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Jason R. Wilson, MD, FAC.

Dr. Jason P. Wilson, **Board Certified in** General Surgery, Specializes in Breast **Oncology Surgery** and Melanoma

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**STAYING IN** TOUCH WHILE STAYING HOME

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**Stem Cell Therapy for** Orthopedic Problems Is **An Effective Treatment But Beware...** 

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SONNY GRENSING sonny@gwhizmarketing.com

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# Stem Cell Therapy for Orthopedic Problems Is An Effective Treatment But Beware...

By Regenexx Tampa Bay, Regenerative Medicine

e understand the growing concern surrounding the Coronavirus (COVID-19) across the communities we serve. The health and safety of our patients, physicians, and staff is our top priority. Regenexx Tampa Bay has been actively preparing its offices, physicians, and employees to address these uncertainties and prevent the transmission of COVID-19. To schedule a Telehealth call with one of our physicians, please call us at 941-357-1773 in Sarasota and 813-544-3123 in Tampa. For Gold Coast Orthopedics in Aventura, FL, please call 786-855-4800.

Utilizing birth tissues to harvest stem cells for orthopedic and other areas of medicine is an exciting topic. However, there are currently no FDA-approved uses for allogeneic (coming from someone else) stem cell products other than cord blood or bone marrow transplantations after certain kinds of cancer treatments. More disturbing is the fact that vials of amniotic, placental, and umbilical "stem cells" that sales reps are selling to many physicians DO NOT contain living stem cells. This has been independently tested and confirmed by major universities and Regenexx. We urge patients to arm themselves with knowledge against these deceptive claims.

## What are amniotic, placental, and umbilical tissue-based products?

As you may know, babies, while still in the womb, are encased in a fluid-filled sac known as the amniotic membrane. Following the birth of a child, the amniotic membrane and/or fluid can be collected, sterilized, and processed into a variety of tissue-based products. Placental and umbilical tissue can also be obtained for the same purpose. Regrettably, these products are being pitched and sold to doctors as "stem cell" products. Some of these products do contain growth factors that can stimulate stem cells when injected into one's tissues. However, it is NOT accurate to call them stem cell products. Legally, representatives shouldn't be making these claims to physicians and in-turn physicians should not be making these claims to patients.

#### Are there stem cells in these tissues?

There are in fact stem cells in these tissues at the time of birth. However, once the tissues are processed, the cells are sterilized (killed). If these products did contain stem cells, the product would be classified as a drug by the FDA, requiring approval before being used in human clinical trials. It would not be marketable

until clinical trials for each indication were completed and the drug was determined to provide benefits that outweigh its potential risks.

This takes many years and can cost \$1 billion or more. No wonder some unscrupulous companies want to bypass this process. The FDA has issued enforcement letters to companies selling unapproved products stating that their products are regulated as drugs. However, until now, the FDA has only enforced these rules sporadically expecting that the industry would regulate Itself. Unfortunately, companies knowing the FDA has stated that they won't get aggressive with enforcement until Nov. 2020, have flourished. To clarify, either these companies are selling an illegal unapproved drug or more likely, as confirmed by testing, selling dead tissue products that they claim have living stem cells. Both of these scenarios are problematic.

#### What else does amniotic fluid contain?

Processed amniotic fluid does retain some growth factors and cytokines that can be injected to help promote healing. But, before spending thousands of dollars on a vial of these products, you may want to consider another alternative. At this time, there is no data supporting that the use of these tissue products is better than your own platelet-rich plasma (PRP). PRP contains your own healing growth factors, is not nearly as expensive, and is easier to obtain. PRP is an excellent option that likely accomplishes the same thing, if not better than, a vial of amniotic fluid for a fraction of the price.

## Why are sales reps pushing amniotic, placental, and umbilical "stem cells"?

Expensive vials of these tissue-based products represent a scalable, one-size-fits-all product that aligns with the pharmaceutical industry's traditional mass marketing business plan. On the other hand, PRP requires a doctor's office to take blood from the patient and process it into a growth factor-rich therapeutic. Because the PRP comes from the patient's own blood, this eliminates any possibility of bodily rejection. If processed correctly, it can also be customized to the needs of the specific patient. So why are sales reps pushing ready-to-inject vials?

For many providers, PRP is inconvenient and time-consuming. Also, most providers probably believe they are using live "stem cells" because they believe what they are being told. Unless a physician has access to state-of-the-art labs to fully investigate a product, they must rely upon sales pitches that are potentially full of deceptive claims.

## How do you know these vials contain no stem cells?

If these products 'did contain living stem cells and were approved by the FDA, Regenexx would have signed on to become one of the biggest customers. The reality is that we have conducted lab research, determined the validity of these claims, and uncovered deception. Research scientists at Regenexx and the Interventional Orthopedics Foundation (IOF) were the first to begin testing these claims. Other academic research labs have since validated the initial findings - that is the results concluded that there were no living cells in these products, the products didn't help older stem cell performance, and didn't contain more growth factors than a PRP injection.

Regenexx has published a large percent of all orthopedic stem cell research worldwide, has the world's largest database patient registry tracking outcomes and safety, and is the only protocol when delivered by certified Regenexx physicians, that is receiving insurance coverage by self-Insured employers across the country (>7 million covered lives).

Knowledge is power. The marketing of amniotic, placental, and umbilical "stem cells" has been misleading at best. Even though we may be able to justify using them for their growth factors, the reality is that your own PRP or concentrated bone marrow (compliant with FDA regulations) is likely a better overall treatment option.









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



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## Skin Cancer: What a Surgeon Wants You to Know

Dr. Jason P. Wilson, Board Certified in General Surgery, Specializes in Breast Oncology Surgery and Melanoma

ne of the benefits of living and working on the West Coast of Florida is the opportunity to enjoy the outside for so much of the year. We are fortunate to live in the Sunshine State with so many sporting events and opportunities for outdoor recreation activities. As I write this, many of us remain under safer at home orders as we try to mitigate the effects of COVID-19. With so many fitness centers closed in an effort to promote social distancing, there may be more people looking to exercise outside and take advantage of living and working in Florida.

With our year-round outdoor activities in Florida, we must make sure we stay safe when it comes to our time in the sun. May is Melanoma Awareness month. Melanoma is a type of skin cancer that can be caused by too much exposure to UV rays from the sun. The incidence of melanoma has been increasing over the past several years, and the American Cancer Society estimates that there will be over 8000 new melanoma cases diagnosed in Florida in 2020.

Fortunately, most cases of melanoma are diagnosed at an early stage. When melanoma is diagnosed at an early stage, the prognosis is very good. There are at least two broad strategies to stay safe from melanoma. The first is prevention. The best thing you can do to help prevent melanoma is to make sure you stay safe in the sun. Limit your time in the sun to 10-15 minutes maximum unprotected. If you need or want to go out, try to avoid going out between 10:00 AM and 4:00 PM as this is the time when the UV rays are going to be the most severe. For times you need to be out in the sun during the day, it is best to be covered, and this includes wearing a hat and sunglasses. Consider UV protective clothing.

In addition, it is important to wear sunscreen when you are outside, and it is important to follow the instructions on the label. The American Cancer Society recommends wearing at least SPF 30 sunscreen, and it is important to make sure that you cover all of your exposed skin and pay particular attention to your face and ears. It is also important to make sure that you reapply your sunscreen at least every two hours. It may need to be more frequent if you are sweating or swimming in the pool or in the ocean. Sunscreens containing zinc or titanium are most effective.



The second strategy against melanoma is early detection. It is important that if you have any areas on your skin you are concerned about that you see a dermatologist or your primary care physician right away so that they can evaluate you. For any skin lesion, we want patients to be thinking about the ABCDE's of skin cancer.

A is for asymmetry. We are looking to see if the area is round or has a more irregular shape.

B is for border. We are looking to see if the edge of the lesion is smooth or more irregular in appearance.

**C** is or color. We are looking to see if it is one uniform color or if there are multiple colors within the lesion.

D is for diameter. We are looking to see if it is larger than the eraser of a pencil (6mm).

**E is for evolution.** We are looking to see if it has changed over the past several weeks to months.

If you are concerned about any of these findings reach out to your primary care physician or your dermatologist.

Florida is a beautiful place to live and work. Please take these precautions so you can continue to enjoy our weather and stay safe from melanoma. Remember, a good tan is not healthy, but rather a sign of damaged skin!



Jason P. Wilson, MD, MBA, FACS

Dr. Jason Wilson is board certified in general surgery and specializes in breast oncology surgery and melanoma. He received his undergraduate degree in biology from Furman University in Greenville, South Carolina. He then earned his Doctor of Medicine from the University of Florida in Gainesville, FL. Dr. Wilson then completed a general surgery residency at the University of Florida, before completing a surgical oncology fellowship at Roswell Park Cancer Institute in Buffalo, New York where he was awarded the E. D. Holyoke Surgical Oncology Fellow award. Dr. Wilson serves on the BayCare Medical Group Board of Directors and is the president of the Morton Plant North Bay Hospital Medical Staff. He serves on national committees including serving on the Governing Council of the Young Fellows Association of the American College of Surgeons.



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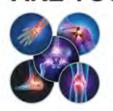
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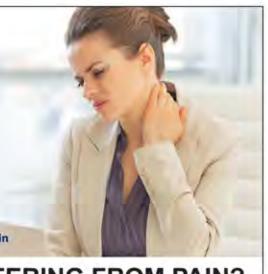
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# Why is Everyone Talking About "Good Sleep Hygiene?"

he term "Good Sleep hygiene," might seem strange; it's concerning the critical importance of high-quality sleep without disruptions. When we sleep, we actually critical promote healing properties throughout the body.

Getting a good night's sleep is critical for optimal health. The side effects and complications associated with sleep disorders are irritability, fatigue, high blood pressure, cardiovascular disorders, chronic disease, diabetes, depression, behavioral issues, stroke, and brain function impairment. If not rectified, over time, sleep deprivation can lead to heart attacks, stroke, diabetes, and other serious complications.

According to the National Sleep Foundation, insomnia and sleep disruptions can be caused by the following:

- Medical conditions (sleep apnea, back pain, acid reflux, arthritis)
- Depression
- Anxiety
- PTSD
- Lifestyle Disruptors (naps, shift work, circadian rhythm imbalance)
- Medications
- Caffeine
- Alcohol
- Nicotine
- Heavy meals

On top of these disturbances, lies the most common issue that interferes with circadian rhythm, which is blue light. Pathways of brainwave activity and wavelengths lie in various regions of the brain, and they can be affected by stimuli and blue light: Delta waves promote deep sleep and regeneration, beta make us sleep lighter with emotional dreaming, alpha promotes faster activity in a relaxed state, and theta causes stress and anxiety.

Blue light emits wavelengths that contribute to sleep disturbances within our brains. Blue light comes from artificial lighting and electronics like fluorescent and LED lightbulbs, laptops, mobile phones, iPad, television, some alarm clocks, fiber-optic cable boxes, and



other devices that use blue light. The issue is that blue light makes your brain think that it's still daytime, which makes it difficult to fall and stay asleep.

## Can CBD Help You Sleep More Soundly?

In 2019, Dr. Scott Shannon and his researchers conducted a study called, "Cannabidiol in Anxiety and Sleep: A Large Case Series." Their objective was to determine whether CBD helps improve sleep and/or anxiety in a clinical population. The final sample consisted of 72 adults presenting with primary concerns of anxiety or poor sleep. Anxiety scores decreased within the first month in 57 patients (79.2%) and remained decreased during the study duration. Sleep scores improved within the first month in 48 patients (66.7%) but fluctuated over time. CBD was well tolerated in all but 3 patients. Their conclusion reported that cannabidiol may hold benefit for anxiety-related disorders, and that more controlled clinical studies are needed.1

There have been many studies purporting that CBD is well tolerated as an add on sleep enhancer. It is thought to balance the serotonin receptors in the brain. It's always best to research any new therapy for your own knowledge and judgement.

At Your CBD Store, we believe in bringing the highest quality CBD products to market. We formulate our products with our customers' needs in mind, using other cannabinoids and terpenes,

Source:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6326SS3/

creating unique synergies that increase efficacy, target specific ailments, and increase the binding of CBD. We believe you the customer should see our product from soil to oil and should be seeing the best product on the market along that journey. By setting the standards in the CBD industry, Your CBD Store is moving plant medicine to the 21st century.

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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, mitigatian, treatment, or prevention of disease in man or animal.

# Profile by Sanford: Being Overweight Can Cause Health Risks That You May Not Have Considered

eing overweight can cause serious longterm health issues, and the statistics of obesity in the United States are staggering. More than 70 million people are considered obese, and 72% of adults over the age of twenty are considered overweight.

## Obesity and unhealthy weight gain can lead to the following:

- High blood pressure (hypertension)
- Diabetes
- Asthma
- Sleep apnea
- Musculoskeletal disorders
- Arthritis
- High Cholesterol
- Heart disease
- Cancer
- Stroke

Since May is High Blood Pressure Awareness Month, we're shedding light on the health risks of hypertension associated with being overweight.

#### **Hypertension**

High blood pressure has little to no symptoms and is often referred to as the silent killer. High blood pressure can lead to stroke, heart disease, and sudden cardiac arrest. It's imperative to check your blood pressure regularly and ask yourself. How has my blood pressure changed, and what does that mean? Typically, the systolic blood pressure (top number) rises with age, while the diastolic blood pressure (bottom number) tends to fall. Blood pressure can increase due to several factors, the most common include, age-related hormonal imbalance, high salt intake, drinking alcohol, tobacco use, and narrowing in the arterial and vascular system due to plaque (atherosclerosis).

Due to age, even those on blood pressure medication can still see increases in their systolic pressure. However, most individuals can lower their blood pressure through exercise, weight loss, healthy eating, and abstinence from tobacco.



## **Symptoms of Hypertension**

- Lightheaded or Fainting
- Shortness of Breath
- Dehydration
- Flushing
- Blood Loss
- Headaches
- Palpitations
- Dizziness
- Thumping in ears
- Confusion

The American Heart Association has changed its guidelines for blood pressure. Essentially, 120/80 is considered normal. Anything under those numbers is primarily healthy (but not too low), and anything over is borderline high to dangerously high. When the pressure gets too high, having a stoke, even at a younger age is not uncommon.

#### What Can You Do?

It's critical to get serious about weight loss. If you make the decision to lose weight, your health will inevitably improve. Many people that change their diet and add exercise into their lifestyle can lower their blood pressure naturally and significantly reduce their risk of heart disease, stroke, and other adverse conditions. Losing weight can also help regulate and balance hormones, and you will look and feel better and have more energy and confidence.

Profile by Sanford offers their clients one-on-one lifestyle coaching that includes customized meal plans, activity, and exercise advice and walks you through the process of reaching your goals in the most timely, safe, and efficacious manner.

## Profile by Sanford—No Shots, No Medication, No Side Effects

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 tailormade to help you reach your goals.

<u>Profile Precise</u> 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.

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

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# **Gynecologist, Dr. Parveen Vahora Has Implemented Telehealth, Virtual Office Visits**

By Parveen Vahora, M.D.

uring this time, we are all readjusting to our new normal, by social distancing and staying safe at home. However, if you are having any unusual or painful gynecological problems, don't ignore your symptoms! Dr. Vahora and Connie, ARNP are available for patients in need of urgent appointments and examinations.

She has implemented telehealth, which patients can access via their smartphone, tablet or computer, and both she and Connie are also seeing appointments in the office. With telehealth visits, prescriptions can be called into your pharmacy of choice, or you may need to also have an actual physical examination or procedure, depending on your circumstances.

#### Virtual Visit Tips

- Make sure you have a list of questions and/or symptoms ready.
- Call the office, text or email to schedule your virtual visit.
- Choose a private, quiet location where you are comfortable.
- Check your device beforehand to make sure your camera and sound work.
- Most Insurance covers telehealth, but you may want to check before scheduling.
- As usual, self-pay discounts are available.

## **Emergency In-Office Protocol**

- The staff is taking extra precautions and stringent disinfecting measures.
- Appointments are spaced out, so that no patient to patient contact occurs.
- All staff are wearing PPE (personal protective equipment), masks, gloves, etc.
- Hand sanitizer is available for patients.
- Patients are asked to wear a face covering.
- If you have a fever, cough or symptoms of COVID-19, you will be asked to contact your PCP.

Even during a challenging time like this, Dr. Vahora and Connie are here for you!

Inspiring Women to Live Their Best Life by Providing Compassionate and Personalized Care.

## Covid-19 Announcement from Dr. Vahora

To our beloved patients,

The health and safety of our patients, the community, and staff is our utmost priority. As you know, the Coronavirus (Covid-19) pandemic is a constantly evolving situation. We want to assure you we are following the situation closely to stay informed and keep you safe.

## Here are some things we are doing to keep everyone safe:

- 1. We are screening patients over the phone prior to every visit by asking patients if they have any upper or lower respiratory symptoms (fever, cough, sore throat, runny nose, headache, etc). If they have any of these symptoms or have been exposed to anyone with these symptoms, we are asking them to avoid coming into the office at this time. These patients are being scheduled for televisits to avoid getting others sick.
- 2. In addition to our routine cleaning procedures, we have increased the frequency of our cleaning schedule to ensure everything patients come into contact with is disinfected.
- 3. We have expanded our waiting room and removed chairs to comply with social distancing recommendations given by the Centers for Disease Control (CDC).
- 4. We are asking all patients to schedule televisits unless it is medically necessary (as determined by our providers) for them to come into the office for evaluation. These patients are also being asked to come alone to appointments unless it is absolutely medically necessary for the patient to be accompanied and assisted.
- 5. If you must come into the office for an appointment, please bring your own pen and magazine to avoid potential transmission of the Coronavirus.

You can rest assured that we are doing everything we can for our patients and the community, online and in person.

#### About Dr. Vahora

As a board-certified, fellowship-trained laparoscopic gynecological surgeon, Dr. Parveen Vahora takes care of the entire woman, from child-bearing years through menopause and elderly treatment. At her private practice, she made the deliberate decision to focus solely on gynecology in order to provide the highest quality of care, focusing on getting to know each of her patients on a personalized level to foster long-term relationships. Dr. Vahora believes there is more to a woman than her uterus, and she works to inspire women to live their best life by providing compassionate care.

Dr. Vahora completed a fellowship in laparoscopy and pelvic surgery at Celebration Health, Florida, after her OB/GYN residency at Drexel University. Having performed the first single-site hysterectomy in North Pinellas County, she is highly acclaimed by her peers. She is loved by her patients because she truly listens to their thoughts and concerns. She was also the first physician in the area to offer patients the innovative MonaLisa Touch laser procedure. Dr. Vahora specializes in minimally invasive surgical techniques and adopts principles of Enhanced Recovery After Surgery (ERAS), designed to achieve early recovery for patients undergoing major surgery.

#### About Connie, ARNP

When it comes to women's health, the individual is Connie Moler's highest priority. She believes caring for a patient means taking the time to understand their concerns, and what is unique about their situation. Connie received her

Bachelor's Degree in Psychology from Indiana University before going on to Vanderbilt University, where she earned her Master's in Nursing. She knew early on that she wanted to work with women, and she became a board-certified Women's Health Nurse Practitioner soon after graduating. She then went to work at The Women's Group Of Northwestern in Chicago, where she practiced for ten years. After a decade at that prestigious institution, she and her family moved to Florida, where she worked at Partners in OB/GYN in Tampa for thirteen years. Partners in OB/GYN is a large practice, and home to a team of fantastic doctors, but Conniewas thrilled when the opportunity arose to work at Dr. Vahora's private practice.

Medical care, for Connie, has always been about putting the patient first. At Dr. Vahora's practice, Connie is empowered to make decisions on-site, involving the patient whenever possible. No decisions are made externally, and each patient can take comfort in knowing their care is in the hands of nurses and doctors who have spoken with them directly and taken the time to understand their issues. This is particularly important for the services Connie provides, which include everything from well women care, to contraception, and the evaluation and treatment of health problems.

FOR APPOINTMENTS CONTACT US: Email info@ParveenVaharaMD.com Text Line: (813) 548-4412 Phone Line: (727) 376-1536

## Staying in Touch While Staying Home

hey're some of the most heartwarming stories and images of this year so far: Families, friends and loved ones gathered outside the windows of beloved seniors, coming together to spread love and share words of encouragement. Anything just to be physically close and visit face-to-face the way they could in a world before COVID-19.

Some talked by phone while sitting in plain view of one another. Others held up signs bearing messages like "We Love You" or "Stay Strong." Some have even celebrated birthdays or special occasions—cake and all—as best they could when considering the obvious limitations, of course.

COVID-19 has done much to curtail all of our collective freedom to physically assemble. In fact, at the time of writing, senior living communities nationwide had since limited or entirely suspended visitation in the name of resident safety. Nonetheless, we're reminded that distancing mustn't mean disconnecting, particularly when it comes to seniors and their families.

Here's why it's important for seniors to maintain outside interactions—under these and all circumstances—and what's now being done in prominent senior community settings to empower regular contact between residents and their loved ones.

## **Isolation Can Be Detrimental to Seniors' Overall**

Especially as COVID-19 has created unprecedented isolation across the world, even self-described introverts are reminded that real, authentic human interaction is a powerful force in all of our lives.

But for seniors specifically, isolation is a genuine health concern. And that's because there's a very fine line between isolation and loneliness, with the latter having been linked to higher risk for a variety of physical and mental illnesses, everything from hypertension and heart disease, to depression, cognitive decline and Alzheimer's and even weakened resistance to infectious diseases.

Risk factors aside, though, social interaction is a rather simple lifestyle factor, and one that's relatively easy to control. Yet it has the power to create



very significant—and immediate—positive outcomes for seniors. That includes things like improved happiness and personal satisfaction, a heightened sense of purpose and belonging, and elevated quality of life overall.

Said another way, social interaction is something small that can be done every day to make a very big difference in the lives of seniors. And that's why family, friends and loved ones, as well as seniors of all ages and in every living, situation make it a mission to maintain regular contact, both throughout the COVID-19 crisis and thereafter. Now let's explore how senior living communities are doing their part to help.

## Using Technology to Defeat the Dangers

Digital technology and applications offering video chatting capabilities are crucial for keeping seniors and families connected in the current environment. And communities like Aston Gardens At Tampa Bay are using the power of technology to keep residents and families connected even while COVID-19 forces us all apart.

By facilitating video chats for residents on their personal devices, or doing so using the community's own tablets, residents and families have been staying connected through frequent (virtual) interaction. "We've been using applications including FaceTime, Skype, and Facebook Messenger video calls to enable residents to stay in touch with their loved ones," said Director of Celebrations Gail Pettway-King, who oversees the program. "Our 'Assisted Video Chatting Sessions' bring a layer of excitement and anticipation to our residents' days and have proven uplifting and beneficial for their state of mind in these challenging times."

King explained how residents love the opportunity to see and speak with family—especially grandchildren-while families appreciate the firsthand ability to ensure their loved ones' safety and well-being on a regular basis, just like they did before COVID-19. She said it's a central part of the community's more comprehensive efforts to support residents' all-around health and happiness in what are new and unprecedented circumstances.

Indeed, times may change, and for seniors especially, regular human interaction is a critical line of defense against the adverse effects of isolation and loneliness and maintaining that regular contact has probably never been more important than it is right now.

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

### To learn more, please contact:

Aston Gardens At Tampa Bay 12951 W. Linebaugh Ave. Tampa, FL 33626 (813) 448-3160





## Florida ENT & Allergy is Now Utilizing Telemedicine

OVID-19 has disrupted our lives in many ways, but despite the adversity of this pandemic, telemedicine is taking off, and it's becoming the common way for us all to connect and receive medical care. Florida ENT & Allergy is ahead of the curve, as they've already implemented a comprehensive, virtual office visit application. They are here for you and all of your ear, nose and throat needs. They offer same day/next day appointments to meet all your needs; in hopes to keep their patients out of the emergency rooms and urgent care centers for ear, nose, and throat related issues. Allergy season is in full force, there is no need to wait for care. Sometimes it's difficult to decipher whether it's a cold or allergies, that's where Florida ENT & Allergy's proficiency prevails in these uncertain times.

If you have sinus symptoms, you may be thinking the worst and assume that you have the coronavirus—That's where Florida ENT & Allergy utilizes their expertise to help you stay calm and to give you a thorough examination via telemedicine. They will ask you about your symptoms and walk you through the next steps. This will help to keep patients out of the emergency rooms or urgent care facilities if they do not have to be there.

Florida ENT & Allergy recommends telemedicine to patients who are high risk or who prefer to see their physician from the comfort and safety of their own home/office. In-office visits are available also. Telemedicine allows the physicians to triage you on an individual basis to assess whether an in office appointment is necessary. In the case of an office visit, they are only taking a limited number of patients per day to protect their staff and patient population from cross contamination. They have also elevated their disinfection protocols and are wearing masks and gloves at all times. They also ask that patients wear face coverings when entering the office and that you let them know beforehand if you are experiencing any COVID-19 symptoms like a fever or cough before your appointment. If you are sick, you will be referred to your primary care provider or the hospital depending on the severity of your symptoms.

Florida ENT and Allergy is open weekdays and conveniently located for most of the Tampa Bay area with 13 locations, as well as telemedicine. The board certified physicians and dedicated staff are here to meet your ear, nose, and throat needs.



## Florida ENT and Allergy Telemedicine Take Advantage of Their Virtual Appointments

#### Here's How It Works:

- To schedule, call (813) 879-8045 and ask for a virtual telemedicine appointment.
- You will receive an email confirming your appointment time and date.
- The email will have a link to the video call

If you have any questions, please reach out to Florida ENT & Allergy at (813) 879-8045, and they will be happy to assist you.

- On the day and time of your appointment, you simply click the video link from your email you received confirming your appointment. Your physician will be there waiting for you.
- You can do this from your computer, tablet or any smartphone
- You will then be live with your physician and able to describe your symptoms and ask questions.

It's not difficult, but if you require any assistance, Florida ENT & Allergy's staff is available to walk you through the steps. During this time of social distancing and all of the confusion that has been thrust upon us, Florida ENT & Allergy is here for their patients to help reduce some of that inevitable anxiety and to take care of your needs.

## **About Florida ENT & Allergy**

The physicians of Florida E.N.T. & Allergy have served the Tampa Bay community for over 40 years. Their board-certified physicians and doctors of audiology have completed extensive education and clinical training as well as specialized training in their area(s) of expertise. From pediatric allergies to fitting hearing aids, their caring and experienced providers specialize in ear, nose and throat care for the entire family using comprehensive, cutting edge technologies.

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



(813) 879-8045 www.floridaentandallergy.com

# Hyperbaric Oxygen Therapy: Can it Boost the Immune System?

yperbaric Oxygen Therapy (HBOT) is one of the methods used to increase oxygen throughout the tissues cells to destroy anaerobic bacteria, which cannot exist in an oxygenated area. It is also touted as having the ability to improve immune function and repair damaged tissues. Many researchers purport that HBOT can destroy and kill viruses and bacteria. Additionally, many patients report feeling better after HBOT sessions. Repeatedly these same patients show marked signs of improvement rather quickly, and over time, they very often show little to no symptoms or signs of their disease or condition.

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 regenerative processes and assists in the recovery from numerous indications.

With hyperbaric oxygen, enough molecular oxygen can be dissolved into a patient's blood stream and tissues to fulfill all metabolic necessities. Breathing 100% oxygen at 1, 2 or 3 atmospheres results in 2,4 and 6 ml of oxygen in solution per 100 ml of blood, respectively. Patients are usually treated with 1.2 to 3.0 times atmospheric pressure for 30 to 90 minutes, which is equivalent to the pressure that a diver is exposed to at a depth of between 5 and 20 meters underwater. A study on rheumatoid arthritis and immune function with HBOT showed that hyperbaric oxygen has immunosuppressive properties modulated by decreasing interleukin 1 (white blood cells) and prostaglandin E2 (mediator in Inflammation) production.<sup>2</sup>

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 always at the patients personal discretion and referral by the physician. 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.

#### Reference:

1. DJ Wallace, "Use of hyperbaric oxygen in rheumatic diseases: case report and critical analysis," UCLA, aamhei.com/wp-content/uploads/bibliografia-cientifica/use-of-hyperbaric-oxygen-in-rheumatic-diseases-case-report-and-critical-analysis.pdf

 Inamoto Y et al Effect of hyperbaric oxygen on macrophage function in mise. Biochem Biophys Res Commun 1991; 179: 886-891. Hyperbaric Centers of Florida provides a clean, professional and caring environment for all of our patients. The founders of our new center have over 40 years of cumulative experience in Hyperbaric Medicine and providing Hyperbaric Oxygen Therapy for a broad spectrum of indications.

## Why Patient's Prefer Hyperbaric Oxygen Therapy at our Center?

Not all clinics are created equal. With Hyperbaric Oxygen Therapy It is always more important to find a safe clinic with a fully trained knowledgeable staff rather than a close clinic, or one that touts false claims. This is one reason people from all over the world travel to Hyperbaric Centers of Florida. We use Real ASME PVHO Chambers capable of 3 Atmospheres Absolute of pressure (29.4psi), Medical Grade oil-less / oil-free breathing air compressors, 100% Medical Grade Oxygen, Sea-Long Hoods, and 100% Cotton Scrubs. Hyperbaric Centers of Florida has a reputation of providing the safest and most comfortable treatments available.

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.

#### **Patient Testimonials**

"My son and I had this treatment done for Lyme disease. The staff were amazing and so empathetic to our needs, they really go above and beyond for their clients."—Rachel W.

"Total confidence. We have used several different Hyperbaric Medicine facilities around the country, and this is the best overall experience, by far. Everything is up to date and safe, and the staff makes you feel like you ore family. They make a point of it!"—Thomas P.

"Wonderful staff and amazing results. Words cannot describe how it feels to hear your child's voice agoin after TBI took it away. To see my daughter color, play with her toys, and eat by mouth again is something that is truly amazing. We will definitely be back in the fall. #PrayforGia."—Tyler Z.

"This place is great. They have helped our family out for several years with safe, effective and professional hyperbaric treatments."—The Payne Family

## 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

## • Hyperbaric Centers of Florida

www.hyperbariccentersofflorida.com

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

# **Practical Tips For Caregivers At Home**

s a result of the COVID-19 crisis and Stay-At-Home Order, caregivers are feeling more overwhelmed and sequestered than ever. The important thing to know is that you're not alone, and there are essential resources available to help. That's why we have put together this quick list of tips to help you stay organized and take time for self-care.

#### Don't forget to take care of yourself, too.

As a caregiver, there is a lot of weight on your shoulders to make sure things are running smoothly, and this can make it easy to put self-care on the backburner. However, it is essential that you make caring for yourself a priority. Just think — if you were to get burnt out, tired, or even sick, things would be that much harder.

#### **Practical Tips:**

- Set aside time each day to do something that focuses on you. Take 15 20 minutes and work on a crossword puzzle, watch a short television show, listen to a podcast or do some light gardening.
- Exercise. Moving for just 30 minutes a day can improve your mental and physical health. Take a walk around the neighborhood, or find some short exercise videos that match your ability level on YouTube, Prime Video, and other streaming services.
- Include "me time" in your schedule. Plan a set time and add it to your calendar, and actually use that time for yourself. Plan it for the same time every day and soon it will be habit as part of your daily routine.

## Know where to go for help.

Don't be afraid to ask for help. Most times, people want to help. They just aren't sure how, so ask for something specific. Make a list of people who might be willing and able to help you with small tasks that can help free up some of your time and reduce the number of times you'll need to leave the house.

### **Practical Tips:**

- Find a neighbor or family member who would be willing to pick up some grocery items or prescriptions for you while they are already out.
- Ask a neighbor or find an inexpensive lawn service to help with yard maintenance. Especially now that the warmer weather is upon us, doing heavy yard work can drain you unnecessarily. Plus, this can be done without anyone coming in your home, limiting any risk of exposure.



• Make a list of everyone's contact information with notes about what they can do to help, and keep them together so you know where to look when you need to make a call.

### Get organized, and keep everything in one place.

There are a lot of things going on simultaneously when you are a caregiver. Staying organized is the best way to ensure you'll be prepared in the event of an unforeseen situation. Create a binder or folder and keep originals or copies of all of the following items. You could even make extra binders to leave with anyone who may need to make decisions on your behalf — your children or other family members, a neighbor, and even your doctor.

- Updated contact information for family members, neighbors who could check in, doctors' offices, attorney, and anyone else who might be important to you.
- Medications list, including name of the prescription, dosage and directions for use
- Important passwords and account numbers for banking, monthly bill payments like utilities, credit cards, mortgage, and more.
- Any wills, power of attorney, advanced directives and other legal documents that you may have, as well as contact information for people involved with those items.

## Caregiver Support Services at Gulfside Hospice

As part of its Comfort Connections program, the team at Gulfside is proud offer its new Caregiver Support Services to help those who are caring for patients under Gulfside's care. The non-profit currently serves more than 600 hospice patients daily,

meaning there are more than 700 caregivers benefiting from the program, both locally and nationwide.

Services of this program include a phone call from the team upon admission with resource information, individual consultations and support groups for finding valuable insights and practical suggestions, pre-bereavement consultation for anticipatory grief, and bereavement support for dealing with loss.

Even during the current COVID-19 crisis, these services are still being offered to families, and are more important than ever. Thanks to technology, the Caregiver Support Services team is able to offer the consultations and support groups via telephone and video conferencing. This means that even now, caregivers are truly not alone.

To learn more about the Caregiver Support Services or other programs offered by Gulfside Hospice, call 800-561-4883 or visit www.Gulfside.org. These services are offered at no charge to its families thanks to the support and generosity of the community. To support the program, please consider making a gift at www.gulfside.org/make-a-gift.



# CLINICAL TRIALS

No other field of medicine is changing as rapidly as oncology. Over the past decade, literally dozens of new medicines and new approaches for treating cancer have been developed, and this has resulted in many more people surviving cancer than ever before. According to the National Cancer Institute, in 2020, there are over 15 million cancer survivors in the United States, and approximately two million of them have survived for 20 years or longer. Some of the reasons cancer survival rates have dramatically increased can be linked directly to such things as improvements in early detection methods, more advanced therapies, and genetic research and clinical trials, which are responsible for developing more effective drugs.

The future cures for various types of cancer will all come from clinical research, yet not many adult cancer patients participate in clinical trials. Why? In some instances, it is because clinical trials are misunderstood and patients may fear being "a guinea pig." In clinical trials for a life-threatening disease like cancer, no one who participates in a clinical trial is ever treated like a guinea pig. In fact, such great precautions are taken on behalf of patients who participate in clinical trials that, many times, their cancer treatment goes beyond standard care protocols.

## Debunking the Myths

Aside from the misunderstanding about being a guinea pig, patients who are considering participating in a clinical trial for cancer are often concerned that they might be given a placebo or a drug that will prove to be ineffective. The truth is that in some types of clinical trials (specifically those that are investigating something simple such as a new cold medication) some participants are given only a placebo. However, in clinical trials for cancer, a participant is never given anything less than the current standard of care.

All participants in oncologic clinical trials will be given the best standard treatment available for their particular type of cancer ... then in addition to that standard treatment, they may be given the new drug that is being tested or a placebo. No participant is ever given a placebo alone.



## Increased Participation in Clinical Trials Means Faster Approval for New Treatments

According to the American Cancer Society, there are many hundreds of promising new cancer drugs and therapies currently undergoing research. The average time for a new drug to be approved is seven years, and many times clinical trials cannot be conducted because of a lack of patient participation. If more cancer patients participated in clinical trials, there would be more new drugs available sooner in the future. Don't miss the opportunity to be a part of finding the cures for cancer.

Florida Cancer Specialists (FCS) is a recipient of the national ASCO Clinical Trial Participation Award and a strategic partner of the Sarah Cannon Research Institute, one of the largest clinical trial organizations in the U.S. As such, FCS offers access to more national clinical trials than any other private oncology practice in Florida ... and, if you qualify to participate in a clinical trial, you can do so in the comfort and convenience of your local FCS cancer center.

## WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, throughout Florida. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

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



World-Class Medicine, Hometown Care,

#### Hudson

7651 Medical Drive Hudson, FL 34667

### **Hudson North**

14100 Fivay Road, Suite 380 Hudson, FL 34667

## New Port Richey

8763 River Crossing Blvd. New Port Richey, FL 34655

## New Port Richey West

5802 State Road 54 New Port Richey, FL 34652

## Wesley Chapel:

26823 Tanic Drive Wesley Chapel, Florida 33544

## Zephyrhills

38010 Medical Center Ave Zephyrhills, FL 33540

## For more information, visit FLCancer.com



# Advanced Pain Management for Peripheral Neuropathy:

What You Need to Know

BY DR. ROBERT LUPO, D.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 postgraduate education in chiropractic orthopedics, neurology, spinal disc injury care, and auto accident and injury care. Physical Medicine Center also offers massage therapy, treatment for dizziness, balance disorders, Spectra cell nutritional blood analysis, bio-identical hormone replacement therapy for men and women and offers the nationally known Medifast weight system.

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## **ESTATE PLANNING:** IT'S NOT JUST FOR SENIORS

By Michelangelo Mortellaro, P.A.

Who needs an estate plan?

"Not me. I'm not rich. I don't own anything valuable."

"Not me. I'll get to it later. I'm too busy right now."

"Not me. I'm healthy and young."

The truth is: Every adult needs an estate plan. It's not just for the wealthy, or seniors, or for people with medical issues.

As all of us are experiencing today, life as we know it can change quickly. Are you and your loved ones prepared? Who would step in to take care of you right now - if you suddenly couldn't speak for yourself? Even if you know who you want, has that person been given the authority - legally - to act on your behalf?

If you can't answer these questions, or if the subject matter is something you haven't wanted to deal with, then it's time to make time. You need to protect yourself, your family, your property and your well-being.

This is not meant to sound an alarm. It does not take a global pandemic for your life to be turned upside down. A car accident on the way to the grocery store could render you incapacitated.

Estate planning documents provide security and peace of mind. All it takes is some reflecting, advising and putting your wishes onto legal documents. It only takes a matter of days and the cost may not be as expensive as you think.

### Why Do I Need Estate Planning?

Before we tackle the types of documents involved, it's important to understand why everyone should have them in place. The tale of Terry Schiavo is an example of why even young people need to have at least the most basic documents.

In 1990, Terry Schiavo suffered cardiac arrest in her St. Petersburg home. She was 26 years old. Though Terry was successfully resuscitated, the lack of oxygen to her brain left her in a coma. Months later,



doctors said she was in an irreversible persistent vegetative state. She remained alive because of a feeding tube.

After years of therapy attempts resulted in failure. her husband, Michael, petitioned a court to remove her feeding tube. Terry's parents objected. Because Terry had not put her wish to be removed from artificial life-sustaining measures in writing, the two sides clashed in court until 2005. Before her feeding tube was removed, the case involved local, state and federal courts, a governor and members of Congress over 15 years.

### What Are the Key Estate Planning Documents?

The absolute basics everyone should have are called Advance Directives; the Durable Power of Attorney, the Healthcare Surrogate, and the Living Will. These documents come into play while you are alive.

The Durable Power of Attorney grants someone either specific or wide-ranging control of legal and financial aspects of your life. As the "principal," you enable your "agent" to act on your behalf. The power to do so is immediate, though you can amend or revoke this document at any time. Now, if something unfortunate should befall you, there is someone who can use the document to speak to financial institutions and utilities to manage your accounts and pay bills.

## The Law Office of Michelangelo Mortellaro, P.A.

13528 Prestige Place, Suite 106 Tampa, FL 33635

> 813-367-1500 mortellarolaw.com

The Healthcare Surrogate, sometimes called a healthcare power of attorney, authorizes someone to discuss your healthcare and treatment with medical professionals if you cannot speak for yourself. Your agent can ask for or refuse treatments, access your medical records, hire/fire medical personnel, and make decisions about which facilities are best for you.

A Living Will allows you to spell out what you do and do not receive from medical professionals if you are unable to speak for yourself. For example, do you want to be on life-prolonging machines and feeding procedures at the end of life, even if there is little to no hope of coming back? A well-crafted living will gives clear direction to your family and friends about your wishes in these situations. Because it's all in writing, it takes the burden off siblings and can keep the peace if there are differing opinions.

## Next Level Planning

After those basics, there is the matter of your assets and property after you die. A Last Will and Testament names someone to carry out your wishes for your estate. This person is called the Personal Representative in Florida. This may or may not involve setting up a trust. A simple will might be best for some folks, but a trust could be a necessity for others.

An estate planning attorney can help you navigate your situation. For example, if you have a blended family of children and step children from previous marriages, who will raise the minor children if you pass? How can you ensure that your assets pass down to your children in that situation?

Estate planning should be updated after all key life-changing events: marriage, divorce, birth of children, death of parents, siblings, spouses and children. And many more. The worst choice you can make is to do nothing. When you do nothing, you put a judge and the state statutes in charge. That judge does not know you, does not know your family dynamics and will likely default to state law.

At Mortellaro Law, we want to hear your story and provide you with peace of mind. Our documents remain up-to-date with current state statutes. Clients who join our Legacy Care Program for estate planning enjoy annual reviews.

Our office is fully operational at this crucial time. We can talk via telephone or video conferencing. Our clients and their needs are important to us. We're ready to assist you, too.



# **Does Hearing Loss Affect Cognitive Function?**

By Michael Branch, MD

ge-related hearing loss, known as sensoryneural hearing loss, is a normal part of growing older. Approximately 50% of people will have significant hearing loss by age 75 years. Preventing this type of hearing loss - through things like avoiding loud noise exposure - and treating sensoryneural hearing loss is critical for maintaining good hearing.

Over the past decade studies have also shown the negative effects of hearing loss on cognitive function. Why are these disorders so closely related? When there is auditory deprivation there is a significant reduction of activity in the area of the brain that processes communication. This area is the temporal lobe and is called the primary auditory cortex. It not only controls hearing but also the way language is processed.

Individuals that struggle with hearing often become less social and therefore their cognitive decline is affected by less interaction and less mental processing. It is also thought that decline in other special senses, like the sense of smell and vision, can exacerbate cognitive issues due to degeneration in these other areas of the brain.

If you get early treatment, which is typically hearing aids, you can slow down the natural progression of hearing loss related cognitive decline. Hearing loss will continuously get worse with age in most people. But compensating for the loss with properly fitted hearing aids can help reduce mental decline. It is important to keep the brain engaged in social interaction and verbal communication. When someone becomes isolated from communication, it tends to exacerbate the processes of dementia.

Nearly 5.2 million Americans have Alzheimer's disease, and that number is expected to triple by 2050. Experts estimate that an Alzheimer's diagnosis will affect close to 15 million people by midcentury. There is no cure for Alzheimer's or dementia. Taking care of our health is critical to staving off memory related decline. This includes many factors like proper exercise, staying social, staying mentally active with things like puzzles



and reading, a heart healthy diet, getting proper rest and protecting our hearing. (For more information see the Alzheimer's Association web site.)

Alzheimer's researcher, Dr. Doraiswamy, a professor of psychiatry and medicine at Duke University School of Medicine and coauthor of The Alzheimer's Action Plan stated that improved hearing improves brain function. He explained, "The improvement in cognition was huge, about double that seen with any of the current FDA drugs for treating Alzheimer's." He continued. "Studies have shown that uncorrected vision problems raise the risk for dementia. Every doctor knows that hearing loss can result in cognitive problems, but they still don't focus on it as a priority when they evaluate someone with suspected dementia, which is a big missed opportunity. The benefits of correcting hearing loss on cognition are twice as large as the benefits from any cognitive-enhancing drugs now on the market. It should be the first thing we focus on."

If you are experiencing any changes in your hearing, it's important to see an Otolaryngologist because they are trained to get you the best outcome and resolution for your specific issue. There could be underlying issues for your hearing loss and multiple options to improve your hearing might be available like surgery, cochlear implants, hearing devices, or even something as simple as removing wax.

## Michael Branch, M.D.

Board Certified Otolaryngologist - Ear, Nose, and Throat

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

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## A 16 YEAR JOURNEY TO BACK PAIN RELIEF:

## What one Patient Wants Others to Know

erald "Jerry" Pappa is a busy man, he traveled quite a bit years ago when he was a lobbyist in Washington, and on one trip in 2003, his back pain became unbearable. Soon after, Jerry was told that he had a degenerative spine disease. Jerry underwent TEN surgeries of the lumbar and cervical spine. He explained, "My back has a lot of hardware installed in it, from rods to plates and screws. I even had a spinal stimulator implanted in my spine to try and alleviate my pain, but unfortunately, nothing was helping long term."



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

careers and became a well-established real estate broker, opening Golf View Realty Property Management, which alleviated his need to travel regularly, but on a daily basis, he was still in a lot of pain. That's when Jerry's orthopedic doctors recommended that he see Dr. Panchal. They told Jerry his back issues were 'complicated,' and that Dr. Panchal was an out-of-the-box-thinker and a highly-regarded physician that had unique methods and experience in spinal pain management.

In 2009 to 2010, Dr. Panchal did RF (radiofrequency) ablation treatments on Jerry's spinal nerves. With RF ablation treatments, the nerves that are damaged, narrowed, or impinged, are injected with a low-level of localized heat, causing the nerve to stop sending signals to our brain through an interruption in the nerve conduction. This procedure is entirely safe and effective. It has been used for many years with long-lasting results for people suffering from low back pain. Jerry's pain was alleviated for many years, but Dr. Panchal explained that nerves grow back, and in 2018, Jerry needed to see Dr. Panchal again to receive more RF ablations.

"I was having horrible pain in my pelvic area and lower back!" Jerry said. "It's hard to explain how excruciating the pain was, but it was debilitating.





Dr. Panchal told me that I had two options, one would be to have sacroiliac surgery, which would require more rods, plates, and screws or another alternative treatment that was helping numerous other patients of Dr. Panchal. Not looking forward to another surgery or, more hardware, I wanted to know more about the alternative treatment. Dr. Panchal explained that it was stem cells."

Jerry continued, "Interestingly, I had been researching stem cells and knew they had helped other patients with nerve pain and joint dysfunction. I decided to get a second opinion, and my wife, and I attended multiple stem cell symposiums. It didn't take long to realize that Dr. Panchal was the safest and most experienced option. I think it's important for patients to know that legitimate surgeons only do stem cells in a sterile environment such as a surgery center and they do it under fluoroscopy, not in an office. There is also a great deal of difference between the stem cells options that are available."

#### Exosomes

Jerry had his stem cell procedure in February 2019. Due to his extensive research and expertise, Dr. Panchal adds exosomes into his stem cell treatment. Exosomes are produced from the plasma membranes of cells and are best explained as extracellular vesicles. Exosomes are nano-sized particles that are released due to an immune response. Some medical professionals are reporting that they are more regenerative and effective

than stem cells. Because they act as intracellular communication messengers within the body and have the ability to move between multiple cells, they are also incredibly useful when paired with stem cell therapy.

Dr. Panchal has been committed to regenerative medicine and stem cell therapy for several years. Dr. Panchal explains exosome therapy further, "This is an exciting new approach for regenerative medicine. Unlike PRP which has limited growth factors, or bone marrow and fat aspirate, which has an unknown quantity of stem cells, or growth factors from the patient, or the use of fetal cord blood stem cells (which has unknown function after thawing and also the risk of tumor formation from foreign DNA), exosomes are a highly concentrated and reproducible source of growth factors for regenerative techniques. The other approaches typically take six months to see any results. With exosomes, I've had some patients begin to notice improvement as early as 2-3 weeks. And since this is an acellular product, there is no risk of tumor development."

After Jerry's stem cell and exosome treatment, he reports that his pain is 80 to 90% gone. Jerry told us that he knows he made the best decision to have Dr. Panchal do the exosome and stem cell treatment and that he is a firm believer in what Dr. Panchal can offer patients.

"What Dr. Panchal did is nothing short of miraculous!" Jerry explained. "I've had a lot of doctors in my life, and Dr. Panchal takes his patient care to a whole new level. He's thorough, explains everything in great detail and even calls me on his cell to check in and follow up. Most doctors don't do that; he's a fantastic physician and one that takes great pride in helping patients find real results."



Dr. Sunil Panchal

Dr. Panchal has treated patients with exosome therapy for pain in the cervical and lumbar facet joints, sacroiliac joints, knees,

hips, ankles, elbows, shoulders, ligament injuries, and also degenerative discs. These tiny exosome communicators that secrete therapeutic and regenerative effects to the cells and tissues throughout the body are becoming highly-sought-after by many patients that have suffered from pain and chronic disorders. Some of the additional findings within peer-reviewed studies are as follows:

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

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



## The National Institute of Spine & Pain

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# YMCAs Address Blood Shortage with Community Partners

he YMCAs of Tampa Bay are partnering with local blood banks to help address the blood shortage due to the coronavirus temporarily shutting down large companies and schools that would usually host blood drives in its parking lots.

That's why the YMCAs of Tampa Bay stepped up with OneBlood and LifeSouth to act as hosts. The Tampa Metropolitan Area YMCA will hold blood drives at 10 locations, including the South Tampa Family YMCA, Bob Sierra North Tampa YMCA, New Tampa Family YMCA and East Pasco Family YMCA on Thursday, May 21st.

"We always look to see how we can serve the community and with our membership operation shutdown, we've pivoted to fill some vital needs in the community," says Tampa YMCA President & CEO Matt Mitchell. "A lot of people when they think of the YMCA, think of the YMCA as a place where kids learn how to swim or do youth sports, or go to camp and other fun programs, which is all true, but the core of the YMCA is we are a charitable not-for-profit and we do lots of charitable things in the community."

The YMCA of the Suncoast and YMCA of Greater St. Petersburg held blood drives at several of its locations on April 17th. OneBlood reported a total of 76 donors which equals 228 lives positively impacted by the selfless giving of those at the YMCA. LifeSouth reported a total of 34 people donating blood at the YMCAs in Citrus and Hernando counties.

"We appreciate the YMCAs of Tampa Bay for their lifesaving partnership," says Amy Lee, Manager of Donor Recruitment, OneBlood Pinellas & Polk Counties.

Bloodmobiles are also taking extra precautions to ensure participants in the blood drive can still practice social distancing as best they can. OneBlood is using a sign-in sheet and will call the donor when it's their turn and when there is room within the mobile bus to start the donation process. No more than four donors will be allowed on the mobile bus at a time. Staff will clean and decontaminate by spraying disinfectant on beds between donors and periodically wiping down other frequently-touched surfaces like handles, clipboards, pens, etc. Staff will wear gloves and a disposable mask.





The Tampa Y will host the following donation blood drives at 10 YMCA locations across Hillsborough and East Pasco counties to ensure ready blood supply for the community:

Thursday, May 21, 11am - 5pm

BOB GILBERTSON CENTRAL CITY FAMILY YMCA 110 E. Palm Ave. Tampa, FL 33602

> BOB SIERRA NORTH TAMPA YMCA 4029 Northdale Rd. Tampa, FL 33624

> CAMPO FAMILY YMCA 3414 Culbreath Rd. Valrico, FL 33596

EAST PASCO FAMILY YMCA 37301 Chapel Hill Lp. Zephyrhills, FL 33542

NEW TAMPA FAMILY YMCA 16221 Compton Dr. Tampa, FL 33647

NORTH BRANDON FAMILY YMCA 3097 S. Kingsway Rd. Seffner, FL 33584

NORTHWEST HILLSBOROUGH FAMILY YMCA 8950 W. Waters Ave. Tampa, FL 33615

PLANT CITY FAMILY YMCA 1507 YMCA Place Plant City, FL 33563

**SOUTH TAMPA FAMILY YMCA** 4411 S. Himes Ave. Tampa, FL 33611

SPURLINO FAMILY YMCA 9650 Old Big Bend Rd. Gibsonton, FL 33534

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1.888.9.DONATE (1.888.936.6283).



## Virtual Medical Visit Tips and Advice

## Dr. Dana Coberly, Coberly Plastic Surgery and Med Spa

irtual medical visits may seem futuristic, but they have been utilized for many years, and it looks like now, in the event of our stay-at-home orders and social distancing protocols, telehealth visits are becoming commonplace. These virtual office visits are proving to help patients in need of urgent care situations and also with other medical needs. If paperwork is required, these can be submitted online or scanned by taking a picture and emailing them or by sending them from your computer or printer prior to your visit. At Coberly Plastic Surgery and Med Spa, the office staff is available to help assist you if needed. You can also use the patient portal if you are an established patient.

## Specific Steps To Consider Before Your Virtual Visit:

- 1. Please have your medical history or a list of symptoms or questions on hand.
- 2. Choose a private area where you are comfortable in the event a virtual examination of your body is necessary.
- 3. Plan to close the blinds or shades if a virtual exam is needed.
- 4. Make sure your device has audio and visual available via your smartphone, laptop, desktop, or tablet.
- 5. Dr. Coberly uses Zoom, which is quite secure if you follow the instructions and are careful about your login session.
- 6. In some cases, Dr. Coberly's staff may ask for photos for insurance purposes or for your medical record. These can be emailed or sent through the

Just like any normal office visit, a virtual visit allows you to discuss your needs and receive recommendations, prescriptions and conversational dialogue. It also allows Dr. Coberly to show you products, samples, before and after photos, and additional information or literature. It's not difficult, anyone can do it, and again, Dr. Coberly's staff is available to help walk you through the process.





"It seems like everyone around the world is going through tough and unique challenges right now. As we venture into unchartered territory together, we here at Coberly Plastic Surgery and Med Spa are here to continue to offer you support and care through this time. Please don't hesitate to contact our office with any questions, concerns, or needs. We are here to see our patients who need urgent care, either with virtual visits or in our office, if necessary. We are following all state, local, and federal guidelines, and taking extra precautions to ensure that our staff and patients are safe and healthy. We are thankful for our doctors and nurses on the front lines, and all first responders and wish them strength and safety. Please be well."

-Dr. Dana Coberly

#### 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.

#### **Patient Testimonials**

"I would and have recommended Dr.Coberly. She is very kind, compassionate and also an excellent plastic surgeon! She helped me feel so much better about myself after a very difficult after my breast cancer."—Cindy D.

"Dr. Coberly is fantastic. She is extremely knowledgeable, professional, precise and delivers amazing results every time." — Vanessa J.

"Wonderful staff and amazing service!! I have been coming to Dr. Coberly for years and she and her office have done wonders for me! I highly recommend Dr. Coberly!!"—Kathy F.

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®



# Slowing the Pace of Your Life By Pastor Timothy Neptune

emember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

2In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves. Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. "I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. "I can do everything through him who gives me strength. Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: \*But godliness with contentment is great gain. \*For we brought nothing into the world, and we can take nothing out of it. 1Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things. Contentment means this: I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.



Jesus said it like this, 15 Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions." Luke 12:15

If you find yourself making statements like this:

- My life is a rat race.
- · I don't know how I'm going to get it all done.
- I am just so exhausted.
- I don't know how much more of this I can take.
- I just want to escape.

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.





JED F

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