or used to bridge the gap while applying for a direct SBA Economic Injury Disaster loan. If a small business has an urgent need for cash while waiting for decision and disbursement on Economic Injury Disaster Loan, they may qualify for an **SBA Express Disaster Bridge Loan**.

#### **Terms**

- Up to \$25,000
- Fast turnaround
- Will be repaid in full or in part by proceeds from the EIDL loan

#### **Coronavirus Disease 2019–FEMA**

FEMA is working with the Department of Health and Human Services and state, local, tribal and territorial governments to execute a whole of government response to fight the COVID-19 pandemic and protect the public.

To find out more, please visit <https://www.fema.gov/coronavirus>





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