

TAMPA BAY'S

Health & Wellness[®] MAGAZINE

May 2020

South Tampa Edition - Monthly

www.healthandwellnessFL.com

FREE  

 **BayCare**
Medical Group

**INJURY OVERUSE
IN SPORTS, FITNESS
AND LIFE**

**AN INTERVIEW WITH
DR. KEVIN ELDER
SPORTS MEDICINE
SPECIALIST**

See Page 6

**STEM CELL THERAPY
FOR ORTHOPEDIC
PROBLEMS IS AN
EFFECTIVE TREATMENT
BUT BEWARE...**

See Page 9

**UNDERSEA
OXYGEN CENTER:
RESEARCH SUPPORTS
HBOT MIGHT HELP
FIGHT COVID-19**

See Page 10

**MAINTAINING A POSITIVE
MINDSET; EVEN DURING
A PANDEMIC**

See Page 13

**VIRTUAL MEDICAL
VISIT TIPS & ADVICE**

See Page 8

PRSR STD.
U.S. POSTAGE
PAID
FORT MYERS, FL
PERMIT NO. 521

ECRWSS
RESIDENTIAL CUSTOMER

An Innovative Natural Hyperbaric Healthcare Clinic

Owned and operated exclusively by veterans who are experts in the field, we use oxygen to help the body boost its immune system and heal itself.

- Increases Oxygen Delivery to Cells
- Increases Your Body's Collagen Production
- Helps Your Body Make New Blood Vessels
- Reduces Pain
- Reduces Swelling
- Speeds Healing

Free Consultation and 10% Discount

(When you purchase a package of 10 treatments)



UNDERSEA



CLINIC FUNCTIONAL AREAS

- Daily hyperbaric treatments for those in need
- Training and certification in Hyperbaric Medicine for physicians, practitioners and those who want to learn to operate recompression chambers. (40 AMA Category 1 CMEs)
- World class Biomedical Engineering and clinical research
- Western Florida's only 24/7/365 diver emergency treatment center

**Call us for a natural solution to wellness and pain.
(813) 533-7093**



701 N. West Shore Blvd. 3rd Floor, Tampa, FL 33609
www.underseaoxygenclinic.com

Your Source for Exceptional Care



About BayCare Medical Group

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

Your Source for Primary Care

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

- Find your new primary care physician at Doctors.BayCare.org.
- Most insurances are accepted.
- Same day, early morning and late evening appointments are offered.

Your Specialist Resource

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

Find your new primary care
physician at Doctors.BayCare.org.



BayCareMedicalGroup.org

19-783320-0619

 **coolsculpting**
FEAR NO MIRROR[®]

Buy any CoolSculpting
package (4 or more)
and receive a
Complimentary

Kybella Treatment
(value of \$1,198.00)



DANA COBERLY, MD

PLASTIC SURGEON

Dr. Coberly specializes in facial, body, and breast cosmetic procedures, as well as numerous med spa and aesthetic methods.

Coberly
PLASTIC SURGERY &
Med Spa

508 S. Habana Avenue, Ste 180
Tampa, FL 33609
Located In The South Tampa Medical Center

(813) 448-6550
www.drcoberly.com

OUR MOST POPULAR PROCEDURES:

BODY CONTOURING

Your appearance is affected by your overall body silhouette and the proportions of the parts in relation to the whole.

- » LIPOSUCTION
- » BODY LIFT
- » COOLSCULPTING
- » ARM LIFT
- » TUMMY TUCK

BREAST SURGERY

The goal of breast enhancement, rejuvenation, or reconstruction is to achieve a symmetrical appearance that is complementary to the overall shape and figure of the body.

- » BREAST AUGMENTATION
- » BREAST LIFT
- » BREAST RECONSTRUCTION
- » BREAST REDUCTION

FACE PROCEDURES

Frequently the brow, eyes, face, and neck will all benefit from rejuvenation, but the type and extent of treatment is always tailored to the individual.

- » FACE LIFT
- » NOSE RESHAPING
- » EYELID SURGERY
- » EAR RESHAPING
- » BROW LIFT

- 6 Injury Overuse in Sports, Fitness and Life -
An Interview with Dr. Kevin Elder, Sports Medicine Specialist
- 8 Virtual Medical Visit Tips and Advice
- 9 Stem Cell Therapy for Orthopedic Problems Is An Effective
Treatment But Beware ...
- 10 Undersea Oxygen Center: Research Supports HBOT Might
Help Fight COVID-19
- 11 Pure Strength and Movement is Dedicated to Keeping You in
Elite form Pre and Post Exercise with 6 Basic Cues
- 12 Telehealth Physical Therapy Services Make it Possible
for Patients to Stay on Track
- 13 Maintaining a Positive Mindset; Even During a Pandemic
- 14 A 16 Year Journey to Back Pain Relief:
What One Patient Wants Others to Know
- 16 Florida ENT & Allergy is Now Utilizing Telemedicine
- 18 YMCAs Address Blood Shortage with Community Partners
- 19 Spiritual Wellness: Slowing the Pace of Your Life

CONTACT US

OWNER / ACCOUNT EXECUTIVE
SOUTH TAMPA - (727) 515-2353
BOB GUCKENBERGER
bobguckenberger@gmail.com

CREATIVE DIRECTOR
SONNY GRENSING
sonny@gwhizmarketing.com

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

To get your article published and for ad rates, call
South Tampa 727.515.2353

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

PURE

Strength & Movement



*Why do you
workout?*

**JOIN PURE SOUTH TAMPA
CLASSES TODAY!**

**First 30 days of unlimited
classes is \$99.00!**

Download our FREE App **Pure South Tampa**
to see and schedule classes.



PURE SOUTH TAMPA
3311 West Gandy Blvd., Tampa, FL 33611
813-304-1709

Colette has over 20 years of experience and custom tailors each client's needs.

**BOOTCAMP | CIRCUIT TRAINING | OTHER
PERSONAL TRAINING | SPORTS | YOGA**

Injury Overuse in Sports, Fitness and Life

An Interview with Dr. Kevin Elder, Sports Medicine Specialist

Repetitive movements and overuse of muscles through the same range of motion can strain the muscles, nerves, tendons, and ligaments. Overuse injuries are common in children involved in athletic or fine arts activities and also in athletic adults, exercise enthusiasts, and anyone that uses the same muscle groups over and over for their job or life in general. Injuries can be caused by repetitive overuse, improper technique and posture, or inadequate equipment.



Dr. Kevin Elder is a sports medicine specialist with a long history of treating professional athletes, children, and adults. We caught up with Dr. Elder to find out more about his preferred treatment protocols and the advice he offers his patients.

Q: With your expertise in treating professional athletes, weekend warriors and exercise enthusiasts, from children to adults, what are some of the most common overuse injuries you treat and along with repetition, what are the common causes?

A: With children and adults, the processes are somewhat different. Adults commonly have overuse injuries in the Achilles tendon, patellar tendon, runner's knee, rotator cuff, and wrists. With children, we often see growth plate issues such as knee (Osgood-Schlatter), heel (Sever's), pelvic/hip issues, and little league elbow and shoulder injuries.

The causes are, of course, repetitive movement, and also not enough time to recover or rest, imbalance of muscle use, and genetics, such as susceptibility to arthritis or inflammation. Concerning my pediatric patients, we typically see injuries when the child or teen plays one particular sport without any down time/off season, and there is use of the same muscle groups causing excessive pressure on growth plates or tissues.

Q: Many people might want to wait it out or try and self-treat at home. What are some of those conservative "at-home" treatment options, and also, what are the symptoms of injuries that require medical intervention?



A: First-line treatment for most is to self-treat at home. We do recommend the RICE method, which is rest, ice, compression, and elevation. Some people may take NSAIDs, such as ibuprofen as an anti-inflammatory, but we do not recommend NSAIDs long-term as they can cause other adverse issues throughout the body, and they are not treating the root cause, but rather masking the pain. Many patients will consult with "Doctor Google" and look up various exercises or stretches. These can be beneficial, but I want patients to make sure they are not injuring themselves further.

As far as medical intervention, a person needs an evaluation if they are not getting better within a few weeks, or if they have limited activity levels. If you can't go about your daily tasks or resume normal exercise, range of motion, or movement without pain or impingement, you need to see a specialist—One that will get to the root cause of your pain and not just mask those symptoms with medications or injections such as corticosteroids. Long-term use of corticosteroids is known in many cases to exacerbate conditions and make them worse over time. We use a comprehensive approach to help heal our patients and offer regenerative methods to rebuild strength and mobility.

Q: Because you have advanced treatment protocols for your patients, tell us more about MSK ultrasound, orthobiologic treatments, and other methods that you use, and why those are significant for lasting outcomes.

A: I use advanced treatment and diagnostic protocols. It's critical to get a precise, definitive diagnosis. MSK ultrasound is a remarkable diagnostic tool that I've been utilizing for well over the past decade. It's an in-office evaluation that's in real-time, which allows us to see the intricate detail of muscle, ligaments, tendon, fluid, and joint dysfunction. It's done under movement, so unlike an MRI or CT Scan, MSK ultrasound provides dynamic imaging. It's also very cost-effective. I've done several thousand of these, and if a physician is experienced, that's what sets an accurate diagnosis apart from others. We do x-rays in our office as well, which is also useful for kinetic injuries.

Regarding orthobiologic treatments, PRP (platelet-rich plasma) is well studied and has a high level of success. It's essentially a blood sample taken from the patient and spun down in a centrifuge to produce a concentrate of platelets, called platelet rich plasma, that is then reinjected into the injured area. I've done over 3,000 PRP procedures in my office. It's completely natural, and the body fully accepts it since it's not a foreign substance. In many cases, it may allow a patient to delay or avoid surgery altogether. I think of it as a "fertilizer" that's applied to a field with weeds or bald spots (which are injured tendons or arthritis in a joint). PRP provides a means for growth and healing.

Going a step further, we also provide a bone marrow-derived cellular injection called bone marrow aspirate concentrate (BMAC), which is basically a bone marrow stem cell injection. Stem cells derived from bone marrow are concentrated and may help to regenerate and initiate healing on an optimal level. It's like seeds plus fertilizer provided to the dirt of the field. It might be thought of as a more potent option than PRP, because of the presence of some live mesenchymal stem cells from the bone marrow. BMAC is a preparation containing some live stem cells. If a patient has significant degenerative arthritis or more serious cartilage or tendon injuries, BMAC might be a better treatment option for them. We've seen it provide life-changing results. Earlier today, I had a follow up with a patient that is wheelchair-bound. The patient is paraplegic and has only upper body

utilization to move and had developed a rotator cuff injury. With BMAC, she is doing tremendous, healing well and has marked improvement in range of motion and pain reduction.

We do both PRP and BMAC in-office under local anesthetic with a mild sedative if needed.

Q: Because you incorporate a comprehensive, customized treatment plan for your patients, tell us a little more about your approach and thoughts regarding nutrition, resting, and optimal recovery.

A: First, I can't stress enough how important it is to appropriately identify the diagnosis and then customize a tailored approach. I do this by considering all of the evidence, history, and goals for each patient. I provide my patients with options and detailed information on the various treatments. I also give patients all of the information and literature to take home and to help them make a decision that they are comfortable with. My thoughts regarding nutrition and a healthy lifestyle are that they are part of a comprehensive approach. Food is fuel for the body but must be personalized and suitable for each patient according to their needs, medical conditions, and preferences. Good sleep hygiene allows release of growth

hormone that helps the tissues repair themselves, and I also believe stress management is also essential. We might recommend quality physical therapy, some chiropractic treatments, yoga, sports massage or other wellness therapeutics to our patients depending on their circumstances and needs. I give them a list of practitioners that I trust and work with regularly. We may also discuss nutritional supplements that we feel this can stimulate specific healing properties depending on the injury.

Because of Dr. Elder's expertise, he is often asked to speak and teach regionally and locally on his ortho biologic treatment protocols.

Kevin Elder, M.D.

Kevin Elder is a trusted and respected sports medicine specialist caring for the Tampa, Florida community. Dr. Elder received his B.S. Microbiology from The Ohio State University then attended



Adult and Pediatric Sports Medicine
1919 W Swann Ave Fl 3, Tampa, FL 33606
(813) 254-8055 | BayCareMedicalGroup.org
El habla Español

the University of Toledo, where he received his medical degree, and completed his residency in family medicine and a fellowship in sports medicine at Bayfront Medical Center. He is a member physician of BayCare Medical Group. He is board certified in family medicine and sports medicine by the American Board of Family Medicine. He speaks both English and Spanish. Patients trust Dr. Elder's expertise because he consistently provides high quality care that leads to positive and lasting health outcomes. He has trained extensively in Musculoskeletal Ultrasound and Regenerative Medicine and has performed numerous Platelet Rich Plasma (PRP) injections for a variety of musculoskeletal conditions and is now performs stem cell (BMAC) injections as well. He is one of the most experienced doctors in the Tampa Bay area performing these type of procedures under MSK ultrasound guidance and has published articles in national journals on these topics. Dr. Elder is a sought-after consultant, having worked with professional sports teams including the Tampa Bay Buccaneers for 5 years as a team physician, and currently with the US Ski Team and US Soccer. Dr. Elder is uncompromising in his dedication to the well-being of his patients. He is committed to giving the best care and establishing long-lasting relationships with them.

1 in 26 people living in the United States will develop epilepsy during their lifetime. In fact, you probably know someone who has epilepsy today. If not, you know someone who will develop it in the future. It might be your daughter, your father, your grandchild, your best friend. It might even be you. Epilepsy can affect anyone with a brain and seizures can strike at any time, without warning or reason.

We think 1 in 26 is a big number. But you know what's not a big number?

\$26

Join our **END EPILEPSY** movement by making a small, one-time donation of just **\$26** and displaying your **Give 26** to **END EPILEPSY** magnet on your car, at work or at home to let everyone know you're in this fight with us. Let everyone know that you're fighting to raise awareness of epilepsy, support people with epilepsy, and provide the critical funds to **END** this devastating disease.

- **10 people** giving \$26 funds the 24/7 Epilepsy Helpline for a day
- **100 people** giving \$26 funds bereavement services after SUDEP (Sudden Unexpected Death in Epilepsy)
- **1000 people** giving \$26 funds a Seizure Safe Summer Camp for kids living with epilepsy
- **100,000 people** giving \$26 funds making 26,000 classrooms Seizure Safe
- **1,000,000 people** giving \$26 funds bringing a cure for epilepsy to market



www.give26.com



Virtual Medical Visit Tips and Advice

Dr. Dana Coberly, Coberly Plastic Surgery and Med Spa

Virtual 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 portal.

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 uncharted 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:

BODY CONTOURING	BREAST SURGERY	FACE PROCEDURES
<ul style="list-style-type: none"> • Liposuction • Body Lift • Coolsculpting • Arm Lift • Tummy Tuck 	<ul style="list-style-type: none"> • Breast Augmentation • Breast Lift • Breast Reconstruction • Breast Reduction 	<ul style="list-style-type: none"> • Face Lift • Nose Reshaping • Eyelid Surgery • Ear Reshaping • Brow Lift
MED SPA <ul style="list-style-type: none"> • Laser treatments • Photo Rejuvenation • Chemical Peels • Botox 	<ul style="list-style-type: none"> • Dermal Fillers • Sclerotherapy • CoolSculpting • Silk Peel • Kybella 	<ul style="list-style-type: none"> • Waxing • Dermaplanning • Acne Treatments • Medical Grade Products

WE HAVE A NEW OFFICE LOCATION: Coberly Plastic Surgery & Med Spa



Located In The South Tampa Medical Center
508 S. Habana Ave.
Ste 180
Tampa, FL 33609

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

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



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

By *Regenexx Tampa Bay, Regenerative Medicine*

We 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.



RegenTampaBay.com

8600 Hidden River Parkway, Suite 700, Tampa, FL 33637
813-544-3123

2401 University Parkway, Suite 104, Sarasota, FL 34243
941-357-1773



Goldcoastorthopedics.com

20754 W Dixie Hwy, Miami, FL 33180
786-855-4800

UNDERSEA OXYGEN CLINIC: Research Supports HBOT Might Help Fight COVID-19

We have a way to help people's bodies and immune systems HELP THEMSELVES when recovering from or actively fighting the COVID-19 threat, which should reduce the need for extra ventilators.

When you breathe normal air, you are breathing in about 21% oxygen and the rest is mostly nitrogen. As you inhale, the air goes into your lungs. The lungs can be compared to an upside-down tree. The main airway is comparable to the trunk and smaller airways are like branches that lead out to the alveoli, which is the place where gas exchange occurs, and which can be thought of as the leaves. These leaves, or alveoli, act like tiny balloons that expand and contract with every breath. Normally, the red blood cells in your bloodstream pick up the oxygen molecules from the alveoli and transport the oxygen throughout your whole body. Every cell in the body needs oxygen to survive, which it uses for vital functions, and, in return, the cells give off carbon dioxide, which the red blood cells carry back to the lungs to be expelled when someone exhales.

Using a treatment called hyperbaric oxygen therapy (HBOT), doctors can raise the percentage of oxygen you breathe to more than 140% due to the laws of physics and how they relate to atmospheric pressure. High quality and peer reviewed studies have shown that HBOT can saturate plasma in the blood so thoroughly with oxygen that it can sustain life even without the red blood cells that normally transport oxygen being present.

HBOT super saturates oxygen into the body's tissues, which promotes increased capillary growth (the tiniest blood vessels) and increased white blood cell (immune cell) activity, which assists your body in fighting infections in a number of ways; by promoting tissue healing secondary to an increase in collagen production, by reducing pain and by reducing swelling. HBOT can also help inhibit certain toxins and reduce the size of any gas bubbles in the body or blood stream. Also, it can have a synergistic effect with certain antibiotics, which means that it can enhance their ability to fight bacteria.



HBOT can also mobilize the body's circulating STEM cells, which are the cells that are responsible for replacing cells that are old, damaged or dead. It has been shown that a single 2 hour treatment with HBOT at certain pressures of oxygen can double a certain type of circulating STEM cell known as a CD34+ pro generator STEM cell. These particular STEM cells are important because they are the human cells responsible for salvaging and restoring damaged cells and tissues within the body. Finally, and after approximately 20 hours of HBOT, the circulating CD34+ STEM cells can be increased by up to 800%.

The COVID 19 virus specifically attacks and damages cells in the leaves of the respiratory tree, or alveoli called type 2 pneumocytes.

These pneumocytes are the cells in the alveoli that help keep these little sacs of air from sticking shut by producing something called surfactant. Surfactant keeps the alveoli open by reduces surface tension thus making it easier for the sac to expand and for us to breathe in-and-out. When these cells are attacked, they are taken over by the virus to make many copies of the virus, which ends up killing the cell and causing many of the breathing issues people are experiencing. The reduced number pneumocytes and surfactant is what makes it very hard to breathe because the alveoli cannot expand and contract as easily as they normally do. People struggle with a significantly increased work of breathing due to the resistance created by the loss of the surfactant and those who already have bad hearts or lungs are especially likely to have such a hard time breathing that they can get to a point where they need a machine to push air into the lungs. The end result is that patients with this infection cannot oxygenate their body well enough which is what our lungs do, and our bodies need for survival. Additionally, COVID-19 morphs the red blood cells and reduces their ability to carry oxygen—effectively starving the cells. There also is minimal added benefit of a boost in healing nor stimulation of the body's immune system when you only breathe 100% oxygen.

With COVID 19 the problem is the patients cannot get enough oxygen into the alveoli and from there into the blood stream and red blood cells (which are unable to carry the normal amount) to give the cells what they need to survive. If you increase the amount of oxygen a person breathes to 100 % from the normal 21% then that can help patients get more oxygen into their bodies, but not enough.

Another effect of hyperbaric oxygen that can lead to benefit is that it reduces the diameter of the blood vessels. This is called vasoconstriction. This is particularly important for COVID 19 infected patients because the reduction of oxygen from the lung destruction can lead to a dangerously dilated or wide-open blood vessel that can dangerously reduce blood pressure and allow for fluid from your blood to leak into your lungs. HBOT can slightly increase blood pressure and avoid massive swelling by causing the narrowing of the blood vessels or vasoconstriction

Additionally, the increased percentage of oxygen the body experiences can help it by producing approximately 200% more stem cells than normal, which are an important part of the bodies healing process.

Another important benefit of the increased oxygen in the body from HBOT is that it can help with a process called angiogenesis. This is when your body makes new blood vessels to get oxygen to areas that have blocked blood vessels, whose blood vessels are damaged or not working correctly or because of the demand from tissues that are working harder than they normally do. These new blood vessels provide a new path for the oxygen to be delivered to the tissues that need it so those tissues can heal faster. This increased oxygen also helps your body to produce more collagen, which is an important part of the scaffolding of every cell. HBOT also has the added known benefit of reducing inflammation. The body being under attack sends a systemic inflammatory response to the virus which can be aided by HBOT.

The physics and physiology behind this information are all evidence-based facts from scientific papers published in major journals and as much knowledge as is known about COVID-19 as of April 4th, 2020. While HBOT has not been definitively proven for use in COVID 19 yet, HBOT has a proven track record of success as the main treatment or as an adjunctive or add on treatment for many diagnoses and some of those are also infections. Additional it has had purported successful use during the Spanish flu of 1918.

The best available evidence suggest that recovery should definitely be enhanced by using HBOT, we believe that HBOT COULD and SHOULD be used for COVID 19 infected patients to impede the diseases progression and optimize the body's ability to heal itself and recover. We believe this will reduce the need for machine, or ventilator, supported breathing by approximately half in those critically ill patients.



For more information contact the Undersea Oxygen Clinic at 813-533-7093 or visit Underseaoxygenclinic.com.

Pure Strength and Movement is Dedicated to Keeping You in Elite form Pre and Post Exercise with 6 Basic Cues



Exercise is critical for overall health, but if you are exercising in bad form, meaning your posture is poor, you extend your stomach or your neck is protruding, you can actually do your physical body much more harm than good. For those that try to work out on their own or watch the plethora of some “not-so-skilled” YouTube Influencers, beware that you might be gearing yourself up for major injury.

At *Pure South Tampa*, their expert, certified, fitness professionals use multiple modalities to keep you safe and in peak form, and there are 6 basic cues that they stand by as well. These are:

1. Your head position must be in proper alignment to make sure that the head and neck is back against the backline, reaching towards the ceiling, not jutting forward or in misalignment.
2. Shoulders must be down and back as if a drop of water could slide down your shoulder, straight down the center of your spine.
3. Abs must always be engaged when exercising and they also should be engaged throughout the day. The only time they should be totally relaxed is while you’re eating and sleeping.
4. The rib cage must be down and not sticking out, which arches the back and spine in misalignment.
5. Glutes must be engaged.

Due to COVID-19 and FL Governor DeSantis mandate, we are closed starting March 17th, 2020 until the mandate is lifted. In the meantime, all coaching has been moved to online virtual coaching.

Sign up for Virtual Classes via their app PureSouthTampa.

6. The final cue is to keep yourself grounded to the floor at all times, whether it is through the hands or feet depending on exercise. Even with ballistic movements or jumping, you still want to have the proper weight and return to the feet with bent legs (not locked) to prevent injury.

Pure South Tampa’s philosophy on fitness and their dedication to whole-body-wellness is the key to their client’s satisfaction. Here, clients can benefit from a multifactorial program that can be tailored to their specific needs. What also sets *Pure South Tampa’s* circuit training apart from the rest is that the classes are very limited to allow for a ‘private training’ experience and to avoid the overwhelming feeling of an overcrowded gym. There are also private one on one coaching classes available as well. It’s not just about training; it’s also about nutritional counseling, building a strong, trustworthy relationship with dedicated professionals to hold you accountable and to keep you motivated even through the tough, tempting times.

Coco Dunham, Pure South Tampa’s Fitness Professional

Coco began her career in fitness as a result of being injured at age 23. As part of her recovery, she hired an ACE certified personal trainer, which ignited her interest in the human body and movement. After meeting her husband and moving to Pittsburgh, Coco established her own successful personal training business in 1998. She continued building her business until she and her family moved to Tampa in 2014. Upon moving to

Tampa, Coco decided to focus on expanding her knowledge-base with additional certifications and also take a few years to raise their son. She is excited to share her experience and increased knowledge with clients in her new base at Pure South Tampa. Her core belief is that people should always put their own physical wellbeing on their to-do-list, perhaps, even first.

Join Pure South Tampa Classes Today!

The first 30 days of unlimited classes is \$99.00.

Download the free App, Pure South Tampa to see and schedule classes.



PURE

Strength & Movement

PURE SOUTH TAMPA
3311 West Gandy Blvd., Tampa, FL 33611

813-304-1709



TELEHEALTH PHYSICAL THERAPY SERVICES MAKE IT POSSIBLE FOR PATIENTS TO STAY ON TRACK

By Jason Waz, President of Competitive Edge Physical Therapy

Utilizing Technology to Elevate Physical Therapy and Achieve Optimal Health

Over the past two decades, the team at Competitive Edge Physical Therapy (CEP) has worked to set themselves apart from the typical run-of-the-mill physical therapy practice, focusing on applying specialized techniques and groundbreaking technology to gain industry-leading results with patients. In response to “safer at home” and social distancing guidelines set forth amid the COVID-19 pandemic, CEP is now harnessing technology in another sphere, through virtual “telePT” treatments provided for their patients in the comfort and safety of their own homes. Offering telePT services aligns with CEP’s tech-forward practice model, and allows patients a way to stay connected with their therapist and on track with rehabilitation progress. New patients are also welcome to utilize the virtual evaluation and treatment services, which are needed now more than ever as patients are unable to visit their physician for new onset of pain or dysfunction.



What is TelePT?

With the CDC guidelines on “social distancing” being enacted, it’s important for people in “at risk” populations to feel safe while they seek treatment for conditions that

typically require in person care, like physical therapy. Luckily for these patients, a newer option is emerging as one of the most useful and comprehensive ways to keep appointments from being missed when they are unable to be seen in office: telehealth services, or “telePT”, for virtual physical therapy treatments. TelePT offers patients the ability to schedule and attend a virtual appointment without leaving their homes.

Lack of exercise, a change in overall habits, and decreased compliance with self-care activities during this time of social distancing has a detrimental effect on a physical therapy patient’s recovery. Throughout a physical therapy treatment plan, even missing one or two sessions can have unintended consequences, requiring a longer recovery period. For those with chronic pain, missing sessions can mean the difference between being able to complete daily activities or being incapacitated by pain. Telehealth services for physical therapy provides a great alternative for



the “at risk” population that is sheltering at home, as it allows those patients to be able to continue connecting – and working with – their physical therapists while practicing social distancing. With the ability to consult with a therapy professional using telePT services, patients won’t have to miss these important sessions, and therefore will reduce the risk of setbacks due to inactivity.

By scheduling and attending telePT appointments, there’s no need to worry about transportation, about relying on others, or even coming into contact with others that are potentially sick. In addition to this, a telehealth appointment with a physical therapist is a great way for patients to ask questions, particularly about new injuries or progress/setbacks in their recovery.

Unique benefits of TelePT services include:

- Patients can receive care remotely- saving on travel time to and from the clinic
- Virtual consultations can be performed when traveling to avoid set-backs
- Increases access to physical therapy care by providing ease of connection/communication
- Treatments are designed with home in mind- no special equipment or gym necessary!
- Insurance providers are extending coverage for telehealth services, which means no increased cost for the patient compared to in-office visits

Virtual vs. In Person Appointments—What to Expect

The quality of care does not decrease simply because an appointment is not “in person”. It may seem strange to think that a physical therapy session can be held as a virtual appointment, but by using a webcam properly, physical therapy professionals are able to evaluate, coach, educate and assess the progress and status of patients. It’s not a hands on experience, but as long as patients approach the sessions as they would a “typical” session, it will remain similar. Emerging research on physical therapy outcomes from telePT appointments indicates the same level of care and goals achieved compared to in office treatments.

The ease of communication also increases with telePT services. By using a virtual appointment method like this, a physical therapist can visualize and make recommendations for patients to improve their home environment and make it safer and more convenient for exercise, include family members in the process (if this is what they want) and view a patient’s progress from a remote location. Aside from COVID-19 pandemic considerations, this has far-reaching capabilities in situations where a patient is traveling and unable to adhere to a consistent “in person” schedule. TelePT makes it much simpler for patients to get in touch with healthcare providers and attend these necessary appointments, keeping up with their progress and optimizing their health.

By combining new technology with the most up-to-date physical therapy practices, CEP is pushing the boundaries of conventional health care to help patients reach their wellness goals. CEP’s mission is to promote optimal health across the lifespan, utilizing proven technology to achieve results.

To schedule your first telePT session with a physical therapist, contact CEP at 813-849-0150



813.849.0150 | neuPTtech.com

3105 W. Bay to Bay Blvd., Tampa, FL 33629



Maintaining a Positive Mindset; Even During a Pandemic

Nichole Brewer, JD, CPC, NLP

Being able to stay positive in everyday life with all of the demands put upon us can already seem challenging. Being able to stay positive during a pandemic can seem completely overwhelming. With constant media coverage, social media posts, and regulations that must be followed, it is no wonder that anxiety and stress levels are increasingly high. When your body reacts to stressful situations, it naturally ignites the sympathetic nervous system, also known as the fight or flight system, to help put your body on high alert. There is no difference in how your body reacts to ominous news such a pandemic or, in some cases, job loss. Your internal systems are, in essence, trying to help you, but it takes awareness and control to benefit from your body's intuition.

Through my experience in coaching clients to maintain a positive mindset, there is no difference in strategy even when experiencing a worldwide crisis. There are several tips that can be followed in order to maintain a positive outlook during a pandemic or during everyday life. One proven effective way is by having a morning routine that you stay committed to. By doing this, you are able to take control of your day and shift your mindset to what you would like it to be. It is a known fact that reaching for your phone, immediately upon waking up, can instantly shift your mood to a defensive state of mind, thus setting the tone for the hours to follow. In order to ensure starting with a state of mind that can take on a day productively, place your phone or laptop in another room until the morning routine has been completed. Once you have parted with your device, it's time to focus on mindset and calmness.

How you begin your day in the early hours, can predict the quality of your day into the late-night hours. In order to center yourself and clear your mind, doing some form of meditation or journaling is a great way to start from a clear, calm space. Then, grab your favorite book and allow yourself to get lost in the pages. Next, it is essential to move your body. This releases endorphins, which causes happiness (who doesn't want more of that?) and



will help you get fully ready for the day that lies ahead. This can be done through yoga, a walk, bike ride, jumping jacks, jump rope, or weightlifting.

Finally, daily positive affirmations are the last ingredient to a positive mindset. Write down three statements about something that has been on your mind lately and begin it with "I am." For example, "I am in control of my thoughts and how I feel." Once the statements are written, repeat them to yourself as many times as you prefer. Studies have shown that by hearing the same statement repeatedly, your brain begins to believe it is true. This is why it is imperative to tell yourself as many positive thoughts repeatedly until you start to believe yourself.

As you begin to release negative thoughts and allow positive thoughts, you will notice a change in how you think and feel. If you allow yourself to stay

detached from the outside world immediately upon waking up, enable yourself to sit in silence, get lost in a great book, allow for your body to move in any way you find enjoyable, tell yourself positive thoughts, and commit to this routine every day, the chances of you maintaining a positive outlook on life, no matter what is going on, will increase significantly.

If you are struggling with maintaining a positive mindset and would like more guidance, please email nichole@mycoachnichole.com.

Nichole
BREWER

Tampa Bay's Premier
Confidence Coach

mycoachnichole.com
1228 E. 7th Ave. Tampa, FL 33605

A 16 YEAR JOURNEY TO BACK PAIN RELIEF: What one Patient Wants Others to Know

Gerald “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.”

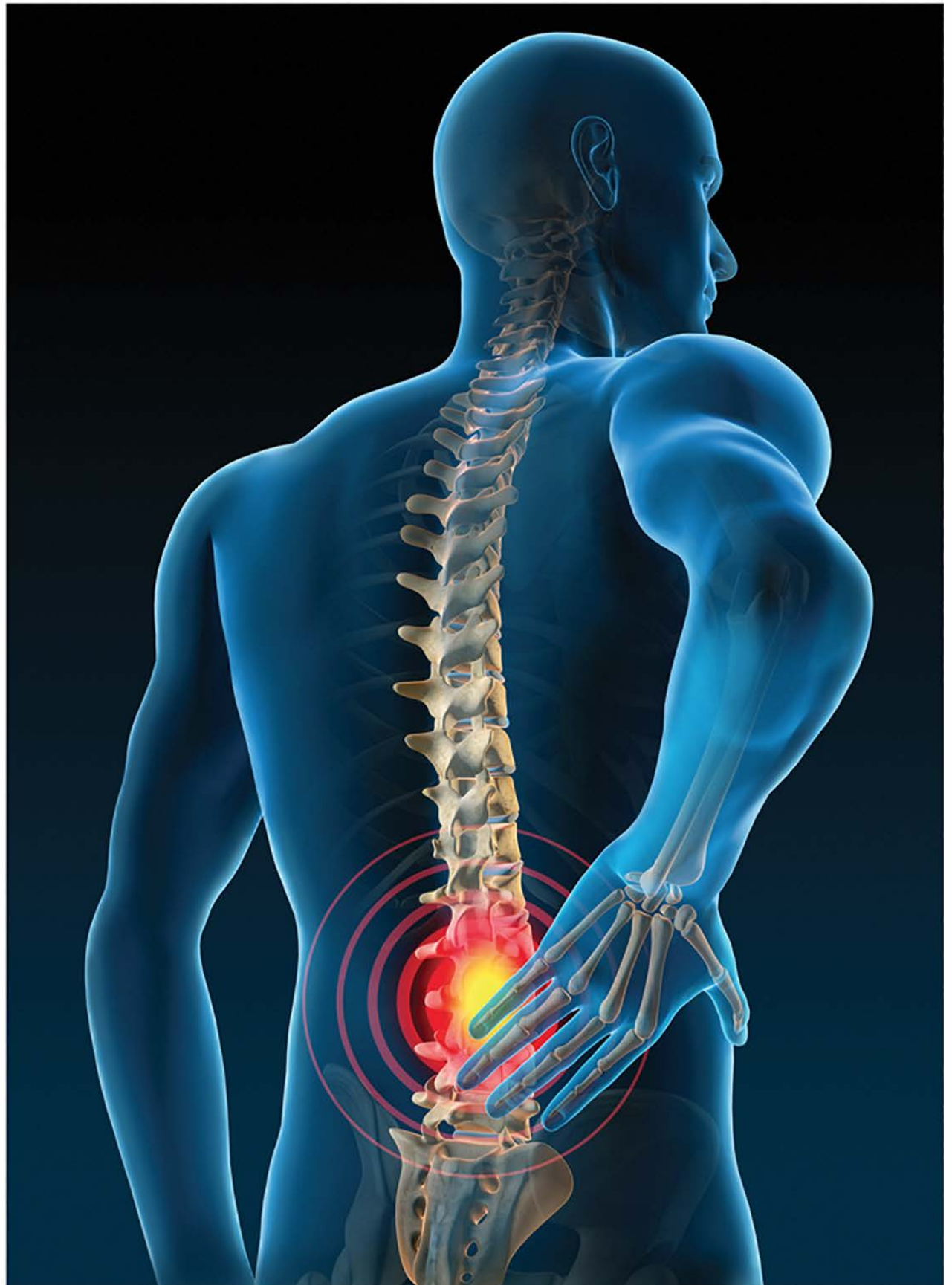


Jerry’s orthopedic surgery team had also administered over 50 epidurals to lessen Jerry’s pain, but some of those did not work at all, and the relief he did get was only temporary. Jerry had changed

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.



**VIRTUAL VISITS
AVAILABLE!**

Call to book your next
appointment as an office visit
or telehealth visit.

The National Institute of Spine & Pain

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

(813) 264-PAIN (7246)

www.nationalinstituteofpain.org

Florida ENT & Allergy is Now Utilizing Telemedicine

CCOVID-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.



Breathe Well. Hear Well. Be Well.

(813) 879-8045

www.floridaentandallergy.com

CONFIDENCE COACHING DESIGNED JUST FOR YOU

"Life is short and every day should be exciting & fulfilling!"

What You Can Expect Working With Nichole:

- Conquering inner blocks that keep holding you back
- Helping you realize how amazing you truly are
- Learning how to feel so good in your skin, other opinions become irrelevant
- Increase self-esteem and self-acceptance
- Learning to embrace your gifts and passions.
- Tracking weekly accomplishments
- If there is a goal you want to complete, **BE READY TO ACCOMPLISH IT!**
- Accountability check-ins to stay on track
- Help your external self become familiar with your internal self

Your success is my bliss -- Seeing you be the best version of yourself is my life's goal.

Schedule Your
FREE 30-Minute Call
813.263.5777



Nichole
Brewer

Tampa Bay's Premier
Confidence Coach

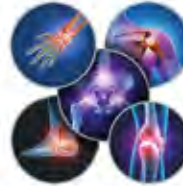
mycoachnichole.com
1228 E. 7th Ave. Tampa, FL 33605

NATIONAL INSTITUTE OF SPINE & PAIN

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



ARE YOU SUFFERING FROM PAIN?



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

Sunil J. Panchal, M.D.

(813) 264-PAIN (7246)

fax: 813-264-7249

www.nationalinstituteofpain.org

email: appt@nationalinstituteofpain.org

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

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



NeuPTTECH

INTRODUCING GROUNDBREAKING
TECHNOLOGY THAT WILL
CHANGE THE WAY WE
PRACTICE PHYSICAL THERAPY

🐦 @neuPTTechnolog1

Check out our website and
follow our pages to learn more!

📷 @neuPTTech

📘 @neuPTTech

www.NeuPTTech.com

✉ NeuPTtech@gmail.com

813-849-0150



FLORIDA E.N.T. & Allergy

Breathe Well. Hear Well. Be Well.

FLORIDA E.N.T. & ALLERGY SERVICES:

- Allergy Testing & Treatment
- Nasal & Sinus Disease
- Balloon Sinuplasty
- In-Office CT
- Thyroid & Parathyroid Surgery
- Florida Center for Voice & Swallowing
- Snoring & Sleep
- Head & Neck Cancer
- Hearing Aid Provider
- Hearing Related Services
- Vestibular/Balance Disorders
- Skin Cancer Removal
- Cosmetic Surgery
- Minimally Invasive - Face
- Skin Care Services
- Pediatric ENT

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.

BRANDON | CARILLON | COUNTRYSIDE | LARGO | MID TAMPA
NORTH TAMPA | PASADENA | PLANT CITY | RIVERVIEW | WESTCHASE
SOUTH TAMPA | VAN DYKE/ST. JOSEPH'S NORTH | WESLEY CHAPEL



YMCAs Address Blood Shortage with Community Partners

The 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

All donors will receive a *free OneBlood t-shirt* and a *free wellness checkup* including blood pressure, pulse, temperature, iron count and cholesterol screening. For more information or to make an appointment visit oneblood.org/ymca or call 1.888.9.DONATE (1.888.936.6283).



Slowing the Pace of Your Life

By Pastor Timothy Neptune

Remember 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 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. I 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.* 1 Tim. 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, *"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.



95,250+

REGENEXX PROCEDURES
PERFORMED SINCE 2005

Joint Surgery Alternatives?

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

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

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



James Leiber, DO
Medical Director



Ron Torrance II, DO



Ignatios Papas, DO



The Trusted Alternative to Orthopedic Surgery.

8600 Hidden River Parkway, Suite 700 | Tampa, Florida 33637 | **813.285.5019**

2401 University Parkway, Suite 104 | Sarasota, Florida 34243 | **941.241.0687**

RegenTampaBay.com