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April 2020

South Tampa Edition - Monthly

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CONTACT US

OWNER / ACCOUNT EXECUTIVE

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

CREATIVE DIRECTOR

SONNY GRENSING
sonny@gwhizmarketing.com

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BayCare Immediate Care Services and Coronavirus Information

BayCare, 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.

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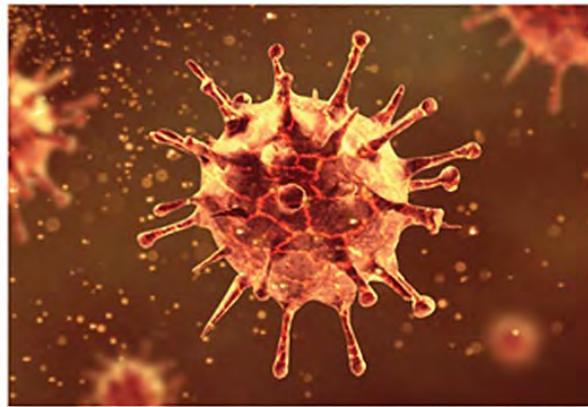
BayCareAnywhere is a 24/7 non-emergency telemedicine service offering virtual visits through a smartphone, tablet or computer. This mobile app, which costs \$59 per visit, uses secure, interactive video and audio communications to help patients connect to a medical health-care provider live and in real-time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



 **BayCare**  **Anywhere®**

For more information,
visit BayCareGetCareNow.org.

5 Ways to Practice Self-Care at Home

Stress Less, Just When You Need It Most

As 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 wellbeing. 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?

CBD Healthcare Company was launched as one of the CBD industry’s most comprehensive lines of massage, muscle relief and skincare products for spa, wellness, therapeutic and chiropractic professionals, as well as being available direct to consumers at:

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Sinus Infections: When to See an ENT and Why

Postnasal 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.



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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.

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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.



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www.floridaentandallergy.com

UNDERSEA OXYGEN CLINIC HYPERBARIC CENTER: What Happens Here?

Usually there is about 21% oxygen in the air that we breathe and our lungs transfer this oxygen to our tissues via hemoglobin in the red blood cells. This transfer of oxygen can be impeded, however, by a restriction in blood flow due to surgery, illness, injury, old age, or localized swelling (inflammation). When there is such a restriction in blood flow the blood vessel may become unable to transfer oxygen to the cells on the other side of the blockage. This causes further swelling and starves the area of oxygen (hypoxia); when this occurs, the tissue begins to break down and die.

By breathing 100% oxygen at pressures greater than sea-level ("Undersea" pressures) Hyperbaric Oxygen Therapy (HBOT) super-saturates oxygen into the body's tissues which promotes increased capillary growth, increases white blood cell activity (which assists body in fighting infection), promotes tissue strength & development (by increasing collagen production), speeds healing, reduces pain and swelling, helps inhibit toxins, reduces the size of gas bubbles, and has synergistic effects with certain antibiotics. (1) HBOT also mobilizes the body's circulating STEM cells and it has been shown that single 2-hour exposure to HBOT at 2 ATA doubles circulating CD34+ progenitor stem cells. These stem cells are basic human cells targeted to salvage and restore damaged structures within the body. Additionally, at approximately 20-hours of HBOT; circulating CD34+ are cells increased by 800%. (2) Everyone knows how great STEM cells are for your body and healing.

The Undersea Oxygen Clinic is a progressive HBOT clinic started by two veterans who are life long experts in the field of hyperbarics. Their overriding desire is to help educate people about hyperbarics and make a difference in individual's lives, naturally and safely. HBOT is a primary treatment for many ailments or a superb adjunct to surgical or pharmacologic interventions. Check with your healthcare provider or look on www.underseaoxygenclinic.com for more details. Come and experience what "Undersea Oxygen" is all about!



The clinic president, CDR Joseph Dituri, Ph.D., enlisted in the U.S. Navy in 1985. He served continuously on active service upon various ships and shore stations where he was involved in every form of diving and systems life support the Navy has, hyperbaric system certification and building lock in lock out submersibles. In a civilian capacity Joseph is the author of numerous diver-training manuals, a co-author of the book "Tao of Survival Underwater", a contributing author to Hyperbaric Medical Practice (4th edition) and the Navy Diving Manual, and has been published in several journals including those produced by the American Society of Naval Engineers and American Institute of Aeronautics and Astronautics. Now that he is retired from almost 28 years of active service, he earned a Ph.D. in Biomedical Engineering from the University of South Florida and is a clinical researcher in the field of hyperbarics.

After his Army service, the clinic Vice President, Mario Caruso, CHT-A, DMT, EMT-P, began his career in hyperbaric/diving medicine at NOAA (National Oceanic & Atmospheric Administration) in Miami, Florida, in the early 1980's, where he was trained as a Hyperbaric Technologist, Diver Medic, and Multiplace chamber operator. His experience spans both Multiplace and Monoplace hyperbaric chambers systems, and rescue diving operations. He is also graduate of Broward County Fire Academy and completed training as an EMT/Paramedic at Miami-Dade Medical Center campus and was one of the first people to be formally trained as a Hyperbaric Safety Director. Mario is a UHMS Hyperbaric

Facility Accreditation Surveyor, who is well versed in NFPA codes and regulations and was appointed to serve on the NFPA Standards Committee on Hyperbaric and Hypobaric Facilities in 2007. He is also the recipient of several community service awards and authored several abstracts on hyperbaric medicine presented at the UHMS Annual Scientific meetings and Chapter meetings.

The Undersea Oxygen Clinic is broken into 4 functional areas.

1) They provide training and certification in Hyperbaric Medicine for physicians and practitioners (40 AMA-1 CMEs) as well as those medically trained professionals who want to start a hyperbaric clinic or refer patients who need hyperbarics.

2) World class Biomedical Engineering research. Using knowledge from their life long ventures they work on new concepts and ideas concerning human physiology and try to solve problems people experience daily by using hyperbarics. Then they write peer reviewed scientific research to either confirm or refute their hypothesis.

3) We boast Western Florida's only 24/7/365 diver emergency treatment center for divers. As divers ourselves, we wanted to ensure that, as a service to the community, we offered 100% coverage to the divers who are in need. While other chambers are reducing services to divers, we stand at the ready to treat them should they need us. Additionally, we work diligently to train and educate divers in safer practices for SCUBA diving using cutting edge research.

4) As seems evident, the clinic is available for daily hyperbaric treatments for those in need! We treat everything from wound care and wellness to radiation damage and thermal burns.

At the UOC we have taken steps to eliminate contact between patients. We have taken precautionary measures in addition to our already stringent cleanliness standard in response to COVID-19 for your safety and we remain open to help those in need of medical attention.

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- (1) Hyperbaric Medicine Practice 4th Edition, Whelan, H., Kindwall, E. et al. Best Publishing Company. Publication 2017 Jun 1; Fourth ed: (Multiple chapters).
- (2) Stem cell mobilization by hyperbaric oxygen, Thom, S. Bhopale, V. Velazq, O. et al, American Journal of Physiology Heart Circulation Physiology 290: H1378-H1386, 2006. doi:10.1152/ajpheart.00888.2005.



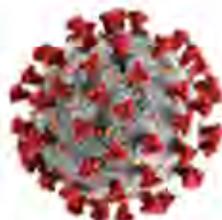
To find out more about HBOT and Undersea Oxygen Clinic, please call 813-533-7093 or visit Underseaoxygenclinic.com.



THE ROLE OF HEALTHCARE TECHNOLOGY IN BOOSTING THE IMMUNE SYSTEM, AMID A HEIGHTENED AWARENESS OF THE CORONAVIRUS AND OTHER COMMUNICABLE DISEASES

By Jason Waz, President of Competitive Edge Physical Therapy

The past few months have made the public aware and on high alert of how serious and contagious viruses can be in our country and the world. Within a short period, the coronavirus (COVID-19) has spread quickly and pervasively.



The CDC and the WHO have both been proactive in keeping the public updated on the viruses details, and how we can prevent infection. CEP understands these concerns and is taking all preventative precautions necessary to not only provide a healthy environment but also provide treatments that may improve immune system health to fight potential infection.

Hygiene

At the time of this article, there is currently no vaccine to prevent COVID-19 infection. The best way to prevent infection is to avoid being exposed to this virus. However, as a reminder, the CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

Boosting the Immune System

It's critical to boost our immune system during this outbreak and to consider doing so regularly. This is especially true if you or a family member has a weakened immune system from an autoimmune disease, heart conditions, kidney dysfunction, or a respiratory disorder, to name a few.

Eating a healthy diet, taking supplements that boost immunity, and getting high-quality sleep are all essential and can bolster the immune system.



The body produces cytokines, which are protective proteins that block infection and inflammation. When a person gets the recommended amount of uninterrupted 7 to 9 hours of sleep, cytokines are able to produce; however, without quality sleep, they are significantly less. Blue light is a significant cause of circadian rhythm interruptions.

Blue light, which is emitted by electronics and artificial lighting, disrupts the circadian rhythm and natural sleep cycles, leading to increased activity in the brain and less relaxation. Blue light makes your brain think that it's still daytime, which makes it difficult to fall and stay asleep. The circadian rhythm is responsible for waking and sleeping in a 24-hour time period, as well as biological functioning and regeneration of certain organs. When it begins to get dark, the hormone melatonin is produced to help us sleep soundly, but with blue light, that production is limited with varying degrees. It's essential to remove blue light from your sleeping area, stop using devices or watching television before bed, and to use blue light blocking aids such as blue light blocking glasses.

The Autonomic Nervous System's Role in Fighting Infection

The autonomic nervous system is comprised of the sympathetic and parasympathetic nerves and receptors that control many aspects within the body, but also play a large role in modulating the immune system and inflammation.

Competitive Edge Performance (CEP), incorporates groundbreaking technology that not only is beneficial for muscle recovery and strength training, but has been shown by scientific research to increase the immune system function and response. One of these devices is the Heart Rate Variability diagnostic system that can determine if the nervous system is "sympathetic dominant", stressing the immune system and delaying healing, or "parasympathetic dominant", promoting recovery and health. By understanding the state of the nervous system, CEP can guide interventions to bring the body to a more restorative state.

SOURCE: https://www.cdc.gov/coronavirus/2019-nCoV/summary.html?C_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fwhat-you-should-do.html#anchor_1580064337377

In order to achieve positive outcomes by boosting the immune system, CEP utilizes a unique PEMF (Pulsed Electromagnetic Field) intervention that can positively affect the autonomic nervous system to combat negative effects of viruses and other illnesses, in addition to decreasing susceptibility. Environmental exposure to damaging frequencies (cellular signaling, Wi-Fi, microwaves, etc), stress, and lack of restorative rest translates to a sub-optimal state of wellness. Through PEMF therapy, the cells of the body are "recharged", making it easier for the body to restore its health status. Scientific data on PEMF therapy demonstrates improved sleep capacity, decreased cellular stress, and decreased sympathetic nervous system dominance—all factors that are critical for increasing the body's immune system capacity.

CEP also incorporates emerging technology such as the Neubie (Neuro Biological Electrical Stim), which is a pulsed direct current device that interacts directly with the nervous system. In addition to the positive outcomes in decreasing the sympathetic nervous system dominance contributing to pain and dysfunction, research performed on direct current stimulation intervention demonstrates positive impact to lymph mobilization throughout the body. The lymphatic system plays an integral role in the immune functions of the body, as it is the first line of defense against disease. This network of vessels and nodes transports and filters lymph fluid containing antibodies and lymphocytes. Utilizing the Neubie can promote movement of lymph throughout the body and enhance the body's own defense system.

CEP has defined itself as the premier physical therapy organization focusing on using state of the art biotechnology to achieve optimal health. Not only utilized for injury recovery, CEP gives all patients access to the most cutting edge and efficient methods available to achieve healthcare and wellness goals.

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A Sleeker Profile—How KYBELLA® Can Reduce And Diminish Your Double Chin

By Dr. Dana Coberly

Many of us might be noticing a little more submental fullness in our faces—That's the technical term for a double chin. Is it from our yo-yo-dieting and overindulgence, or is it the effects of aging, hormonal imbalance and gravity? No matter what the cause, if you're growing tired of the double chin that's formed, there is an FDA-approved treatment that's easy, efficient and highly effective at sculpting the chin area.

An injection lipolysis using KYBELLA® can reduce and diminish the fat pads under the chin. KYBELLA® is the only FDA-approved injectable treatment that destroys fat cells in the treatment area under the chin to improve your profile.

What is injection lipolysis?

Injection lipolysis uses the chemical deoxycholic acid to disrupt and kill fat cells in the treatment area. KYBELLA® has FDA approval for this purpose and is an effective alternative to surgery.

Your practitioner marks a grid pattern on the skin under your chin and numbs your skin with a local anesthetic.

They then inject the KYBELLA® into the grid to ensure even distribution. After the procedure, you may experience some*:

- Swelling
- Bruising
- Mild pain
- Redness

**You may also feel some hard spots under your skin, but these diminish quite quickly.*

When will I see the results of my fat-reduction treatment?

After your injection lipolysis session, it takes 6-8 weeks for most patients to see a visible reduction in their double chin. Typically, patients need a second treatment 4-6 weeks after the first, and some patients need as many as six treatments in total.



At first, your double chin is likely to look worse because of the inflammation, but once this subsides and your body disposes of the dead fat cells, you'll see the final results. Unless you gain a significant amount of weight, the results of KYBELLA® treatment are permanent.

If you are interested in learning more about your options or the KYBELLA® procedure, Dr. Coberly and her office staff will be able to share before and after photos, patient testimonials, as well as schedule your consultation to determine the best treatment option for you.

Dr. Dana Coberly, Board Certified Plastic Surgeon

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

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

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Source: <https://www.myKYBELLA.com/what-is-KYBELLA>

5 Reasons to Avoid Knee Replacement Surgery

By Regenxx Tampa Bay, Regenerative Medicine

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

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

1. Chronic Knee Pain

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

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

2. Pseudotumors & Tissue Damage

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



3. Device Failure Caused By Allergies

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

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

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

4. Increased Risk of Heart Attack & Stroke

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

5. Increased Risk of Hip Fracture

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

Alternatives to Surgery

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

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

The 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.



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



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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
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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

Stress + Rest = Growth

By: Garrett McCoy

7 High Performance Habits to improve your relationship with stress and proactively approach rest.

Our fast paced, screen based, always on society has left many Americans with an unhealthy balance between stress and rest. When we feel stressed or anxious our fight or flight hormones have taken over and it's easy to feel like we are losing control. To regain "steering" we need to perform activities to activate our parasympathetic nervous system. These activities may include a break, exercise, meditation, even laughter. Essentially, we need to recover from mental stress just like we would from a physical workout. Stress + Rest= growth. Building your habits and routine around the 7 tips below will return you back to your ideal performance state.

Growth Mindset

Challenge the way you view stress and develop a growth mindset.

Look at any challenge as an opportunity to get stronger. Trust that the experience will improve your skill set. That the obstacle is the way to the most creative and effective solution. Believe that stress is a good thing. When you feel stressed, you simply need to identify what you can do to restore your adaptive energy and get back into ideal performance state.

Adaptive Energy

Think of adaptive energy as a bank account. How much sleep, your current health, and your current mind set add up to equal your daily balance. Each time a stressful event happens it's a withdrawal. Every time you perform a value driven tasks that helps you rest, smile, connect to others, connect to the outdoors, improve your health, or learn something new you make a deposit. It's hard to make time to invest in your own happiness. However, the interest will compound and your ability to handle more stress increase.

Identify your Ideal Performance State (IPS)

How often do you feel like statements below?

- relaxed and confident
- Ready for fun and enjoyment
- Focused and alert
- Automatic/ instinctive
- Relaxed/ calm
- Personally challenged



What activities awaken your mind, body, soul, and drive you into IPS?

Are you alone, in a group, active, or still? What active or learning based activities help you get into the mindset below. Can a break or a few mindful minutes return you to IPS?

Purposeful Morning Routine

Start your day with intent. Make this the extra time that you don't think you have. How can you get into IPS before the world "gets at you"? There are many ways into "IPS", a tough workout, a long run, meditation, reading, writing, or even learning something new. How can you better start your day with momentum, build a reserve of adaptive energy, and get into ideal performance state?

Sharpen the Saw

When stress begins to knock you out of your IPS. It's important to look at what tools you have available to recharge and destress. As Steven Covey made famous in the 7 habits of highly effective people, "you can't cut down a tree with a dull blade." What can you do now to restore adaptive energy and sharpen your mental blade? Remember that rest is part of the growth equation.

Love, Laughter, and Gratitude

Has a good hug ever been exactly what the doctor ordered? It's science! Oxytocin, often referred to as "the cuddle hormone" has an uncanny knack for lowering cortisol levels and blood pressure. In other words, it can quickly stimulate the parasympathetic nervous system and combat the negative side effects of stress. If you truly want to be proactive about stress think of these 3 words, the people you care for, and spread the cuddle hormone, it's a win/win.

Nighttime Routine

It is extremely challenging to have a positive balance of adaptive energy at the end of a long workday.

Your nighttime routine should be the cherry on the top of your daily masterpiece. Your intention should be to prepare for your day tomorrow so you can turn off your "thinking mind, restore adaptive energy, prepare for a great night's sleep, and hopefully get some Oxytocin.

Suggested nighttime routine

- Create a to do list for tomorrow, organize your schedule, and give yourself a work cut off time
- Adapt a light evening stretching or movement routine
- Read, write, draw, play music. Do something creative and that you love
- Reduce screen time, use nighttime settings, and preferably no screens an hour before bed
- Meditate - The research is out there. Want to prevent aging, perform your best, and be happier? We are asking you just to breathe.

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What Are You Feeding Your Mind?

Nichole Brewer, JD, CPC, NLP, Co-authored with Jason Schneider, Master trainer of Neuro-Semantics and NLP

In today's society, it is very easy to give in to the temptations of different mindless activities to fill your day. Just like the saying goes, "You are what you eat," the same applies to your mind. Your thoughts are feeding your body. Are you giving yourself the 'nutrition' you need to lead a life full of meaningfulness and vitality?

As information from the world around you enters your neurology through your senses, it elicits different types of emotions. For example, looking at a photo of something that makes you happy will elicit joy, whereas looking at a photo of something upsetting will do the antithesis. Roughly 45% of the world's population uses social media, with an average of 2 hours and 23 minutes spent per day using it.

An activity that may seem harmless scrolling through a plethora of different posts, consistently elicits different emotions, taking your mind on an emotional and exhausting roller coaster, throughout the entire day. Two hours and 23 minutes is the exact amount of time it would take to drive from Tampa to Daytona, the exact time of most movies, and the exact time it takes to fly from Tampa to New York. How would you feed your brain with extra time added to your day?

How do we know what to feed our brain?

In Neuro-Semantics, a field which studies the embodiment of meaning, we use the Meaning Scale and Index created by Dr. Michael Hall, to check the quality of our 'thoughts'/meanings that we are embodying. This leads to improved Emotional Intelligence and uses your uniquely human power of Self-Reflexive Consciousness (your ability to think about your thinking) as a resource to improve the overall quality of your life.

The lowest quality of thoughts that you can embody are thoughts that are meaningless. These are 'thoughts'/meanings that lead to despair and hopelessness. "I will never be able to be independent", "I don't deserve to have a happy life", "I am a nobody."

Beyond meaninglessness, we move up to trivial beliefs/meanings. These lead to states of blandness and cynicism. "That's just the way things are, why should I expect more," "That will never work."

Beyond triviality, we can take on conventional meanings. These meanings deny you of your personal individuality and function to allow you to 'fit in.' "I'm 35, I should be married with kids by now", "Everybody else is doing it, so that makes it ok," "A 9-5 job is the only way to make a living."

At a higher level of meaning comes your unique and personalized meanings. These lead to higher states and emotions aligned with your personal values and individuality. "You all may think that, but I believe...", "I am a magnificently, unique individual!" "I have never failed, I have successfully found 1000 ways that didn't work." - Thomas Edison

At the highest level on this scale comes rich, robust, and enlivening meanings. These lead to the sacredness of life and its component parts, and states like fascination and being in the zone. "Doing the dishes gloriously shows how powerful I am as a meaning-maker.", "Every breath I take is a blessing," "The most beautiful thing we can experience is the mysterious"

Next time you find yourself reading or hearing information, ask yourself 3 questions:

- Are these 'thoughts'/beliefs/meanings serving me?
- Do they bring me closer to the life I am striving for?
- Do they contribute to the sacredness of life?

In some ways, the quality of information you put in your mind is equally as important and perhaps even more important than the food you put into your body.



One reason for this is that when we put low-quality food into our body, we feel sick almost immediately. In fact, we can smell bad food a long time before we would even consider putting it into our bodies.

On the other hand, we don't have this automatic "throw up" response that we get when we get presented with 'spoiled' ideas.

How different would your day look if you replaced that time on social media with healthy nutrition for your brain? Imagine a life where you accomplish everything you set your mind to, by low quality thinking and replacing it with high quality thoughts and ideas that empower you.

If you are ready to change the way you use your free time and achieve your highest goals, contact Nichole, JD, CPC, NLP at nichole@mycoachnichole.com or Jason Schneider, Master trainer of Neuro-Semantics and NLP at jason@perceptionacademy.com

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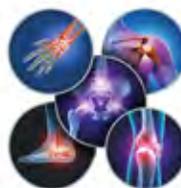
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Home Health Care Can be a Real Lifesaver

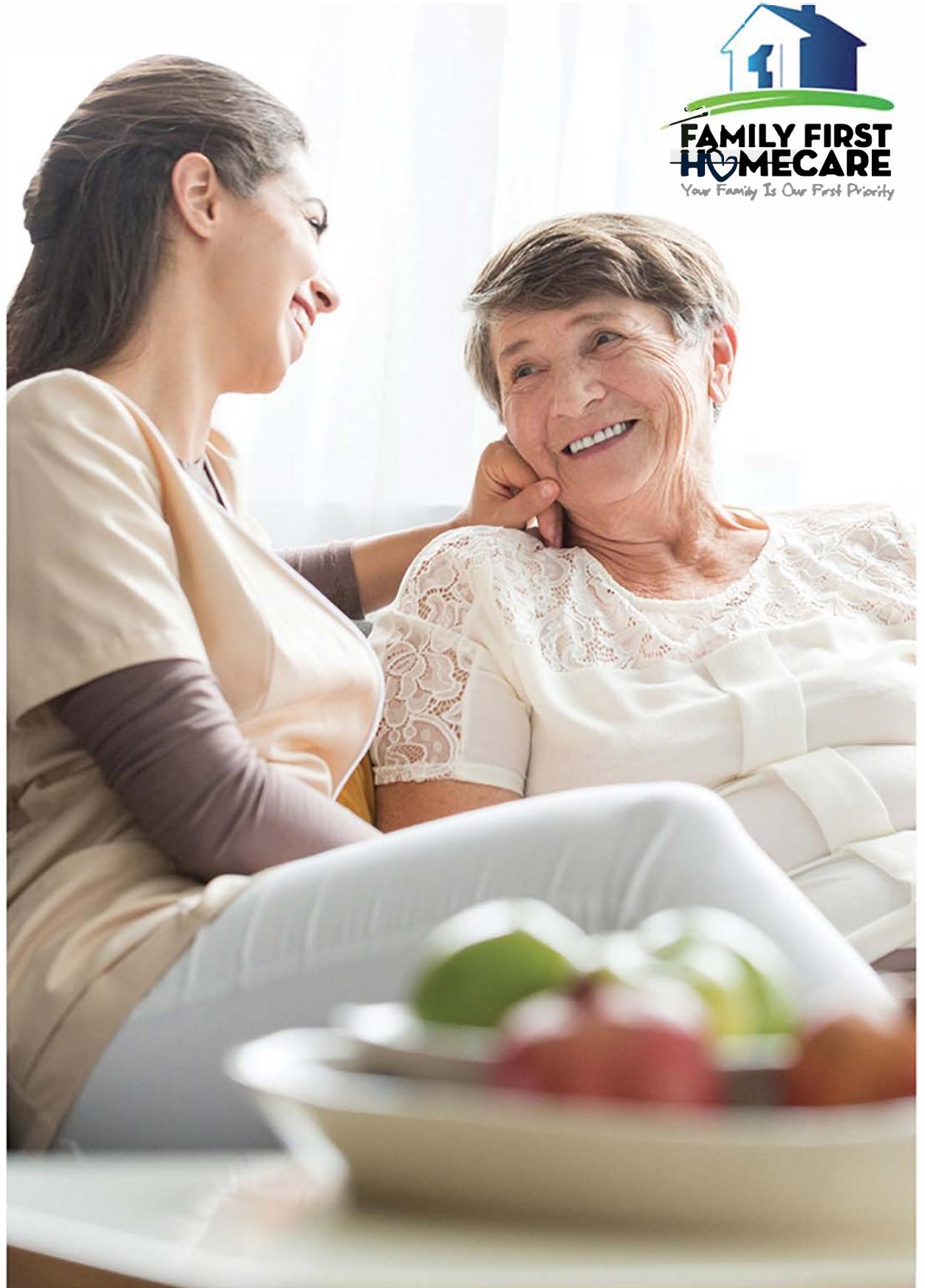
Home health care can be a real lifesaver. Those with elderly loved ones who need the assistance can know this can be a daunting task. It can be difficult for both the client and their caretaker(s). The journey finding the right company with the right caregivers that mesh with both the family and patient, can start right away.

Family First Homecare has spoken with case managers, social workers, discharge planners, geriatric care managers, families and clinicians in our service areas. The major issue they are having is transitioning their patient home quickly and safely. **FAMILY FIRST HOMECARE** has your Solution.....

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- 24/7 down to 4 hours. Your scheduling needs dictate to us.
- As an Agency, Family First Homecare Caregiver's are Licensed, Bonded & Insured
- Private Pay or Long-Term Care insurance is all we take. Medicare does not currently pay for these services.

Here at Family First Homecare, our clinical personnel are trained to offer senior safety tips, specialized care for Alzheimer's and Dementia patients, help with physical or occupational exercises, advice, resources and recommendations for the elderly and their families. We understand that caring for an aging loved one can sometimes be challenging, especially in cases when an illness or injury are present. Let us help provide the integrity and dignity that they deserve.



Family First Homecare is only a phone call away – let your loved one be our First Priority. Call us at: Hillsborough: (813) 993-0040 | Sarasota: (941) 444-2433 | Manatee: (941) 200-3350 | Pinellas: (727) 500-2273

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

So, 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 an 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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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

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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, or call them at (813) 264-PAIN (7246).



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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>

TENATIVE 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>

BOB SIERRA NORTH TAMPA YMCA YOUTH & FAMILY CENTER

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813.269.9404

NEW TAMPA FAMILY YMCA

16221 Compton Drive, Tampa, FL 33647
813.866.9622

SOUTH TAMPA FAMILY YMCA

4411 S. Himes Ave., Tampa, FL 33611
813.839.0210

EAST PASCO FAMILY YMCA

37301 Chapel Hill Loop, Zephyrhills, FL 33542
813.780.9622

When You Are At Your Wits End

Have 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:

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



INFORMATION & UPDATES

CORONAVIRUS

COVID-19

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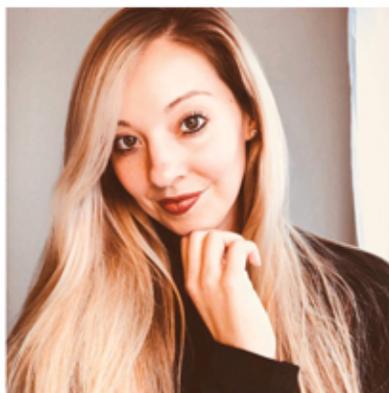
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RESOURCE GUIDE

COVID-19 CORONAVIRUS

WHERE TO GET TESTING AT A MOBILE TESTING-COLLECTION SITES

Governor 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

Children 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

To find a school offering meals, please visit 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/
- 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

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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